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RESULTS DAY FINALLY ARRIVES FOR STUDENTS



OUT OF BED BRIGHT AND EARLY AND ALL SMILES ON RECEIVING THEIR LEAVING CERT RESULTS FROM ST BRIGID'S L-R AISLING O'CONNOR, CHLOE ENRIGHT, SHAUNA KELLY & MELISSA BUCKLEY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE CATHEDRAL AND DELIGHTED WITH THEIR LEAVING CERT RESULTS, STUDENTS FROM THE PRES L-R KERRY MAHONY, KATE LOGAN, AILEEN O'LEARY & MEGAN CRONIN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT ST BRENDAN'S COLLEGE ON RECEIVING THEIR LEAVING CERT RESULTS WERE L-R PHILIP O'DONOGHUE, FIONÁN O'DONOGHUE, MICHAEL O'KEEFE AND YET TO OPEN HIS RESULTS BUT KIND ENOUGH TO STAND FOR A PHOTO CONOR TEEHAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT ST BRENDAN'S COLLEGE ON RECEIVING THEIR LEAVING CERT RESULTS WERE L-R CONOR LEAHY, KEVIN MOYNIHAN, CATHAL DINEEN & JACK MCENTEGGART.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DELIGHTED WITH THEIR RESULTS FROM KILLARNEY COMMUNITY COLLEGE L-R BRIAN FITZGERALD, EOIN O'MEARA & ERIC O'DONOGHUE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

7A'S FOR ALEXANDER



ALEXANDER MANTEL.

A Killarney Community College Student is celebrating achieving 7A's -615 points in the Leaving Certificate. Alexander Mantel achieved 5 A1s in Maths, German, Chemistry,

Japanese and DCG.

"He has been an outstanding student since starting in 1st year in Killarney Community College" Stella Loughnane, Deputy Principal at the school told the Killarney Outlook.

"Since starting in the college he has received awards for Academic Achievement, and this past May won the Design and Technology award for creativity and innovation in Engineering and DCG", she added.

Alexander has decided to study Electronic engineering in Germany.



DOUBLE DELIGHT FOR THE KILLARNEY COMMUNITY COLLEGE'S MURPHY TWINS, LAURA (LEFT) & SARAH (RIGHT) ON RECEIVING ALMOST IDENTICAL RESULTS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

LEAVING CERTIFICATE RESULTS 2015

STUDENTS REWARDED FOR HARD WORK

Waiting for the sealed envelope containing one's leaving Certificate parchment must be one of life's great moments of suspense. For so many young people – and indeed for schools and parents – this examination is a focus point on the future dreams and plans of our sons and daughters. And so it was in the President's room at St Brendan's College on Wednesday last. Delivering this envelope is another step in the relationship between a school and its now almost past pupils! For the boys of St Brendan's Wednesday brought the fulfilment of five or six years of life at second level. It is a brilliant moment to watch as the realisation

of the reward, the forward planning to UCD or UCC, CIT or NUIG, College of Commerce, or ITT, spreads across the face of a young man or woman.

School Principal Sean Coffey expressed delight at the tenure of the results, recognising them as rewards for effort and graft. He thanked the staff for their diligence and hard work and the parents for their support over the past years. For most the CAO is now a formality, for a few there is the anxious wait that a favoured course will hold or drop 5 points. At such thoughts it is important that students remain in contact with

the school Guidance Counsellor who is always available to support and direct.

The College continued its tradition of high achievement in the Sciences, the languages and the practical subjects, while the performance of students in the subjects shared between St Brendan's and St Brigid's – Agricultural Science, Home Economics and Music were a heartening justification of the cooperation process.

For the 2015 Leaving Certificate cohort, secondary education is now a memory and the excitement of third level awaits.

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RECORD CROWDS DESCEND ON PUCK

Puck Fair has seen record crowds flocking to the festival with over 100,000 visitors visiting Killorglin over the three days.

People from all over the world enjoyed the experience of the quirky festival and met its royal celebrity, a wild mountain goat, who has been crowned as 'King Puck' for the duration of the festivities.

Organisers of Puck Fair say the goat is a huge attraction and is being given the royal treatment. He is grazing on cabbage, water, and branches from ash trees, which are a delicacy for goats, and is checked on at regular intervals by his handlers to ensure there is adequate space, food and water. A local registered vet, Gary Landers, has done a number of examinations over the past few days and has confirmed there is no physical or psychological damage, in his expert opinion.

King Puck had visitors from early morning on Monday and went for a walkabout to meet his adoring fans in the early afternoon, who congratulated him on his coronation. He spent the rest of the day grazing and looking relaxed from his height, as residents and visitors of Killorglin enjoyed freedom of the town.

12 year old Ciara O'Brien, this year's Queen of Puck, is also having a royal time of it. She said "It's been an amazing experience. I come to



QUEEN OF PUCK CIARA O'BRIEN PICTURED WITH KING PUCK.

Puck every year and always wanted to be the Queen - my aunt was Queen of Puck. The best experience so far was the crowning ceremony and meeting people from all of the world - we met a family from New Zealand who arrived by accident and they thought it was the best experience of their entire trip."

The atmosphere at Puck Fair is buzzing this year with street performers, story-telling, face

painting, craft fairs, puppet theatre, free live music, and there's even a funfair! In fact there's 36 hours of free family fun.

To learn more about the lengthy history of this festival visit www.puckfair.ie.

Follow them on www.facebook.com/puckfair or twitter @puck_fair for pictures and live updates.



PICTURED (L-R) ENJOYING THE FIRST DAY OF PUCK FAIR 2015 IN KILLORGLIN AT THE HORSE FAIR ARE PADRIAG KING, JIM McDERMOTT, CLLR DAMIAN QUIGG AND JAMES McDERMOTT.

PHOTO BY MICHAEL KENNY



SEAN MURPHY FROM CLARE, PICTURED AT THE FIRST DAY OF PUCK FAIR 2015 IN KILLORGLIN.

PHOTO BY MICHAEL KENNY

TACKLE THE RING OF KERRY ONCE LAST TIME THIS SUMMER



HUNDREDS OF CYCLISTS PICTURED AT THE SUNRISE START LAST YEAR FOR THE INAUGURAL WRONG WAY ROUND KILLARNEY CYCLING FESTIVAL AROUND THE RING OF KERRY BUT IN THE OPPOSITE DIRECTION TO THE TRADITIONAL ANTI-CLOCKWISE ROUTE. PICTURE BY DON MACMONAGLE.

Now in its second year and a must in Ireland's cycling calendar The Killarney Cycling Festival returns August 29th. Whether you're a veteran on wheels or well and truly hooked round off

your summer with a bang the last Saturday in August.

Two tantalizing routes are on offer. Depart from Killarney on the Wrong Way Round and tackle Molls Gap before heading for the scenic South West via Sneem. From there on the route is familiar passing Waterville, Cahersiveen, Glenbeigh and Killorglin.

Or take the challenge and cycle The Hard Way Round taking a right for Ballaghbeama through the heart of Kerry to Ballaghoisin, a detour around the stunning Skellig Ring before rejoining the main troop on the road to Cahersiveen.

Cross the finish line at the festival headquarters - The Gleneagle Hotel Killarney, where a barbeque and live entertainment will be ready and waiting.

There will be food stops dotted along the 160km & 180km routes and official festival road captains to accompany and guide you along the way.

Registration costs €55 with an optional extra donation which will go directly to the Donal Walsh LiveLife Foundation. The registration fees will be used to finance the running of the event and any surplus made will also be donated to the Donal Walsh LiveLife Foundation.

Don't pack the bike away just yet and set yourself another goal this summer and register for August 29th.

For more details see www.killarneycyclingfestival.com or email info@killarneycyclingfestival.com

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15TH ANNUAL 600 KM TOUR DE MUNSTER CHARITY CYCLE ARRIVES IN KILLARNEY

Cycling legend Sean Kelly led over 100 amateur cyclists from City Hall in Waterford on the four day, 600 km Tour de Munster charity cycle around the six counties of Munster, culminating in Cork City on Sunday 9th August. The Tour de Munster cycle is now in its 15th year, with funds raised going to Down Syndrome Ireland (Munster branches) for the sixth year in a row. The tour arrived in Killarney on Saturday afternoon.

Sean Kelly is an avid supporter of Tour de Munster and will once again cycle with the group for the full four days of the Tour, covering an average of 150 km per day. Joining the supporters who were there to see the cyclists off on the Tour, were Pat Clarke, Chief Executive of Down Syndrome Ireland (DSI) and Tony Scott, Sales Director of Nightline, the main sponsors of the event, who met the cyclists and their families and wished them all well on what will no doubt be a demanding journey.

Tour Organiser Paul Sheridan: "There is



LITTLE ELLIE LADDEN, PICTURED AT THE DEENAGH LODGE STOP OFF OF THE TOUR DE MUNSTER IN AID OF DOWNSYNDROME IRELAND WITH L-R LEONARD PEARSE, PAT CLARKE CEO OF DOWNSYNDROME IRELAND, ROBBIE KENNEALLY, RICHARD WALSH & RACHEL FITZGERALD (CHAIRPERSON FOR KERRY DOWNSYNDROME IRELAND). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DEENAGH LODGE AS THE CYCLIST TAKING PART IN THE TOUR DE MUNSTER MADE A QUICK PITT STOP IN AID OF DOWNSYNDROME IRELAND L-R MARGARET O'SULLIVAN, NOREEN COOPER, CIARA O'SULLIVAN & HANNAH MARY LYNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

no doubt that this cycle is a very demanding challenge and I am so grateful to all those who have committed to the cycle, especially as our cyclists cover all their own costs. The commitment from the cyclists is not just for four days, but for the weeks and months

beforehand, so seeing friendly faces and receiving warm welcomes from all corners of the province make the sacrifice so worthwhile. Over the last five years, the Tour has raised a staggering €1.35 million for DSI, and it is hoped that funds raised through this year's cycle will break the €2 million mark raised since Tour de Munster's inception."

Paul continued "For many of the courageous cyclists, this will be a return journey as they have committed to support the Tour year after year, while for some this will be their first Tour de Munster. Having new participants each year brings new life to the cycle and helps spur in the cyclists to complete their spirited journey. They are united in their common goal of finishing the Tour and raising as much money as possible through individual sponsorships, as well as the bucket collections which will take place over all stages of the Tour de Munster."



IRISH FORMER PROFESSIONAL CYCLIST SEAN KELLY, ONE OF THE MOST SUCCESSFUL ROAD CYCLISTS OF THE 1980s, AND ONE OF THE FINEST CLASSIC RIDERS OF ALL TIME PICTURED AT THE DEENAGH LODGE PITT STOP FOR THE TOUR DE MUNSTER IN AID OF DOWNSYNDROME IRELAND WITH JOE LYONS WHO WAS DELIGHTED TO MEET HIM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

VINTAGE VEHICLE RUN ON THE RING



ALL SET FOR THE VINTAGE VEHICLE RUN ON THE RING

All roads will lead to Killarney this weekend for

the annual Nobber Vintage Club Ring of Kerry Vintage run.

The Nobber Vintage club was established in 2006 by Sean McDermot who had a huge interest in vintage tractors, cars and old farm machinery.

The group decided to complete the Ring of Kerry with Vintage vehicles in 2011 and it quickly became an annual event.

The group have raised over €80,000 over the four years so far for deserving charities including Beaumont Hospital, Crumlin Children's Hospital and the Marie Keating Foundation and Temple Street Children's Hospital with the group also

making a donation to the Kerry-Cork Cancer Link Bus. This year the funds raised will go to the Make a Wish Foundation and St. John's Old Church Restoration Fund.

They will head off on the Ring of Kerry Saturday August 22nd at 8am from the Supervalu Car Park in Killorglin and will be joined by a number of vehicles from the Killarney Valley Vintage Club and the Iveragh Vintage Club on the route. The group would like to thank Tony Wharton and Mike Myres for all their assistance along with everyone who helped out in organizing the event.

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GREAT FUN AT THE COLOUR RUN

Almost 2000 runners gathered in Killarney National Park on Saturday morning last for the Kerry Colour Run.

The event, which was held in aid of AWARE attracted people from all over the county and Killarney Outlook Photographer Marie Carroll O'Sullivan was there to capture the magic on the day.

The Killarney Run was one of a number of runs organised by Aware, the National Mental Health Organisation.

PICTURED RIGHT: PART OF A LARGE CROWD WHO GATHERED AT KILLARNEY NATIONAL PARK TO TAKE PART IN THE KERRY COLOUR RUN IN AID OF AWARE ON SATURDAY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY NATIONAL PARK FOR THE AWARE KERRY COLOUR RUN BACK ROW L-R LISA DENNEHY, TARA O'SHEA, LISA MARIE CLIFFORD, MEGAN O'SULLIVAN & JENNA MORIARTY. FRONT ROW L-R LISA O'SHEA, ORLA DENNEHY, AISLING O'SULLIVAN & SHARON HEALY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY NATIONAL PARK AFTER COMPLETING THE AWARE KERRY COLOUR RUN WERE L-R KATE O'LEARY, MARIE WADE, BERNICE McMONAGLE & FIONA GALLAGHER AND IN FRONT FIONN McMONAGLE & ZIO GEANEY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TEAM R&R FITNESS TAKING PART IN THE KERRY COLOUR RUN ON SATURDAY MORNING WERE L-R CATHY & TOMAS O'REGAN WITH MAGGIE O'SULLIVAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY NATIONAL PARK AFTER COMPLETING THE KERRY COLOUR RUN WERE L-R MADELINE HEALY, TIMMY O'CONNOR & CHRISTINE HEGARTY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



RELAXING AFTER COMPLETING THE KERRY COLOUR RUN IN AID OF AWARE WERE HUSBAND AND WIFE JOANNE & CIARAN O'MAHONY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GEARING UP FOR THE KERRY COLOUR RUN IN AID OF AWARE L-R AOIFE O'BRIEN & SAOIRSE CLIFFORD.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY NATIONAL PARK AFTER COMPLETING THE AWARE KERRY COLOUR RUN WERE L-R SIMONE BEHAL, SAMUEL BEHAL, NICOLA BROWNE & CAROLINE LEAHY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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KILBREAN CUP AND SHIELD UP FOR GRABS

Soccer enthusiasts will be heading for Killarney in the coming weeks for the staging of The Kilbrean Cup & Shield 2015. The event is set to take place on Saturday 22nd August and Sunday 23rd August at Kilbrean Park, Killarney. The U-13 schoolboys soccer competition is hosted by Mastergeeha FC and sponsored by Hotel Killarney.

There will be two Groups of 4 teams and each team in the group will play each other on a Round Robin basis in 15 minute a side games on Saturday the 22nd August.

The top 2 teams in each group would qualify for the semi-final of the Cup and the bottom 2 teams would qualify for semi-finals of the Shield to be played on Sunday the 23rd with the winners of these games competing in the final of the Cup and the Shield respectively. The teams not involved in the Finals will have the chance to play a Play-off game against each other before the Finals commence. All these games would also be 15 minutes a side, with a roll on/roll off substitution policy. The winners of the Finals will be presented with a Cup or Shield, which they can keep and each participant will be presented with a medal.

With this structure each team is guaranteed a minimum of 5 games over the week-end and reasonable chance of being able to compete at their own level on the second day, if things don't go to plan on the first day.

All the games on Saturday & Sunday could be run off between 11 am to 3pm.

This year there will be 5 teams from outside Kerry and they are as follows:

Granagh United from the Desmond Schoolboy League, Barna na Furbacha Aontaithe from the Galway Schoolboys League, Springfield Ramblers from the Cork Schoolboy League, Shelbourne FC from the Limerick District Schoolboy League, and a team from West Waterford/East Cork League. These teams will be joined by Killorglin, Kenmare, and Mastergeeha from the Kerry Schoolboy & Girls



AT THE LAUNCH OF THE KILBREAN CUP AND SHIELD U-13 SCHOOLBOYS SOCCER COMPETITION WERE FRONT FROM LEFT, SINEAD NAGLE, ALAN BREEN, CIAN MURPHY AND SARAH NAGLE. BACK FROM LEFT ARE NOREEN NAGLE, MAURICE GUILFOYLE, AIDAN MOYNIHAN (HOTEL KILLARNEY MANAGER) AND JOE DOYLE. THE TOURNAMENT WILL BE HOSTED BY MASTERGEEHA FC AND SPONSORED BY HOTEL KILLARNEY ON SATURDAY 22ND AUGUST AND SUNDAY 23RD AUGUST AT KILBREAN PARK, KILLARNEY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

League.

Last year's winners, Barna Na Furbacha Aontaithe will be coming to Killarney with high hopes of retaining their crown, however, Kerry U-12 Premier League champions and tournament winners for 2013, Killorglin AFC, will be doing their utmost to bring the Kilbrean Cup home for a second time as well.

They will both face a strong challenge from the team from the West Waterford/ East Cork League and Springfield Ramblers from Cobh, who have produced players like David Meyler of Hull in the past.

Picking a likely winner is never easy, but I would expect the winners of the Cup competition to come from one of these four teams.

Shelbourne FC from Limerick will be looking to retain the Shield, and Mastergeeha would be looking to win it back, having won it in 2011. However, my money would be on Kenmare as

U-12 Division 1 League Champions to get the better of these 2 teams, as well as a very young Granagh United team from the Desmond League to claim The Kilbrean Shield for 2015.

The draw has now been completed and the groups are as follows:

Group A: Killorglin, Barna, Mastergeeha and Granagh.

Group B : Springfield, West Waterford/East Cork League team, Shelbourne and Kenmare.

Previous Cup Winners:

Previous Shield Winners:

2011 – Killarney Celtic (Kerry).

2011 – Mastergeeha (Kerry).

2012 – Herbertstown (Limerick).

2012 – Killarney Celtic (Kerry).

2013 – Killorglin (Kerry).

2013 – Listowel Celtic (Kerry).

2014 - Barna United (Galway)

2014 – Shelbourne (Limerick)

ALL SMILES AT LISTRY GAA SUMMER CAMP

Children from the Listry area took part in a GAA Summer Camp last week and on the final day welcomed some Kerry players including Ronan Buckley and Gary O'Sullivan, both members of the club.

The Camp was sponsored by The Dungeon Bookshop and Podge O'Connor presented the boys and girls with new tops at the camp. The club would like to thanks everyone who helped out on voluntary basis including Listry senior player Kieran Murphy who generously donated fruit which the boys and girls tucked into with vigour.

A huge thanks to all the coaches who volunteered their time during the week of camp including John Courtney, Denis Murphy, Tim Fitzgerald, Mark Leslie, Peter Keane, Derry Ahern, Tony O'Dowd, Pa Murphy and Paul O'Donoghue. A special word of thanks



HAPPY CAMPERS AT LISTRY GAA SUMMER CAMP.

to five of our U16 panel who attended and helped out as well, namely Sean O'Sullivan, Mark O'Brien, Roman Gallagher, Aaron McCarthy and Barry Keane.

Finally a big word of thanks to all the boys and girls who attended for their excellent participation and behaviour.

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STARS SHINE BRIGHTLY AT LEGION CAMP

Young Legion Club members spent a great week at Summer Camp which included some very special visitors.

Kerry football star Jonathan Lyne called into the camp during the week and he passed on some football tips to the 100 boys and girls attending.

The camp also welcomed and honoured the four Legion club members who recently won the All Ireland Ladies Under 16 Final with Kerry. Fiadhna Tangney, Sarah Leahy, Rebecca Murphy and Elizabeth Mohan were all part of the victorious team and this week they received a memento from the club for their achievements.

It was all hands on deck for the club members involved in the camp including Noel Kelliher, John Culloty and Enda Walshe along with plenty of help from members of the boys and girls Under 14 and Under 16 panels as well as Julie Kelly, Paula Breen and Sabelle Corridan.

"It was very refreshing to see the older juveniles showing our young guns the way" Enda Walshe told the Killarney Outlook.

The club would like to thank Maura McCarthy



KERRY PLAYER JONATHAN LYNE PICTURED WITH ALL IRELAND UNDER 16 WINNERS AND LEGION MEMBERS FIADHNA TANGNEY, SARAH LEAHY, REBECCA MURPHY AND ELIZABETH MOHAN.

who looked after all the administration for the camp and ensured everything was to a tee as usual along with Ian Trant of Sewells Pharmacy for their generous sponsorship of the camp.

At the end of a very successful week, Jonathan

Lyne was on hand to present the girls with them and he spoke glowingly to everyone about the benefits of playing football as well as living a healthy lifestyle.



JONATHAN LYNE PICTURED WITH JUNIOR MEMBERS OF LEGION ALONG WITH LEADERS AT THE CLUB.



LEGION CAMP PARTICIPANTS PICTURED WITH KERRY STAR JONATHAN LYNE.



ALL SMILES AS JONATHAN LYNE PAYS A VISIT TO THE LEGION SUMMER CAMP.



LEGION CAMP PARTICIPANTS PICTURED WITH KERRY STAR JONATHAN LYNE AND LEADERS LAST WEEK.

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This Sunday 16th August 2015

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Free shuttle bus for patrons will depart from the Manor Inn, Killorglin throughout the day.

email. threshingcancer@gmail.com | twitter. www.twitter.com/ThreshingCancer

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- Recovery Haven, Tralee. • Oncology Unit, Kerry General Hospital. • St. Josephs Hospice Unit, Killorglin.

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- Several methods of Treshing displays
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 - Crushing of oats in oaten-meal
 - Making porridge from oaten-meal
 - Baking using freshly milled flour
 - Porridge & hot bread tasting
 - Competitions & fantastic prizes
- Jerry Mulvihill display of kids & adults books
 - Hole in one Golf • Raffles • Skittles
- Chainsaw Art • Dog Show • Showjumping
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 - Tombola Lucky Pick

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Gates open at 11am with activities continuing until 5pm. Adults €5 - Children Free.

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Directions from Killorglin: Exit the town via Annadale Road L4038 & travel towards Beaufort for 3 miles to Meanus Cross (4 road cross). Turn left at Meanus Cross & continue for approx. 1.5 miles where entrance to event will be signposted.

Directions from Beaufort Village: Travel to St. Mary of the Angels & continue on L4038 for 1.5 miles to Meanus Cross. Turn right at Meanus Cross.

For further details contact Brendan on 087 2604566

DANCERS SURPRISE SHOPPERS WITH FLASH MOB FOR THE HOSPICE



FLASH MOB...OVER 30 KILARNEY DANCERS FROM THE NORRIE KING AND SHEEHAN-MURPHY SCHOOLS OF DANCE DESCENDED ON THE STREETS OF KILARNEY AND KILARNEY RAILWAY STATION, STOPPING OFF ALSO AT KILARNEY OUTLET CENTRE, TO RAISE FUNDS FOR THE KERRY HOSPICE FOUNDATION AND REMEMBER THE MEMORY OF THE LATE BRENDAN HEFFERNAN, WHO FUNDRAISED TIRELESSLY BEFORE HIS UNTIMELY PASSING IN SEPTEMBER 2013. THE FLASH MOB WAS ORGANISED BY CAITRIONA HEFFERNAN, BRENDAN'S SISTER. THE MONIES RAISED WILL GO TO THE CONSTRUCTION OF THE HOSPICE'S 16-BED INPATIENT UNIT AT KERRY GENERAL HOSPITAL. PHOTO: VALERIE O'SULLIVAN

Over 30 dancers from the Norrie King and Sheehan-Murphy Schools of Dance came together in Killarney last week to raise awareness of the Kerry Hospice Foundation. The event was organised by Caitriona Heffernan whose brother Brendan passed away almost two years ago.

"I had seen some flash mobs on YouTube and thought they looked like fun events. The element of surprise seen by passersby as the group seemingly appears out of nowhere, performs a brief and energetic dance and then disappears into the crowd, appealed to me", Caitriona told the Killarney Outlook.

"Doing this sort of event for Kerry Hospice seemed appropriate in that cancer or terminal illness can also suddenly creep up on someone.

Unfortunately it doesn't usually disappear so quickly and we want to highlight that Kerry Hospice is there for you and your family if you need their help and support through the most challenging time of your life. I saw at first hand the amazing work they do when my brother, Brendan, was ill 2 years ago."

Brendan was an active member of the Workmen's Rowing Club and this year club members will join with his friends and family to remember him as his 2nd anniversary approaches and to collect much-needed funds for the construction of the Hospice's 16-bed inpatient unit at Tralee General Hospital. During Brendan's illness he collected vigorously for many cancer centres helping patients and their families.



FLASH MOB...OVER 30 KILARNEY DANCERS FROM THE NORRIE KING AND SHEEHAN-MURPHY SCHOOLS OF DANCE DESCENDED ON THE STREETS OF KILARNEY AND KILARNEY RAILWAY STATION, STOPPING OFF ALSO AT KILARNEY OUTLET CENTRE, TO RAISE FUNDS FOR THE KERRY HOSPICE FOUNDATION AND REMEMBER THE MEMORY OF THE LATE BRENDAN HEFFERNAN, WHO FUNDRAISED TIRELESSLY BEFORE HIS UNTIMELY PASSING IN SEPTEMBER 2013. THE FLASH MOB WAS ORGANISED BY CAITRIONA HEFFERNAN, BRENDAN'S SISTER. THE MONIES RAISED WILL GO TO THE CONSTRUCTION OF THE HOSPICE'S 16-BED INPATIENT UNIT AT KERRY GENERAL HOSPITAL. PHOTO: VALERIE O'SULLIVAN

ISSUES RAISED AT COUNCIL MEETING

"At the recent Municipal area meeting Councillor Michael Gleeson asked if some council houses have asbestos in either chimneys or in the central heating system and if so does it pose a health risk to residents.

The Council replied that it did not receive Department funding for central heating until the mid 1980's and therefore all council central heating pipeworks and boilers would not have used material with asbestos particles. All older chimneys would have heat resistant liners without asbestos particles.

Where tenants installed heating systems up to the mid 1980s there is a possibility that asbestos was used.

It should however be stated that it is only when asbestos fibres are released into the air that there is a health risk. Therefore unless the material is in poor condition or has been disturbed or damaged, the risk is minimal."

HERITAGE WEEK AT THE LIBRARY

As part of Heritage Week Killarney Library will host a free lecture entitled "Introduction to the Local Industry and Trades of Killarney including Tourism" on Tuesday 25th August at 7pm. The lecture will be delivered by local historian Conor Doolan and encompasses pre-historic industry such as the copper mines right up to present-day industry such as Liebherr. The tourism aspect looks at the industry before and after the royal visit. Conor Doolan is a native of Kilcummin, Killarney and has a keen interest in local history.

He is a graduate of the Galway-Mayo Institute of Technology.

Conor holds a B.A (Hons) in Heritage Studies. Conor provides public lectures on local heritage and conducts walking tours in Killarney.

The upcoming talk will be an introduction to the Trades and Industry of Killarney. The talk will cover many things as well as the tourism industry.

The lecture will aim to include as many trades that were once part of daily life in Killarney.

This talk is in conjunction with Heritage Week and is free of charge.

The talk hopes to shed light on trades and crafts that may have been forgotten.

The lecture will be illustrated and use powerpoint.

The evening is sure to be enjoyable and of interest to people of all ages.

Conor Doolan is a member of the Kerry Archaeological and Historical Society.

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2700 ROWERS - A WEEKEND OF COURAGE, CRAIC AND GREAT SPORTSMANSHIP

The All Ireland Coastal Rowing Championships will take place on Lough Currane, Waterville, on the weekend Friday, 14th to Sunday 16th August 2015. More than 2700 rowers will descend on the picturesque village of Waterville, which lies on the Iveragh Peninsula, 500 crews each competing for a medal and a trophy, in the most coveted of Rowing Championships. The Kerry Coastal Rowing Association will be hosting the championship event. There are over 20 coastal rowing clubs, involved in the mammoth task of organising a fantastic programme of rowing and entertainment during the weekend. A total of 25 categories of rowing from the Under 12s crews to Master/Veteran crews.

This year is a first for Women competitors in the Traditional Seine boat race, normally the preserve of the male crews of South Kerry. The seine boat, is the hardest and enduring race in coastal rowing in the world. It will be a wonderful addition to the championships. The Men's race takes place on Saturday evening



HEAVE... CROMANE ROWING CLUB LADIES CREW, IN TRAINING FOR THE ALL IRELAND COASTAL ROWING CHAMPIONSHIPS WILL TAKE PLACE ON LOUGH CURRANE, WATERVILLE, THIS WEEKEND FRIDAY, 14TH TO SUNDAY 16TH AUGUST 2015. CREW INCLUDES, GRAINNE GEARY, KELLY TEAHAN, SANDRA HEALY, SHELLEY TEAHAN, SHARON SUGRUE, KATIE O'SULLIVAN, JOANNA KING, TREACY HEALY, KATIE TEAHAN, PAULINE MORONEY, MARGUERITE GRIFFIN, KERRI MCKENNA. PHOTO: VALERIE O'SULLIVAN.



JERRY HOULIHAN, COX, CROMANE ROWING CLUB LADIES CREW, GIVING SOME LAST MINUTE ADVICE AHEAD OF THE ALL IRELAND COASTAL ROWING CHAMPIONSHIPS WILL TAKE PLACE ON LOUGH CURRANE, WATERVILLE. PHOTO: VALERIE O'SULLIVAN.

at 4.00pm following by the ladies race. The Opening ceremony will take place in the Village at 7.30pm on Friday evening, with

the annual parade of rowing clubs. Nightly entertainment provided by Martin Williams Band, and after the rowing championships medal ceremony on Sunday evening, a fireworks display will light up South Kerry at 11.30pm.

Speaking about the event, well known event PRO and Organiser Mary B Teahan, said "This years championships will be the biggest in the country and promises to be full of passion, pride and fantastic competition. A fantastic celebration of rowing. Crews from Donegal, Antrim, Belfast, Dublin, Wicklow, Wexford, Cork, and Kerry, will battle it out on the water and be assured of best of Kerry 'Cráic' during the event. It will also showcase this part of the Iveragh Peninsula has to offer, in terms of tourism and promotion of the Wild Atlantic Way. The event begins with a blessing of the boats, on the

Friday evening at 4pm. Then the real rowing action begins."

A total of 40 heat races will be rowed on the Saturday. The finals take place on Sunday, the atmosphere is more akin to that 3rd Sunday in September in Croke Park, Club Colours are worn with pride, the club support out in force, the intense rivalry, the referees decision, the photo finish, the factions, club picnics, and maybe the old splash of rain!

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

YOUNG KERRY HURLERS TRAIN WITH CHAMPIONS!

Over 125 children lined out last weekend in Fitzgerald Stadium, Killarney for the tenth of Centra's thirteen 'Champions of Healthy Living' events this summer. Hurling stars, Sean Og Ó Hailpín and Seamus Hickey were on hand on the day to give healthy eating and training tips to young aspiring hurlers from local Kerry clubs. Girls and boys from all over the county came in their droves to take part in a very special hurling skills session and learn from some of the best in the game. This year's event has a strong focus on healthy eating and nutrition, with the Centra Champions providing some invaluable tips on how they can perform to the best of their ability! As well as the fun skills session, children enjoyed a great family day out that brought the whole community together with a host of entertainment on the day. On the day Sheolagh Daly and her club St. Pats GAA won a place in the grand finale of the



CHILDREN FROM LOCAL KERRY HURLING CLUBS ATTENDED ONE OF CENTRA'S 'CHAMPIONS OF HEALTHY LIVING' SUMMER TOUR EVENTS WITH HURLING SEAN OG AND SEAMUS HICKEY IN FITZGERALD STADIUM, KILLARNEY.

community events, taking place in October in Croke Park. They will be one of a selection of clubs to take part in the ultimate behind the scenes day out as they enjoy a special

training session with Centra's 'Champions of Healthy Living', a stadium tour and lots of entertainment!



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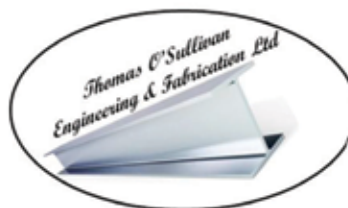
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PHYSIQUE CELEBRATE 30 YEARS OF FITNESS

Physique Fitness Studio on Chapel Lane are celebrating 30 years in business with an open day next Friday August 21st.

Owned and operated by husband and wife team Aongus and Helen O'Donoghue, the fully equipped gym is extremely popular and has built up a great reputation over the years.

To celebrate this important milestone, Aongus and Helen are offering 30% off gym

memberships, personal training and class courses booked on the open day.

Radio Kerry will also be broadcasting live from the Fitness Studio on the day from 2.30pm to 5.30pm.

The fitness studio boasts:

A state of the art cardiovascular area with treadmills, cross trainers, rowing machines, bikes and spinners with integrated TVs.

State of the art resistance machines.

Complete sets of dumbbells and barbells.

Full sets of olympic bars and discs.

Wide range of fitness classes in the purpose built aerobic studio with maple sprung floor.

Full fitness assessments (on a 1:1 basis),

Personalised programmes along with a large range of health food supplements.

Physique Fitness studio is located on Chapel Lane, off New Street and can be contacted on

064-6635455 or

www.physiquefitnessstudio.com



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EVERYONE WELCOME TO INTERNATIONAL LIGHTHOUSE HERITAGEWEEKEND

Cromwell Point Lighthouse on Valentia Island will once again play host to the Kerry Amateur Radio Group (KARG) this weekend, as part of the 18th International Lighthouse & Lightship Weekend (ILLW). This is an annual amateur radio event held on the third full weekend in August. Over the years, the ILLW has grown to become an international event for amateur radio operators from all over the world. This year there are over 450 entrants for the event.

As this weekend is held on the third full weekend in August, it coincides with the International Lighthouse Heritage Weekend organised by the Association of Lighthouse Keepers, where many lighthouses worldwide are opened to the public. The main aims of the weekend are to promote awareness of lighthouses & lightships and the need to preserve and restore them, while at the same time to promote amateur radio & to foster international goodwill.

The Kerry Amateur Radio Group which was set up in 2003, is made up of members from Kerry, Limerick & Cork, and will be participating in the event for the 12th successive year.

During the event which runs for 48 hours from midnight on Friday 14th until midnight on Sunday 16th August, the members of the Kerry Amateur Radio Group will be contacting fellow radio operators worldwide. KARG will operate two stations for the full duration of the event, communicating via radio transmission and Morse Code. The callsign in use will be EI1K, and full details will be on our website www.kerryamateurradiogroup.com



CROMWELL POINT LIGHTHOUSE, VALENTIA ISLAND.

During this time, members of the public are very welcome to visit the lighthouse. In addition, KARG will have one active station on display to visitors again this year. Visitors can observe & listen to the members of KARG communicating with radio operators, who will be broadcasting from lighthouses & lightships worldwide. Last year KARG communicated with radio operators in 55 countries, including South Africa, San Marino, Ecuador, Japan & Kuwait. Presentations of Amateur Radio and KARG activities will also be on display to visitors.

Valentia is very popular with international visitors & last year visitors from many countries including Australia, New Zealand, USA & Germany visited the lighthouse during the event. Cromwell Point Lighthouse is one of the 12 Great Lighthouses of Ireland, and as such,

offers a great day out.

The operation from Cromwell Point Lighthouse is being facilitated by the Valentia Island Development Company (VIDC) & the Commissioners of Irish Lights.

The lighthouse is open to the public for guided tours from Easter – September.

*Please note that opening hours are subject to weather conditions.

Further information on the annual International Lighthouse & Lightship Weekend (ILLW) is available from www.kerryamateurradiogroup.com and www.illw.net. Visit www.valentiaisland.ie, www.greatlighthouses.com for more information on Valentia Island Lighthouse and the Valentia Island.

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37 PARK DRIVE, PARK ROAD
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REF 501 **BER E1**



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Guide Price €230,000

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REGRET.IE LAUNCHES NATIONAL REGISTER APPEAL FOR INJURED GIRLS.

REGRET.IE, the national support group for girls injured by the anti-cervical cancer HPV Gardasil vaccine has launched a national appeal to parents to sign up to a new register. The register is being compiled by the support group who have already identified over 50 Irish school children and young women who received the jab as part of a national cancer vaccination campaign carried out in schools and are now experiencing serious life changing health problems.

The **REGRET.IE** parents have identified similar symptoms in their daughters to other young women internationally where questions about the side effects that have injured some teens – and those damaging effects are now being questioned by health, regulatory authorities and parents.

"We firmly believe there is a link between the anti-cervical vaccination Gardasil and the experience of our daughters who are now trying to cope with life changing illnesses.

"More and more parents are contacting us every week, and we now want to inform the Department of Health, Education and the HSE about the extent of this previously unidentified problem and get support for our daughters.

"We are asking parents throughout the country to contact us if their daughter has any of the problems associated with this vaccination. Many of these problems manifest themselves weeks or months after the vaccination. As of today, we know of 52 cases to date, but we believe that once parents make the link there will be dozens more", said spokesmum Kiva Murphy.

"We can be contacted through our website **REGRET.IE** the shop window for our support group which aims to seek help for our girls, to raise public awareness and seek an immediate investigation into the side effects of this drug by the HSE," she added.

The **REGRET.IE** parents have identified that



girls in many countries are experiencing similar symptoms to their daughters, such as Denmark which identified girls experiencing unusual health problems such as POTS, seizures and total inability to concentrate. Based on the results of their investigation they have asked the EMA to carry out a larger safety study on the HPV vaccine. The European Medicines Agency began this review 2 weeks ago and it will run until May 2016.

In Ireland, as in many other countries, these symptoms may take days, months or years to manifest, and many of the teenagers had to restrict their attendance or drop out of school, because they suffered from, singly or together, persistent headaches, sore throats, joint and/or muscle pains, memory impairment, menstrual problems, seizures, auto immune illnesses, chronic fatigue, depression, psychiatric illnesses and other unexplained illnesses.

REGRET.IE notes that no direct link has been so far proven between these illnesses and the vaccine – however, there is a pattern of young women with similar illnesses and life changing circumstances in Ireland that mirrors other international experiences and now demands an investigation into the side effects and full disclosure for parental consent, which is now an international issue.

REGRET.IE are collecting information about the possible side effects some girls have suffered after having the HPV (Cervical Cancer Vaccination).

THE SIDE EFFECTS EXPERIENCED BY SOME GIRLS HAVE BEEN SEVERE AND LONG LASTING AND INCLUDE:

- Persistent headaches
- Persistent sore throat
- ME (Myalgic Encephalomyelitis) Chronic Fatigue Syndrome
- Muscle aches
- Muscle weakness/twitches

- Numbness of limbs
- Pins and needles/ tingling
- Joint Pains
- Chest pains
- Breathing problems
- Racing heart or palpitations
- Sensitive to light or noise
- Cold hands and feet
- Abdominal pain
- Skin problems and rashes
- Memory impairment
- Concentration problems
- Difficulty multi tasking
- Difficulty taking information
- Dizziness
- Fainting
- Postural Orthostatic Tachycardia Symptom (POTS)
- Seizures
- Persistent nausea and vomiting
- Acid reflux
- Tendency to self harming, suicidal thoughts, anti social behaviour
- New Allergies
- Menstrual problems/changes to menstrual cycle
- Difficulty regulating body temperature
- Excessive sweating
- Frequent Urination
- Insomnia or changes to body clock
- Autoimmune illnesses, eg autoimmune encephalitis, Raynauds, disease, Rheumatoid Arthritis, Thyroid.

If your daughter has suffered any new medical problems since her vaccination please get in touch with us.

For more information go to www.regret.ie

Email: support@regret.ie

Or contact:

Aengus O'Leary, Rathmore, Co. Kerry on

087-2512272

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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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APPROVED RETIREMENT FUNDS: You may be entitled to keep some of your money in an approved retirement fund, some of the money can be taken from the fund to give you a regular income. It is extremely important that you take your time and have all the options explained to you in plain simple English before you make your final decision. As well as the above there is alot more to be discussed about your pension. You should discuss your retirement options with an independent financial advisor before making any decisions, they will help you with the above options and any other queries you may have.

To discuss the above or any other matter **Dermot Cronin** can be contacted at **064 66 22775**.

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Address: Pinecrest House, Woodlawn Road, Ballycasheen, Killarney . Superb opportunities to enter the lucrative Bed and Breakfast business and purchase the former Pinecrest B & B in an excellent setting on Woodlawn Road close to Killarney town. he property consists of 9 bedrooms (7 ensuite) comprising 6 guest bedrooms and 3 private bedrooms, 2 bathrooms, Guest lounge, Dining room, conservatory, sun-lounge, kitchen / living room, oil fired central heating, P.V.C. Double Glazed Windows, private garden area at rear, storage shed, ample parking

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

Asking Price: €400,000

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

Killarney debutantes turn on the style

Make up.... bow ties.... up styles and stunning dresses all set the scene for the Killarney Schools Debs Ball which was held on Monday evening in the Earl of Desmond in Tralee.

The Pre-Debs reception was held at St. Brendan's College this year and students from all three schools in Killarney, St.

Brigid's Presentation Secondary School, Killarney Community College and St. Brendan's College all came together along with their parents to enjoy some light refreshments before setting off.

Killarney Outlook Photographer Marie Carroll-O'Sullivan was there to capture all the style.



GLAMOUR & VIBRANCE AT ST BRENDANS COLLEGE FROM THE LADIES ATTENDING ST BRIGID'S SECONDARY SCHOOL BEFORE HEADING TO THE LOCAL DEBS L-R MEGAN CRONIN, KERRY MAHONY, ILLONA O'DONOGHUE, NATALIA MAKOWSKI, MELISSA BUCKLEY, PAULINA FILIP, MATEUSZ SIECZKA, PAULA SOLARCZYK, DOMINIKA GWIZDZINSKA, ANDREA MCCARTHY, KATIE O'CONNOR, SINEAD TANGNEY, AGNIESZKA LOS & SHAUNA KELLY.



PICTURED AT ST BRENDAN'S COLLEGE BEFORE HEADING OFF TO THEIR DEBS WERE KEVIN O'SULLIVAN & KATHRYN CRONIN.



STUDENTS FROM THE SEM PICTURED ON THEIR HOME GROUND BEFORE HEADING OFF TO THE DEBS WHERE ALL THREE KILLARNEY SECONDARY SCHOOLS WERE IN ATTENDANCE L-R ANTHONY BREEN, MICHAEL MOYNIHAN, PAUL CLARKE & PHILIP STACK.



BROTHERS ATTENDING DIFFERENT SCHOOLS, ARE OFF TO THE DEBS TOGETHER L-R LAURA QUINN, FINIAN WALL (ST BRENDAN'S), BRENDAN WALL (KILLARNEY COMMUNITY COLLEGE) & AINE O'CONNOR.



GATHERING AT ST BRENDAN'S COLLEGE, BEFORE HEADING OFF TO THE DEBS L-R SOPHIE WILLIAMS, LAURA FITZGERALD, ADAM WARD, MEGAN O'SULLIVAN & KELLY O'SULLIVAN.



PICTURED AT THE SEM BEFORE THEIR DEBS WERE KILLARNEY COMMUNITY COLLEGE STUDENTS L-R LIAM MCINTYRE, MARIE SALOVA, GAVIN MOLONEY, AMY O'CONNELL, AISLING CRONIN, SHANE GRIFFIN, MARTA KARPUS & DAREK SZWAB.

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PICTURED AT ST BRENDAN'S COLLEGE BEFORE HEADING OFF TO THEIR DEBS WERE KL-R CHRISTINA O'CONNELL, SARAH MURPHY, SHANNON O'SULLIVAN & LAURA MURPHY.



PICTURED AT ST BRENDAN'S COLLEGE BEFORE HEADING OFF TO THEIR DEBS WERE L-R TERESA MANNIX, LYNN O'SHEA, AOIFE MURPHY & NIAMH MANNIX.



EOIN O'MEARA & NICOLE DONNELLY AT ST BRENDAN'S COLLEGE BEFORE HEADING OFF TO THEIR DEBS.

PICTURES: MARIE CARROLL O'SULLIVAN



STUDENTS OF ST BRENDAN'S COLLEGE OFF TO THE DEBS... BACK ROW L-R MICHAEL O'DONOGHUE, KEVIN MOYNIHAN, CATHAL DINEEN, NAOISE GLOSER & RONAN QUILL. FRONT ROW L-R RYAN O'KEEFE, DARRAGH LYNCH & PAUDIE O'CONNOR.




KILLARNEY COMMUNITY COLLEGE STUDENTS PICTURED AT ST BRENDAN'S COLLEGE BEFORE THEIR DEBS L-R GLENN MCSWEENEY, DANIEL DEVLIN, TEREZA MLCOCHOVA & CONOR RYAN.



FROM DIFFERENT SCHOOLS BUT THE BEST OF FRIENDS AT KILLARNEY'S NO NAME CLUB. PICTURED AT ST BRENDAN'S COLLEGE BEFORE HEADING TO THEIR DEBS WERE L-R DOMINKA GWIZDZINSKA, PAULINE FILIP, OWEN BARRY, SOPHIE SMITH, PAIGE FITZPATRICK, KILLIAN HEELAN, EMMA LENIHAN & LUKE COFFEY.




PICTURED AT ST BRENDAN'S COLLEGE, PRES GIRLS ALL GLAMMED UP FOR THEIR DEBS L-R CEIRE GAREY, CIARA BROSNAH, AOIFE ALLEN, SIOBHAN FELMING, EIMEAR COURTNEY & CIARA O'SHEA. PICTURE



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NEW TO MARKET

7B THE OLD PRESBYTERY, CATHEDRAL PLACE, KILLARNEY

Opportunity to purchase high spec. well finished duplex 120 sq. m. two bedroom apartment in The Old Presbytery, with underground car space. Apartment which is over two floors comprises kitchen with breakfast counter, livingroom cum diningroom, guest toilet, two bedroom both of which are en suite. The Old Presbytery Apartments which are unique, are located across from the entrance to the National Park, the Cathedral and within walking distance of all town centre facilities.



Price Region: €285,000

COUNTESS ROAD, KILLARNEY, CO. KERRY

Finest detached family residence to come to the market in Killarney town. This five bedroom detached home is located within walking distance of Killarney town centre and all amenities. This light filled property is finished to a very high standard with coving and parquet flooring to sittingroom and diningroom, coving to family room, modern painted kitchen units with integrated appliances, concrete first floor and five bedrooms all of which have fully tiled en suites.



Price Region: €600,000



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A delightful detached bungalow in excellent condition. 4 bedrooms, 2 double and 2 single. Bathroom, lounge, kitchen/dining. Dual c/h from oil and also from a modern solid fuel stove. It benefits from mains water & private well. Standing c. 1/3acre this delightful dwelling offers first time buyers a opportunity to own their own home at a very affordable price. Well maintained, cosy & comfortable, with low maintenance costs. BER Pending. POA

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FOR SALE

Hawthorn River Lodge, Kilbonane, Beaufort, Killarney, Co. Kerry.

Stunning detached 4/5 bedroom private residence with spectacular river and mountain views. Situated on a 4 acre private site sweeping down to the banks of the River Laune, on the Ring of Kerry route, N22, approx 12 kms from Killarney town. Superbly maintained throughout. BER C2

PRICE: €450,000 (Under Offer)



'Shelton', Ballydowney, Killarney, Co. Kerry.

4 bedroom detached residence in an excellent location within minutes walk of Killarney town. Large mature front and rear gardens. Superb opportunity to redevelop a detached family home in an excellent location. BER G

PRICE: €300,000 (Under Offer)



21 Friary Downs, Park Road, Killarney, Co. Kerry.

Very well presented 3 bed semi detached house. Located within walking distance of town centre. Recently redecorated. Ideal starter home / investment property. BER G1

PRICE: €190,000



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THE FAMILY OF THE LATE STEPHANIE O'SULLIVAN HANDED OVER A CHEQUE FOR €16,000 PROCEEDS OF THIS YEAR'S CYCLE FOR STEPHANIE. KILLORGLIN MENTAL HEALTH ASSOCIATION AND NAGLE RICE COMMUNITY CENTRE MILLTOWN WERE THIS YEARS RECIPIENTS.



DENIS CRONIN CLUB PRESIDENT (SEATED SECOND FROM LEFT) AND (FRONT RIGHT) MICHAEL QUIRKE CAPTAIN WHO PRESENTED THE PRIZES IN THE HEINEKEN GOLF COMPETITION TO ARTHUR HANLEY, NIAL McCARTHY (BACK FROM LEFT) HARRY O'NEILL, PHILIP GAMMELL, LOUIS HOLLAND, MARK TUIE AND SEAN KELLIHER AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



DENIS CRONIN CLUB PRESIDENT (SEATED LEFT) WHO PRESENTED THE FIRST PRIZE IN THE MUCKROSS HOUSE MIXED COMPETITION TO WINNERS NOREEN COFFEY AND TOM PRENDERGAST WITH (RIGHT) PATSY HANLEY LADY CAPTAIN, MICHAEL QUIRKE CAPTAIN (BACK FROM LEFT) DONAL CONSIDINE AND FRANCES ARTHUR 2ND, JOHN AND KATHLEEN WALL 3RD, EAMON O'CONNOR AND LIZ DOWNEY BEST GROSS, DERMOT ROCHE AND MAUREEN ROONEY 4TH, SINEAD AND DONNACHA GALVIN 5TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON FRIDAY.



DENIS PÍO MORIARTY (SEATED SECOND FROM LEFT) PRESENTING FIRST PRIZE IN THE MORIARTY EXCHANGE DAY WITH BALLYBUNION TO WINNER BRENDAN KEOGH WITH (LEFT) DENIS CRONIN CLUB PRESIDENT, MICHAEL QUIRKE CAPTAIN (BACK FROM LEFT) SHANE CONNELL 2ND, DENIS MCCARTHY 3RD, EUGENE O'SULLIVAN CAT 1, CONOR STACK CAT 2 AND BARRY DUGGAN CAT.3 AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



TADHG KISSANE O'SULLIVAN, BARLEYMOUNT RECEIVING A SIGNED IRISH SOCCER JERSEY AND 500 EUROS GIFT VOUCHER FOR FOLEY SPAR SHOPS FROM BRIDANNE CAREY MANAGER OF FOLEY'S SPAR FOSSA. TADGH WAS THE WINNER OF A RECENT KERRY RADIO PROMOTION.



ALL SMILES AT THE HEN....

PICTURED AT THE AGHADOE HEIGHTS HOTEL WITH JUST 35 DAYS TO GO TO HER WEDDING TO JOHN CRONIN, MICHELLE O'CONNOR HER FAMILY & FRIENDS ON HER HEN NIGHT. FRONT ROW & BRIDAL PARTY L-R LAUREN FITZGERALD, MICHELLE O'CONNOR, LEVINIA LYNE & GRAINNE O'SULLIVAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



NEGATIVITY CAN BE A HUGE BARRIER FOR ANYONE TRYING TO MAKE POSITIVE LIFESTYLE CHANGES. THE BEST DIETS AND EXERCISE PLANS IN THE WORLD HAVE BE SABOTAGED BY NEGATIVE THINKING & LACK OF SELF WORTH SO I FELT THIS TOPIC NEEDED TO BE DISCUSSED.

HERE ARE MY TOP TIPS TO HELP YOU COMBAT THE NEGATIVITY BARRIER

- When you wake up every morning, BE THANKFUL of all the positive things in your life instead of focusing immediately on the negatives. Our brains are 80% more likely to be drawn towards the negative thoughts so actively draw your attention to the positives and you will be setting yourself up for a fantastic day. If your struggling to find positives, then start with simple stuff like "I am thankful I can open my eyes, step out of bed, brush my teeth". If it helps write them down.

- Stop dwelling on negative thoughts or experiences. This I know is easier said than done. But if you continue to speak about the negatives and keep bringing them up then you can never move on! Try and suppress them & by not focusing on them or discussing them they will slowly disappear into a distant memory. No one wants to listen to you "moaning" so change your mind set on this & you will be much lighter enjoyable company to people and more people will want to be around you. Believe me I'm still working on this myself but I think there is room for us all to improve a little bit on this aspect of our lives.

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION TIP:

OPEN YOUR MIND

Always take one "its cute but so not me" thing into the fitting room. You never know!



DIET TIP

You are more likely to buy treat foods when you are hungry and feel low in energy, so try to avoid shopping on an empty stomach. A good tip is to drink some water or buy a piece of fruit to munch on as you go.



Beauty Tip

Revive your manicure!

Slick a shiny, clear top coat over whatever polish you have on your nails. It'll give them a glossy finish and prevent nicks so your mani will look freshly done.



TRAVELLING FOR DENTAL TREATMENT

One of the most popular destinations for Dental treatment is Hungary where huge savings can be made. This country has a long tradition of treating foreign patients particularly from Italy and Germany. People from the UK and Ireland are joining this trend thanks to cheap flights and accommodation and the increased availability of information on the internet.

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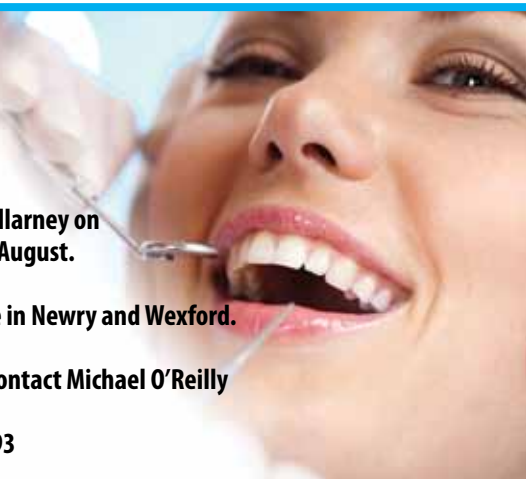
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Their Special Day

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



MARTIN O'GRADY AND EMMA MILLS WHO WERE MARRIED ON THE 1ST OF AUGUST AT FERRAGUDO CHURCH IN PORTIMÃO, PORTUGAL.

THEY WERE JOINED BY 110 OF THEIR CLOSEST FAMILY AND FRIENDS FROM IRELAND AND ENGLAND, GUEST'S AND THE COUPLE CROSSED THE RIVER TO THE CHURCH AND RETURNED BY RIVER BOAT, MARTIN O' GRADY IS FIREFIGHTER IN KILLARNEY AND EMMA MILLS IS A HAIR STYLIST AT SEAN TAFEEES.

GROOMSMEN WERE MARTIN'S 3 BROTHERS (BESTMAN) JOHN, MIKE AND COLIN, BRIDESMAIDS WERE SALLY MILLIS, ANNIE TAYLOR UK AND LIZ CARROLL. THE COUPLE RESIDE IN KILLARNEY.

PICTURES: TREVOR O'DONOGHUE

Soprano
Megan O'Neill

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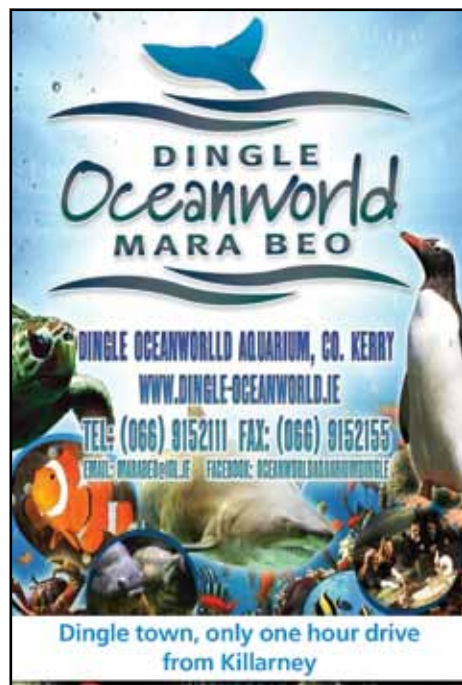
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DIAMONDS ARE FOREVER...

Susan Moriarty, Keanes Jewellers, Killarney announcing details of Killarney's Autumn Racing Festival which runs from Wednesday 19th to Saturday 22nd of August. The Festival features 29 races over the four days. Killarney Racecourse is delighted to announce 'Keanes (Jewellers since 1948)' as sponsors for Best Dressed Lady at 2015 August Ladies Day. The winner of Best Dressed Lady will receive a diamond ring to the value of €3,000 sponsored by Keanes. There will be two runner up prizes of €500 vouchers for Keanes. Best Dressed Lady will be judged by Lisa Fitzpatrick.

Photo: Valerie O'Sullivan





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NEW ROAD SAFETY GUIDELINES LAUNCHED FOR DRIVERS AND HORSE-RIDERS

The Road Safety Authority (RSA), Horse Sport Ireland (HSI) and An Garda Síochána have launched a set of guidelines for drivers and horse-riders on how to share the roads safely. The booklet was launched on Simmons Court Road near the RDS by Minister for Transport Paschal Donohoe TD who was ably assisted by Melanie Young, a member of the Team Ireland Equestrian u25 eventing squad and members of the Garda Mounted Unit.

Called 'Horse Road Safety on Public Roads', this is the first booklet of its kind and will provide road-users and horse riders with prescriptive advice on using the roads safely together. The booklet provides practical information for drivers and riders such as: how to ride, lead or drive horses on the road; rider clothing and safety equipment; road signs and signalling; how to behave at junctions; and dealing with a riding collision on the road. It is available to download from www.rsa.ie and www.horsesportireland.ie

The booklet has the following tips for motorists and riders when sharing the roads:

FOR RIDERS:

- Always make sure that drivers can see you at all times regardless of weather conditions. Wear proper protective gear, high-visibility clothing and put high-visibility equipment on your horse.
- Position yourself between the horse being

led and the traffic so that you have maximum control over the horse, while leading, or riding and leading.

- Give clear and accurate hand signals to let other road users know your intentions.
- Remain alert, attentive and observant. Remember the Life Saver Look at junctions – it could save your life.

FOR MOTORISTS:

- Be alert when approaching riding schools or places where horses are likely to appear;
- Take special care when overtaking horses, especially loose horses or horse-drawn vehicles. This is particularly relevant at junctions where

motorists are advised to keep a safe distance from horses and riders;

- Pass by slowly, driving wide of the horse and rider;
- Don't use your horn or lights in a way that might startle or blind a horse. This could cause the rider to lose control of the animal.

The booklet will be distributed through the RSA and Horse Sport Ireland channels and will be available at Driving Test Centres, Theory Test Centres, Garda Stations, libraries, as well as being available to download from www.rsa.ie and www.horsesportireland.ie Horse Sport Ireland will also be distributing copies to their members.





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Comparison of a €5,000 Student / Education loan repayable monthly over 4 years.

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Rathmore CU	Student Loan	5.1%	€115.15	€527.03	Save up to €500 over 4 years compared to other institutions
Allied Irish Bank	Student Loan - Variable	10.33%	€126.50	€1,072.16	
Bank of Ireland	Student Loan	9.7%	€125.12	€1,005.94	

Source: www.comparerefs.ie
Correct as of 29th July 2015

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

Terms and Conditions Apply -

Rathmore and District Credit Union Limited is Regulated by the Central Bank of Ireland.



RATHMORE and DISTRICT CREDIT UNION LIMITED

Donal Casey Place, Rathmore.

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Email: rathmore@rathmorecu.com

www.rathmorecu.ie



ENHANCING KNOWLEDGE WITH KCFE

Kerry College of Further Education is a centre of excellence in Kerry for the provision of Post Leaving Certificate programmes. The college, run under the auspices of Kerry ETB, offers school leavers and adult learners access to a whole host of quality assured programmes enabling students to achieve Level 5 and Level 6 certification on the National Framework of Qualifications. Essentially this means that students leave the college after their studies with a qualification that allows them to seek immediate employment or to progress to third level colleges and universities in Ireland and abroad. Speaking to the Outlook College PRO Mary Murphy told us that the "The college has grown significantly in recent years both in terms of student numbers and the range of courses on offer. The building itself has been revamped and students now benefit from new and improved state of the art facilities."

"We are proud to be one of the chief providers of further education in Munster with students from all over the country now choosing this

college for all it has on offer."

At Kerry College of Further Education there is a course for everyone. Those who choose the college will experience first-hand a positive and supportive environment from a team of teachers committed to assisting them achieve their goals.

This reputation for excellence is further confirmed by the large number of employers who contacted the college in May seeking graduates for employment.

Work experience forms an integral part of all programmes and this ensures that skills gained can be put to use in a practical work environment as they progress through the course. A quality work placement is a great addition to a student's CV, since it really gives them an edge when looking for a job once they have graduated.

The college is currently accepting applications for September intake. Interviews for places will be held at the end of August. **For further information log on to www.kerryfe.ie or request the college prospectus by contacting 066 712 1741.**

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CASTLEISLAND TUITION CENTRE

With the 2014/2015 academic year now complete, we at Castleisland Tuition Centre would like to congratulate all our students on receiving their results and wish them the very best of luck in their chosen careers.

The 2015/16 academic year is now upon us and the centre, which is now in its 6th year will continue to provide valuable support to all our exam students.

We aim to guide our students throughout the year with expert exam focused grinds, over a

variety of subjects, including the all important core subjects, as well as supervised study at Christmas, Easter and in the week prior to exams.

Options subjects such as biology, geography, business and French are also covered.

We also provide tuition covering all primary school subjects.

Our expert teachers can also help with any project work needed during the school year as this is a common concern among students.

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www.ctcgrinds.ie



EDUCATION OUTLOOK

Viewing your Leaving Cert scripts and appealing your results



(By Billy Ryle)

Back in June, the State Examinations Commission (SEC) issued a "Candidate Information Booklet" to all Leaving Cert exam candidates, which covers the running of the exam, the marking and results process. This booklet also provides information about viewing your marked scripts and appealing your results. The Leaving Cert results were available at schools yesterday, Wednesday and, hopefully, met the expectations of all candidates. Results are also available via the Internet, by using your Personal Identification Number (PIN) and your exam number. The Internet Result Service is operational since twelve noon yesterday. The address for access to results via the Internet is www.examinations.ie. Your PIN is available from your school or direct to you if you were an external candidate.

When you collected your results, your school provided you with a personalised viewing session application form supplied by the SEC, which shows your exam details. If you wish to view one or more scripts, return the completed form to the school by Tuesday, 18th August. You will be assigned to one of the viewing sessions, which will be held on Friday, 28th August from 6.00pm to 9.00pm (Session 1), Saturday, 29th August from 9.00am to 12.00 noon (Session 2) and Saturday, 29th August from 2.00pm to 5.00 pm (Session 3). I strongly advise you to view your marked scripts where you will see how the marking scheme was applied to your work.

If you wish to have any of your subject scripts re-marked through the appeal process, your school will provide you with a personalised appeal application form. In the case of external candidates the form was enclosed with your results. The appeal fee is €40.00 per Leaving Cert subject and €15.50 per Leaving Cert Applied subject, and must be paid in advance. This will be refunded to you if your result is upgraded. The refund will be made through your school if you are a school-based candidate. Pay the appeal fee by the bank giro facility on your personalised appeal application form or via the Internet. Appeal applications must be with the SEC by Wednesday, 2nd September. This means that the schools will have to post applications on Tuesday, 1st September. If you choose to view your scripts before deciding whether or not to appeal, arrange to pay the fee and return the form to the school on Monday, 31st August or early on Tuesday, 1st September.

The Leaving Certificate appeal results will be issued in mid-October. Last year, 9267 grades in individual subjects were appealed by 5447 candidates. 1637 of those grades were upgraded, which is about 18%. Only three grades were downgraded. The SEC automatically informs the CAO of all changes of results. If you are entitled to a further offer from CAO as a result of the outcome of the appeal,

the CAO will automatically issue that offer to you, although it may be for entry in 2016.

The CAO vacant places facility opens on Tues., 18th Aug. at www.cao.ie. This facility is open to both those who have already made an application to CAO, whether placed or not, and to those who have not applied to CAO. Persons who have not applied already may make a vacant place application on payment of a fee of €40.00. Persons who have already applied to CAO may apply for a vacant place on-line without payment of a further fee. An applicant for a vacant place must meet the normal minimum entry requirements for the course in question. After Round One Offers are issued on Monday, 17th August, the vacant place facility operates on a weekly schedule of applications, offers and acceptances. Vacant places can be viewed on the CAO website, www.cao.ie.

Leaving Cert results are personal and private. It's your prerogative as to whom you share them with. However, if you have any concerns or if you need some advice, avail of the confidential help line which became available yesterday. During the next few weeks, Guidance Counsellors are staffing that invaluable help line, providing advice and guidance for candidates and their parents. The help line operates on Wednesday 12th August (10am-7pm), Thursday, 13th August (10am-7pm) and Friday, 14th August (10am-1pm) following the release of Leaving Cert results. The help line will also be available on Monday, 17th August (8am-7pm), Tuesday, 18th August (8am-7pm) and Wednesday, 19th August (8am-1pm) following the release of CAO offers. The free phone number is 1800 265 165.

CHECKLIST

- It's well worth viewing your marked scripts
- CAO Round One offers and points requirements are available on Mon. next, 17th Aug.
- Return your completed application form to your school by Tuesday, 18th August if you wish to view your marked Leaving Cert Exam scripts,
- The CAO vacant places facility opens on Tues., 18th Aug. at www.cao.ie
- Vacant places can be viewed on the CAO website, www.cao.ie.
- Accept CAO Round One offer by 5.15pm on Monday, 24th August
- CAO Round Two offers and points requirements are available on Thurs., 27th August
- Viewing of marked Leaving Certificate Exam scripts takes place on 28th / 29th August
- Accept CAO Round Two offer by Wednesday, 2nd September
- Closing date for receipt by SEC of Leaving Cert appeal applications is Wednesday 2nd Sept.



Rathmore and District
Credit Union Ltd

READY TO ASSIST WITH BACK TO SCHOOL COSTS



Rathmore & District Credit Union will host a Student Loan and Back to School Loan coffee morning for students and parents on Monday, 17th August. "Our friendly staff will be available to answer all your questions in relation to applying for a Student Loan or a Back to School Loan." Lorcán McLoughlin, Marketing and Development Officer told the Outlook.

"Many families in Ireland struggle with the significant costs associated with sending their kids back to school. These costs certainly add up when you factor in everything from uniforms, P.E. gear, books, stationery, voluntary contributions and extra-curricular activities among other items. Rathmore & District Credit Union is there to help however, by offering a range of affordable options to help families to meet back to school costs."

Rathmore & District Credit Union is aware that the weeks before school resumes can be the most expensive part of the year for many homes as they face the pressure of dressing and equipping students to return to school.

Rathmore & District Credit Union is inviting people to visit their local credit union during the month of August to meet their staff to see how the burden of the back to school period can be met, while at the same time balancing the household books.

Loan options at Rathmore & District Credit Union are less expensive than those of money-lenders, pay-day firms, credit cards and other financial institutions.





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550-600	2.9	9.5
500-545	6.8	13.1
450-495	11.2	19.0
400-445	13.7	20.2

1 student got 625 points
1 student got 615 points
2 students got 610 points
1 student got 605 points

- :: 23 % of our students got over 500 points
- :: 62 % of our students got over 400 points
- :: 89 % of our students got over 300 points

REPEATS IMPROVE DRAMATICALLY

Name	Points 2013	Points 2014	Increase
L.D	555	615	60
C.D	490	595	105
K.F.	435	505	70
S.D.	340	515	175
J.O.C.	255	425	170
R.K.	175	370	195

*Average Increase for our repeat students
75 points*



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OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



ALL IRELAND JUNIOR FOOTBALL CHAMPIONSHIP

COLIN DUFFY REPORTS FROM THE ALL-IRELAND JUNIOR FOOTBALL FINAL CLASH BETWEEN KERRY AND MAYO KINGDOM YOUNG GUNS TOO HOT TO HANDLE

KERRY 2-18
MAYO 1-10

ALL IRELAND JUNIOR FOOTBALL FINAL

Kerry produced a powerful performance to bag the All-Ireland JFC title, cruising to a comfortable win over Mayo at Croke Park this afternoon.

The Kingdom led throughout this contest to deliver their second title in four years, and had six points on the board before Mayo opened their account after 12 minutes.

The Munster champions never looked troubled and led by 1-09 to 0-06 at half-time, with Thomas Hickey, who notched 2-04 on the day, netting a 26th-minute goal.

Mayo were held to just four points on the restart, with Hickey netting the winners' second goal seven minutes into the second half, on the way to a 16th All-Ireland crown.

A rampant Kerry were 17 points to the good with ten minutes left on the clock. Mayo battled on gamely and tried to salvage some pride with points from Declan Healy, Michael Togher and Cathal Freeman, but they were a beaten team long before the final whistle.

It was Kerry manager Stephen Wallace's fourth All-Ireland success both as a manager and player.

Coming into this decider Kerry were eager to claim silverware, and edge closer to the top of the roll of honour, with Munster rivals Cork topping the list with 17 All-Ireland wins.

Kerry had disposed of Wexford in the semi-finals, while Mayo had a testing clash against first-time All-Britain title winners Kilkenny at O'Connor Park, Tullamore.

The Kingdom started strongly with Brian Crowley opening their account after a minute, before scores from Alan O'Donoghue and Conor Cox handed Kerry a 0-03 to 0-00 lead after three minutes.

Kerry were hungry for scores, with Killian Spillane having a fourth-minute goal chance, but he failed to plant the ball in the back of the Mayo net. A second Cox point opened up a four-point gap before Mayo were dealt a major blow with an injury to forward Ronan Malee after just eight minutes, and found it hard to recover with Kerry continuing to tag on scores.

However, Malee's replacement Andrew Farrell made a strong contribution for a battling Mayo side, and finish the Westerners top-scorer with five points, including two from frees. Hickey and Spillane points handed Kerry a 0-06 to 0-00 lead, before Damien McGing opened the Mayo tally after 16 minutes, for his lone score of this game.

A quick brace of Alan O'Donoghue points, including one fisted effort extended Kerry's lead to seven points after 22 minutes. Substitute Farrell registered a much needed score, but this was quickly cancelled out.

Kerry continued to pile on the pressure, and were rewarded after Hickey bagged his first goal, cutting through the heart of the Mayo defence and sending the ball past keeper Blake Forkan.

Mayo were hit hard before the break, with Belmullet's Sean Gaughan just three minutes on the pitch, before being shown a black card by referee Noel Mooney. Defender Eoin O'Donoghue slotted over a much required score for Mayo, and although the Westerners

rallied, Kerry held a double scores lead at the break on a 1-09 to 0-06 score-line. Kerry were ruthless and tagged on 1-04 without reply on the restart, including Hickey's second goal to build up a 13-point lead. Mayo's first score of the second half came in the 44th minute, when Farrell slotted the ball over the cross-bar. Despite the sides being well matched in the closing quarter, Kerry had done enough, with their captain Alan O'Donoghue accepting the cup from GAA President Aogan Ó Fearghail after the game. Mayo's quest for a first All-Ireland title at this grade since 1997 continues, but for Kerry, the Munster side are just one title off sharing top of the Roll of Honour with Cork.

Mayo's quest for a first All-Ireland title at this grade since 1997 continues, but for Kerry, the Munster side are just one title off sharing top of the Roll of Honour with Cork.

Kerry: S Murphy (0-01, 1 45); D O'Donoghue, J McGuire, D Culhane; T Morley (0-01), J Walsh (0-01), G Crowley; B O'Sullivan, L Kearney; P O'Connor (0-01), B Crowley (0-02), K Spillane (0-01); A O'Donoghue (0-04), C Cox (0-02, 2f), T Hickey (2-04).

Subs: B Sugrue for McGuire (HT); J O'Donoghue (0-01) for Cox (35); G O'Sullivan for Spillane (39); M Brennan for O'Sullivan (BC 42); E Kiely for Kearney (49); D Griffin for B Crowley (53).

Mayo: B Forkan; P Barrett, B Moran, B Leonard; E Collins, D McHugh, E O'Donoghue (0-01); P Collins, P Feerick; G Conway, C Freeman (0-01), D Durcan; D McGing (0-01), J Hutton, R Malee. **Subs:** A Farrell (0-05, 2f) for Malee (8); S Gaughan for Leonard (24); M Barrett for Gaughan (BC 27); M Forde for Durcan (HT); D Healy (0-01) for Moran (48); M Togher (0-01) for Collins (49).

Referee: Noel Mooney (Cavan)



KERRY CAPTAIN ALAN O'DONOGHUE HOLDS THE ALL-IRELAND JUNIOR CUP ALOFT WHILE BEING SHOULDERED OFF THE FIELD BY HIS TEAMMATES.



THOMAS HICKEY TRIES TO EVADE THE ATTENTIONS OF EAMONN COLLINS OF MAYO.

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LIAM KEARNEY ALL IRELAND JUNIOR WINNER AND MINOR EVAN CRONIN VISITED THE KELLOGGS CÚL CAMP IN SPA LAST WEEK TO PRESENT ETHAN O NEILL WITH HIS FIRST PRIZE IN THE SKILLS COMPETITION. THE WINING ALL IRELAND JUNIOR CAPTAIN ALAN O DONOGHUE WAS ALSO ON HAND AS THE CAMP CO ORDINATOR.

EAST KERRY NOTES

with Áine Ní Shúilleabháin PRO

EAST REGION MINOR LEAGUE - DIVISION 3 FINAL

Currow 5-10 Cordal / Scartaglen 3-07

Currow played Cordal / Scartaglen in the East Kerry Minor League Division 3 Final in Currow last Thursday evening. Cordal / Scartaglen got off to the better start and got two quick goals early in the first half. By half time the score was Cordal/Scartaglen 2-05 Currow 1-04. The Currow team management made a few telling switches at half time that turned the game and in the second half the Currow forwards had the greater share of the position. They ran out convincing winners in the end on a score line of Currow 5-10 Cordal/ Scartaglen 3-07. Dermot O'Conor, East Kerry Board Rúnaí, presented the cup to the Currow captain Luke Fitzgerald.

Referee: Tadhg Ahern (Listry)

EAST REGION MINOR LEAGUE DIVISION 1

The East Region Minor league, sponsored by The Tatler Jack, is nearing completion, with the Division 1 semi final between Dr Crokes and Fires fixed for Sunday next (16th August 2015). Throw in is at 6pm. The winners play Spa, in the final when Spa will have home venue, having topped the league table with an unbeaten record.

UNDER 14 EAST KERRY CHAMPIONSHIP

The East Kerry Under 14 championship, sponsored by MD O'Shea, gets under way on Monday the 10th August with five games, which will determine the division of the championship that these teams will play in. The games are three preliminary round games, Fires B V Currow, Cordal/Scartaglen V Glenflesk and Dr Crokes B V Spa and two Division 1 semi finals, Rathmore V Legion and Fires V Dr Crokes. First named team has home venue. There will be extra time, if necessary, in all games throughout the championship. East Kerry Coiste na nÓg will appoint the referee and look after the expenses. Results must be sent to Mary Donnelly by the home club immediately after all games.

DATES FOR THE DIARY East Kerry Coiste na nÓg Under 12 Go Games and Under 16

Championship will commence on the first week in September.

CONGRATULATIONS ALL IRELAND JUNIOR CHAMPIONSHIP SUCCESS

Congratulations from all in East Kerry to the Kerry Junior team and management on winning the All Ireland Junior Championship title against Mayo last Saturday in Croke park and especial congratulations to the players from clubs in the East Kerry District.

EAST KERRY SUCCESS CO MINOR CHAMPIONSHIP

All three teams from the East Kerry, who were competing in round 3 of the County Minor Championship last Thursday, recorded success and have qualified for the quarter finals. These were East Kerry, Spa and Dr Crokes minor teams. Best of luck to all three in the quarter finals.

JOBBRIDGE COACHING POSITION IN KENMARE DISTRICT

The Kerry County are currently looking to take on a Coach in Kenmare District under the G.A.A Jobsbridge Internship Scheme. This coach will be working with the Games Development Administrators in Schools and Clubs in the Kenmare District area. For applicants to be eligible for the scheme they must currently be in receipt of a live claim (Jobseekers Allowance/Jobseekers Benefit/Signing for Credits) on the Live Register and have been in receipt of Jobseekers Benefit, Jobseekers Allowance or signing for Social Insurance Contribution Credits for a total of 3 months or more in the last 9 months

This position may suit students who are just finished college and who are looking for some valuable experience to help them get a full time position. The Kerry County Board have taken on people on this initiative over the last number of years that have gone on the get a full time position as a result. Further information available on the Kerry Count Board web site or from Donal Daly, donal.daly.gda.kerry@gaa.ie or Vince Cooper (vince.cooper.gpo.kerry@gaa.ie).

LISTRY WEEKLY LOTTO RESULTS

Sunday 9nd August, 2015
Winning Numbers 5, 13, 16, 20
Jackpot €5,450 Not Won
Jackpot next week
Sunday 16th August €5,600

VICTORIOUS KERRY JUNIORS

Congratulations to Gary, Fergus & the Kerry Juniors on their fantastic All Ireland victory in Croke Park last Saturday. All in Listry GAA very proud..

SENIOR COUNTY LEAGUE Our next game is due to take place on Saturday, 15th August at 7pm away to Annascaul. Please support.

MILLOWN/LISTRY NOTES PLEASE

Our Senior Ladies played Vs Annascaul in Cloon pitch on Friday last, the score was 4-13 to 2-13 to Annascaul. Well done to both teams!! Well

done to the Kerry U16s girls who won their All Ireland Final against Galway, especially to Ciara Murphy from Keel who did her club and Milltown/Listry proud!! Congratulations Ciara and well done.

The Shane Courtney memorial golf classic This takes place in Killorglin golf course on Saturday, 5th September €120 for team of four or €30 each. We are looking for as many members as possible to support this event which is one of our main fundraisers for the club. To book a tee time or support in any way please contact John Wrenn on 087 1273702.

JUVENILES This week saw the successful running of the Listry GAA Club Summer Camp. The Camp was sponsored by The Dungeon Bookshop. Podge O Connor represented the Dungeon at the camp on Friday. He presented the boys and girls with their tops. We were also delighted to welcome our very own Kerry players Ronan Buckley and Gary O Sullivan who autographed the boys and girls Kerry Jerseys. Thank you to senior player Kieran Murphy who generously donated fruit which the boys and girls tucked into with vigour. A huge thanks to all our coaches who volunteered their time over the last four days. John Courtney, Denis Murphy, Tim Fitzgerald, Mark Leslie, Peter Keane, Derry Ahern, Tony O Dowd, Pa Murphy and Paul O Donoghue. A special word of thanks to five of our U16 panel who attended and helped out as well, namely Sean O'Sullivan, Mark O'Brien, Roman Gallagher, Aaron McCarthy and Barry Keane. Finally a big word of thanks to all the boys and girls who attended for their excellent participation and behaviour. FC.

Congratulations to senior player Gary O Sullivan who won an All-Ireland junior medal with Kerry in Croke Park on Saturday last.

SPA CLUB NOTES

Coiste na nOg

U6 AND U8 continue to train every sat morn at usual times.

U14 BOYS Start their East Kerry campaign tonight 10th Aug away to Dr. Crokes B team @ 7pm.

U16 BOYS CO LEAGUE Spa took on a strong Kilgarvan / Tousist side at home last Wednesday night . Missing a few regulars Spa faces an uphill battle. Conor Stack and Niall McCarthy tried hard but the home team was well beaten by the visiting side

LADIES FOOTBALL

U12 GIRLS County Development continues Saturday Mornings 10-12 for all the girls born in 2003. No development next Saturday 15th.

U14 CO. SEMI FINAL

Ballymac v Spa away @ 7pm in Ballymac.

U16 CO. SEMI FINAL Sat Aug 22nd @7pm

Spa/Scartaglen v. Moyvane at home

SENIOR LADIES MARY JO CURRAN CUP

Spa 2-7 Fires 1-4

Played in Spa and with a very young team. Amy Moynihan and Ciara Moynihan joined the



senior ranks and played brilliantly throughout the game. Linda Bruggener moved from the goals to forward and scored 2 beautiful in the opposition one. Mags Cronin went centre back and defended well. niamh Kearney was very strong up front and set up and scored. Young Emily Cronin gets stronger every game and also registered her score. Its great to see Furies back in action with a senior team again.

GAELIC 4 MOTHERS AND OTHERS

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

KERRY TEAMS Well done to the Kerry Juniors on their All Ireland victory especially Liam Kearney and Dan O'Donghue. Both played excellent on the day. Also to Fergus Clifford a former Spa senior player who was part of the management team.

BEST OF LUCK to the minor and senior Kerry teams in the All Ireland semi finals next Sun August 23rd in Croke Park. Special mention to the minor team with Michael Foley and Evan Cronin.

MINOR FOOTBALL CHAMPIONSHIP RD 3.

Spa 3-11 Kerins O Rahillys 3-6

A great game was predicted and the spectators that showed up to support the teams in Spa were not disappointed. Spa opened up the score board with a point from Dara Moynihan followed by another point from a free. Spa were very dangerous around the Tralee side goal and Dara narrowly missed a goal. Evan Cronin, however found the net and Michael Foley followed with another point. Spa definitely were the superior team in the first half with excellent defending by Spa's Aidan Fleming who orchestrated the defence. Mid field duo Mike McCarthy and Mike Foley dominated midfield. Half time score Spa 1-6 Kerins O Rahillys 1-1.

On the restart Dion Marcos and Gearoid Savage exchanged points, but two great goals from Tralee side, edged them in the lead. Spa replied with points from Mikey Moynihan and Feargal O'Donoghue, before Evan Cronin found the net to make it 2-9 to 3-4. The home side kept the pressure on and a Mikey Moynihan point left just one between the sides going into injury time, and a fine score from the excellent midfielder Mike McCarthy in the final moments put Spa two clear at the end.

SENIOR CO LEAGUE Spa v. Listowel Fri Aug 14th @ 7.30 in Spa.

Spa v. Glenflesk Fri Aug 21st @ 7.30 in Spa

LOTTO RESULTS

Jimmy Briens draw Sun Aug 9th 2015
Numbers drawn 6,10,12,27. No jackpot winner. Draw next week in the Arbutus for jackpot of €10,000.

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

HALL RENTAL Please contact Eileen Casey

by text 0876577312 for availability to book our indoor meeting rooms or Hall.

SPA COMMUNITY NOTES

GOLF OUTING POSTPONED The annual Spa GAA Club Outing due to take place this Friday August 14th has been postponed due to a clash with the Spa v Listowel county league game New provisional date to be confirmed is September 12th

BIRTHDAY WISHES A large group of family and friends were on hand to wish Batty O'Sullivan a very happy 60th birthday in the East Avenue Hotel over the weekend. He shared the party with his partner Teresa Mangan with her 50th birthday. Double celebrations and in lieu of presents the couple received donations for 2 charities close to their heart.

DONAL HICKEY RETIREMENT Best wishes from all in Spa is extended to Donal Hickey from Tiernaboul who is to retire this month after 40 years of dedicated service as a journalist with both The Kerryman and in recent years The Irish Examiner. Since he came to reside in the area over 30 years ago, Donal has been very much immersed in the affairs of the local community both as a member of the Tiernaboul Residents Association and the Spa GAA club. He was very much involved in the publication of the Spa club history in 1998 and also the annual Spa Review .He edited a number of other local publication including the Sliabh Luacra Journal a project very much dear to his heart. A keen lover of the game of golf he will now have more time to spend on the fairways of O Mahony's Point and Killeen and no doubt he will be called on to edit the Spa Review due to be published later this year. His son Tadgh and daughter -in-law AnneMarie are also deeply involved with the GAA club.

FOSSA NOTES

FOSSA GAA: Lotto 9th August 2015

Numbers drawn were 8, 19, 20, 27. There was no Jackpot winner and next weeks Jackpot will be €12,450.

SENIORS The seniors will be at home against Cordal in Round 9 of the County League next Saturday, August 15th at 7pm, this is another crucial game in our bid to stay in Div 4 so all support is welcome.

JUNIORS Our junior team played Lispole in the County Junior League final on Friday evening last in the John Mitchell's complex. Lispole started the brighter and hit Fossa early on with a goal and a point inside the first 4 minutes of the game. We hit back with points from Padraig Devane and Chris Myers but thereafter we lost our way completely, in spite of dominating possession we could not get the scores required and conceded a second goal in the 16th minute. Donald O' Sullivan kicked two frees towards the end of the half to leave us trailing 2-08 to 0-04 at half time. Fossa started the second half well and points from

Donald O' Sullivan, Chris Myers and Michael O' Keeffe in the first 7 minutes gave us hope. Killian Bellew hit the crossbar with a scorcher of a shot midway through the half and a goal at that stage would have really got us back in the game, however, Lispole defended in depth and we struggled to get scores in spite of some good build up play and our shooting let us down at times. Chris Myers did crack home a goal in the 27th minute of the half but really we left ourselves too much work to do after a poor opening 30 minutes. The final score was Fossa 1-09, Lispole 2-11.

U-16'S Well done to our U-16 team who had a great win over Spa in the County League semi-final on a score of 9-06 to 5-07, they will now play Kilgarvan/Tuosist in the final next week.

LADIES FOOTBALL Well done to our U-16 Girls who had a hard fought win over Austin Stacks on Thursday evening in Tralee in what was their last game of the county league. They are now guaranteed a semifinal spot for the Div 1 title.

FUNDRAISER Threshing Cancer will hold a traditional threshing and family fun day on Sunday 16th August at 1pm on the farm of Brendan Ferris, Beaufort. Children free admission. For further details see www.threshingcancer.com

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

SYMPATHY Sympathy is extended to Dave and Helen Geaney, Greanagh on the death of Dave's sister, Noreen O' Connor, Brosna recently. May she rest in peace.

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

DR CROKES CLUB NOTES

EAST KERRY MINOR LEAGUE - ROUND 5

Dr Crokes 1-14 Gneeveguilla 1-6

As a result of our eight point win over Gneeveguilla, we qualified for the semi-final of the East Kerry Minor League, Division One. We will be playing Furies in this semi-final.

The teams were evenly matched in the first half. Gneeveguilla had a point after two minutes but it was nip and tuck after this until the last five minutes of the half. A good team goal by Michael Potts, left us 1-6 to 0-5 ahead at the interval.

We started the second half very positively, scoring three points without reply and a seven point lead. Our opponents however struck back and engineered a very good goal. We were well on top in the last quarter, scoring five points to Gneeveguilla's one. This gave us



victory by eight points at the final whistle. The game could have been a lot closer but for two great saves by our goalkeeper Tony Clifford, one in each half.

Our best players on the night were Tony Clifford, Brian Fitzgerald, John Kerrisk, Paul Clarke, Mark O'Shea, Mike Casey and Michael Potts

COUNTY MINOR CHAMPIONSHIP

Last Sixteen. Dr Crokes 1-16 Austin Stacks 1-7 Even though we got off to a good start with two early points, Austin Stacks took their scores better in the first quarter. At the end of this fifteen minutes they led by 1-3 to 0-2. We were well on top in the second quarter, scoring six points to our opponents two, leaving the teams level 0-8 to 1-5 at the interval.

We dominated for most of the second half, mainly through a defence that yielded very little and well marshalled by Gavin White, a strong midfield display by Paul Clarke and Billy Courtney and good scores from Adam O'Shea, Mike Casey and Jack Griffin. Our opponents never gave up and but for some poor marksmanship could have been closer at the end.

UNDER 16 FOOTBALLERS Our under 16 footballers played Firies in Farranfore on Wednesday evening 5th of August in the County League semi final in a close hard fought game with the final score being Crokes 2-06 Firies 2-09. We went into this game with a few players carrying injuries and unfortunately we lost Lorcan Mc Monagal who was playing at midfield about 10mins into the game with what appears to be a nasty ankle injury.

We would like to wish Lorcan a speedy recovery and hope to see him back in a Crokes Jersey in the not too distant future.

We are now awaiting the commencement of the U-16 East Kerry Championship.

GET WELL Best Wishes for a speedy recovery to Donal "Sucky" Lynch, former player and mentor who is convalescing after a recent accident.

CONGRATULATIONS to Edmund O'Sullivan and Juliet Murphy who were married last weekend.

LOTTO Lotto numbers 2, 13, 14, 15. Jackpot €10500 not won match 3 5 by €80. Next draw Sunday 16th of August in J C O'Shea. Jackpot €10800.

DEEPEST SYMPATHIES Our sympathy goes to family and friend of Zoe O'Connor (nee Brennan) RIP who is an aunt of Mia Brennan from our U16 girls team.

SPEEDY RECOVERY to Moss Harmon from a recent illness and to Johnny O'Leary who we hope to see back on playing fields again soon.

BEAUFORT GAA NOTES

Lotto results of Sunday, 9th August for jackpot of €2,800. Numbers drawn: 3, 13, 16, 20. No jackpot winner.

Next draw for jackpot of €3,000 will be in

Galvin's Bar on Sunday, 23rd August

FIXTURES Beaufort Boys Under 12 home Laune Rangers on Friday, 14th August at 7pm in Mid Kerry Go Games

Beaufort Seniors home to Brosna, Sunday, 16th August at 2pm in Round 9, County League

Beaufort Juniors home to Churchill, Friday, 21st August at 7pm in Round 1, Barrett Cup. Extra time.

CLUB MEMBERSHIP FOR 2015 will be closing this week. Gym membership is available all year round. Club membership is €50 family. €30 Individual. Gym membership is €50 per person and €5 for gym entry card.

BEAUFORT U12S hosted Glenbeigh/Glencar during the week.

Beaufort (Amber) 5 - 8 (23) Vs Glenbeigh/Glencar 4 - 13 (25)

Beaufort (Blue) 5 - 6 Vs Glenbeigh/Glencar 5 - 16

Beaufort (Amber) team & Glenbeigh/Glencar came together for another epic battle on Friday evening. Both teams got off to a solid start with Brendie O'Donoghue getting 2 early goals and Simon Coffey popping some nice points over the bar. However, Beaufort (Amber) were down by 5 points at half time.

Half-time scores Beaufort (Amber) 2 - 4 to Glenbeigh/Glencar 2 - 9.

Beaufort started out strong in second half and went ahead by 5 points early on in second half. This did not quieten the other side and they came back strong with some great team work. Sean O'Sullivan scored 2 classy goals and Jack O'Brien who played in goals stopped at least 4 balls finding the back of the net. Both teams were level at 23 points each with about 5 mins to go, unfortunately Glenbeigh/Glencar proved too elusive and popped 2 more points over the bar to seal the deal. Final Score Beaufort (Amber) 5 - 8 to Glenbeigh/Glencar 4 - 13.

THE BEAUFORT (BLUE) TEAM on the other side of the pitch had a very lively game against Glenbeigh/Glencar. Unfortunately numbers were low on the other team for Beaufort as they only had 6 players. Half-time score was Beaufort (Blue) 4 - 2 to Glenbeigh/Glencar 5 - 9. Full-time score Beaufort (Blue) 5 - 6 Vs Glenbeigh/Glencar 5 - 16.

LEGION GAA CLUB NOTES

BON VOYAGE The club would like to wish Kieran Slattery all the best on his travels as he heads for Melbourne this week. Kieran has been a great servant to the club and has excelled at all ages for the club. He will be a big loss to the senior team but we wish him well for the future EAST KERRY U 11

Legion 4-9 Kenmare 2-11 Our u11 team had their final East Kerry game against Kenmare this evening.

In a spirited contest both teams battled until the final whistle and demonstrated plenty of skills with the ball and commitment when not

in possession.

Crucially the Legion forwards were able to turn opportunities into goals and this was the difference at full time but well done to the Shamrocks on a great game.

The coaches would like to thank the lads who have been a pleasure to work with in u11 & u12 competition. Their behaviour at training and games has been a credit to the club and their families. They are a fine bunch of footballers and have a great camaraderie.

Thanks too to all the parents who gave us great support at home and away.

Coaches: Aaron Benson, Brian Looney, John Kelly **SUMMER CAMP** Great week at the Summer Camp. Kerrys finest Jonathan Lyne called in today to check how things were going and he passed on a few tips to the boys and girls. Close to 100 campers who made the week so enjoyable.

MANY THANKS to Noel Kelliher and John Culloty for their great help during the week. Great credit is due to the volunteers who helped during the week. We will have a get together next week to acknowledge your input. The majority of them were from our Under 14 and 16 boys and girls panels as well as Julie Kelly, Paula Breen and Isabelle Corridan. Very refreshing to see the older juveniles showing our young guns the way!!

Thanks to Maura Mc Carthy who looked after all the administration for the camp and ensured everything was to a tee as usual.

Many thanks to Ian Trant of Sewells Pharmacy for their generous sponsorship of the camp

SENIOR COUNTY LEAGUE Round 9 of the senior county league takes place this Sunday with a home game against Kilcummin. Please come up and support

MOLYNEAUX CUP Friday 28 August we have a home venue for the first round of the Molyneaux cup against Strand Rd with a 7pm throw in

LOTTO Numbers drawn 2, 8, 9, 25

No jackpot winner

Lucky dip drawn from match x 3 Damien Murphy c/o Lake Hotel, Rebecca and Amy Walsh, Teresa Lyne Muckcross, Aidan Kelly, Beaufort, Peggy o Connor Mill Rd, Next weeke jackpot is 7400 euro



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



SEMI FINAL TICKET ARRANGEMENTS

Stand Tickets for the All Ireland semi final cost €40 with Terrace tickets costing €25. Concessions apply for Students and Senior Citizens in the Cusack and Davin Stand only where a rebate of €10 can be claimed with a valid id.

Family tickets may be purchased for the Cusack and Davin Stands only with adults costing €40 and Juveniles €5.

Tickets may be purchased through the Clubs and are also available to purchase from the Kerry GAA Store in the Killarney Outlet Centre, participating Centra and Supervalu Stores around the County and online at tickets.ie

Public Sale of tickets at County Board Office Austin Stack Park, Tralee starts on Tuesday 18th August at 2pm.

5-YEAR TICKET PURCHASE SCHEME

All members are requested to apply for scheme ticket (s) as soon as possible. All postal applications should be received not later than Monday 17th August and must include cash/cheque and SAE. Applications should be sent to "An Runai, Kerry Co. Board, Austin Stack Park, Box 125, Tralee Co. Kerry" and must quote the Scheme Registration Number.

OFFICE OPENING HOURS

Members who wish to collect their tickets can do so at the Austin Stack Park during the following opening hours:

Thursday 13th and Friday 14th between 2.00pm and 5.30pm for Clubs/Delegates/Scheme only
Monday 17th August between 2.00pm and 5.30pm for Clubs/Delegates/Scheme only

HURLING NEWS

TWO GAMES DOWN FOR DECISION IN ROUND 3 OF THE HURLING CHAMPIONSHIP

Round 3 of the 2015 Garvey's SuperValu Kerry senior hurling championship has been fixed for this Sunday, 16th August. First up is the game between Abbeydorney and Ballyduff which takes place at Lixnaw, commencing at 2.00pm.

Later on, Kilmoyley is the venue for the St. Brendan's v Causeway game at 6.30pm. As we have now reached the knockout stages, in the event of a draw there will be no extra time - the game will go to a replay.

The games have been split to facilitate people who may wish to watch the All-Ireland senior hurling semi-final on television and to avoid any issues with dressing room availability and car parking. Patrons are asked

to follow the directions of the stewards at both venues.

The semi-finals are scheduled for the weekend of 29th August with the county senior final on Sunday, 27th September.

KERRY MAKE THEIR EXIT FROM UNDER 21 'B' CHAMPIONSHIP

The Kerry under 21 hurlers lost out in a dramatic finish to Meath on Saturday last in the All-Ireland 'B' quarter final at Trim. A goal with the last puck of the game gave the home side victory on a 2 - 15 to 1 - 17 score line.

MINOR "B" HURLING CHAMPIONSHIP

Kerry minor hurlers play Down this Saturday, 15th August in the semi-final of the All-Ireland 'B' championship at Newbridge.

ROWING TO RIO

**The Monika Dukarska
Blog. The story of a
Professional Athlete**



It is this time of the year again with Killorglin making the headlines and it is not because of its sporting or business success but because of a goat. A goat that is crowned a King for an entire three days. Surprisingly, my home town Poznan is also known for goats. The goats are a great tourist attraction and their history dates back to 1551. The two mechanical white goats are located on the top of the clock mechanism at the Town Hall in the Poznan Old Town. Every day at noon the goats appear on the top of the tower and butt heads 12 times. The legend says that two white goats appeared on top of the Town Hall during a banquet which was organised to celebrate the restorations of the Town Hall which was damaged in a fire in 1536. The head chief however burned a roast deer and attempted to replace it by stealing two goats from a nearby meadow which consequently escaped and ended up on the top of the Town Hall. This attracted the attention of attending guests and provided a great entertainment which was immortalised in a form of two goats in a clock mechanism. At first when I moved to Killorglin I did not make the connection between King Puck and the two white goats in Poznan in Poland, but perhaps there is some link there, destiny perhaps, as I cannot escape them.

Unfortunately, my celebrations of Puck Fair are quite limited as I'm training in Cork and preparing for the World Rowing Championships in France. As much as life stops or picks up the pace for the residents of Killorglin, for me it remains the same. It all revolves around training. That's the priority (until the day I retire, I reckon). Currently I'm training in a Women's Four with Leonora Kennedy from Enniskillen, Barbara O'Brien from Limerick and Aifric Keogh from Galway. Bigger boat often equates to a bigger challenge as there is more people, distinctive rowing styles and more bodies that have to coordinate. Also, I have not raced in a four before hence I'm learning a lot about how to balance being single minded with being part of a bigger team, how to negotiate (as there is more opinions now) and how to change to adjust to another person's rowing rhythm. I'm now in a two seat, meaning that I am in the middle of the boat responsible for delivering power per stroke and calls.

Like I said previously, rowing is a journey. It is like a river actually, in some places straight, calm and wide and in parts rough, bendy and bouncy and there is nothing else left to do other than to keep going. Big thanks to my sponsor FEXCO but also Killorglin Rowing Club, Avalanche Designs and all readers of the Outlook for being on this journey with me.



IF YOU HAVE A STORY...

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



KILLARNEY SOUTH COMMUNITY GAMES NOTES

A HUGE THANKS to all the Killarney South Community Games parents who collected in the recent dunnes stores bag packing, fundraiser. This fundraising is vital to cover the costs incurred in participating in community games ie insurance registration fees levies medals etc. We do not charge the children fees to join and this is one of the few fundraisers we run and a big thanks to Dunnes Stores for the support. The All Ireland community games weekend commences this weekend and we have three athletes in action. Sisters Pia and Jocelyn Hickey in swimming. Pia won a medal in the mixed relay last year in athletics so is proving to be an all rounder and they are both from a very sporting family and we wish them the very best in the pool in Athlone. Alex Hennigan is on the Kerry U12 cross country team taking part in the national finals in Athlone. Alex won 2 national medals on the track last year and will be hoping to add to that tally as part of a strong Kerry U12 squad. Best of luck to all from all in Killarney South Community Games

KILLARNEY VALLEY AC

Our Monday Mile Challenge is continuing during the month of August in preparation for the 2015/2016 season. All that you need to do is to come along and, after a warm up, run a mile! Parents are encouraged to run with their children, and maybe even might be persuaded to take part in our Killarney 10 Mile that is taking place on September 26th. We will be pushing the start time out to 6.30 for the next few weeks, so please keep that in mind. Entries are being taken for the Killarney 10 Mile online at the moment on www.killarney10mile.com, so whether you are a serious or a fun runner, do come out and take part. It is a very enjoyable event with a fabulous course through Killarney National Park. For further enquiries please contact Jerry Griffin @ 0876879186

Best wishes to all our athletes that will be competing at the National Finals of Community Games in Athlone over the next two weekends. The Athletics will be on Aug 22/23 and we have a large number of our club athletes taking part representing the different areas in Killarney.

GNEEVEGUILLA ATHLETIC CLUB:

LOTTO: No winner of our lotto 07/08/2015, numbers drawn were 8, 11, 14 and 15. Sellers prize winner was Paddy O'Donoghue, €50 Y/T winner was holder John McCarthy Killarney, €50 to Elaine Cronin Cahirbarnagh, €40 each to Johnny Cronin Lisheen, Mary Houlihan c/o Mgt Hayes & Margaret O'Keeffe Knocknacole. Bonus not won numbers drawn were 5, 19, 20 and 24. Next week's jackpot €12,400 plus €1,000 bonus.



MARY CONCANNON PRESENTS THE JOHN O CONNOR CUP TO JOHN BROSAN MODA /KINGDOM ENDURANCE AFTER HE WON THE KERRY CO CYCLING LEAGUE IN CURROW LAST THURSDAY EVENING. ALSO IN PHOTOS IS JOHN'S SON NOAH. PIC BRENDAN SLATTERY.

Summer Mile Series. Results of third leg which was held in Knocknagree on Wed last. Results of men: Senior: Simon Mangan GG, Tony Harty Riocht, Adam Foley, Robert Purcell GG, U15 Francis Cronin GG, U16 Andrew Purcell GG, U14 Daragh O'Leary, U13 Donal Daly GG, U12 Aaron O'Keeffe Mallow, U11 Donal Burke Millstreet, O40 Seamus Murphy GG, O45 Patrick O'Keeffe, O50 Kevin Griffin Riocht, O60 Michael Riordan. Ladies Senior: Martina Kiely St Finbarrs, Caroline McCarthy, Sieve O'Connor GG, Patricia Barry, Orla Buechy, U16 Chloe O'Keeffe, U14 Sarah Burke, U10 Delia Foley, U13 Dara O'Shea, O35 Olivia Fitzgerald, O45 Eileen O'Riordan GG, O50 Catherine Murphy. Final leg of the series and prize giving will be held on Wednesday August 12th at 7.00 pm in Gneeveguilla.

NATIONAL SENIOR CHAMPIONSHIPS: Held in Santry Mairead O'Neill was 4th in this competition.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES NOTES

We would like to wish the following children the very best of luck as they represent Kerry and our area, in the Community Games All Ireland Finals in Athlone this weekend:

Ross O'Leary will be in the swimming U12 freestyle Solo competition and also swimming in the U13 freestyle relay, along with his brother Paudie, Cian O'Leary and Donal Daly.

We would also like to wish Jack O'Leary the very best of luck as he competes in the U12 600m Mixed Distance Relay.

There is always strong competition in Athlone but we know the children will do their very best and we hope they enjoy the experience of taking part in such a big event and have a very enjoyable weekend with their families and friends. good luck to all !!

Results to follow next week..

FARRANFORE MAINE VALLEY ATHLETIC CLUB

WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS in Lyon, France.

On Friday 7th August Maria prepared herself for her very first World Championship event when she was representing Ireland in the W40 5000m distance. With temperatures reaching 38oC and the high humidity all added to the challenge. Due to the high entry numbers for this event they were two 5000m finals with the winners decided on time. The races were seeded so Maria was placed with the fastest athletes on the second race. A number of these competed in the Olympics not that long ago.

Maybe there was a bit of Irish luck, but just 10mins before race start a dark thunder cloud covered over the searing heat from the sun which was a welcome comfort for the Irish athletes. The eleven strong runners started off, Maria and another Irish athlete, Cathy McCourt, amongst the front group. Not long into the race the field began to spread out as the searing heat took its toll. All athletes were finding the heat difficult with the pace a lot slower than normal. With 3 laps to go, Maria was in 2nd place just behind a Finnish athlete and looking very comfortable. Cathy McCourt 100m behind in 3rd place. Maria made an attack for first place but the Finnish athlete had enough to keep in the lead. And so it finished with Maria taking 2nd place in the race.

This race was the fastest of the two finals, so it was official that Maria McCarthy had won her very first Individual Worlds silver medal. This has been a roller coaster of a year for Maria and we are all so very proud of her.

She is a dedicated athlete and an excellent coach.

Maria will have a few days rest before she competes in the 1500m heats on Wednesday 12th with the finals on Friday 14th. We wish her all the best.

On our local races, Pauline Joseph competed



in the Gneeveguilla AC Mile Race held in Knocknagree. Pauline completed the mile in a time of 7:00, this was 11sec faster than last weeks mile race. Well done

ATHLETIC CLUB FIXTURES: Gneeveguilla AC Mile Road Race series - Race 4 - Wednesday 12th August at 7pm in Gneeveguilla. More info on there website.

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

MILLTOWN/LISTRY COMMUNITY GAMES

NATIONAL FINALS The national finals are taking part over the next 2 weekends and it's great for our area to have competitors taking part on both weekends. This weekend Aug 14 - 16 we have 3 children competing. In the mixed distance relays and being members of Kerry teams, we will have Shauna McCarthy on the U12 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 qualified from Kerry finals held last May in Tralee Sports Complex.

We would like to wish Shauna, Cian and Saibh the very best of luck and hope they and their families have a very enjoyable weekend.

Bag Packing Fundraiser

We would like to sincerely thank all those who helped out with our recent bag packing held in Keanes Supervalu, Killorglin. We thank all those customers who contributed on the day and confirm that all funds raised will go towards costs incurred and also allow us purchase team jerseys. We kindly thank Keanes who allowed us to bag pack and gave us great assistance.

SPA MUCKROSS COMMUNITY GAMES NOTES

NATIONAL FINALS: Best of luck to Caolan Mitchell, Cian Lynch, Kianan O'Doherty, Marie Courtney, Niamh Coffey & Treasa O'Sullivan,

who represent Kerry in the National Finals over the next two weekends.

Bernie Courtney

WORKMEN'S ROWING CLUB

COUNTY CHAMPIONSHIPS: We enjoyed a great day out at the County Championships in Waterville on Sunday last with excellent conditions for rowing at Lough Currane. Congratulations to all our crews who competed and achieved some excellent results with a total of 15 crews finishing in medal winning positions...3 Gold, 6 silver and 6 Bronze. Well done to Tiarnan Roarty, Emma Lowin and Amber Hughes who rowed really well at their regatta debuts on Sunday. Sincere thanks as always to Timmy Moynihan for towing the boats, to our coxes Mickey Jo Burns, Mikey O Donoghue and Ciara Browne who were busy on the water all day and thanks to Pat O Donoghue who did a fantastic job organising and launching all crews.

RESULTS: Pre-Vet Ladies, 1st, Pre-Vet Men 2nd, Pre-Vet Mixed, 2nd and 3rd, Vet Ladies, 1st, Vet Men 2nd, Vet Mixed, 2nd and 3rd, U16 ladies 3rd, U18 boys 2nd, Intermediate ladies 1st, Intermediate Men, 3rd, Junior ladies 3rd, Junior men 2nd, Senior Mixed 3rd.

ALL IRELANDS: Best of luck to all crews who are competing at the All Irelands in Waterville this weekend. All time tables are available on the ICRF facebook page and there will be a live broadcast available for the finals on Sunday at CRVLIVE.com

EXAM RESULTS: Well done to Daire O Hare Doherty and Lauren McCarthy who are both celebrating the excellent results which they achieved in their Leaving cert exams. We wish them every success for the future..

KILLARNEY RFC

SENIOR SQUAD V NEWBRIDGE RFC: The big news this week is that the Senior Squad will be taking on Newbridge RFC at home this weekend! We are delighted to host Newbridge RFC on this historic occasion, which will be our very first rugby match at our new pitch in Aghadoe.

Ahead of the Moss Keane Senior Blitz on the 29th of August, where we host all the senior squads in Kerry, our seniors are set to host their first game at Aghadoe. This match follows a great preseason which has seen the lads put through their paces, every Friday evening at Aghadoe.

The match V Newbridge will be the first step towards the opening of the new pitches at Aghadoe. This will be the culmination of the very hard work undertaken by Ger Moynihan and the lads who have the place looking immaculate. This will also be a special day for everyone involved with bringing the dream of the new pitch to fruition and most importantly giving Killarney RFC a home! The Site purchase was completed in 2012 and after 3 years of trojan work by the Pitch Development Committee, we will now see another team enter our gates and take our lads on, at our home!

Kick off for the match is 2:30pm and we would like to invite all our supporters along to support the lads. Keep posted to our Facebook page for details.

FAMILY DAY: The Family Day organizing Committee is hard at work planning what will be a wonderful day on Sunday the 6th of September. Proceedings kick off at 1pm and will wrap up at 5pm roughly. A full calendar of events is promised with fun and games for all ages. There will be bouncy castles, a barbecue and the minis teams will put on a display of games. We would encourage parents to help out if possible and if anyone is interested in helping on the day, please contact Liam Murphy at 087-4145662, or Tom Campbell at 087-2657994. All we need now is the weather and many fingers and toes are crossed that September will finally bring the summer weather we all have been wishing for!

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



VET LADIES WINNERS L-R: HANNA MAJELLA O'DONOGHUE, MARY MOYNIHAN BURNS, MIKEY O'DONOGHUE (COX) PAULINE O'BRIEN, ANNE MOYNIHAN FROM WORKMAN R.C.



INTERMEDIATE LADIES WINNERS: L-R: M J BURNS (COX) ANNE MOYNIHAN, OONAGH NEILAN, PAULINE O'BRIEN, CIARA MOYNIHAN FROM WORKMAN R.C.

MASTERGEEHA FC

U18 CUP SEMI FINAL Mastergeeha 0 Killarney Celtic 3. In even opening half the boys created some good chances with Donal Moynihan, Paul O Connor and Andrew Sheehan going close before the Killarney side got their first goal on the 25th minute. In second half Mastergeeha pushed forward with Sean Twomey shot just going wide in the 60th minute. Shortly after Celtic scored again with a good strike. Mastergeeha boys tried their best after this but could not get a goal back with the winners getting their third late on. All involved gave full effort against this year's league champions.

SENIORS In preparation for the new season seniors training will begin on Friday 14th of August at 7.15pm at Kilbrean Park and continues thereafter. New Player welcome.

SCHOOLBOYS & GIRLS TRAINING In preparation for the commencement of the new underage season training starts for schoolboys and schoolgirls 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

KERRY SCHOOLBOYS GIRLS LEAGUE

COACHES REQUIRED FOR THE KERRY SCHOOLBOYS GIRLS LEAGUE ETP'S: Following on from its very successful summer (Kennedy and Galway Cup winners) the Kerry Schoolboys Girls League is now recruiting coaches to work in this seasons Emerging Talent Programmes.

Please email you expressions of interest and qualifications to kerryleague1@gmail.com. Be part of the futures success of the Beautiful Game.

KILLARNEY CELTIC NOTES

CONDOLENCES Killarney Celtic extends sincere condolences to all the family and thousands of friends of Murt O'Shea. Ar dheis De go raibh a anam.

GALWAY CUP Congratulations to all the Kerry U15 players who added the Galway Cup to the Kennedy Cup in our possession, especially outstanding goalkeeper Robert Osborne. Congratulations also to the U13s on a fine campaign.

GOLF CLASSIC Our Annual Golf Classic,

sponsored by the Killarney Avenue Hotel, takes place this year on September 5th on the Lackabane course. Teams of three €150. All welcome. Contact Mike Daly at 086 8516915 for details. All welcome.

KILLARNEY CELTIC REGISTRATION 2015/16

Under 7.....born 2009 Sat 12.30
Under 8.....born 2008 Sat 1.45
Under 9.....born 2007 Sat 3.00
Under 10.....born 2006 Sat 4.15
Under 10-12...girls 2006 Sat 11am
Under 11....born 2005 Wed. 5-630p
Under 12....born 2004 Mon. 530-7p
Under 13....born 2003 Thur 6-730p
Under 14....born 2002 Mon 7-8:30p
Under 15....born 2001 Thurs 730p
Under 16....born 2000 Mon 830-10
Under 17....born 1999 Youths and Seniors Tuesday at 730p and Friday at 730p (tbc). Girls/LadiesThursday 7p-830p

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

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

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

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

RESULT Jimmy Falvey Youths Cup Semi final: Killarney Celtic 3 Mastergeeha 0
Celtic took a first half lead through Fergal O'Donoghue and, with superb composure at the back and dominating possession, they never looked like relinquishing it. Conor Randall and William Courtney scored in the second half to wrap up a convincing win.

FIXTURE Jimmy Falvey Youths Cup Final: Killarney Celtic v Listowel Celtic, Sunday, 2.30pm at Mounthawk Park. Hope to see you all there!

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

LOTTO RESULTS: Numbers drawn 5, 7, 16, 19. No winner, no match three, three lucky dip, Colman Huggard c/o The Lake Hotel, David Nolan Couson Rd. London, Anthony O'Sullivan

Laccabane, €50 each. Next week's jackpot €3000, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

KILLARNEY ATHLETIC A.F.C. NOTES

50TH ANNIVERSARY CELEBRATIONS TICKETS Tickets now on sale price €25.00. To purchase please contact Michael O'Shea on 087 222 6185 or Don O'Donoghue on 086 123 4610. Date : 5th September : Celebratory Dinner in the Dromhall Hotel.

ARTICLE SERIES Anyone who wishes to contribute to the series of articles setting out the club's development since its foundation in 1965 to the present day, particularly former officers or managers, can email 50years@killarneyathletic.com or contact Toirdealbhach (087) 6447603 or Mike (087) 2727173 for more details. The first three articles, with accompanying photographs, spanning the years 1965 to the 1980s are now available on the club's website.

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

300 CLUB MEMBER DRAW JULY WINNERS 1st prize €500 winner Pat Doody, the following won €100 each Mike Stack, Donnacha Coffey, John Bowler, Kathleen Duggan, and Catriona Doolan.

KERRY JUNIORS: Congratulations to Jeff O'Donoghue, Jordan Kiely and the Kerry Junior team on winning the All Ireland last weekend. Condolences: Sincere Sympathy to the O'Shea Family, Marian Tce, O'Connor (Brennan) Family, Healy Family, Kilcummin, and the Moynihan Family Allmans Tce. On their recent sad losses. RIP.

Killarney Athletic Website: Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

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

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KILLARNEY ATHLETIC HISTORY IN THE '80S

ROY KEANE 'TASTED DEFEAT' IN THE HALF MOON:

The club has fielded some outstanding underage teams throughout its rich history and one such team reached the last 8 of the FAI Youths Cup in the 1988/89 season. The team that was co-managed by Brian McCarthy and a Vince Casey overcame a fancied Rockmount side from Cork in a titanic struggle in the Half Moon. Rockmount had one Roy Keane playing in the centre of their midfield and despite fielding other Schoolboy International players in their line-up they made a shock exit from the cup. A tremendous team performance by Athletic on the day saw the home side win on a 2-1 score line with the first from Andrew Dennehy and Marc Culloty getting the winner. Although the side were well beaten in the quarter final on a wet and windswept day in the St. Finan's pitch by a very physically strong Casement Celtic side, also from Cork, the team had proved that with a bit of ambition Killarney Athletic could compete against the best at underage level. Roy Keane signed with Cobh Ramblers in 1989 and was snapped up by Nottingham Forest in 1990. Many of the youths went on to play with the senior team that reached the 1989/90 Kerry Cup final but were beaten by the odd goal in extra time in a cup final replay to the Park.

EURO '88:

Qualifying for the European Championship Finals in 1988 not only marked Ireland's first qualification for such a major tournament but also marked the beginning of the 'Charlton Era' and the effect this period had on the promotion of soccer in this country is never likely to be surpassed. The interest at the time created a 'boom' of participation in the game particularly with more young boys and girls taking up soccer. Killarney Athletic through its youth policy was to the fore in Kerry and benefitted enormously from the increased interest in the game.

END OF PLAY IN HALF MOON:



1985 COMMITTEE WITH 7-A-SIDE TROPHIES: BACK LEFT: COLM O'DONOGHUE, ANTONIE CIRILLO, DONAL BROSAN RIP CHAIRMAN, TONY FLEMING, BILLY DOYLE, DONIE MURPHY. FRONT LEFT: TOM MULLINS, DENIS O'SULLIVAN RIP, JOE DALY, DONAL CASEY.

The Office of Public Works (OPW) took control of the McShain estate in the early '80s through the generosity of the family gifting the lands to the state. Athletic and the 'Sem' continued to use the pitches in the Half Moon that were granted to them by John McShain 20 years earlier for a period thereafter. However a decision was made in the late '80s by the OPW to relocate both into the Knockreer pitch where there were already 2 existing GAA pitches. The move was not great for the club as the proposed designated soccer pitch area was of very poor standard and not comparable to the Half Moon that held huge sentimental value for the club. Club chairman at the time was Brian McCarthy, who strongly opposed the move, but the licence permit agreement gave the club little choice and in 1988 Killarney Athletic played its last home match in the Half Moon.

KNOCKREER PITCH:

After the Knockreer pitch was deemed unfit for matches in 1989, club officials under the chairmanship of Vincent Casey reached

agreement with the OPW management to carry out works to improve the surface. While the works required a considerable financial cost to the club at the time it secured a new home venue for the 10 teams that the club were fielding. The club continue to maintain the field today and are planning further pitch improvement works in the near future.

DERRY CITY COME TO TOWN IN 1989

The iconic nature of the Aras Phádraig pitch as a soccer ground was further emphasised in 1989 when Derry City F.C. accepted an invitation from the club to include a weekend visit to Killarney as part of their pre-season training. They trained and played a number of 7-a-side matches against mixed club selection teams of Athletic and Celtic players over an August weekend on the 'áras' pitch.

The Jim McLaughlin managed team brought with them the 3 most coveted FAI trophies that they had won in the 1988/89 season. These were the League Trophy, the FAI Cup and the League Cup. The side had also qualified to play Benfica in the 89/90 European Cup later in the season.

The club were so impressed by the welcome they had received and the value of their pre-season work that they returned again the following year in 1990.

THANKS TO DANNY BOWE & DF O'SULLIVAN:

Through the support of Danny Bowe the club got permission in the '80s to use the old Ryans Hotel field in the Park Rd. for midweek training under lights during the winter months of the season. The club also got the use of a pitch from DF O'Sullivan on the Muckcross Rd. during a period in the late '80s when we had been moved from the Half Moon. These generous gestures of support were typical of the good will shown by many business people towards the club in town.



PHOTO OF TREBLE TROPHIES LEAGUE CUP (LEFT), FAI CUP AND LEAGUE TROPHY. FROM LEFT: JP MULLINS, TOM "SOSSY" MULLINS AND KEVIN MOYNIHAN (ORGANISING COMMITTEE).



PHOTOGRAPHED AT THE PRESENTATION OF PRIZES FOR THE CAPTAIN'S PRIZE TO THE LADIES AT THE ROSS G.C. WERE :-
(L TO R) DENIS CRONIN, CAPTAIN, MARY CRONIN WINNER AND SINEAD O'SHEA, LADY CAPTAIN.

CASTLEROSSE GOLF CLUB

RESULTS: Competition played on Sunday 9th August, Winner; Michael Leahy (18) 42 pts, Runner-up Donal Power (20) 42 pts, Overall 3rd place Joe Gaffey (20) 39 pts.

RESULTS: 3 person mixed Scramble played on Tuesday 4th August best net return, Daniel Shine, Joe Gaffey & Myra O'Gorman.

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

Scramble 9 hole competition continue each Tuesday @ 6.30pm. Open to Ladies & Gents.

ROSS GC, KILLARNEY - GENTS CLUB

FIXTURES On Sunday August 16th the Lady Captain, Sinead O'Shea will hold her prize for the Gents Club. This will be a strokeplay competition.

The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

CONGRATULATIONS and well done to our Country Clubs team who have been crowned Munster Champions after their feats in that competition in Castlegregory last weekend. They beat Doneraile in the semi final and then accounted for Ardfert in the final. Well done to all involved.

BEST OF LUCK to the Killarney Race Company for their upcoming August Racing Festival from August 19th to 22nd.

KILLORGLIN GOLF CLUB

LADIES: Sarah Mangan Perpetual Trophy 18 Hole Scramble sponsored by the Mangan Family & Finbarr & Anne Coffey: 1. Jer Joy/Moss Joy/Maura O'Boyle 60.00. 2. Paul McKenna, Captain/Dermot KcKenna/Paul O'Shea 63.9. 3. Kathleen Cronin/Denis Cronin/Brendan Murray 64.2. Thanks to all who played in the scramble and well done to the winners.

HEARTWORK GIFTS 18 HOLE STROKE: 1. Eleanor McCarthy (25) 74 nett. 2. Eileen Bell (25)

75 nett. 3. Eibhlin McCarthy (8) 76 nett.

12 HOLE RE-ENTRY SPONSORED BY HANDICAP SECRETARY CORAL KIELY: 1.

Maura O'Boyle (27) 28 pts. 2. Betty Griffin (35) 26 pts. (B6). 3. Emma Daly (21) 26 pts. Puck

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

FIXTURE: Kerry Petroleum is the sponsor for the 18 Hole V Par on Sat 15th, Sun 16th and Tues 18th. Play either day and arrange.

EXCHANGE DAY: Ballyheigue Ladies Exchange Day sponsored by Hannah Mary's XL, Tullig, is on Sat 22nd August. 11.30am to 12.15pm. Time Sheet on Notice Board.

KILLARNEY GOLF MEN'S CLUB NOTICES

Malone Hegarty Solicitors Singles Stroke Mahony's Point 9/8/15

1st Shane Connole (11) 66

2nd Marcus Treacy (17) 68

3rd Bernard Collins (22) 68

4th Sean Devane (16) 69

5th Fergus Houlihan (10) 69

Best Gross Donal Considine (2) 72 gross

Category 2 Denny Lyons (10) 70

Category 3 George Lenihan (12) 70

Category 4 Sean Hickey (19) 72

CSS 72

RING OF KERRY GOLF CLUB

PRESS RESULTS Ring of Kerry Golf Club Captain's Prize Day

1st Tommy O'Driscoll (0) 39pts

2nd Brian McCarthy (18) 38pts

3rd John Nyhan (13) 38pts

Best Gross: Eamonn O'Driscoll

Longest Drive: Mark Granville

Best Visitor: John Maye (Kenmare)

Picture attached (Left to Right Michael O'Neill, Tommy O'Driscoll, Henk Bons, Mary O'Sullivan)

UPCOMING EVENTS: Friday 14th, Saturday 15th and Sunday 16th August – Members Club Championship (Blue Tees - Gross & Net)

Sunday 16th August - Senior Scratch Cup

Visitors €25

Tuesday 18th July – Open Singles Stableford.

Visitors €25

ROSS GOLF CLUB LADIES

ROSS GOLF CLUB LADIES: Results Sunday 9th August 18Hole Single Stableford. 1st Mary Gorman. Upcoming Events Sunday 16th August 18 Hole Single Stableford Club Sponsored. Details of Adare Outing Sept 5th available on Notice Board.

RESULTS BEAUFORT GOLF CLUB (LADIES BRANCH)

8TH/9TH AUGUST - CAPTAINS PRIZE TO LADIES

1st Grace Dennehy (30) 31 pts

2nd Renee Clifford (25) 31 pts

3rd Peggy O'Riordan (35) 30 pts

1ST/2ND AUGUST - STABLEFORD SPONSORED BY LADIES BRANCH

1st Niamh Carmody (12) 32 pts

2nd Renee Clifford (25) 29 pts

25TH/26TH JULY - STABLEFORD SPONSORED BY BIANCONI RESTAURANT, KILLORGLIN

1st Niamh Carmody (12) 36 pts

2nd Joan Fitzgerald (36) 34 pts

FIXTURES

15th/16th August - 18 Hole Stableford Sponsored by Muscra Construction Ltd

CLUB SCRAMBLE continues on Wednesday 12th August. Meet at Clubhouse at 6.15pm for scramble starting at 6.30pm. Open to non-members.

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

MEMBERSHIP: Contact Beaufort Golf Club or website www.beaufort-golf-club.com for latest offers on membership and green fees.

Phone: 064 66 44440, Email: beaufortgolf@gmail.com

RESULTS BEAUFORT GOLF CLUB (MEN'S BRANCH)

8TH/9TH AUGUST - 18 HOLE STABLEFORD (YELLOW TEES) SPONSORED BY PEEVERS, SLYE, COTTER

1st John Rice (24) 37 pts

2nd Larry O'Dwyer (13) 36 pts

3rd Donal Murphy (26) 36 pts

3RD AUGUST - CLUB FUNDRAISER - SPONSORED BY AHEARNS CAR SALES

1st Kieran Fleming (19) 43 pts

2nd Derek O'Keefe (14) 41 pts

3rd DJ Fleming (21) 39 pts

4th Sean Moynihan (10) 39 pts

5th Mike Brosnan (6) 38 pts

Ladies Prize: Anne Morris (21) 26 pts

7TH AUGUST - OPEN FRIDAY - SPONSORED BY CLIFFORD GROUND CARE

Winner: Patrick Howard (15) 40 pts

FIXTURES 15th/16th - Bill McDonald Trophy - Stroke (Yellow Tees) - Sponsored by Killarney

Credit Union

CLUB SCRAMBLE continues on Wednesday 12th August. Meet at Clubhouse at 6.15pm for scramble starting at 6.30pm. Open to non-members.

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Phone: 064 66 44440, Email: beaufortgolf@gmail.com

DEERPARK PITCH & PUTT NOTES

By: John Kelly

SYMPATHY: Of all Deerpark members is extended to the relatives of Murt O'Shea Marian Terrace who passed away unexpectedly on Monday. May He Rest In Peace

COUNTY MATCHPLAY RESULTS: Sunday's County Matchplay competition attracted the cream of Pitch & Putt players from Tralee, Castleisland, Listowel and Deerpark and with the course in excellent condition it proved to be a most enjoyable occasion for all involved. Overall it proved to be a successful day for Deerpark with John McGrath fighting off a stiff challenge from Sean Kelly who made a most successful comeback to the big time to take the Senior title while Michael Cronin won in the Intermediate grade.

FULL LIST OF RESULTS AS FOLLOWS, LADIES: 1st Charolette Blake Tralee, 2nd Lisa O'Connor Tralee. In the junior grade Timmy Looney and John Clifton (Castleisland overcame David Harnett and John O'Brien (Deerpark) in the semi finals with Timmy Looney edging out



ON SUNDAY LAST DEERPARK PLAYED HOST TO THE KERRY COUNTY MATCH-PLAY FINALS. ALL WINNERS AND RUNNERS-UP PICTURED HERE

John Clifton in the final. Intermediate grade-Mike Foley and Michael Cronin (Deerpark) overcame Jason Cregan and Danny O'Leary (Tralee) in the semi-finals with Michael Cronin winning out in a close finish over Mike Foley in the final. The Senior grade proved to be a cliff hanger with John McGrath and Sean Kelly defeating Jason O'Regan (Tralee) and Damian Fleming (Deerpark) in the semi-finals to set up a nail biting final between Sean Kelly and John McGrath which saw the experienced John McGrath take the title by the narrowest of margins. A special word of thanks to the committee members who supervised the cards and to the members of the Grounds committee for having the course in excellent condition.

SENIORS OUTING: Despite the inclement weather conditions there was an excellent turnout for the Seniors Outing on the GlenEagle course on Wednesday and the results are as follows, Nett Dan O'Callaghan (Castleisland)

and Andrew O'Callaghan, (Gleneagle) Gross Johnny McCarthy (Castleisland) and Hugh O'Sullivan (Deerpark). Next Seniors Outing will be to Newmarket on Wednesday September 2nd.

MUNSTER INTER-COUNTY: Best wishes are extended to all our Kerry team members who will be competing in the senior, intermediate, and junior Inter-County competitions in Cork at the weekend.

JUVENILE OPEN POSTPONED: Due to the inclement weather condition the Juvenile Open competition had to be postponed on last Wednesday and will be re-fixed for a later date.

CAPTAINS PRIZE: Captain Jason O'Connor's Prize has been re-scheduled for the weekend of August 28th /29th and a good turnout of members is expected for this competition and to support the hard working Jason who has been a pillar of the club in recent years.



PICTURED AT THE PRESENTATION OF PRIZES FOR DEERPARK PITCH & PUTT CLUB'S 2015 SPORTS PREDICTOR COMPETITION ARE L TO R: COLM O'DOWD (CLUB TREASURER), BRENDAN LYNCH (RUNNER-UP), GER O'CONNOR (CLUB VICE-CHAIRMAN), MIKE O'CONNOR (WINNER) AND SEAN KELLY (THIRD).



FRANK AND GERALDINE DORAN OF SAFEGUARD SECURITY AND GERALDINE'S HAIR SALON PRESENTING FIRST PRIZE IN THEIR GOLF COMPETITION TO MARY O'Rourke who accepted on behalf of winner EIMEAR O'DONNELL WITH (LEFT) KATIE O'CONNELL 4TH, AMY ARTHUR 3RD AND PATSY HANLEY LADY CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON FRIDAY.



KILLARNEY Outlook

- First on the streets every Friday

IS MACRA'S 2015 CLUB OF THE YEAR IN KERRY?

The closing date for Macra's club of the year competition is nearing. Kerry clubs like last year's winners, Freemount Macra, Avondhu, Co. Cork, who work hard to improve their club and their community, are urged to apply for the 2015 competition.

Application forms are available from Macra National Office and on macra.ie. The aim of the competition is to recognise and reward the hard work and commitment of clubs and members. Six clubs are selected to go forward to the national final, which will take place at this year's Annual Conference (Rally) in Cork over the October bank holiday weekend.

Macra National President, Seán Finan, said, "Our members make a big impact on their clubs and local communities and we are recognising those efforts with the Club of the Year and Best New Member competitions. This competition is open to all Macra clubs and new members and I am urging them to enter."

The 'Best New Member' Award will be presented as part of the Club of the Year competition to one individual Macra member who is deemed by his/her club to have made a significant contribution to the development of the club during their first year of membership. The 'Best Emerging Club' category is specifically for new and emerging Macra clubs. The Best Emerging Club award



KERRY'S BLUE JEAN COUNTRY QUEEN FROM MID KERRY MACRA, ZETA ASHE, IS PICTURED WITH SEÁN FINAN, MACRA NATIONAL PRESIDENT, HOLDING THE CLUB OF THE YEAR PERPETUAL TROPHY.

has been designed to acknowledge the achievements of newly established Macra clubs.

Application forms have been distributed to clubs who can submit their applications directly to Macra national office. To request a form please call 01 426 8900 or download the form from the competition download section of macra.ie. The deadline for entries is Friday the 14th August.

FARMERS AT TULLAMORE SHOW ANNOYED WITH FACTORY PRICE CUTS

IFA National Livestock Chairman Henry Burns said he met a lot of cattle farmers at the Tullamore Show who are very annoyed with the recent price cuts from the factories and fail to understand why the factories are cutting prices when the UK market and sterling are so strong.

He said farmers are clear that there is a good supply of grass and understand that supplies will remain tight throughout the autumn on the basis that cattle numbers in the 12-36 month age bracket are down 100,000 head on this time last year.

The IFA Livestock Chairman said farmers at the Show were disheartened by the usual propaganda being wheeled out from the factories that they are losing money and

they want to pull back store prices. He said none of these arguments stand up against a UK price which is the equivalent to €5.33/kg and sterling at 70.5p against the Euro.

Henry Burns said the factories are trying to buy cattle this week at a base of €4.10/4.15 for steers and €4.20/4.25 for heifers. He said a lot of deals have been done at €4.15/4.20 on steers and some deals at €4.25 for early this week. He said agents are saying numbers are very tight and with the weather due to improve later in the week they expect they will find it next to impossible to buy at the lower quoted prices.



MACRA MATTERS

The semi finals of FBD young farmer of the year 2015 dairy enterprise category took place last week in Co. Carlow. Shane Randles of Kenmare macra represented the county. Shane along with 14 other semi finalists now wait to see if they will be one of the six finalists to go through to the national final in Mayo on 1 September. All in Kerry Macra would like to wish Shane the very best of luck.

Kenmare Macra are holding a summer dance on the 22nd August in Kenmare Golf Clubhouse. The proceeds from the night will be presented to the Kerry Cork health link bus. Music on the night will be provided by Uí Bhriain. There is a door prize and lots of spot prizes to be won on the night. Tickets are €10 and can be purchased on the door or from any club member. It promises to be a great night of music dance and laughter so please come along and support this fantastic charity.

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COWS	1	LM	775	1860
BULL	1	LM	1190	2250
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HF	1	LM	495	1340
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Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24th August. **Duration:** 45 weeks. **Certification:** QQI Major Award in Sports Recreation and Exercise 5MS146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

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

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

Medical Administration Traineeship (TRS08) - Tralee Training Centre.

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

Marketing (ET4R9) - Tralee Training Centre.

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

Media Techniques - Radio Course (ET283) - Tralee.

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

Healthcare Support Traineeship (ETS97) - Killarney.

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

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

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

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

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

Food Preparation and Cooking Course (ET20D) - Dingle.

This course is for people who wish to pursue careers in professional cookery. Participants will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. **Start Date:** 19th October 2015. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

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

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

Milling TRQ235 - Evening Course Tralee Training Centre.

The aim of the programme is to enable the learner develop the knowledge, skills and competence to set up and safely operate, under supervision, a vertical milling machine. **Start Date:** 28/09/2015. **Certification:** QQI Cert. **Duration:** 2 evenings per week for 10 weeks.

Turning TRQ236 - Evening Course Tralee Training Centre.

The aim of the programme is to enable the learner develop the knowledge, skills and competence to safely operate, under supervision, a centre lathe. **Start Date:** 28/09/2015. **Certification:** QQI Cert. **Duration:** 2 evenings per week for 10 weeks.

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

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 / 066 7149638 / 066 7149676,

www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



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BEAUFORT NEWS

BEAUFORT DEFIBRILLATOR GROUP: COOKING FOR LIFE

Beaufort Defibrillator Group is holding a cookery demonstration fundraiser next month. Professional, award-winning chef, Mark Doe will be cooking up something tasty for a good cause at Beaufort's stylish Dunloe Hotel, on Wednesday 30th September 2015 at 7pm. The Furies based chef who has spent over twenty years working in some of Europe's finest hotels and restaurants, will share valuable and practical cooking knowledge and skills whilst ensuring you and your friends have a fun and

entertaining evening out. You'll even get to try some of Mark's delicious dishes.

So why not come along and learn some new recipes, cooking techniques and some tricks of the trade and then show off everything you've learnt back home!

You'll also be supporting a life and death cause, as Beaufort's 9 life-saving defibrillators need to be consistently funded to remain in reliable working order.

All proceeds from the event are in aid of Beaufort Defibrillators.

Tickets cost €15 each and there will be a door

prize and raffle on the night.

Please call Mary O' Connor, Chairperson of Beaufort Defibrillator Group, for tickets on 0872927309.

Further information:

Beaufort's 9 life-saving defibrillator machines can be found in the following locations:

Beaufort Community Hall, Kate Kearney's Cottage, Cronin's Yard, Kilgobnet National School, Cullina National School, Lord Brandon's Cottage, Curraghmore Black Valley (x2) and Kissane's shop.

KILCUMMIN NOTES

VACANCIES A number of vacancies will become available in September on the Kilcummin Rural Dev C.E. Scheme. These include maintenance-caretaker, Care Assistant and Office Administrator. These positions are a development opportunity and no experience necessary. Accredited training will be provided to support your career. Please contact your Local DSP employment services/intreo office to check your eligibility. To apply please forward your C.V. and PPS No. for the attention of the supervisor to Rural Dev Office by post or by email to info@kilcumminparish.com Further info contact John on 086-1579381.

SECRETARIAL SERVICE Kilcummin Rural Dev. Office provides a full Secretarial Service to all groups & individuals. Assignments, Essays, C.V.'s, Wedding Booklets professionally typed, confidentiality assured. Other services include

photocopying, laminating, e-mail, pay motor tax & property tax online. Faxes to the Dept. of Agriculture for the movement of cattle can also be sent from the office. Email: info@kilcumminparish.com or Telephone: 064-6643357.

THRESHING CANCER Threshing Cancer will hold a traditional threshing and family fun day on Sunday 16th August at 1 pm on the farm of Brendan Ferris, Beaufort. Children free admission. For further details see www.threshingcancer.com

GAA

SYMPATHY The club wishes to express its sincere sympathy to the family, friends and neighbours of Danny Healy Kilcummin Post Office who died recently.

CONGRATULATIONS Well done to Kilcummin's Shane Murphy and his team mates

who won an All-Ireland Junior medal for Kerry at the week-end.

CREDIT UNION CO LEAGUE Kilcummin play Legion at the week-end in Rd 9 of the Co League in Dieren

GOLF CLASSIC September 12th in Beaufort Teams of 3 for € 120. Please enter your name with Muiris Healy at Kilcummin P.O.

LADIES FOOTBALL U16 Girls play Castleisland away in the Co league at 7pm on 13th Aug

MASTERGEEHA FC LOTTO There was no winner on Friday 7th August. Numbers drawn were 5, 11, 16, 23. Consolation prizes were €100 Donie Cronin, 135 Ballyspillane, Killarney, €60 Tom Joe O'Donoghue, Gneeveguilla, €30 Seamus Darcy, c/o Patie Nagle, €30 Joe Sheehan, Lahern Cross, Faha, €30 Joe Doyle, Knockragh, Killarney. Jackpot now €4650.

FOSSA NOTES



ALL SMILES AT PUCK FAIR.

ROWING

COUNTY CHAMPIONSHIPS: Well done to all our crews that participated in last weekends county championships in Waterville on Sunday. A big congratulations goes to our intermediate men - Michael Allman, Vincent Griffin, Paudie McCarthy and David Blennerhasset coxed by Pat Tangney. Well done also to our intermediate ladies who bought home silver-

Annie Sheehan, Ruth O'Donoghue, Noreen Griffin and Máire Twiss coxed by Pat Tangney along with our u21 who also came home with silver- Annie Sheehan, Máire Twiss, Aoife Griffin and Rousin Murphy coxed by Pat Tangney. Also a big congratulations to Padhraic Talbot who bought home his first silver medal for rowing u12 with Charsiveen on the day. Training continues every evening at 7.15pm for the All Ireland Championship which is being held this weekend.

ALL IRELAND ROWING CHAMPIONSHIPS:

The biggest rowing weekend of the year has arrived with the All Ireland Coastal Rowing Championships being held in Waterville on Saturday and Sunday. We would like to wish everyone of our crews the very best of luck and hope there will be plenty silverware coming home with us. G'wan Fossa

NIGHT AT THE DOGS: Fossa rowing club are holding a 'night at the dogs' fundraiser on 22nd August and we would welcome your support.

We last fundraiser in 2009 following the loss of boats and equipment during extremely bad weather and high water. We successfully built a secure boathouse and have continued to restore the facilities as far as possible. We have excess of 100 members and find that we are having to cater for even greater demand as we have substantial catchment of primary and secondary schools close by.

To enable us to continue to grow our membership and provide the extra facilities we would appreciate very much everyone's support.

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



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GLENFLESK NEWS

COUNTY LEAGUE DIV 2: The Glenflesk senior team play Kenmare at home on Saturday evening August 15th at 7pm in the next round of the county league. Kenmare are currently joint top of the table on 11 points, while Glenflesk have 6 points. The following weekend the senior team are away to Spa in a rescheduled county league fixture on Saturday August 22nd at 6:30pm.

KERRY JUNIORS: Congratulations to Glenflesk's Jeff O'Donoghue who was a member of the Kerry Junior team who defeated Mayo comprehensively in the All-Ireland Junior final played in Croke Park on Saturday August 8th. Well done to the team and management.

EK MINOR LEAGUE DIV 2: Congratulations to the Glenflesk minor team and management who won the East Kerry Division 2 final on July 31st, defeating Rathmore on a scoreline of 2-9 to 0-12.

COUNTY JUNIOR FINAL: The Glenflesk junior team were defeated by Dr. Crokes in the County Junior league group 5 final played in Fossa on Friday August 7th, on a scoreline of 2-10 to 1-06.

COUNTY U21 CLUB COMPETITION: The Glenflesk U21s travel to Castleisland Desmonds on Wednesday August 19th to face the home side at 6:30pm in the first round of the County U21 club competition.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Sunday the 2nd of August 2015, in Spillane's. Jackpot: €6,200. Numbers drawn: 5, 18, 19, 23. No Winner. €50 EURO DRAW: First draw: Denis and Mary O'Shea (Yearly). Second draw: Dermot Nealon, c/o Mary

Carey, Clonkeen. Third draw: Joan O'Leary, Coracow. Fourth draw: Daniel Relihan, c/o The Kerry Way. Next draw will be held on Monday August 17th in the Corner Bar, Jackpot €6,400. Please note that fortnightly Lotto draws will be held on Monday nights for the foreseeable future.

CLUB MERCHANDISE: There is a wide selection of new club gear available, including casual and training gear for children and adults. Contact Cathy Somers 087 2900476 to order or view same. Also from September a shop will be open weekly in the hall at Glenflesk more details to follow.

GLENFLESK COMMUNITY ALERT: Meeting will be held in St. Agatha's Hall Glenflesk on Monday August 17th at 8:30pm. All welcome.

RAHEEN NS: Congratulations to Clodagh Mc Carthy who had the winning lotto number 39 on Saturday the 1st of August.

BARRADUFF TRAFFIC: At the recent Municipal area meeting Councillor Michael Gleeson asked that the Council would examine means of ensuring greater safety for road users in Barraduff village as they exit the Lisbabe and Shronedarragh roads onto the Main road. The Council replied that a speed and pedestrian survey will be undertaken at the junction in the village and that following analysis of the results that the NRA will be met to discuss the results. Any improvement works will require NRA approval.

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

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

RATHMORE COMMUNITY COUNCIL: Please contact Rathmore Community Council via Facebook / emailrathmorecc@eircom.net / telephone / have a chat with any members of Rathmore Community Council if you come across Japanese Knotweed in the area. You can also get information from the biodiversity officer at Kerry County Council on (066) 718 3521.

DIOCESAN COLLECTION: This weekend 15th and 16th August a second collection will be taken up at all masses for Pastoral and Retreat Centres.

RECENT COLLECTION: Last weekend's Church Gate Collection for Kerry Emigrants Support realised €1062.88 in our parish. They wish to thank you for your generosity and support.

PARISH FUNDRAISER

NIGHT AT THE DOGS : we are organising a fundraising Night at the Dogs in the Kingdom Greyhound Stadium Tralee on Saturday October 24th to raise money to enhance and improve our 4 churches ensuring that we hand them on to future parishioners in good condition as they were handed on to us all those years ago.

The support of every parishioner at home and away and friends of Rathmore parish is required. We are richly blessed that the commercial businesses based in our parish have so generously committed themselves to supporting our night at the track. In these very difficult recessionary times where work and money is exceptionally tight, it is a great mark of their commitment and generosity to be so generous in giving such large financial sponsorship. We encourage all parishioners to support all our businesses that are based in our parish as a mark of deep appreciation for their sponsorship.

FURTHER SPONSORSHIP We are delighted with the support we have received to date and this week we will be contacting all remaining businesses and suppliers seeking Adverts, or any additional financial support that they can provide.

We are still seeking sponsorship for the following items: Printing of Sponsorship/Race Booklet Printing of Dog Nomination and admission tickets Dog nomination prizes, etc.

SLIABH LUACHRA COMHALTAS: The All Ireland Fleadh Cheoil competitions will take place in Sligo this weekend 14th-16th August. Wishing the best of luck and success to - Niamh Dalton -15-18 Concertina, Mark O Leary-U12 English Singing Men, Sean O'Keefe -U12 Sean Nos dancing, Sliabh Luachra Dancers

in the 15-18 Ladies Set, U12 8 hand Ceilí Mixed, U12 4 hand Ceilí Ladies, 4 hand Ceilí Mixed. Our set dancers dancing will Raecaol in the Senior Mixed Set and Senior Ladies Set. Also, to our dancers dancing with neighbouring branches. Hope that you all have a very enjoyable weekend and safe travelling to all. Special thanks to you, your parents and teachers for your time and dedication in preparing for these competitions.

WISHES: best of luck to Kerry rose Julett Culloty from our neighbouring parish Kilcummin in this years rose of Tralee, starting this weekend, **KILLARNEY MUNICIPAL DISTRICT TWINNING AND MARKETING COMMITTEE:**

congratulations to Diarmuid McCarthy Rathbeg Rathmore who was appointed by the members of the Killarney Municipal District recently.

RATHMORE SOCIAL ACTIONS GROUP are holding Thursday night Dancing starting on 20th August next with music by Ger O' Donoghue Valentia Sound, & Mike Condon, 9-12pm. Everybody welcome. A door Raffle will take place on night,

IRD DUHALLOW NEWS: The Duhallow Women's Forum is organizing a free diabetes seminar for people with Type 2 Diabetes on Tuesday the 1st of September at 2.30 p.m. in the James O' Keefe Institute, Newmarket. The seminar will be delivered by Helena Farrell RGN, MSc who is recognized as an expert in her field of diabetes self management, education and diabetes motivational coaching.. Importantly Helena will provide a free diabetes risk screening after the event. Lorraine Kelly, HSE Community Dietitian will speak about a healthy diet and lifestyle for the prevention and management of Diabetes, as well as cholesterol and weight management. Registration is essential therefore if you are interested in attending please contact Mary Creedon on 029 60633.

The Duhallow Women's Forum is proposing to deliver a Stress Management and Wellness Planning Training Programme. It is proposed that this course will take place in the autumn term and we are now taking names of participants interested in taking part in this course. Places will be limited and if you are interested you are asked to contact Mary on 029 60633.

IRD DUHALLOW: is proposing to run a Basic Sign Language Training course in September. This course is subject to demand. The classes will run for 8 weeks and will cover such topics as: Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc. The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. If you are interested in participating or require further information please contact Mary on 029-60633.



CHILDREN FROM LOCAL KERRY HURLING CLUBS ATTENDED ONE OF CENTRA'S 'CHAMPIONS OF HEALTHY LIVING' SUMMER TOUR EVENTS WITH HURLING STARS IN FITZGERALD STADIUM, KILLARNEY. PICTURED JAMES DARMODY FROM RATHMORE IN THE CENTRA CAGE.

ALL IRELAND JUNIOR FOOTBALL CHAMPIONS: congratulations to Kerry junior team & management on their. Victory over Mayo in Croke park on Saturday last. Final score 2-18 to 010.

GNEEVEGUILLA BASKETBALL CLUB SUMMER CAMP: Our Summer Slam dunk Basketball Camp 2015. Younger group.(7yrs to 12 yrs) and older group (13 yrs and up) which ran from Tuesday the 4th to Friday the 7th of August. Coaches Nabil Murad, Ger Noonan, Michelle Fahy, Jameson Hughes and guest coach Jordan Blunt. Missing from photos is Coach James Weldon. In total the camp had over 100 young people. Great fun was had by all. Well done everyone.

GNEEVEGUILLA GAA FUNDRAISER CARNIVAL WEEKEND: Gneeveguilla GAA fundraiser carnival weekend will take place from September 4th 5th 6th 2015, Live Music, Carbival,Camel Racing,Gaelic football throughout the weekend, Congrats to Gneeveguilla juniors in wining the junior co, League last weekend. Final score 2-15 to 2-10 over Clounmacen.

RATHMORE LADIES FOOTBALL

Congradulations to Kerry U16 girls on winning the All Ireland A Final against Galway last week. Rathmore were represented by Centre Back Laoise Coughlan, Corner Forward Aoife O Callaghan who was presented with player of the match and also Brid Ryan who played very well when introduced early in the second half. It was a great day for the Rathmore Ladies football club to bring home 3 All Ireland medals and we would like to thank all the supporters who travelled to Bruff to support the girls.

Best of to luck to Ashling Desmond and all Kerry senior players & management in against Mayo in TG4 All Ireland quarter final this Saturday at 4.15 in Gaelic Grounds Limerick.

They face a resurgent Mayo side. Big Kerry support be appreciated.

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

IF YOU HAVE A STORY...

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

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AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

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

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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



NEIGHBOURS

Coming Soon To Erinsborough

- Karl and Susan will receive a surprise visitor in the shape of their grandson Ben who has come to live with them.
- Lauren and Brad will share an intimate moment leading to Lauren admitting that she is attracted to Brad.
- Terese will be struggling with a drinking problem after Brad challenges her to a dry month. Having trouble staying away from the booze, Terese will be left shame faced when Sheila catches her red handed stealing drink from the Waterhole.
- Sheila's secret will be finally revealed when she confesses to having a crush on her daughter Naomi's boyfriend Paul.
- Kyle will face temptation in his wife Georgia's absence when he begins to look at Amy in a different light.
- Josh will receive an indecent proposal from local authority Sue Parker after she sees him in a stripping show.

Home And Away

Coming Soon To Summer Bay

- Jett will leave the bay to join the army. Marilyn will also be heading out of Summer Bay as Emily Symons, the actress who plays her is off on maternity leave.
- New teacher Charlotte will arrive with a secret and soon find herself coming between Leah and Zac.
- Zac and Leah will be devastated to learn that their house wasn't insured after a fire destroys it. ● Nate will be accused of assault by Billie.
- Andy and Hannah will break up after she cheats on him. However, in an unlikely move, Hannah will begin to date Chris.

Citizens Information

Know Your Rights: COMPLAINTS ABOUT HEALTH AND SOCIAL CARE PROFESSIONALS

AUGUST 2015

QUESTION

I know that the regulator for health and social care professionals deals with complaints about fitness to practice but how do I find out whether this applies to a particular practitioner?

ANSWER

The regulator for health and social care professionals is called CORU. It sets standards that practitioners must meet and maintain and publishes a register of practitioners who meet those standards. This register is currently under development. The system of statutory registration will eventually apply to 12 professions, regardless of whether the practitioner works in the public or private sector or is self-employed. CORU also handles complaints about the fitness to practise of registered practitioners - for example, complaints of professional misconduct or poor professional performance.

Currently, the registers for five professions are in effect. You can make a complaint to CORU about a practitioner registered in one of these five areas:

- Dietitians
- Occupational therapists
- Radiographers/radiation therapists
- Social workers
- Speech and language therapists

You can check the registers at coru.ie. Note that CORU can only look into events that have occurred since 31 December 2014, when it started accepting complaints. Once all registers are open they will include chiropractors/podiatrists, clinical biochemists, medical scientists, orthoptists, physiotherapists, psychologists and social care workers.

You can get further information on the fitness to practise complaints process on coru.ie. To make a complaint about a registered practitioner, you need to download and complete the Fitness to Practise complaint form. For information about how to make a complaint about practitioners of health and social care professions that are not regulated by CORU, see the website, healthcomplaints.ie.

Further information is available from the Citizens Information Centre below.

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

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



HOW TO ALIGN WITH YOUR LIFE!

Alignment is the key when it comes to living and enjoying your best life. Very often people are living out of alignment with their beliefs, thoughts, behaviours, dreams and actions. For example you may have a dream of writing or painting and you simply don't do anything to allow it to show up in your life. You may say you desire great health but you think toxic thoughts and treat yourself harshly. Whenever we say one thing but do another we are out of alignment and not congruent with who we are or what we say we want. And as such the message and energy we give out to the Universe is mixed and confusing. The secret is to get really clear about what matters to you and what you value and begin to live according to these values. Take some time and come up with your five top values. What is it you care deeply about? Write these out and come up with small ways that you can begin to honour these values in your life. For example you may have love as one of your top values. Write out ways in which you can show yourself more love and also other people. If you value your own space then make time for you. If you value nature then make it your mission to be out in it every day - even for five minutes! Alignment attracts Actualisation!

For more positive coaching tips please visit & Like my facebook page. Many thanks!

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SouthWest Counselling Centre

PLAN FOR SUCCESS

Planning ahead, in whatever task we do, can help smooth the way and prevent problems from arising later on. Confucius, the Chinese philosopher rightly said, "A man who does not plan long ahead will find trouble at his door." It is said that "Planning is bringing the future into the present so that you can do something about it now." Chances are, if you speak to anyone who has been successful they will tell you that planning ahead was a vital ingredient in their formula for success.

Planning ahead can be a very effective way to stay on top of things and not get too stressed. Feeling in control of your life is the foundation of stress management – and whilst we can't control for everything – planning ahead helps us to achieve a balanced life – with time for work, relationships, relaxation and fun.

Planning ahead can enhance our performance, make us more productive and ultimately help us to become more effective in what we do. Mark Sanborn – a writer in this field – claims that "Thorough preparation creates tremendous performances."

Planning ahead helps us to be proactive rather than reactive – and take the right course of action when faced with difficulties and challenges. We can also save money by planning ahead – as tickets can often be cheaper when bought early on and cheap deals usually book up in advance.

Of course, we don't just make a plan and leave it at that. Effective plans need to be reviewed and updated regularly. Our plans evolve over time – and can help us to stay on course and get to our destination. Now might be a good time to begin to plan ahead (or review your current plan). This may be for the new school term, for Christmas, a holiday next year or maybe a career change. Whatever your goal is – follow these golden rules of planning and watch your plan fall into place:

1. Know where you're going – what are you aiming for?
2. Set specific goals, tasks and intentions
3. Create measurable milestones
4. Break down large tasks into smaller more manageable chunks
5. Set timeframes and deadlines
6. Create a visual representation of your plan
7. Set daily actions to help accomplish your task
8. Stick with your plan and don't give up
9. Revise & update if necessary
10. Realise your goal.

Many of us harbour limiting beliefs and negative habits which block us from success. In next week's issue we will address the skill, tools and discipline needed to overcome our psychological barriers to success.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call **064 6636416**.

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

Health Matters....

With Dr. Michael Moloney

OBESITY IN CHILDREN

There is a growing focus on obesity in Ireland and the substantial health risks associated with carrying extra weight. In Ireland 61% of adults and 22% of 5-12 year olds are overweight or obese. If your child is obese or overweight they run many health risks. Tackling this problem in childhood has been shown to improve the life of your child into adulthood.

HOW DO YOU KNOW IF YOUR CHILD IS OVERWEIGHT OR OBESE?

If your child is obese or overweight, this means that they are carrying excess body fat. If nothing is done about this, the extra weight that they are carrying may cause problems for their health.

Doctors, nurses and other healthcare professionals can look to see whether your child is overweight or obese by calculating their body mass index (BMI). BMI is a measure of your child's weight in relation to their height. This can be done using 'centile charts', which are charts that compare the child's measurements to the 'normal' values.

WHAT ARE THE HEALTH RISKS FOR YOUR CHILD OF BEING OVERWEIGHT OR OBESE?

Children who are overweight or obese can develop health problems during childhood because of their weight. Health problems can include type 2 diabetes, high blood pressure, fatty liver disease, gallstones and signs of heart disease. The worrying thing is that such health problems have traditionally been problems just affecting adults are of increasing prevalence in children.

A child who is overweight or obese also has an increased risk of:

- Joint problems, including osteoarthritis and slipped capital femoral epiphysis.
- Going through puberty early.
- Breathing problems, including worsening of asthma, obstructive sleep apnoea and feeling out-of-breath easily when they are exercising.
- Developing iron deficiency and vitamin D deficiency.
- Being overweight or obese as an adult (more than half of children who are obese will grow up to be obese as adults).
- Self esteem issues.

WHAT IS THE CAUSE OF BEING OVERWEIGHT OR OBESE IN CHILDREN?

For anyone (including children), your weight depends on how much energy you take in (the calories in food and drink) and how much energy your body uses (burns) up:

- If the amount of calories that you eat equals the amount of energy that your body uses up, then your weight remains stable.
- If you eat more calories than you burn up, you put on weight. The excess energy is converted into fat and stored in your body.

CONTINUED NEXT WEEK...



Dr. Michael Moloney,
MB, BCH, BAO, BMedSci MMedSci, DOWH, MICGP
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LEAVING CERT

Well done to all of you that sat the Leaving Cert examination – if you did well Congratulations I am delighted for you.

If you did not do so well – don't worry – there is a lot more to life than exams and please remember – That of all the people who live or ever lived on our planet since the very beginning of time.

None of them are like you.

Nobody has the same combination of talents, abilities, sorrows and opportunities. No one has the same friends, the same family jokes or the same acquaintances. No one has the same concerns or goals as you. No one! You are unique.

Accept and enjoy this uniqueness. You don't have to pretend to look more like others expect you to be. Don't be afraid to be different.

No one in the world has the same things going on in their mind, soul or spirit as you have going on in yours. Nobody can speak your words. Nobody can smile your smile. It is a gift only to you. Treasure and share your uniqueness.

READERS REQUESTS

Garlic belongs to the onion genus *Allium*, and is closely related to the onion, rakkyo, chive, leek, and shallot. The ancient Greek physician Hippocrates (circa. 460-370 BC), known today as "the father of Western medicine", prescribed garlic for a wide range of conditions and illnesses. Hippocrates promoted the use of garlic for treating respiratory problems, parasites, poor digestion and fatigue.

Records indicate that garlic was in use when the Giza pyramids were built, about five thousand years ago. The original Olympic athletes in Ancient Greece were given garlic – possibly the earliest example of "performance enhancing" agents used in sports.

Throughout history in the Middle East, East Asia and Nepal, garlic has been used to treat bronchitis, hypertension (high blood pressure), TB (tuberculosis), liver disorders, dysentery, flatulence, colic, intestinal worms, rheumatism, diabetes, and fevers.

In the USA garlic is widely used for several conditions linked to the blood system and

heart, including atherosclerosis (hardening of the arteries), high cholesterol, heart attack, coronary heart disease and hypertension.

Garlic is also used today by some people for the prevention of lung cancer, prostate cancer, breast cancer, stomach cancer, rectal cancer, and colon cancer.

People who ate raw garlic at least twice a week had a 44% lower risk of developing lung cancer, according to a study carried out at the Jiangsu Provincial Centre for Disease Control and Prevention in China.

Women whose diets were rich in allium vegetables had lower levels of osteoarthritis, a team at King's College London and the University of East Anglia, have said. The long-term study, involving more than 1,000 healthy female twins, found that those whose dietary habits included plenty of fruit and vegetables, "particularly alliums such as garlic", had fewer signs of early osteoarthritis in the hip joint.

Researchers at Ankara University set out to determine what the effects of garlic extract supplementation might be on the blood lipid (fat) profile of patients with high blood cholesterol.

The study involved 23 volunteers, all with high cholesterol; 13 of them also had high blood pressure. They were divided into two groups:

The high-cholesterol normotensive group (normal blood pressure)

The high-cholesterol hypertensive group (high blood pressure)

They took garlic extract supplements for four months and were regularly checked for blood lipid parameters, as well as kidney and liver function.

At the end of the four months the researchers concluded "... garlic extract supplementation improves blood lipid profile, strengthens blood antioxidant potential, and causes significant reductions in systolic and diastolic blood pressures. With their unique combination of flavonoids and sulphur-containing nutrients, allium vegetables - such as garlic - belong in your diet on a regular basis. There's research evidence for including at least one serving of an allium vegetable - such as garlic - in your meal plan every day. If you're choosing garlic as your allium family vegetable, try to include at least a 1/2 clove in your individual food portion. If you're preparing a recipe, at least

1-2 cloves is recommend. Raw chopped or pressed garlic is the recommended way to take advantage of the benefits derived from garlic. However, if you cannot tolerate raw garlic, you can add chopped garlic to foods while they are cooking. It is best to add it towards the end of the cooking process to retain the maximum amount of flavour and nutrition.

WARNING – if you are on medication please do not add anything to your diet without first discussing it with your Doctor.

BOY RECEIVES NOTE FROM HIS BEAGLE IN DOGGIE HEAVEN

Trying to explain the death of a pet to a young child is a difficult task for any parent. Children don't always comprehend the concept of death - all they know is that their playmate and friend is no longer around.

When Moe, the Westbrook family's Beagle, passed away in April, Mary Westbrook decided to help her 3-year-old son Luke cope by writing letters to Moe in doggie heaven.

The mother sat down often with Luke at the kitchen table and crafted numerous letters to the beloved dog. The 3-year-old dictated and his mom wrote down everything. And "because you can't fool a three-year-old," Ms. Westbrook put the letters in envelopes and addressed them to "Moe Westbrook, Doggie Heaven, Cloud 1." Every time Luke and his mom wrote a letter to Moe, Ms. Westbrook placed the envelope in the mailbox, but would take it out before the postman came each day. One day, Ms. Westbrook forgot to take the letter to Moe out of the mailbox and the postman picked it up with the rest of her outgoing mail. A few days later, Luke received an unstamped envelope in the mailbox that simply said, "From Moe" in place of the return address. Ms. Westbrook opened up the envelope to find a handwritten note that said, "I'm in Doggie Heaven. I play all day, I am happy. Thank you 4 being my friend. I wuv you Luke." Ms. Westbrook said that the gesture from their mailman really consoled Luke and added "Moe came into my life 13 years ago and he made things more complicated and smelly — but also, wonderful. I still miss him every day. Receiving the note reminded me of the goodness of people and just how big a small gesture can really be.

ANSWER TO LAST WEEKS RIDDLE

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

QUOTE

"The fear of death follows from the fear of life. A man who lives fully is prepared to die at any

time." Mark Twain.

ON THIS DATE – AUGUST 14TH

1457 - Oldest known exactly dated printed book.

1598 - Irish forces under Hugh O'Neill, Earl of Tyrone, defeated an English expeditionary force.

1784 - First Russian colony in Alaska founded on Kodiak Island.

1814 - *Mary O'Connell was born in Co. Limerick. Known as Sister Anthony, she served in the American Civil War as a nurse*

1834 - The Poor Law Amendment Act was passed, introducing 'workhouses' for the healthy poor.

1867 - Birth of John Galsworthy, English novelist and playwright (The Forsyte Saga etc).

1903 - The Land Purchase Act (Wyndham Act) is enacted and allows for entire estates to be purchased by the occupying tenantry, subsidized by the state.

1945 - The end of World War Two.

1968 - Golfer Darren Clark is born in Dungannon, Co. Tyrone.

2000 - The Irish Locomotive Driver's Association rejects a bid to end the two-month-old rail dispute.

*Mary Ellen O'Connell was the daughter of William O'Connell and Catherine Murphy who were married in Co. Limerick in 1805. In 1820 she emigrated with her family to America. The family settled in Massachusetts, where she attended the Ursuline Academy in Charlestown. Her mother passed away six years later, when Mary was only 12 years old. On the 10 of September 1834 her family became Naturalised Citizens of New England. At the age of twenty, on 5 June 1835, Mary chose to devote herself to a religious life and entered the American Sisters of Charity in St. Joseph's Valley, Maryland. Two years later she attained the status of a Sister, where she took the name Anthony. In that same year, 1837, Sister Anthony arrived in Cincinnati, Ohio and began work at St. Peter's Orphan Asylum and School for girls. She also took charge of the St. Joseph's Orphan Asylum for boys when it opened in 1852. It wasn't long until she endeavoured and eventually succeeded in merging the two orphanages.

In 1861, at the outbreak of the American Civil War, Sister Anthony, along with approximately 40 other Sisters from her community, volunteered as nurses.

Sister Anthony was given the nickname, "Angel of the Battlefield" after serving, along with 9 other sisters, at the battle of Shiloh. This came about as she would fearlessly go out to the battlefield to help bring in the sick and dying. Sister Anthony developed the "Battlefield Triage" which saved countless lives through faster hospital treatment and won her praise from President Lincoln. Her medical skills often allowed her to intervene to save soldiers' limbs from amputation.

In addition to her courageousness and innovation, Sister Anthony's word was treated as law among officers, doctors and soldiers after establishing herself as a prudent and trusted administrator and nurse. She and other sisters were also often selected to treat wounded prisoners of war due to their showing no bias in serving rebel, Yankee, white or black soldiers. Sister Anthony O'Connell saw no distinction between Union and Confederate soldiers. She became personally acquainted with Jefferson Davis and knew a number of generals on both sides of the conflict.

Sister Anthony went on to serve at 9 battlefields and on a hospital ship on the Ohio River.

After the war, in 1866, Joseph C. Butler and a friend, Louis Worthington, purchased a large building at Sixth and Lock Street, to present to Sister Anthony as a gift in recognition of her and the sisters' service during the war. This was given with two conditions: that no one be excluded from the hospital because of colour or religion and that the hospital be named "The Hospital of the Good Samaritan," to honour the sisters' kindness. Sister Anthony was also recognized for her work during the yellow fever epidemic of 1877.

In 1880, on the census of that year she was recorded as Directress of the Good Samaritan Hospital in Cincinnati where she had both worked and lived. She was in charge of 17 Religious Sisters, 3 Doctors, 3 Lay Nurses, 6 servants and 86 patients. This hospital was widely known as "Sister Anthony's Hospital". She passed away in her sleep in December 1897 in Cumminsville, Cincinnati, Ohio.

RIDDLE FOR THIS WEEK

How many times can you subtract the number two from the number fifty?

Answer next week.

TONGUE TWISTER

A bitter biting bittenn, Bit a better brother bittenn, And the bitter better bittenn, Bit the bitter biter back.

DID YOU KNOW?

Seventy years ago on August 6th, the United States dropped an atomic bomb on the Japanese city of Hiroshima - followed by Nagasaki three days later - with devastating consequences. While it might seem that nuclear weapons are no longer a serious concern, they continue to represent a real and urgent threat. The United States and Russia both have more than 4,500 nuclear weapons, most much more destructive than those dropped on Japan. What's worse is that more than a thousand of these weapons remain on "hair-trigger alert," increasing the risk of an accidental nuclear missile launch or a deliberate launch in response to a false warning.

A STOP MUST BE MADE TO TROPHY HUNTING!

Cecil, a beloved lion in Zimbabwe, was brutally murdered after being lured off of his nature preserve. The culprit, a wealthy American dentist, paid \$55,000 for a hunting permit, which was granted to him by the government of Zimbabwe. And just like that, one of the beautiful creatures that conservationists work tirelessly to keep safe was robbed of the rest of his life.

Countless animals could be saved if the rich were no longer able to pay to commit senseless murder in order to inflate their egos. If you care, there are countless petitions you can sign on the Net to urge the government of Zimbabwe to stop issuing licenses for trophy hunting immediately - all you have to do is enter Cecil the Lion in your search engine and choose which petition you sign.

Together, we will make sure that Cecil did not die in vain, and that his legacy will live on!

STALKED BY A SQUIRREL

An aggressive squirrel was 'arrested' by police in Germany after a woman complained that the rodent was following her around. Police received an unusual emergency call from a young woman in Bottrop in North Rhine-Westphalia, complaining that while walking down the street in the west German city, she found herself being chased by the squirrel.

Unable to shake the animal off, she eventually called the police for help and an officer was quick to come to her aid. After capturing the rodent, officers brought it back to the station, where it was discovered that the animal was showing symptoms of exhaustion.

The squirrel had been 'arrested' and taken into custody, police said in a press release. Police in North Rhine-Westphalia published a video on their Facebook page, showing an officer at the station feeding honey to the little squirrel.

FINALLY THIS WEEK

I hope you all enjoy this joke - but for safety's sake always double check that e-mail address! An Illinois man left the snow-filled streets of Chicago for a vacation in Florida. His wife was on a business trip and was planning to meet him there the next day. When he reached his hotel he decided to send his wife a quick email.

Unfortunately, when typing her address, he missed one letter, and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before. When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint. At the sound, her family rushed into the room and saw this note on the screen:

"Dearest Wife, Just got checked in. Everything prepared for your arrival tomorrow. P.S. - Sure is hot down here!"



A WORD OF VICTORY

Welcome back dear reader we have been looking at faith and unforgiveness and how many people are walking in victory because of their understanding and application of these truths. Where's the evidence — does this work? A man came to Word of Victory some years ago with very severe back problems. He had been hospitalised many times — he went to every practitioner he could find but nothing had worked. He had accompanied some family members who had come for prayer and were healed in the name of Jesus — he then asked "would there be any help for me? — I'm sicker than any of them". I felt the Lord wanted to minister to him privately in another room. Under the power of the Holy Spirit I asked him what had happened to him fifteen years before — something I felt that had to do with money? I knew nothing about this man previous to this. He admitted that yes something had occurred — a joke between himself and his neighbour that went sour which he had never told his wife or family about, and it opened the door for tremendous bitterness in his life. I asked him had he forgiven the neighbour for what he had done to him? He admitted that he had 'kind-of' forgiven him at the man's funeral two years before. I suggested we do it again but this time in the Name of Jesus. We made this simple prayer from the heart — "Lord Jesus I ask forgiveness for being angry at this man and I now forgive him and release all bitterness, disappointment and offence out of my life in Your Name Jesus". The man immediately jumped up shouting "it's gone, it's gone!" He said it was as if an iron band around his waist that had been getting tighter and tighter over the years had been lifted off and he walked out completely pain free! If you have any prayer need please call 064-6622950 or email wordofvictory@eircom.net. *More next week...*

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

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PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me. In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted. **x**

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. **N.M.S.**

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. **N.M.S.**

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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. **x**

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. **E.L.**

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2ND ANNIVERSARY



Treasured memories of

DYLAN CROWLEY

Rathbeg, Rathmore, Co. Kerry
who died on the 18th August 2013

*In our hearts you will always stay
loved and remember everyday.*



Mom, Dad, Bryan & Eimer
xxx

2ND ANNIVERSARY



In Loving Memory of

DYLAN CROWLEY

Rathbeg, Rathmore, Co. Kerry
who quietly left us all on the
18th August 2013

*Everday in some small way memories
of you come our way.
Though absent you are always near.
Still missed loved and always dear.*



Loved and missed everyday by his
grandparents Paudie & Mary
and the Linehan Family.

2ND ANNIVERSARY



Treasured memories of

DYLAN CROWLEY

Rathbeg, Rathmore, Co. Kerry
whose 2nd anniversary occurs
on August 18th. R.I.P

*We miss your love and cheery ways,
With you we spend many happy days,
Your touch, your smile, was always so
tender, Your joy and laughter we will
always remember.*



Always in our thought and forever
in our heart. Kit, Sean and
the Crowley Family.

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.

THANKSGIVING ST. JUDE

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

40TH ANNIVERSARY



In Loving Memory of our brother

MICHAEL CULLINANE

of Cockhill, Kilcummin, whose 40th anniversary occurs on the 15th August.

*Precious and beautiful memories
much more dearer than gold
of our brother Michael
whose worth can never be told
Theres a place deep within our hearts
that no one can fill
We miss you everyday, forever
and always*



Always remembered by your
brothers John, Pat and sisters Eileen
and Debbie and family.

NOVENA TO ST. CLARE

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

Publish on the 9th day.

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

Publication must be promised.

NOVENA TO THE SACRED HEART

You have said O'Divine

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

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days and your favour will be granted. Never know to fail.
Must promise publication of prayer.
S.O.R.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days and your favour will be granted. Never know to fail.
Must promise publication of prayer.
x



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