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RAIN FAILS TO DAMPEN THE GLAMOUR AT LADIES DAY

Fashionistas in their droves descended on Killarney Racecourse yesterday for one of the most prestigious ladies day events on the racing calendar.

And while the weather was anything but kind, the ladies braved the elements dressed to the nines and enjoyed all that was on offer.

Judges TV3 presenter Glenda Gilson and Rose of Tralee Maria Walsh had a difficult task to pick the most stylish lady at the event.

Sponsored by Dawn Milk for the last 22 years, the winner takes home some fantastic prizes including a trip to a European city and a piece of specially commissioned crystal. Ladies Day marked the end of a very successful July race meeting in Killarney.



PICTURED AT THE KILLARNEY RACE COURSE FOR LADIES DAY WERE L-R MARK GREER, DENISE HEALY, MOIRA GREER & DAMIAN GREER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT LADIES DAY FOR THE JULY RACES IN KILLARENY WERE FIONA MCSWEENEY & MARY TERESA MORIARTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY RACE COURSE FOR LADIES DAY WERE L-R CIARA O'DONOGHUE & MAIREAD DOHERTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED ENJOYING LADIES DAY AT THE JULY RACES IN KILLARENY WERE L-R EILEEN O'MAHONY, NORA KELLIHER & MARY O'NEILL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MAYOR OF KENDAL ENJOYS A DAY AT THE RACES

A special guest at Tuesday's evening race meeting was the Mayor of Kendal Chris Hogg and his wife Rachel. Kendal, which is situated in the Lake District in England is twinned with Killarney.

Mayor Hogg was joined by members of the Killarney Chamber of Tourism and Commerce and the Mayor of Killarney Bobby O'Connell.

Before enjoying the delights of the racing festival the group met to discuss various business topics which relate to both towns.

To mark the occasion, Mayor Hogg received a special presentation from President of the Chamber of Tourism and Commerce, Kate O'Leary.



ENJOYING THE TUESDAY EVENING RACE MEETING AT KILLARNEY RACES WERE FROM LEFT: PAUL O'NEILL, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, BOBBY O'CONNELL, MAYOR OF KILLARNEY, RACHEL AND CHRIS HOGG, KATE O'LEARY, CHAMBER PRESIDENT, CLLR. JOHN JOE CULLOTY, MARK SEXTON AND CATHRIONA O'CALLAGHAN.



RACHEL AND CHRIS HOGG PICTURED WITH MAYOR OF KILLARNEY BOBBY O'CONNELL AND JOHN BUCKLEY, KILLARNEY RACECOURSE COMMITTEE.

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WE LOOK AT THINGS DIFFERENTLY



FANTASTIC FUN AT KILLARNEY'S FIRST KIDZCAMP

A summer camp for children with additional needs and their siblings which was held in Killarney this week has been hailed as a resounding success.

Kidzcamp was the brainchild of Catherine Doyle, Josephine Doncel and Elaine Kavanagh. The girls all have experience working closely with children with additional needs and their families. While the focus may be on the child with additional needs there is a huge emphasis on inclusion and the camp caters for every child. The many volunteers ensured that all the children participated to the best of their ability. Kidzcamp ran this week 13th- 17th July from 10- 2 pm. Based in St. Oliver's NS, the camp was loaded with activities including a day trip to Muckross Traditional Farms (with a surprise visit from Bishop of Kerry Ray Browne) swimming in The Gleneagle Aquila Club, The tourist train around Killarney town and Bumper Soccer with Brian Spillane.

Back at the school the children had the opportunity to paint with hands & feet, do some gardening, baking, scavenger hunt, water balloon fights and science activities. To round off a wonderful week, everyone participated in

a personalised jigsaw photo hunt- which were made in Sam McCauley Chemist in Tralee. This was followed by a Pizza party courtesy of 4* Pizza, a bouncy castle from A Time To Party and a rugby session with coaches from Killarney Rugby Club.

A very successful penalty shoot out with our own Kerry goalkeeper Brendan Kealy gave the children and volunteers a huge laugh.

A special thanks to all the volunteers and families who made this camp a huge success!



A WHOLE LOT OF FUN AT THE SUMMER CAMP FOR SPECIAL NEEDS CHILDREN & THEIR SIBLINGS AT MUCKROSS TRADITIONAL FARMS. THE CAMP IS IN ITS FIRST YEAR AND IS ORGANISED BY TEACHERS, FAMILIES AND VOLUNTEERS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KERRY GOALIE BRENDAN KEALY, TAKES TIME OUT TO VOLUNTEER AT THE NEW CAMP FOR CHILDREN WITH SPECIAL NEEDS AND THEIR SIBLINGS AT MUCKROSS TRADITIONAL FARMS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FILIP KORDZINSKY, ENJOYING THE ALL NEW SUMMER CAMP ORGANISED BY TEACHERS AND VOLUNTEERS FOR CHILDREN WITH SPECIAL NEEDS AND THEIR SIBLINGS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

BUMPER WEEKEND IN STORE FOR KILLARNEY

Killarney town will once again bask in the glory of another bumper weekend as shops, restaurants, hotels and pubs welcome an approximate 35,000 GAA fans to the town on Saturday evening for the Munster Final replay. Earlier in the day 3,000 athletes will participate in Run Killarney, which comprises of three routes, a 10k, a half marathon and a full marathon taking place in and around Killarney National Park.

Munster GAA is providing pre-match entertainment at the Fitzgerald Stadium

Killarney on Saturday evening prior to the game. They are asking supporters attending the replay to arrive early at the grounds. Stiles will open at 5pm and the entertainment will begin at 5.15pm with Liam O'Connor. Liam will be followed at 5.45pm by one of Ireland's top singer/songwriters, the internationally acclaimed Ryan Sheridan.

Cork will be on the pitch by 6.30 pm and will be followed shortly afterwards by Kerry with throw in at 7pm. Supporters are advised that in order to avoid congestion at the stiles they should plan an early arrival at the stadium and by doing so they can enjoy 2 great musical acts in a relaxed atmosphere. It's going to be a great weekend!

BUMPER CROWD EXPECTED IN KILLARNEY AGAIN THIS WEEKEND. PICTURE: SAM37



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THE GLEN TO STAR IN THEIR OWN SHOW

From ballet to bingo, country to comedy and snooker to Sean nós there's always something happening in the Gleneagle Hotel. It's like a cruise ship on land – a party that never sleeps and you can take it all in over the next six weeks on RTE 1 on Sunday's.

This week the hotel welcomes a group of golden oldies who have come to the famous Gleneagle ballroom to kick up their heels in a marathon of old time dancing. For the 30th year in a row, they're here to reunite and dance with old friends for a 'Lisdoonvarna Reunion,' although it soon becomes clear that some people are still hoping for a bit of romance! In the INEC young, up-and-coming band Walking On Cars entertain 3,000 fans in the biggest headline gig of their career.

You can also meet house-keeping sisters Ita and Noreen Lyne who are one of many local families employed in the hotel. The Gleneagle is one of few remaining family owned and run hotels in the country. Current owner and managing director, Patrick O' Donoghue is the 3rd generation of O'Donoghues to keep the business going since his grandparents first opened the doors back in 1957. Many of the staff have worked here all their lives and some like receptionist Ann McCann, have fond memories of Patrick's Grandmother 'Mrs. O' who still worked in reception well into her nineties. She had a reputation for keeping everything ship shape - including the staff.

"On a Sunday morning, even on a really busy



STAFF AT THE GLENEAGLE HOTEL WHO TOOK PART IN AN RTE PROGRAMME ABOUT THE HOTEL IN 2015. PHOTO: DON MACMONAGLE

check out, Mrs. O would take over the front desk and insist that all us girls went into mass" said Ann.

Another popular local to grace our TV screens on Sunday is local man Joe Burke. Joe worked in the hotel as a waiter for 15 years and it was during that time that he taught himself to dance. Today Joe is in such demand with the ladies that he has to keep a very strict dance

list.

'I've been told I float when I'm dancing. It's a gift I have. Some of the women are very disappointed when I tell them I'm all booked up. But I'll put them on my list, although at this stage they'll be 96th on tonight's list!'

said Joe.

The Gleneagle will be screened on RTE 1 on Sunday at 8.30p.m.

SUMMER BAY COMES TO TRALEE

Killarney Outlook Soap columnist Joe Burkett met up with Home and Away Actor Nic Westaway on his recent visit to Tralee

Home and Away actor Nic Westaway better known as Kyle Braxton in the hit soap paid a surprise visit to the Saint John Of Gods centre in Monavalley Tralee on Friday last July 10th. It was a late afternoon flying visit as Nic who had been in Dublin earlier that day promoting some of the shows upcoming storylines including

the departure of his on screen brother Brax's exit made his first stop in the Kingdom to Saint John Of Gods.

Surrounded by his blushing fans, Nic marked his arrival in the centre with a very familiar catchphrase as he greeted over 40 service users with a simple, "G'day". Nic who is every inch the soap star then chatted openly with all who were present allowing them to take photo's with him and promptly grabbed a pen to give out his autograph.

Nic then confirmed that his on screen brother Darryl "Brax" Braxton (Steve Peacocke) will be making his exit from Summer Bay in early August before adding that he himself is

committed to the soap for the foreseeable future.

Saint John Of Gods Claire O Dwyer welcomed Nic to the centre where the service users had an area of the centre transformed into a home from home for Nic with palm trees and surf boards donning the walls. Nic was clearly impressed as he happily posed for pictures and commented how on super the place looked.

For further spoilers and sneak peaks of what's coming up on Home and Away check out Joe's blog as he reveals all of what's coming up following his chat with Nic.



NIC WESTAWAY (KYLE BRAXTON HOME AND AWAY) MEETS JOE BURKETT AT ST JOHN OF GOD MONAVALLEY BUSINESS PARK, TRALEE ON FRIDAY PIC JOE HANLEY



THE KILLARNEY PEOPLE WHO ATTEND ST JOHN OF GOD TRALEE, MEETS NIC WESTAWAY (HOME AND AWAY) AT ST JOHN OF GOD TRALEE ON FRIDAY PIC JOE HANLEY

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L-R Mags Greene, Karina Gallivan-Greene, Josie Sugrue, Marie Wade & Fiona Gallagher.



L-R Sinead O'Connor, Eilish O'Sullivan, Helen McAuliffe, Noelle Brosnan & Jacinta Buckley.



L-R Siobhan Tangney, Trish Nagle, Frances Fitzgerald, Elaine Nagle, Maria Payne & Sinead Kelliher.



L-R PJ Lawlor, Owners Josie Sugrue & Eric McDonnell and Keith O'Leary.



L-R Jennifer Cahill, Mary Kearns, Michelle O'Donoghue, Jackie Byrnes, Breeda Keilleher & Dominika Gustafikova.

WHAT A GREAT NIGHT WITH GREAT PEOPLE!



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BRAVE ADVENTURERS CHALLENGE THE HIGH PEAKS

Participants in last Saturday's Ultimate High Peaks Challenge braved the elements and battled and toiled their way around Ireland's premier mountain range, the MacGillycuddy's Reeks in hugely challenging conditions.

Organised by KerryClimbing.ie, this already hugely tough and challenging quest was made all the more difficult by last Saturday's monsoon rains and ferocious winds but despite this, all the exhausted, dripping wet and battered souls returned safe and well through the finishing line in Cronin's Yard beaming now from ear to ear after their testing adventure and many with a new found respect for the wild and extreme mountains of the Kingdom.

During the course of this memorable day participants trekked up to 25km of wild and rugged mountain terrain ticking off the majority of the very highest summits in the country and with a total height gain of almost 2500 metres.

This was the Ultimate test of personal navigational skills, fitness, determination and

stamina and the grand finale to this spectacular day culminated with the medal presentation and then a vibrant and well deserved after party and barbeque out of the rain in the Marquee in Cronin's Yard.

Most had no energy left by this time and couldn't be blamed for not taking to the floor to dance a jig or two as after such a long tiring day on their feet and most preferred to just chill, relax and soak in the electric atmosphere and sounds of the exciting local traditional Irish music trio – "Lonradh". The craic was mighty as the crowd enjoyed a well earned beer on the house from the bar provided by Kate Kearneys Cottage.

MOUNTAINEERS BATTLING WITH THE ELEMENTS AND HIGH WINDS ON DRISHAN MOUNTAIN, WHICH SEEMED TO BE THE ULTIMATE CHALLENGE OF THE BRAVE TREKKERS WHO PARTICIPATED THE THE ULTIMATE HIGH PEAKS CHALLENGE , ORGANISED BY KERRYCLIMBING.IE, ALONG 'THE ROOF OF IRELAND' ON IRELAND'S HIGHEST SUMMITS, TRAVERSING THE MACGILLYCUDDY'S REEKS, IRELAND'S LARGEST MOUNTAIN RANGE. THE REAL HIGH POINT WAS THE DESCENT INTO CRONIN'S YARD FOR THE APRÉS REEKS BBQ



TREVOR O'DONOGHUE, KILLARNEY, AND DUNCAN DAVIDSON, BATTLING WITH THE ELEMENTS WHICH SEEMED TO BE THE ULTIMATE CHALLENGE OF THE BRAVE TREKKERS WHO PARTICIPATED THE THE ULTIMATE HIGH PEAKS CHALLENGE , ORGANISED BY KERRYCLIMBING.IE. PHOTO: VALERIE O'SULLIVAN



SIOBHAN BENNETT, KILLARNEY, WITH THE THE WEATHER AND HIGH WINDS ON DRISHANA, WHICH SEEMED TO BE THE ULTIMATE CHALLENGE OF THE BRAVE TREKKERS WHO PARTICIPATED THE THE ULTIMATE HIGH PEAKS CHALLENGE , ORGANISED BY KERRYCLIMBING.IE. PHOTO: VALERIE O'SULLIVAN



ANN DALY, KNOCKNAGREE, BATTLING WITH THE THE WEATHER AND HIGH WINDS ON PURPLE MOUNTAIN, WHICH SEEMED TO BE THE ULTIMATE CHALLENGE OF THE BRAVE TREKKERS WHO PARTICIPATED THE THE ULTIMATE HIGH PEAKS CHALLENGE , ORGANISED BY KERRYCLIMBING.IE PHOTO: VALERIE O'SULLIVAN

FR. HARRINGTON RETIRES AFTER 50 YEARS SERVICE

After 50 years of active ministry, Fossa Parish Priest, Fr Brendan Harrington will retire this week.

In the recent diocesan announcements, Bishop Ray Browne, confirmed that he will be succeeded by Canon Tom Looney, a native of Killarney.

For the past 18 years Fr Harrington has been

a very popular Parish Priest in Fossa where he was greatly appreciated by the community, local organisations, schools and other groups.

To mark his retirement, a reception will be held in Fossa Community Centre on this Friday, July 17 at 8.00pm sharp.

All parishioners are invited to attend and it should be a very special evening.



CAR BOOT SALE

In aid of Sneem Community Centre Renovation fund on Sunday 26th of July in St. Michael's Church car park at 12 noon. 10 euros per car.

KILCUMMIN HONOUR KERRY ROSE

Kilcummin Ladies Committee are planning a celebration night at Kilcummin Klub, tonight, Friday 17th, July to honour Kerry Rose of Tralee entrant Juliet Culloty.

Everyone is welcome on the night which will kick off at 9pm.

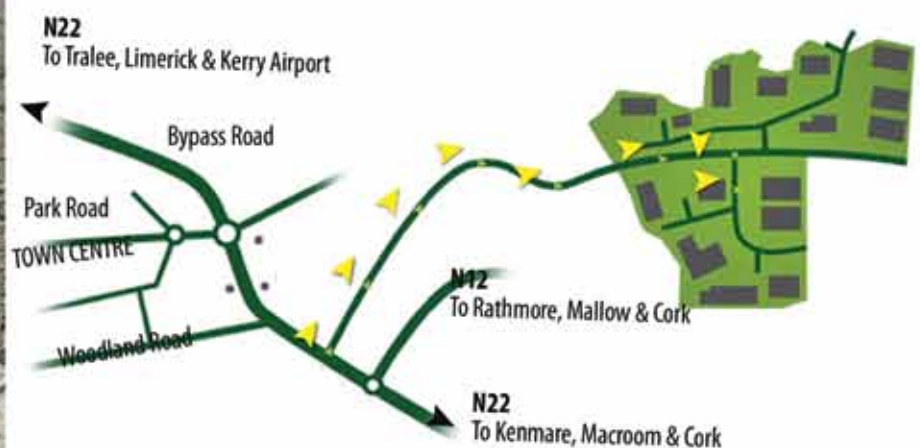
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TRIBUTE TO A LEGEND-COMORTAS PEIL JOHN EGAN 2015 A HUGE SUCCESS

The Comortas Peil John Egan 2015 was again a huge success and, as well as a tribute to a great Kerry legend, it was also a brilliant adventure and learning experience for a host of young teams of U14 boys and girls.

A major highlight was the Killarney Parade on Friday evening, with none other than Micheal O Muirheartaigh sharing his memories of John Egan and encouraging the young players to play with the same attitude and approach.

The exciting group stages were hosted superbly by Spa, Castleisland, and Fossa, and a big thank you to those clubs and their groundsmen, also to the staff of an immaculate Fitzgerald Stadium where the finals took place on Saturday.

The Organising Committee of Chairman Tomas o hAinifein, Tom Keane, Johnny Brosnan, Billy Broderick, Brendan McCarthy, and Kieran Coffey put in trojan work, as did Imelda Roche and Mary Jo Coffey on the girls tournament in Castleisland and The Fitzgerald Stadium. Huge thanks also to Coiste na nOg Ciarrai and the Kerry County Board, the co-ordinators and referees at every venue, and especially



PICTURED AT THE STARTING POINT AT FITZGERALD STADIUM FOR THE THE JOHN EGAN FOOTBALL TOURNAMENT PARADE WERE KILLARNEY LEGION PLAYERS WITH ENDA WALSH (LEFT) AND DAITHI MCGILLICUDDY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

the visiting and host clubs who make this tournament so successful, and most especially the Egan Family.

Division Two Final: Killarney Legion 3-7 Naomh Mairtin (Louth) 1-3

Legion opened with a goal by Donal Lucey and, with Darragh Lyne and Niall McGillicuddy outstanding, they led by 1-5 to 0-2 at the half-time whistle, Naomh Mairtin's scores coming from James Harper and TJ Doheny. Darragh Lyne, outstanding throughout in midfield, cut

through for another goal and Killarney Legion were always in control from then on, despite Adam Harper setting up Conor Rodgers for a late consolation goal. Naomh Mairtin captain James Harper's gracious speech on behalf of the losers was another tournament highlight and perfectly demonstrated why this tournament is about much more than what happens on the field of play.



PICTURED AT THE STARTING POINT AT FITZGERALD STADIUM FOR THE THE JOHN EGAN FOOTBALL TOURNAMENT PARADE WERE MILLTOWN CASTLEMAIN PLAYERS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE STARTING POINT AT FITZGERALD STADIUM FOR THE THE JOHN EGAN FOOTBALL TOURNAMENT PARADE WERE ARDFERT LADIES. MCGILLICUDDY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

PRESIDENT MIRIAM TAKES THE CHAIN

Killarney Toastmasters gathered on Friday evening last for the Presentation of the chain of office to the 2015 President, Miriam McFarlane. Outgoing President, Mr Gerard Mannix presented Miriam with the chain of office.

The mission of the Toastmaster Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-help, confidence and personal growth.

Killarney Toastmaster meets every second and fourth Tuesday of the month in the Dromhall Hotel, Muckcross Road, Killarney. Meetings resume on Tuesday 8th September at 8pm. New members very welcome.



KILLARNEY TOASTMASTERS WHO MET AT THE DROMHALL HOTEL FOR THEIR SUMMER PARTY AND THE CHANGE OVER OF PRESIDENCY FROM GERARD MANNIX (SEATED CENTRE) TO MIRIAM MCFARLANE (SEATED LEFT OF GERARD). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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THE FUTURE IS SECURE AT BEAUFORT GC



LOCATED IN STUNNING SURROUNDINGS, BEAUFORT GOLF CLUB'S FUTURE IS SECURE FOLLOWING RECENT PURCHASE.

Its all systems go at Beaufort Golf Club as after months of speculation it has been confirmed that the club has been purchased by William Magill.

The course will continue to be run by Tadgh and Helen Clifford following the purchase.

The Magill family have a long association with the golf club, going back to the 1800's however they sold the course in 2006.

William Magill has said he is delighted to be back at the club thus ensuring its security into the future.

Members at the club have also welcomed the

move following uncertainty over the past few years.

The parkland golf course is situated just 10 miles from Killarney and is set in spectacular surroundings, enjoying panoramic views of the MacGillycuddy Reeks.

Boasting all the facilities of a modern golf club, Beaufort still maintains a traditional, warm atmosphere. The facilities include a bar and restaurant which are open 7 days a week from March to September, along with an excellent putting and practice green, changing rooms, a pro-shop and a large car park.

HOTELIERS REPORT POSITIVE SEASON



Hotels and guesthouses in Kerry have seen an upturn in business during the first six months of 2015 according to the latest quarterly barometer

from the Irish Hotels Federation (IHF). With overseas visitors to Ireland up 12% year to date, local hoteliers are reporting an increase in business from key markets such as Britain, North America, France and Germany.

Cormac O'Sullivan, Chair of the Kerry Branch of the IHF states that confidence among hoteliers continues to strengthen as the recovery in Irish tourism takes hold. He notes that, in addition to growth in overseas visitors, the sector is beginning to benefit from a stronger domestic economy, with home-grown tourism starting to recover – albeit from a low base following years of subdued consumer confidence.

"We're on track for another year of robust growth with overseas visitors to Ireland likely to reach 7.8 million by year end. This is having a positive impact on sentiment across Kerry's tourism industry, which looks set to do well this year," says Mr O'Sullivan. "Local hotels have seen a welcome uplift in business so far and, with the summer period now under way, bookings continue to increase – which is enabling premises to grow and take on additional staff."

CAR ENTHUSIASTS ENJOY CLASSIC CAR SHOW

Vintage car enthusiasts descended on the Killarney Outlet Centre last Sunday for a Classic Car Show organised by Killarney Valley Classic & Vintage in the Killarney Outlet Centre.

There was a great turnout of over 120 cars at

the first static car show organised by the group and it went down a treat with both the car owners and the general public who came along in great numbers to view the cars.

Proceeds from the event will go to two worthy causes, the Kerry Mountain Rescue and the local branch of the Irish Kidney Association.

During the event, Seamus Weldon, the John Deere Lawn Equipment Dealer of Barleymount presented the organising committee with club jackets. The committee were also very grateful to receive high-vis vests from Kevin O'Connor

of Signco which the stewards wore during the event.

The committee would like to thank Mr Paul Sherry of the Killarney Outlet Centre, the Retailers in the Centre and the Security Staff for their support in hosting the event. The committee would also like to thank Ahern's BMW, Castleisland for their support of the event.

Killarney Valley Classic & Vintage would very much like to thank all the car owners and clubs who attended the show.



TOM LESLIE, SEAMUS WELDON, (SPONSOR) PAT O'SULLIVAN, MICK MYRES RECEIVING ONE OF THE JOHN DEERE COMMITTEE JACKETS, SHEA WELDON, MIKE WELDON, EILEEN WELDON AND PAUL O'SHEA, PRO AT THE KILLARNEY VALLEY CLASSIC AND VINTAGE CLASSIC CAR SHOW AT THE OUTLET CENTRE, KILLARNEY ON SUNDAY LAST. PICTURE: JOHN O'SULLIVAN.



TOM LESLIE, KIERAN MADIGAN, GAVIN MADIGAN, JACKIE LOONEY, (SECRETARY), CYRIL WHARTON AND KEVIN O'CONNOR, SPONSOR - SIGNCO WHO PRESENTED HI-VIS JACKETS FOR USE AT ALL EVENTS PICTURED AT THE KILLARNEY VALLEY CLASSIC AND VINTAGE CLASSIC CAR SHOW AT THE OUTLET CENTRE, KILLARNEY ON SUNDAY LAST. PICTURE: JOHN O'SULLIVAN.



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Lessen the burden of back to school uniform cost by joining our uniform club today!
Deposits Taken.

Are you ready for **Back to School...**

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

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



OFF TO SCHOOL

While back to school will be foremost in lots of parents minds, for some it's the all important first step to that milestone.

At Tiernabou NS a new Preschool is due to open this school term.

Run by Pre-School teacher Donna Griffin, Creative Kids Preschool is a home away from home where children learn while having fun.

With 15 years experience working with children, Donna is providing free pre school year with five mornings guaranteed for children born between 2nd February 2011 and 30th June 2012.

The facility also boasts a secure outdoor play area, small numbers and a structured curriculum in a safe and stimulating environment.

For more information contact Donna on 087-1272781.

SUPPLIES SUPPLIES AND MORE SUPPLIES

Eason Killarney are a one stop shop for all your back to school needs. They stock a wide range of stationery, copy books, school bags and much more. They are open 7 days a week and have half price on lots of back to school essentials. See their advert on the back page of this week's Killarney Outlook.

A firm favourite in Killarney for many years, Eagers on High Street stocks Primary School Books for children. You can get everything you need for back to school there including school bags and all kinds of stationery at very competitive prices.

For more information call into the shop on High Street or follow them on facebook.

THE ALL IMPORTANT SCHOOL SHOES

Situated in High Street in Killarney Who's4Shoes and First Step Footwear are a one stop shop for all your school needs.

Stocking all the top brands, including ecco, Ricosta, Start-rite and geox, owners Grainne and Maria O'Sullivan are on hand with expert advice and offer a full fitting service ensuring that your children's feet stay in top condition. The importance of good quality shoes for children cannot be underestimated and at Who's4Shoes and First Step Footwear the girls will ensure that your child will leave with the correct size and style of shoe to suit their feet thus ensuring healthy foot development for years to come. Who's4Shoes and First Step Footwear are open 7 days a week and are located at 74 High Street.

ALL KITTED OUT

The Workshop Clothing Company on New Market Lane off High Street caters for all secondary schools in the Killarney along with a number of primary schools.

With starter packs from €115 the shop sells the complete package including, shirts, jumpers, skirts, trousers, jackets and PE gear.

The Workshop also have a uniform club and accept deposits.

SCHOOL BOOKS

For text books and online resources to meet the excitement and challenge of today's classroom look no further than Educate.ie.

Based in Castleisland, Educate.ie aims to give teachers the books they need to help them meet the excitement and challenge of today's classroom.

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Tips for School Lunches

A packed lunch can make a valuable contribution to your child's diet and future health. It is important to include a balanced variety of foods so that your child can get all the nutrients they need. Recent surveys looking at children's lunchboxes found that they were too high in fat (especially saturated fat), salt and sugar, and just under half of lunchboxes contained no fruit. Here are some practical tips for you and your child on how to prepare a healthier lunchbox.

Starchy foods will help your child feel satisfied, as well as being a good source of energy and B vitamins.

Why not try some of these suggestions?

- 2 slices of bread • 2 small bread rolls • 1 tortilla wrap
- 1 or 2 mini pitta breads • 1 scone or currant bun • 1 bagel
- ½ a soda or wheaten farl • 2 tablespoons of cooked rice, pasta or couscous • a slice of deep pan pizza

Help your child get their five a day by putting two portions of fruit and vegetables in their lunchbox

(ideally one fruit and one vegetable). A portion could be:

- 1 medium sized piece of fruit • 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery • 3 heaped tablespoons of fresh or frozen veg, eg chopped, sliced or grated carrots, peppers, or sweetcorn • 150ml of pure unsweetened fruit juice or fruit smoothie

Get your child excited about packed lunches. Let them help choose their lunch. Pick a colourful lunchbox or let them decorate one with stickers.



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CHECKING OUT THE NEXT RACE AT THE TUESDAY EVENINGS KILLARNEY RACES L-R CLODAGH IRWIN-OWENS WITH HER MUM TERESA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING KILLARNEY'S JULY RACING FESTIVAL AT KILLARNEY RACE COURSE WERE MAURA , AINE AND CAIT O'DONOGHUE FROM KILLARNEY . PHOTO BY : DOMNICK WALSH / EYE FOCUS LTD ©



ENJOYING KILLARNEY'S JULY RACING FESTIVAL AT KILLARNEY RACE COURSE WERE SOPHIA , NOREEN AND EMMA SNELL FROM KILLARNEY CO KERRY . PHOTO BY : DOMNICK WALSH / EYE FOCUS LTD ©



THE O'BRIEN-MAC SWEENEY'S ENJOYING THE KILLARNEY RACES L-R MILLIE, SHANE, LAUREN, LARA, NOREEN, BABY ERIN AND IN FRONT DAVID.



PICTURED AT THE KILLARNEY RACES FOR TUESDAY EVENINGS MEETING WERE L-R CLIONA RAHILLY, DIO BUCKLEY, HANNAH RAHILLY & BERNIE BUCKLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING TUESDAY EVENINGS MEETING AT THE KILLARNEY RACES WERE L-R TOM TOBIN, AINE O'DONOGHUE, NOREEN O'SULLIVAN AND AILISH & TERENCE MULCAHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING TUESDAY EVENINGS MEETING AT THE KILLARNEY RACES WERE L-R JOHN MAGUIRE, MAURA O'RIORDAN, TIM TRANT, PAULINE MCSWEENEY, JOHN TRANT & EVELYN GRIFFIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY RACE COURSE FOR TUESDAY EVENINGS MEETING WERE L-R CON O'MAHONY, NIAMH KEATING, JOHN BUCKLEY & GARDA GEAROID KEATING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING KILLARNEY'S JULY RACING FESTIVAL AT KILLARNEY RACE COURSE WERE WILLIAM SHEEHAN MOYVANE , CATHAL O'GRADY AND DAITHI MCGILLCUDDY FROM KILLARNEY . PHOTO BY : DOMNICK WALSH / EYE FOCUS LTD ©

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PROPERTIES OF THE WEEK



3 HEATHER CLOSE, CUMEEN Guide Price €185,000

3 Bedroom Dormer Bungalow in a countryside setting standing on circa 0.7 acre site, only 4 miles to Killarney Town Centre. Tarmac drive. Oil fired central heating. PVC double glazed windows

REF 704 (BER Pending)



BRAMBLE COTTAGE, INCHICULLANE Guide Price €285,000

5 Bedroom Dormer Bungalow (approx 2,000 sq ft) on circa 0.3 acre site less than 3 miles from Killarney town. Double garage, 2 sheds, private garden, south facing back patio, oil fired central heating, 'Energia' thermo dynamic solar panel, private parking.

REF 779 **BER C1**



GORTNAGLOGH, FRIES Guide Price €60,000

3 Bedroom Cottage on approx 4 acres. The property requires complete modernisation and upgrading. Has the benefit of mains water, electricity & septic tank. Ideal refurbishment project.

REF 729 (BER Pending)

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FABULOUS FORTY -MARIE PARTIES THE NIGHT AWAY

Popular Killarney Outlook photographer Marie Carroll O'Sullivan celebrated her 40th birthday

last weekend with a major bash at the Killarney Avenue Hotel. Over 200 invited friends joined Marie and her husband Ivan and their daughters Rhea and Clodagh and were treated to an surprise flash dance by Marie and a group of her friends. A photo booth with Killarney Photographer Marek Hajdasz was set up on the night to capture images of all the guests and everyone

bopped away into the early hours to the sounds of the '90's with DJ Baba who came all the way from Marie's home town of Roscrea in Co. Tipperary. Marie was also joined on the night by her mum, sisters and brothers, one of whom flew in from the USA for the occasion, along with a large contingent from Rosscrea.



PICTURED AT THE KILLARNEY AVENUE HOTEL ENJOYING HER 40TH BIRTHDAY CELEBRATIONS WITH HER FAMILY, KILLARNEY OUTLOOK PHOTOGRAPHER MARIE CARROLL-O'SULLIVAN WITH HER HUSBAND IVAN AND TWO DAUGHTERS RHEA (LEFT) & CLODAGH (RIGHT). PHOTO MAREK HAJDASZ



PICTURED AFTER AT THE FINALE OF A LIVELY ROUTINE OF UPTOWN FUNK AT MARIE'S 40TH BIRTHDAY CELEBRATIONS AT THE KILLARNEY AVENUE HOTEL, CHOREOGRAPHED BY JOE BURKETT OF PREMIER EVENTS WERE L-R JESSICA O'CONNOR, DANIELLE O'SHEA, JOE BURKETT, CATRIONA DWYER & ELYSE MENDOZA. FRONT ROW L-R AISLING CROSBIE, MARIE CARROLL-O'SULLIVAN & ELAINE O'NEILL. PHOTO MAREK HAJDASZ

KILLARNEY CREDIT UNION MEMBERS DRAW



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (RIGHT) PRESENTING THE KEYS OF THE NEW SEAT CAR TO WINNER IN THE KILLARNEY CREDIT UNION MEMBERS DRAW JOAN AND JOHN O'LEARY WITH (FROM LEFT) PADRAIG DINEEN DINEEN AND MOTORS, STEPHEN DARMODY FINANCIAL MANAGER KILLARNEY CU, DAVID, JOHNNY AND KIERAN O'LEARY AND MARK MURPHY CEO AT KILLARNEY CREDIT UNION, KILLARNEY RECENTLY.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION PRESENTING THE €1500 CHEQUE TO WINNER MAJELLA GLEESON IN THE KILLARNEY CREDIT UNION MEMBERS DRAW AT KILLARNEY CREDIT UNION ON WEDNESDAY.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (SEATED RIGHT) WHO PRESENTED THE KILLARNEY CREDIT UNION MEMBERS DRAW €250 CHEQUES TO WINNERS JOAN DORAN, GRACE MCCRAE (BACK LEFT) JAMES O'DONOGHUE, MARK MURPHY CEO KILLARNEY CU, JOHN DORAN AND LAURA O'SHEA, OLIVIA FITZGERALD, MARIE WICKHAM, CASSANDRA BUCKLEY, BREDIA BAILEY, MARY MCCARTHY AND STEPHEN DARMODY FINANCIAL MANAGER AT KILLARNEY CREDIT UNION ON WEDNESDAY.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (SEATED RIGHT) WHO PRESENTED THE KILLARNEY CREDIT UNION MEMBERS DRAW €500 CHEQUES TO WINNERS BRIDIE O'CONNELL, ELIZABETH CRONIN, CONNIE CARROLL AND NORA O'SHEA WITH (BACK LEFT) MARK MURPHY CEO AND (RIGHT) STEPHEN DARMODY FINANCIAL MANAGER AT KILLARNEY CREDIT UNION RECENTLY.

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• Bridgefield, Lewis Road • Scrahan Court, Ross Road • The Lime Courtyard, Bellview Woods • The Ash, Avenue • Muckross Close
• New Street • The Beech, Avenue • Park Drive, Park Road • Elm Court • Cahernane Meadows • Marian Terrace • Deireadh Colle, Woodlawn
• O'Sullivan's Place • King's Avenue • Knockanes, Glenfiesk • Coolies, Muckross • Coolgarra, Aghadoe • Ardeneanig • Woodlawn Park
• Main Street • Countess Grove • Scrahan Mews, Ross Road • The Lime, Avenue • Mountain View, Kilcummin • Oakfield, Park Road
• Woodford Manor • Park Court, Beech Road • Hawthorn Avenue • Grosvenor Court, High Street • Castlefalls, Ross Road • Central Point, Park Road
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RUGBY CAPS TO THE SUMMIT FOR CHARITY

Rugby fans from Kerry are being invited to join a unique charity challenge, and scale the heights of Ireland's highest mountain with a squad of sporting legends this Autumn.

GAA star Alan Kerins has signed up some of the best known names in rugby for 'Caps to the Summit' - a two-day adventure hike of Kerry's Carrauntoohil that is aiming to raise more than €100,000 for development programmes he is supporting in sub-Saharan Africa.

Kerins has teamed up with Irish-based charity Gorta-Self Help Africa for the event, which is inviting fans of the game to join such legends as Tony Ward, Ollie Campbell and Eric Elwood, Kerry's own Sharon Lynch and Mick Galwey, and a host of others on a two-day expedition to Kerry, in September.

Up to 100 Irish rugby fans are being signed up to join more than 20 former rugby internationals on the climb, during which they will also participate in a two-day programme of events in Keel village, in the shadow of the mountain.

Participants in the challenge are being asked

to contribute €2,500 or raise that sum in sponsorship to take part. To date more than 40 volunteers have signed up, according to Alan Kerins.

Amongst the Munster rugby names already signed up to take part alongside Sharon Lynch and Mick Galwey are former international players Tony Ward, Donal Lenihan, Mick Kiernan and Peter Clohessy.



ITS ALL HAPPENING IN MILLTOWN

Milltown will be a hive of activity tomorrow, Saturday 18th July when the Farmers Market celebrate 15 years in existence.

Along with a Madhatters Tea Party and Charity Giveaway there will be live music, bouncy castles, BBQ, Balloon Modelling, Face Painting and lots of complimentary tastings from the fantastic range of food on offer there.

The festivities begin at 10am and everything is free of charge.

While in Milltown make sure you pop into Mary's Organic Store.

Mary specialises in whole foods, fruit and veg, chocolate and wine, food supplements, garden seed and also stocks inspirational books.

Located on the Castlemaine Road, Mary is offering a 10% discount all day tomorrow to celebrate Milltown Farmers Market milestone.

CONCERTS IN KILLARNEY

Tonight, Friday 17th July, The Laurel Methodist Church Choir from Springfield USA will perform at St. Mary's Church of Ireland at 8pm. The concert is free of charge and a donation can be made on the night.

Meanwhile St. Mary's is also the venue for Spraoi Chiarrai on Saturday evening at 8pm. Traditional Irish music, song, dance and storytelling will be the order of the evening for these popular free concerts which are held throughout the Summer.

RUN KILLARNEY THIS WEEKEND

Run Killarney will take place tomorrow, Saturday the 18th July attracting up to 3000 participants.

With the Munster Final taking place in the evening the town will be buzzing with large volumes of visitors who will staying, dining and shopping in Killarney, giving a huge boost to the local economy.

Motorists should note that there will be traffic delays on the Muckross Road on the morning of the 18th due to Run Killarney.

"TALK TO US" LAUNCH

Kerry Branch of the Samaritans invite the public to the launch of their "Talk to Us" campaign in conjunction with Irish Rail, today, Friday 17th at 3pm at Killarney Railway Station.

The Samaritans are a listening and support service for those in need.



KILLARNEY PARISH ADMINISTRATOR FR KIERAN O'BRIEN WITH COUPLES WHO CELEBRATED 55 YEARS AND 50 YEARS AT THE RECENT JUBILEE WEDDING ANNIVERSARY MASS IN ST. MARY'S CATHEDRAL, KILLARNEY. SEAMUS AND MARY O'SULLIVAN DARCY, WHO WERE MARRIED IN 1960, CELEBRATED 55 YEARS OF MARRIAGE, WHILE OTHER COUPLES WERE CELEBRATING 50, 45, 40, 30 AND 25 YEARS OF MARRIAGE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

GLEESON QUERIES COUNCIL

"At the most recent Municipal area meeting, Councillor Michael Gleeson asked if money has been made available for the development of a public sewer for the 26 houses in Dennehy's Road, Killarney".

Kerry County Council replied that such an extension of the public sewer is a consideration for a Group Sewerage Scheme. The development and administration of such Schemes continues to be a function of the Local Authority under the guidance and supervision of the Department of the Environment and

Local Government.

In January 2015 the Council included the Dennehy's Road project as part of its submission to the Department for funding. The Department did not, however, make any funding available for this scheme.

Councillor Gleeson stated that an area so close to the town centre should be prioritised and asked that Kerry County Council would include this proposal again in its 2016 application to government.



MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHAT OPTIONS DO YOU HAVE WITH YOUR PENSION WHEN YOU RETIRE?

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

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

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

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

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

It is extremely important that you take your time and have all the options explained to you in plain simple English before you make your final decision. As well as the above there is 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 0646622775 or kerrymortgagecentre@eircom.net

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MARGARET HERLIHY AND CARL LYONS PHOTOGRAPHED OUTSIDE KILCUMMIN CHURCH WHERE THEY WERE MARRIED RECENTLY, THE COUPLE CELEBRATED WITH FAMILY AND FRIENDS IN THE KILLARNEY PARK HOTEL. PHOTO MICHEÁL O SULLIVAN WWW.OSULLIVANPHOTOGRAPHYIRL.COM

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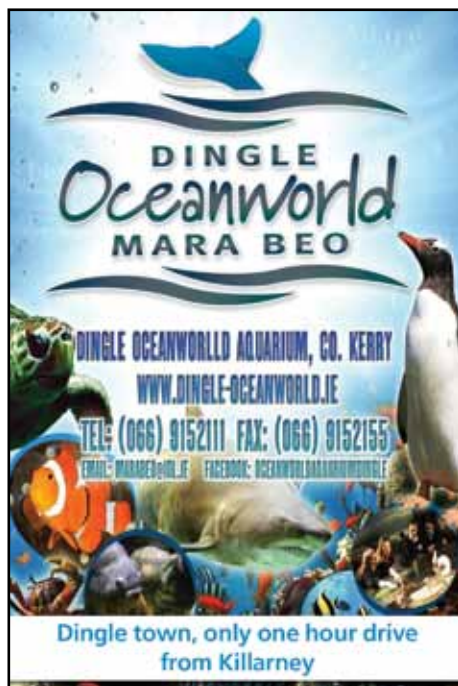
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Recipe provided via <http://deliciouslyella.com/banana-bread-energy-bites/>

Makes about 30 bites

- 2 cups of almonds
- 2 cups of medjool dates
- 2 over-ripe bananas
- 1/2 a cup of ground flaxseed
- 3 tablespoons of maca
- 3 tablespoons of chia seeds

First place the almonds in your food processor and blend for a minute or two until they break up and start to form a flour like mix. Then gradually add the pitted dates, peeled bananas, flax, maca and chia as the mix continues to blend. After a few minutes the mixture should be smooth and sticky, at which point the balls are ready to be rolled. Simply use a teaspoon to scoop up a batch of the dough, then roll it in your hands to form a ball. Place the ball on a plate and continue doing the exact same thing until you've used all the mixture. If you want to add goji berries or chia seeds to the outside then roll the balls in either before placing the plate of bites in the freezer for a couple of hours to set before enjoying. Store them either in the fridge or freezer.

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OUTLOOK BEAUTY TIP:

FULLER LIPS

For fuller lips, extend the lip line using a flesh tone lip liner. Be careful not to go overboard, though!



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.



Fashion Tip

Longer Legs

The simplest way to make your legs look instantly longer is to wear a long maxi skirt. The key is pairing a shorter, cropped shirt up top. Something longer that extends below the top of the skirt will only cut off the part of your legs you're trying to elongate.



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A product demonstration & company overview night will be held in the Brehon Hotel, Killarney on Wednesday 29th July, Demo at 7.30pm-8pm, Company overview 8pm-9pm. For more information & to confirm your seat please contact: 089 2133663/085 1611878





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

Sports Recreation & Exercise Course (ETK69) - Killarney.

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

Java Associate Course (ET0R7) - Tralee.

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

Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Killarney.

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

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

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

Medical Administration Traineeship (TRS08) - Tralee Training Centre.

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

Accounting Technician of Ireland - First Year (ET214) - Tralee Training Centre.

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

Accounting Technician of Ireland - Second Year (ET21R) - Tralee.

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

Marketing (ET4R9) - Tralee Training Centre.

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

Media Techniques - Radio Course (ET283) - Tralee.

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

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

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

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

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

For further information, testimonials and application details visit our new website at

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

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22nd - 26th July 2015

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SOMETHING FOR EVERYONE AT SNEEM FESTIVAL

All roads lead to Sneem for the 12th Annual Sneem Family Festival which takes place from 22nd to 26th July 2015 in the beautiful village on the Ring of Kerry and the Wild Atlantic Way.

With over 60 events taking place over five days, many of which are free, this will be Sneem's biggest festival ever. There will be hill walking, motorised kayaking and rib trips across Kenmare Bay, lake and crab fishing and street entertainment. There are arts and crafts, bouncy castles, a funfair every evening, children's fancy dress and a Sneem's Got Talent competition. There will be country craft demonstrations,

welly throwing, tractor backing and the hotly contested sheaf tossing competition. New events this year are archery, Fifa competition, karaoke, sewing and weaving workshops, bubble soccer, a céilí and a raft race across Sneem River. This year Senator Mark Daly will be auctioning Keepsake Boxes handpainted by local artists in the Charity Auction on the Saturday night. On Sunday, there's a pet show and village fete with fun and games for all the family. In the evening, there will be a Memory Balloons release and Richie Kavanagh will play in the festival tent

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OUTLOOK MAGAZINE'S MONIKA IS NISSAN GENERATION NEXT AMBASSADOR

Outlook Magazine's own sports columnist and rower Monika Dukarska this week was toasting to success having landed herself the keys to a brand new 152 registered car as a Nissan Generation Next ambassador.

Monika (24), who is seeking to qualify for the Rio Olympic Games as a member of the Irish rowing team, secured one of ten coveted places as a Nissan Generation Next ambassador after a month long public vote. The ambitious achiever attracted a staggering 6,352 votes in the national online poll where members of the public cast almost 70,000 votes for the 20 candidates shortlisted from hundreds of applicants to the programme.

Monika was given her choice of a brand new, taxed and insured car from Nissan's award winning fleet to drive for a year and selected the Nissan Pulsar as the car that best suited her needs.

"I am delighted with the support I received and to drive away with my new Nissan Pulsar. It is going to make such a difference to what I want to achieve in the coming year. I'll never look back with this car," said Monika.

"I spend every day of the year ensuring that I am in the best shape to compete. This involves a lot of travelling and time away from home. My new Nissan Pulsar will make life a lot easier leaving more time to train, recover and to enjoy time with my friends and family who have been a huge part of my success," said Monika.



MONIKA DUKARSKA

The talented athlete is hoping to secure Olympic qualification when she competes at next August's World Rowing Championships in France where eleven places are available in her discipline of the Women's Pair event.

"Nissan is delighted to support Monika and to supply her with our award winning Nissan Pulsar. She received tremendous public support and she is destined to make 2015 the year that she never looks back," said James

McCarthy, CEO of Nissan Ireland.

"Monika has proven herself to be an exceptional athlete and leader and she shares Nissan's commitment to excellence and innovation. We look forward to supporting her on her road to qualification for the Rio Olympic Games," he added.

You can follow Monika each week here and exclusive in the Killarney Outlook.



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SAFE CAR PARKING TIPS FOR DRIVERS – STAY SAFE WHEN PARKING ALONE

Have you ever felt nervous returning to your car in an enclosed car park when no one else is around? Most drivers would probably answer yes to this question. Underground or multi-storey car parks can be dimly lit with plenty of shadowy pillars and dark corners to hide behind so it's natural for drivers to feel nervous when alone in a car park. Not all car parks are sinister or dangerous places, in fact far from it, however we do advise motorists to err on the side of caution when it comes to their personal safety

SAFE CAR PARKING TIPS TO DRIVERS:

Drivers should choose their car parks carefully - Opt for ones that are well lit, have plenty of traffic and are monitored by CCTV or security personnel.

Drivers shouldn't leave anything on the back seat of the car while parked in a car park that might attract unwanted attention. Female motorists in particular, should inspect their car for tell tale signs that their car is driven by a woman. Any giveaway items should be placed in the car boot.

During winter time, drivers should keep a can of de-icer and a scraper in their car to minimize time spent clearing the vehicle's windows.

Drivers should consider parking their car as close as possible to the car park lift area as there'll be more people circulating in this area of the car park.

Drivers should also where possible, choose a well lit car parking space.

Drivers should take note of where they park their vehicle to avoid needlessly wandering around the car park when they return.

Drivers returning to their car should keep both hands free amalgamating everything into a shoulder bag if possible before entering the car park. Drivers juggling bags are an easier target for attackers.

Drivers should always have their car keys to hand before entering the car park.

Drivers who feel unsafe should ask the car park security guard to walk them to their vehicle.

Drivers should check around and under their car followed by the vehicle's back seats before getting in.

If feeling intimidated drivers should get into their car as quickly as possible, lock the car doors and exit the car park without delay.

If a transit van with side sliding door parked on the driver's side of their vehicle, drivers should consider entering their car from the passenger side just in case.

Drivers should think twice before responding to another motorist who is looking for assistance in a car park. If you have any reservations refer them to the car park security guard.

Drivers who find you have a flat tyre or your vehicle won't start in a car park shouldn't hang around the car park. Go to a public



TAKE CARE OF WHERE YOU PARK YOUR CAR.

place and call for breakdown assistance or a local garage. Drivers who find their vehicle has been broken into should immediately go to the car park security guard for help, call the Gardaí and inform the car park management. Don't hang around the car park alone waiting for them to arrive.

TOP CAUSES OF CAR BREAKDOWN IN IRELAND

Many breakdowns can be fixed at the roadside, but most can be avoided by regular car maintenance and following of the recommended car servicing schedule.

FLAT OR FAULTY BATTERY

Most common car battery problems viewed by our Patrols are caused by terminals and clamp connections or by a loss of voltage, often caused by constant use on short journeys without regular recharging.

At every car service, check that terminals have been cleaned and protected from corrosion with a layer of petroleum jelly or grease. Clamps and connections must be secure.

If you seldom make a long journey, a fortnightly overnight charge prolongs car battery life.

Modern maintenance-free batteries need no top-up.

Most battery related breakdown call outs are as a result of faulty or old car batteries that are overdue for replacement.

Punctures

Punctures are the second most common breakdown cause and whilst seemingly a simple breakdown job, machine tightened wheel nuts mean that motorists often struggle to get them off with the wheel change tools available to them.

THE MOST COMMON CAUSES OF A FLAT TYRE ARE:

Puncturing of the tyre by a sharp object
Failure of or damage to the valve stem through which the tyre is inflated
Vandalism, such as deliberately letting air out of the tyre valve
Collision with another car

Collision with a deep pothole
Excessive wear of the tyre tread to the point where even blunt stones or imperfections in the road may tear a hole

Lost car keys

Many modern cars have a 'transponder' key to prevent theft.

If you lose the key, recovery to an authorised dealer is usually the only answer.

Even a car dealer may take several days to obtain a replacement, so always carry a spare set of car keys.

ALTERNATOR FAULTS

Persistent car battery problems and dim headlights when the vehicle's engine is idling can indicate alternator/generator faults.

Belts driving the vehicle's alternator may also operate the car's radiator fan and water pump. A red ignition warning light on the vehicle's dash plus a rapid rise in the vehicle's engine temperature could indicate a broken belt. Stop the car immediately.

STARTER MOTOR

Though usually robust, starter motors can fail.

Good, regular car servicing by qualified mechanics garage maintenance should highlight potential faults.

DISTRIBUTOR CAP

Moisture and dirt are the chief enemies of this vital ignition-system component.

A crack in the cap's insulation in your car may be almost invisible but can be sufficient to allow high ignition voltage to leak away, especially in damp weather, so there may be no ignition spark in your car.

Replace the cap at the car manufacturer's recommended intervals.

If the weather protection covering the cap splits, replace it.

FUEL PROBLEMS

Fill up your vehicle's at the start of your journey.

Every year more than 100,000 motorists put the wrong fuel in their car – petrol in diesel engines or vice versa.

Clutch cables

The clutch cable in your car is under high stress. Abrasion can weaken the wire strands until they break.

More tips next week, and please put safety first when driving.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



MUNSTER SENIOR FOOTBALL CHAMPIONSHIP



KERRY AND CORK SET FOR ROUND TWO

KERRY V CORK

Saturday July 18th Fitzgerald Stadium 7pm

Kerry and Cork renew rivalries this Saturday evening when the sides clash again in their Munster Senior Football Championship Final replay.

Many people have questioned the late evening throw-in time but both Eamonn Fitzmaurice and Brian Cuthbert will not be unduly worried about this. Indeed, many Cork fans will not be happy at the thought of returning to Fitzgerald Stadium as they feel that you do not give sides like Kerry a second chance.

There will be much speculation in the lead-up to this replay as to the make-up of the Kerry starting 15. Fitzmaurice proved when naming his side for the drawn game that he is not afraid to make sweeping changes.

Ahead of the replay, there have been strong calls from the Kerry GAA faithful for the restoration of the David Moran/Anthony Maher midfield partnership, which pundits have described as the best midfield partnership in the country. Kerry really missed the presence of David Moran once blackcarded, around the middle in the drawn game, as Cork clearly dominated the midfield exchanges.

If Anthony Maher makes it back to the starting fifteen, Bryan Sheehan can be moved to the half-forward line.

Sheehan is vital for his scoring accuracy and success from frees in particular long range frees. The Cahersiveen man is rightly recognised as



JAMES O'DONOGHUE BREAKS FREE FROM CORK DEFENDER JAMES LOUGHREY IN THE MUNSTER SENIOR FOOTBALL FINAL. PHOTO BY PADDY WHITE

one of the best dead ball kickers in the modern game.

Barry John Keane proved his worth too in the drawn game and deserves to hold his starting place. Kieran Donaghy's role will be vital. Will Eamonn Fitzmaurice leave Donaghy as an orthodox full-forward or will he give his captain licence to roam?

The Kerry defensive formation which was badly caught out at times in the drawn game will make for interesting reading. Will Fitzmaurice keep faith with Brendan Kealy in goal or will he turn to Brian Kelly? Kealy's performance against Cork in the drawn game came in for criticism from many Kerry fans but in his defence, the Kilcummin man did make at least two terrific saves during the game.

Time alone will answer these questions. What

of Cork? The Rebels will travel in confident mood and will be hopeful of ending Kerry's long unbeaten record in Killarney.

Cork's performance in the drawn game came as no surprise to Eamonn Fitzmaurice. The unfancied Rebels certainly laid down a marker and will feel they should have won the tie. Cork danger men Colm O'Neill and veteran Donncha O'Connor who scored 2-9 between them in the drawn game, with O'Neill accounting for 1-6.

Another matter of grave concern for Kerry fans is how to curb Barry O'Driscoll. The Cork wing-back turned in a man of the match performance in the drawn game.

His electrifying pace hurt Kerry on more than one occasion and he will certainly have to be curbed as he loves to attack from defence. Much was made in the build-up to the drawn game about the power of the Kerry substitute's bench. With so much emphasis now being placed on impact substitutions the modern game is a 20-man contest and Kerry fans will want more from their bench contingent. The drawn game was rightly described as one of the best games for some time. One wonders will the sequel be just as good, as replays all too often fail to live up to the drawn encounter. It is expected that Saturday's game will again attract a bumper attendance to Fitzgerald Stadium. The Munster Council request that those with tickets should be at the venue at least an hour before the 7pm throw in



KERRY UNDER 16'S BOOK ALL IRELAND FINAL SPOT



THE KERRY U16 TEAM THAT DEFEATED DUBLIN 3-14 TO 3-9 IN THE U16 ALL IRELAND SEMI FINAL IN McDONAGH PARK, NENAGH ON WEDNESDAY NIGHT. (PHOTO BY PADDY WHITE)
FULL MATCH REPORT IN NEXT WEEKS KILLARNEY OUTLOOK.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



"WE NEED TO WORK A LOT HARDER" : FITZMAURICE

At this stage, Eamon Fitzmaurice is an old pro at press conferences. They are a thing that must be ticked off the list of any inter county manager prior to a big day game. Just like on the field of play, a careful strategy is needed so no ball is dropped, no plan revealed and yet the performance must be good enough to send the hacks off with little nuggets to shine into possible valuable gold rocks.

Ahead of the next Saturdays replay against Cork, the Kerry manager stepped into the field to answer some of the hot topics.

On the Injury Front?

"We're good on the injury front, we have a few knocks but we would be hopeful again that everyone would be available, other than Kieran O'Leary."

On the lads who missed the match day 26?

"There was five lads who did not make the squad, Paul Galvin, Pa Kilkenny, Alan Fitzgerald, Philip O'Connor and Podge O'Connor. All of them very very close, its very hard for fellows who don't made the 26, you have someone like Alan Fitzgerald, who is teaching in Dublin for the whole year and he is coming up and down the road, once and twice a week and doesn't make the 26, so it is very tough.

There is a great squad mentality there and the lads know that there is 32 of us there and including Kieran O'Leary and any given day that could change and may well do next weekend."

On Provincial finals questions, GPA questions, changing the championship, down grading provincial systems?

I'd didn't have any look, it's a busy week I had other things on my mind

On getting out of jail against Cork?

"The lads knew, you'd be a fool not to, we knew that we were lucky. Cork were probably a bit disappointed, that, they did not deservedly win the game the last day. I looked at it afterwards

and I would be very proud of the lads that they stuck at it and even though it was far from a vintage performance, we still managed to grind a draw out at the end. So I would have been proud of the character that the players showed, they kept going and that has been the hallmark of the team in the last couple of years but we definitely need to improve performance wise."

Any one area that needs to improve?

"No, a lot of areas, I think we were second best in a lot of areas. I think Cork got it right on a lot of fronts both on the sideline and on the field. Cork were better on the day and we all have to improve.

Did you have a bad day at the office?

It doesn't take a genius to know we did not have a great day on the side line, we did not adapt; I think sometimes you need the plans that are in place to go well. Sometimes when the plans you have in place go well, you're a genius and when they don't you look like you don't have a clue."

Was there a little bit of complacency?

"It can seem seep in, there is no doubt about it. The general mood in Kerry last week was one of confidence and over confidence and regardless of what you are doing inside of camp, it's not like a professional sports, all the lads are out in the communities, all the lads are working. If that is the vibe that is out there, that soaks in. Last year we were protecting against the overly negative vibe against Cork so that would not seep in. It was the reverse last week. If you are hearing this mantra constantly that Cork are not up to it of course it will seep in."

How disappointed were you at the goals that were conceded?

"All the goals were preventable; it is something that we are working on. If you want to win championships and you are conceding three goals every day, you are not going to win championships it's as simple as that. It is a cause



A PENNY FOR YOUR THOUGHTS: A PENSIVE EAMONN FITZMAURICE AHEAD OF THIS WEEK'S MUNSTER FINAL REPLAY.

for concern of course and it is something that we have to work on and get right for Saturday week. This time last week we were unbeatable this time this week we're useless"

The Pat Flanagan Factor for Cork?

Cork really upped the ante, which is a feature of Pat Flanagan teams, when he was with us as well. He targets third quarters with the way he prepares teams. So it was no shock to us but we did not deal with it well and its one of those things that we have to work on.

Did we fail to track back at times to counter Cork attacks?

We did not work hard enough as a group. When you do not work hard enough against a team who are going to come at you in droves you are going to be in trouble.

Anything up your sleeve for the next day?

We just have to react better and more quickly to what they throw at us the next day.

Will Alan O'Connor performance have an influence in picking a midfield partnership for the replay?

Yes, definitely.

Will the replay be a different game, will there be more passion?

The fact that it is an evening game will create a great atmosphere. Similar to the Kerry/Tyrone game in 2012, there was an incredible atmosphere in Killarney that evening. I thought there was a brilliant atmosphere there last week. There is no other place in the world you would rather be. Really looking forward to the replay.



THE KERRY FOOTBALL TEAM JUST BEFORE THE START OF THE DRAWN MUNSTER FINAL MATCH IN KILLARNEY.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



MUNSTER LADIES FOOTBALL CHAMPIONSHIP

IMPRESSIVE KINGDOM BLOW REBELS AWAY

KERRY 2-13
CORK 2-04

Kerry simply blew league and All Ireland champions Cork away last Saturday evening in Mallow to claim their second Munster title in three years.

A strong opening half set the tone for the encounter with Kerry showing far superior fitness and plenty of desire for the contest and despite the concession of two first half goals to Cork, the result never seemed in doubt.

Kerry were full value for it, they bossed every sector, they played exciting football, scored 2-11 from play and subdued Cork in a way that had Eamon Ryan admitting the "It was the worst Cork performance ever while I have been in charge".

Kerry certainly did not suffer any awe from last years Team of the Year and from the off with Bernie Breen, Cait Lynch and Caroline Kelly set the tone with thumping challenges.

Kerry's pace in the forward line and their sidelines ability to get their match up right aligned with the intelligence of Lorraine Scanlon's perfectly timed kick passes gave the inside forward line a real advantage.

Kerry won the toss and played with the wind in the opening half, it was to be an advantage as the Kerry forwards in particular Sarah Houlihan and Louise Ni Mhuircheartaigh taking shots from distance almost on the run.

They opened brightly and were ahead 0-3 to 0-0 after just 6 minutes but Cork had edged back ahead by the close of the first quarter 1-2 to 0-3 as an unfortunate Maria Quirke ended up putting the ball passed her own keeper in a crowded goalmouth. It was a minor setback, as they would go on to score the next six points unanswered.

Cork ended their 15th minute drought without



THE VICTORIOUS KERRY TEAM CELEBRATE VICTORY OVER CORK IN SATURDAY'S MUNSTER LADIES FOOTBALL FINAL IN MALLOW. PHOTO BY COLBERT O'SULLIVAN

a score when Annie Walsh got inside the cover for a second Cork goal. In truth, it was given up cheaply as Ger Flynn drifted into space to give a telling pass. Ni Mhuircheartaigh added a late point and Kerry took to the dressing rooms 0-10 to 2-2 clear.

Cork ran their plan B in the second half and sent for the big guns, O'Reilly, Ni Bhuachalla and Scally were all sent for but on this occasion the magic did not work. Kerry remained in control of midfield and actually showed further hunger as the clock ticked down. Megan O'Connell kept her great goal scoring record against Cork going with another green flag on the 38th minute. Ni Mhuircheartaigh rounded off a player of the game performance when she latched on to Bernie Breen's wild shot across the goal and fired to the net. From there on Kerry closed down the game "Cork Style" and cantered to the tape in a style befitting of champions.

Kerry: Edel Murphy, Gina Crowley, Aislinn Desmond, Aisling Leonard, Maria Quirke, Cait Lynch, Caroline Kelly, Bernie Breen 0-1, Emma Sherwood, Denise Hallissey, Louise Ni Mhuircheartaigh 1-5, Sarah Houlihan 0-5 (0-2F), Patrice Dennehy 0-1, Lorraine Scanlon, Megan O'Connell 1-1: Subs: Amanda Brosnan for Denise Hallissey - Blood Sub (49) Cassandra Buckley for Dennehy (51), Denise Hallissey for O'Connell (54), Laura Rogers for Sherwood (55)

Cork: Martina O'Brien, Marie Ambrose, Roisin Phelan, Brid Stack, Vera Foley, Roisin O'Sullivan, Ger Flynn 0-1, Rena Buckley, Breige Corkery, Ciara O'Sullivan, Aisling Hutchings, Annie Walsh 1-0, Emma Farmer 0-1, Valerie Mulcahy 0-1F, Orla Finn 0-1 Subs: Deirdre Reilly for Hutchings (44), Rhona Ni Bhuachalla for Farmer (44) Aine O'Sullivan for Rena Buckley (50), Eimear Scally for Annie Walsh (50)

Referee: Jason Mullins (Limerick)



PLAYER OF THE GAME LOUISE NI MHUIRCHARTAIGH WITH TEAM CAPTAIN CAIT LYNCH WITH THE DAIRYGOLD MUNSTER CUP.



THE MAGNIFICENT SEVEN, LOUISE NI MHUIRCHARTAIGH, AISLINN DESMOND, CAROLINE KELLY, PATRICE DENNEHY, SARAH HOULIHAN, AMANDA BROSNAN AND MARIA QUIRKE CELEBRATING THEIR MUNSTER FINAL VICTORY OVER CORK. PHOTO BY COLBERT O'SULLIVAN



ACTION FROM JUNIOR GAME DARA MOYNIHAN AND JAMIE SPILLANE

EAST KERRY NOTES

with Aine Ní Shúilleabháin PRO

FIXTURES

O'Sullivan Cup, sponsored by O'Sullivan Cycles, Killarney

First named team has home venue
Quarter Final

Tuesday 21st July 2015 at 7.30pm

Listry V Cordal

Extra time if necessary

O'SULLIVAN CUP - ROUND 1

Gneeveguilla 2-06 Dr Crokes 0-07

Dr Crokes travelled to Gneeveguilla last week for a round 1 game in the O'Sullivan Cup Junior Championship, sponsored by O Sullivan Cycles Killarney. Gneeveguilla proved the stronger on the night and so progress to the quarter finals. Gneeveguilla were the first score with a point from Corneilus Buckley. Dr Crokes responded with Brendan Falvey making a shot on goal. However, the home sides G. O'Sullivan saved the shot but the rebound was slotted over. Shane O'Sullivan goaled in the third minute to give Gneeveguilla a 4 point lead. Dr Crokes dominated the remainder of the half with Brendan Falvey and Darragh Stack scoring from play. Half time score: Gneeveguilla 1-03 Dr Crokes 0-04.

On the resumption, Dr Crokes quickly pulled ahead by 2 points with early points from Brendan Falvey and Darragh Stack. The home side replied with 2 pointed frees by Fergus

Mc Aulliffe before a Shane Crowley shot from distance made it's way to the back of the Dr Crokes net. Damien O' Sullivan pointed once more to give Gneeveguilla the victory on a final scoreline: Gneeveguilla 2-06 Dr Crokes 0-07. Gneeveguilla will play the winners of the Glenflesk V Spa in the quarter final.

East Region Minor League

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

Beaufort 6-17 Fossa 2-09

In a local derby, Beaufort and Fossa met in Listry in the East Region Under 14 division 3 league final, sponsored by MD O'Shea. In a sporting game with great skills on display, Beaufort proved the stronger. Beaufort had the best possible start with 2 goals in the opening ten minutes (Jack O' Leary and Niall Carey). A scatter of points from both sides (Jack O' Connor, Darragh Dennehey, Beaufort, Emmet O'Shea and Killian Buckley, Fossa), kept the margin within reach. However, a third Beaufort goal from the boot of Jack O' Leary, gave Fossa a mountain to climb. Half time score: Beaufort 3-06 Fossa 0-06.

Fossa to their credit came out with renewed determination after the break and in response to a Darragh Dennehey point, found the Beaufort net early in the half, for a well taken goal by Ruairi Doyle after a surging up field move. However, Beaufort replied with two goals (Jack O' Leary) and further points (Jack O' Connor, Darragh Dennehey, Oisin Cronin), to build an unassailable lead. Beaufort further increased their lead with a goal and a point from Darragh Dennehey and points from Jack O' Connor. The gallant Fossa team responded with a goal from Eoin Talbot points from Ruairi Doyle and Emmet O'Shea to leave the final score Beaufort 6-17 Fossa 2-09. East Kerry Coiste na nÓg Assistant Secretary, Christy O'Leary, presented the trophy to Beaufort captain, Darragh Dennehy. Well done to both teams and mentors for a sporting game. Special thanks to Listry for the use of their

excellent facilities.

Referee: Denny O'Sullivan(Scartaglen)

Kilcummin 4-09 Gneeveguilla 2-13

The Division 4 final between Kilcummin and Gneeveguilla was a close encounter with excellent skills on show and dominance changing from one side to the other. The teams traded points in the opening minutes, Paul O'Shea, for Kilcummin and Patrick Brosnan for Gneeveguilla before Gneeveguilla pulled ahead with points by Eoghan O Rahilly, Jamie O Leary (f) and Lorcan Keane. Kilcummin had a purple patch with 2 unanswered goals, Deane Bradley Cronin and Paul O' Shea on target, while Keith O' Leary and Cian O' Mahony also added points. Gneeveguilla keeper, Tadhg O' Connor, made a great save, denying Kilcummin another goal and proved the start of a Gneeveguilla onslaught. Starting with points from Jamie O' Leary (3) and Owen Fitzgerald, and were unlucky when a low goal bound shot by Jamie O' Leary, struck the upright. Kilcummin responded and pulled ahead when Paul O' Shea started and finished a great move with an unstoppable shot to the Gneeveguilla net, before Darren Lehane also goaled. Danny O' Callaghan, Jack Brosnan and Jamie O' Leary added points to leave the half time score Kilcummin 3-5 Gneeveguilla 0-10. Kilcummin opened strongly after the break, with a number of points (Dylan Murphy, and Darran Lehane). Gneeveguilla responded with a great goal from Patrick Brosnan after excellent combination play with Owen Fitzgerald. Paul O' Leary and Owen Fitzgerald then added points before the ever dangerous Darran Lehane goaled again for Kilcummin. With the game finely balanced Paul O' Leary and Keith O' Leary traded frees, Gneeveguilla's Lorcan Keane then finished to the net, giving his side real hope. But despite fierce pressure, as Gneeveguilla threw everything at them, Kilcummin held on bravely for a deserved 2 point win. Final score: Kilcummin 4-09 Gneeveguilla 2-13.

Referee: Jimmy O'Shea (Glenflesk)

Sean O'Keeffe, East Region Coiste na nOg, presented the trophy to Kilcummin captain Paul O' Shea. Thanks to Glenflesk C.L.G. and to referee Jimmy O' Shea.

DYLAN CROWLEY INVITATIONAL TOURNAMENT Well done to all the team who took part in the Dylan Crowley Invitational Tournament, last Saturday in Gneeveguilla. The



FOSSA TEAM EAST REGION U14 LEAGUE DIV 3 FINALISTS 13 JULY 2015



BEAUFORT TEAM WINNERS EAST REGION U14 LEAGUE DIV 3 FINAL



standard of football was excellent. Glenflesk, Furies and Dromtariffe were the winning teams with Kilcummin, Currow and Rathmore proving strong opposition in the finals.

MILLTOWN & LISTRY NOTES

GIRLS U14 DIVISION 1 SEMI-FINAL:

Played in Milltown on Sunday evening last, Milltown/Listry secured victory against Rathmore on a scoreline of 3-8 to 0-9 to progress to the Division 1 Final against Cromane. Milltown/Listry played with the aid of a slight breeze with Rathmore playing with an extra defender Milltown/Listry found scores hard to come by. Both teams would feel that they could have scored more but for great defending from both sides. Half time score was 3 points to 2 points in favour of Milltown/Listry. In the second half Milltown/Listry made a few positional switches and started the better scoring a goal and two points within 10 minutes. At this stage Rathmore had to abandon playing their sweeper and come out and play attacking football which left more room for the Milltown/Listry attack who for the remainder of the game ran out easy winners. Well done to both sides on a fine sporting game played in front of a large attendance. The girls now look forward to their final against Cromane in the coming week.

LISTRY

LOTTO RESULTS Sunday 12th July, 2015
Jackpot next week Sunday 19th July €5,000

O'SULLIVAN CUP QUARTER FINAL

Listry v Cordal game has been postponed by one week. Refixed for Tuesday July, 21st at 7.30pm.

COUNTY LEAGUE U16S Our U16s return to County League action on Wednesday night July 15th with a home game in Allman Park V St Marys Renard at 7:30pm.

SUMMER CAMPS. Kelloggs Cul Camp took place at Listry Gaa Club this week, hope everyone had a great time.

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

LISTRY FUN DAY Unfortunately due to weather conditions we were forced to cancel our family fun day last Saturday at Listry Gaa Pitch. We will refix for another day shortly and let you all know new date ASAP.

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THE DR. CROKES JUVENILE HURLING ACADEMY & COACHES WITH KERRY SENIOR HURLING CAPTAIN, JOHN 'TWEAK' GRIFFIN, TEAM-MATE DARRAGH SHANAHAN AND THE CHRISTY RING AND NATIONAL LEAGUE DIV. 2A CUPS. THEY BOTH TOOK PART WITH THE JUVENILE GROUPS AND GAVE SOME VALUABLE ADVICE TO THE UP-AND-COMING CROKES HURLERS.

a few positional switches and started the better scoring a goal and two points within 10 minutes. At this stage Rathmore had to abandon playing their sweeper and come out and play attacking football which left more room for the Milltown/Listry attack who for the remainder of the game ran out easy winners. Well done to both sides on a fine sporting game played in front of a large attendance. The girls now look forward to their final against Cromane in the coming week.

SPA CLUB NOTES

COISTE NA NOG U6s and U10s are taking a summer break for now.

U16 BOYS playing at home this Wednesday against Ballymac @7.30pm.

GAA KELLOGG'S CÚL CAMP Once again GAA are holding Football Cúl Camp August 3-7th in Spa. You can register online www.kelloggsculcamps.gaa.ie

MINORS West Kerry conceded their game against us last week in the Co. Minor Championship.

East Kerry Minor league continues this Thursday night at home to Gneeveguilla @6.30pm.

LADIES FOOTBALL

U12 GIRLS Spa played away to Abbeydorney in the Co. semi final in Division 2 but lost to the stronger team on the night. Played in atrocious weather conditions but both teams never failed to entertain the supporters with their great skill. This is a huge milestone in the history of the club as its the first time our U12 girls played in Division 2 and reached the semi final. Well done to the team and management Des Spillane, Tim O Connor and Donal O Doherty.

The management held the first U12 Co. development squad in Spa and we have our 7 girls born in 2003 participating.

U14 GIRLS Awaiting the semi final fixture away to Ballymac in Division 3.

U16 GIRLS backgame against Beale/Ballyduff in Spa Thurs July 23rd @7pm.

U19 GIRLS Playing with East Kerry and first game away on 14th July. Five games in this league with our first 3 away and the last 2 away.

SENIOR LADIES Junior B Championship semi final at home this Wednesday night 15th @7.30 against Causeway.

GAELIC FOR MOTHERS AND OTHERS

Great numbers continue to train each Thursday night. Open to anyone who's 18 and over and not playing competitive football. Great fun and a great way to get fit for the summer. Further information contact Grace 0872299453.

KERRY SENIOR LADIES Well done to the Senior Ladies and management, defeating the All Ireland holders Cork in the Munster final in Mallow last Saturday by 9 pts. Congratulations to Cassandra Buckley on her second Munster title in 3 years.

JUNIOR SEMI FINAL Spa 2-13 Kilcummin 3-8 Dara Moynihan hit the back of Kilcummins net within the first minute with a beautifully executed goal. Kilcummin fought back but were always trailing Spa. A great team effort with a mixture of young and experienced players. Welcome back Cian Tobin after his travels.

Upcoming Fixture

Junior Co League Spa V An Gaeltacht Friday @7.15 Venue TBC.

LOTTO No jackpot winner in the Heights. Nos drawn. 4,9,11,22. Lucky dips. Tom Moynihan Headford, Joanne Looney Mastergeeha, Dermot Moynihan Tullig, Margaret O Connor Kings Park. €9200 next Sunday in the Killarney Oaks.

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

Sympathy is extended to Marie Kearney & family Knocknahoe on the recent death of her mother, Dora O Connor. May She Rest In Peace.

DR CROKES CLUB NOTES

MINOR COUNTY CHAMPIONSHIP -

ROUND 1 Kenmare District 0-10 Dr Crokes 1-14 This game, played at picturesque Fr Breen Park



in Kenmare on Wednesday last, was fast moving and played at championship intensity. We won in the end by seven points because we were more consistent at scoring for three quarters of the game. The third quarter was dominated by the home team who managed to pull back our interval lead of eight points to just four, as we entered the last fifteen minutes. We go on top again in the last quarter and scored five points to our opponents two and register a seven point victory..

We go off to a great start and had five points on board to our opponents one by the end of the first quarter. In the next five minutes we got through for two goal chances. Both fell to Paul Clarke. He was narrowly wide with his shot at goal in the 21st minute but made no mistake a minute later, scoring a very good fisted major. Kenmare District had scored a point just before our goal but the game changing goal put us 1-5 to 0-2 in front. Before the end of the half we added on three points to our opponents one, to go in at the interval 1-8 to 0-3 in front.

We played second fiddle to Kenmare in the third quarter. They got well on top around mid field. The teams exchanged points at the start of this second half. For the rest of this fifteen minutes it was all Kenmare. They got five points to our one, some of their scores of the top variety and kicked from distance.

The deficit was now down to four points. We played very good football in the last quarter and knocked over five points to our opponents two in this fifteen points to register a seven point win 1-14 to 0-10.

This was a very good team performance, David Naughton and Gavin White were outstanding in a defence that had no weaknesses. Four others to catch the eye on the night were Paul Clarke, David Shaw, Mike Casey and Billy Courtney. The quartet scored the 1-14 between them.

SENIOR HURLING We played another round of Div 2, SHL this week. This time our game was against Kilgarvan at home on Friday evening. Our lads came up with a very competent performance and ran out winners against an admittedly under strength Kilgarvan side on a score line of 2-09 to 0-06. This was a big improvement on recent displays and gives us hope that we can do well in the Intermediate Championship that will be coming down the track very soon.

Our next fixtures will be arranged ASAP to get two outstanding "back games" completed. Those will complete our league programme and hopefully put us in good shape for the big challenges to come in the championship.

UNDER 12 GIRLS Last Monday night saw the Dr Crokes girls under 12 team take to the field in the final of the Division 4 county final against Beaufort. Although this young team (16 of them are under age again next year) put in a great performance, it wasn't to be on the night as they were beaten on a scoreline of 2-9 to 2-3. Training will continue every Tuesday night from 5.30 to 6.30.

WELL DONE

to Amanda Brosnan, Rheanne O'Shea, Megan Buckley and Harry O'Neill who were part of the Kerry panel that defeated Cork in the Munster Final.

UNDER 16 FOOTBALLERS Our under 16 footballers have three games over the next few weeks starting with a home game against Austin Stacks on the 15th of July followed by two away games against An Ghaeltacht on 22th of July and then against Legion on 29th of July. We have already beaten Beaufort in this competition back in Mid June but have not played since that game.

LOTTO Lotto numbers 11, 14, 15, 18. Jackpot €9300 not won match 3 7 by €60 Draw Sunday 19th of July JC O'Shea Jackpot €9600.

BEST WISHES Best wishes to Fionn Fitzgerald, Colm Cooper and Johnny Buckley playing with Kerry in the Munster Football Final replay in Killarney on Saturday.

LEGION GAA CLUB NOTES

JOHN EGAN TOURNAMENT The Under 14s, sponsored by Four Star Pizza, continued their fine record in the John Egan Comortas by winning the Division 2 section. Based in Spa for the group games they recorded wins over Sneem and Laune Rangers, the latter producing a superb second half performance. In the final group game a physically bigger The Downs team from Westmeath played out of their skins to deservedly win so as we finished second in the group we qualified for the Division 2 semi final. Played in Fossa we were back to our best defeating a gallant Feenagh side from Carlow. The final played in the home of Kerry Football, Fitzgeralds Stadium, saw us pitted against Naomh Mairtin from Co. Louth. Despite the inclement weather both teams served up a great contest with us running out winners 3-9 to 1-3. It was our pleasure to receive the winning trophy from Mairin Egan, daughter of the late great John, and Captain Evan Smyth spoke very well when he thanked the Tournament organisers and the Egan family for running a great tournament. In what was a real team effort all members of the panel got game time and it was an ideal preparation for the upcoming East Kerry League Final.

WELL DONE to mentors Paddy Osborne, Danny Lucey and Daithi McGilliicuddy. The lads got great back up as usual from Tom Lucey and over the 2 days Diarmuid O'Donoghue and Enda Walshe helped the team in their preparations.

Well done to referees Tom Moriarty and Sean O'Sullivan who officiated at the event and Tom Keane who ran a great show along with Thomas Hanafin. One of the highlights of the weekend was the team leading the parade through the town on the Friday evening.

EAST KERRY SUPER TOUCH FINAL.

The Under 15 Team recovered from a slow start to beat Furies in the regional final of the



CASSANDRA BUCKLEY WITH THE SENIOR LADIES MUNSTER DAIRY-GOLD CUP IN MALLOW

Super Touch competition. This is a fast tempo 10 a side, 15 minutes a half game but it was Furies who lead at half time by 5 points. This was soon to be 6 points but a Jack Hanrahan penalty and a storming run and finish by Barry Slattery yielded 2 goals. Evan Smyth, enjoying a busy weekend, produced a great goal line clearance and the introduction of a strong subs bench meant that we finished the game the stronger winning by 2-4 to 0-8. We now go on to represent East Kerry in the County Final. Well done to the management team of Noel Kelliher and John Culloty.

LEGION U12 GIRLS Our U12 girls have been very busy in the last ten days. They had a comprehensive win over a very respectful and gracious Corca Dhuibhne team in the Division 2A Quarter Final of the County League on Wednesday 1st July.

In what proved to be a cracker of a game, our U12 ladies went on to be triumphant in the Semi Final of Division 2A over Ballymacelligott on Monday July 6th, showing a fine display of admirable team play and relentless spirit.

Qualifying for the Division 2A County League Final against Abbeydorney on Thursday 9th July, our girls fought to the final whistle for the prestigious title, but unfortunately luck was in the hands of Abbeydorney on this occasion.

Well done to our Legion U12 girls who have exceeded all expectation in reaching the County League Final of 2015. They are a credit to their Club, their Mentors, their parents and their families. They are an exceptional group of dedicated, hard working and 'fun' young girls. They are not a 'special' team.... they are in fact a 'Limited Edition' team!

Thanks also to the parents of our U12 squad for their consistent support and positive encouragement throughout our journey through this season

KERRY LADIES Well done to Alan O'Neill and the Kerry ladies senior team that won the Munster title last weekend

SYMPATHY The club would like to extend its sincere sympathy to Donie Fleming and his family on the death last weekend of his wife Julianne. At Dheis De go raibh a Anam.



I KNEW WE WERE IN GOOD SHAPE - O'NEILL

If Kerry won the battle last Saturday on the field then it was certainly fashioned in front of a TV screen, as Kerry seemed to have out moved Cork from the sideline. Manager Alan O'Neill spoke to the Outlook after.

"We analysed those two games to death to be honest. I knew we were in a good place today. The tempo at training has remained high and the effort of the players has remained honest. I had to drop six players just to have the match day 30. That speaks volumes. In years gone by we would be bringing in players to bring it up but since the younger players have arrived we have a real squad feel to it and you saw how united they were"

Still this victory had a different feel to it "I think when we won three years ago there was a feeling that it was something special and almost that was enough, but today's win is a little different. It was a win that we deserved and one earned from playing great football. I think the players know themselves we can kick on and go further and have a real say in this year's championship now"

Kerry will now head to the quarterfinals almost a month



away with the winners of Tyrone or Mayo as likely opponents while Cork head through the back door with a clash against Meath next up for them. So what will Kerry do for the next month? "I think it's only important and right that the girls get to celebrate and then we get them back and we have plenty up our sleeves to keep it right. We are training three nights a week at the moment" adds O'Neill and who can argue with the man who led a team to inflict the biggest championship defeat on an Eamon Ryan side. O'Neill and his backroom team which includes former Dr. Crokes Manager Harry O'Neill, Mary Jo Curran and Former All Ireland winning player Sean O'Sullivan are set to return to the TV screens to plan their next victory.

BACK TO CLUB ACTION THIS WEEKEND

**Randles Bros Nissan Senior Club
Championship Final**

**Laune Rangers v
Southern Gaels**

**Friday 17th, 7.30pm in
Glenbeigh**

Laune Rangers defeated Inbhear Sceine Gaels well in their semi final, while Southern Gaels had a tough opening game against Castleisland Desmonds which went to extra time, while in their second game they overcame Scartaglen comfortably.

**Randles Bros Nissan Junior A
Championship Semi-Final**

**Abbeydorney v
Corca Dhuibhne**

**Thursday 16th 7.30pm. In
Abbeydorney**

**Dr. Crokes v
Austin Stacks**

**Sunday 19th 2pm in Lewis Rd
Randles Bros Nissan Junior B
Championship Semi-Final**

**Clounmacon/Moyvane
v Firies**

**Sunday 19th 2pm in Moyvane
Randles Bros Nissan Junior C
Championship Semi-Final**

**Currow v
Fossa**

Sunday 19th 2pm in Currow

**Glenflesk
v Dingle**

Sunday 19th 2pm in Glenflesk

ROWING TO RIO

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



The World Cup III in Lucerne, Switzerland is now over. This venue is well known for its clear waters, beautiful weather, striking architecture, efficient transport network and very often heartbreaking rowing stories. This weekend saw the best of rowers to battle it out for medals with more than a few battling also injuries, badly executed racing strategies that has cost places in the finals and hot weather that has played its toll on recovery and racing.

It was my first time in Lucerne and I loved it. The place was breathtaking. We have arrived quite late and had a day to acclimatise to what I have considered to be extremely hot weather. Although my race was the first race of the day and it was scheduled at 9:30am, it was already over 20 degrees. The rowing course was lovely, the water was warm, flat surrounded by fields, tram tracks and cows sounding the cowbells. It was nostalgic.

The purpose of this weekend was to learn and we have done just that. The area that we have to particularly improve on is the midrace pace. The transition between the start and the wind in at the finish is not good enough. It has to be steadier, relaxed and more efficient as well as more powerful on the legs. The difference between rowing a competitive race and being left at the final leg of the battle is getting this part right. This means we have to do a more lengthy race pieces at a higher rates and dig deep to sustain the length and power during the middle 1000meters of the race.

We have come up with a race strategy prior to our race but did not deliver the desired result. We planned to have a check points during the race to assess the situation and make a move however the field was moving too quick for us to make a sufficient gain. The final ranking is 5th in Final C so not what I have expected and what I have worked for so hard. The next 7 weeks before the World Rowing Championships calls for major changes. Also, big thanks for all of your votes in the Nissan Generation Next competition. Thanks to you I have secured a 152 Nissan Pulsar for a year. I love it and I greatly appreciate your help!

A quote which will be my focus point for the next 7 weeks is one of Elbert Hubbard: "A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success".





SPA MUCKROSS COMMUNITY GAMES U14 GIRLS RELAY THAT CAME 2ND IN KERRY AT THE COUNTY FINALS IN JUNE. CAOILINN O'DONOGHUE, ELIZABETH STACK, GRACE COURTNEY, MARIE COURTNEY & RUTH COURTNEY. MISSING FROM PHOTO IS MAIRÉAD BENNETT. RUTH ALSO CAME 2ND IN THE GIRLS U14 100M RACE & GIRLS U14 SHOT.



SPA MUCKROSS COMMUNITY GAMES U16 BOYS RELAY THAT CAME 2ND IN THE COUNTY FINALS IN JUNE. DAVID CULLOTY, GARY VAUGHAN, KIANAN O'DOHERTY & TRISTAN O'DONOGHUE. KIANAN ALSO CAME FIRST IN THE U16 BOYS HIGH JUMP & TRISTAN CAME FOURTH IN THE U16 BOYS 1500M RACE.

GNEEVEGUILLA ATHLETIC CLUB:

LOTTO: No winner of our lotto 10/07/2015, numbers drawn were 8, 24, 26 and 30. Next week's jackpot €11,600 plus €1,000 bonus.

ALL IRELAND FINALS: Well done to Sinead Warren who won the U16 Hammer in the All-Ireland Athletic Finals in Tullamore on Saturday. Throwing almost 50m, she beat all comers. A brilliant career awaits her. Next Saturday is Day 4 of The All Ireland Championships and the All Ireland B competition. Our U14 relay team of Jack Walsh, Donal Daly, Shane Warren & Jack O'Leary will be travelling.

SENIOR LEAGUE: Next Sunday is round 2 of this competition. We have athletes on the county team. Best of luck to all competitors.

SUMMER MILE SERIES: Wed 22nd July race 1 - Barraduff @ 7.30pm, Race 2 Wed 29th July - Fossa at 7.30pm, Race 3 Wed August 5th Knocknagree at 7.30 pm, Race 4 Wed August 12th Gneeveguilla @ 7pm followed by prize giving in the club bar.

TRAINING: Friday nights only in Riocht at 6.30 pm.

Rathmore ladies GAA 4 miler: Held in Rathmore on Sunday last, where over 140 took part. Results were as follows: Senior Men 1st Tim O'Connor Riocht, Donal O'Callaghan Riocht, Sean O'Sullivan Riocht. O40 Men: Shane Simcox Mallow, Robert Purcell G/G, Ger O'Sullivan Riocht. O50 Men Bill O'Keeffe St Catharines, Jerry O'Connell Mallow, Denis Reen Rathmore. O70: Jim Langan Tullamore. U14 Boys: Donnacha Murphy Millstreet, Donal Burke Millstreet. U18 Boys: Andrew Purcell G/G, Cian O'Neill Dohneys. Senior Ladies: Martina Kiely St Finbars, Marie McCarthy FFMV, Siobhan Daly GG. O40 Ladies: Anna O'Neill Dohneys AC, Marie Twomey Millstreet, Helena Buckley Glenflesk. O50 F: Catherine Murphy Millstreet, Mary O'Leary G/G, Yvonne Twomey Mallow. U14 girls Aoife O'Neill Dohneys, Niamh Dineen Millstreet. U18 girls Catherine Daly GG, Eimear O'Donoghue Stagmount. 1st Family Home: O'Neill's Dohneys.

MUCKROSS ROWING CLUB

IRISH ROWING CHAMPIONSHIPS Well done to all our rowers, coxes and coaches who represented the club at last weekend's Irish Championship Regatta. The biggest annual event in Irish rowing saw hundreds of crews from the four corners of Ireland do battle at the National Rowing Centre in Inniscarra. Well done to Sean Fleming who finished second in his heat of the Mens Junior 16 Single and fourth in his semi-final. Well done also goes to the Womens Junior 16 Quad who finished third in their heat. Though Championship medals were elusive for the club this year, we are delighted to congratulate Kara O'Connor and Aileen Crowley who were both part of the winning Womens Senior Eight crew for UCD. Both Kara and Aileen rowed to great success at junior level with Muckross and it is little surprise both have achieved top national senior honours with their university. Well done to Kara and Aileen from all in Muckross! Our thanks as always to Alan Lyne who towed the club trailer and boats once again and to all coaches and parents present for their support. The Champs bring the inland rowing season to a close and similarly for Muckross RC, another hectic year for the club officially draws to an end.

END OF SEASON Since September last, crews and coaches have been busy from dark winter evenings to early weekend mornings, giving freely of their time in training and coaching. Many events were attended throughout the year from time trials to Heads of the River and most recently another busy regatta season. We cannot thank enough the coaches and committee members behind the scenes who make it all possible for our rowers to train and compete safely. With Champs 2015 over, the club will be taking a well-earned break over the coming weeks. But stay tuned for club updates, much to come before next September including all our beginner activities and some onshore fun! Follow us on facebook.com/muckrossrc and on Twitter @muckrossrc.

FUNDRAISING This weekend the club has its annual Street and Church Gate collections. All support greatly appreciated.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

DAY 2 & 3 of the GloHealth National Juvenile Track & Field Championships took place in Tullamore on Saturday 11th & Sunday 12th of July 2015. Rossa Foley (U19) competed in a number of field events. 6th in the 800g Javelin (31.21m), 8th in the Triple Jump & 8th in the Discus (24.22m)

ROBERT CAMPBELL (U17) was 5th in the 700g Javelin (39.84m) and 6th in the Hammer (5Kg) with a throw of 35.26m.

MARIA MCCARTHY was 2nd lady in the Rathmore 4 mile race over the weekend.

ATHLETIC CLUB FIXTURES:

GloHealth National Juvenile Relays & National "B" Championships - Day 4 - July 18th in Tullamore.

MUNSTER JUVENILE "B" TRACK & FIELD CHAMPIONSHIPS - July 25th in Lee's Road, Ennis. Closing date for entries is Wednesday 15th July.

AAI T&F LEAGUE ROUND 2 - July 19th in Tullamore

GLOHEALTH NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS - 26th July in Tullamore. Closing date for receipt of entries is Friday 17th July

COUNTY SENIOR TRACK & FIELD CHAMPIONSHIPS - Wednesday 22nd July at 6pm in Castleisland.

GNEEVEGUILLA AC MILE ROAD RACES SERIES - Race 1 - Wednesday 22nd July at 7:30pm in Barraduff. More info on there website.

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

CYCLING NEWS

LACEY TURNS CLOCK BACK IN COUNTY LEAGUE: Round 5 of the Kerry Cycling Clubs Summer League saw Sean Lacey back to where it all started. In 1999 he won the League which started him off on the road to becoming one of the countries top cyclists. This week in the Sliabh Luachra CC hosted round on the Gneeveguilla circuit Lacey was again the winner.

John Brosnan (Moda) extended his lead at the



SPA MUCKROSS COMMUNITY GAMES U10 MIXED RELAY THAT CAME 2ND IN KERRY AT THE COUNTY FINALS IN JUNE. ALI O'DONOGHUE, LEAH McMAHON, OISIN LYNCH & TIMOTHY MOYNIHAN. MISSING FROM PHOTO IS MARK DALY.A

top of the table by taking second with Tom Knight (O'Leary Stone Kanturk) in 3rd. A4 rider Pierce Boland (Unattached) continued his good form to take 4th with the Chain Gang's Ross Culloty in 5th to consolidate his place in the Top 7 of the League. Conor Kissane moved into 2nd in the table as he added the 2 points for 6th.

David Fitzgerald, now with Tralee BC and Killarney CC's Eoin Blake are enjoying a great battle in the u16's League. On Thursday night Fitzgerald took maximum points by getting up on the line after a tactical ride. He now leads Blake by 2 points.

Rathmore riders Dylan Riordan and John Daly were 3rd and 4th in Gneeveguilla.

UNDERAGE ACTION: Kieran Coggins is getting close to wrapping up the u14 title and he was once again unbeatable on Thursday night. Eoghan Pattwell (Killarney CC) gave his chances of a top 3 finish a great boost by finishing 2nd. Sean Barrett of iBike 3rd place sees him up to second in the table while Kingdom CC's Robbie Scott was 4th, Paidi Murphy from Sliabh Luachra 5th and his club mate Jamie O'Leary in 6th.

Leader Patrick Galvin was otherwise engaged on Thursday night and it was Kanturk's Thomas Gould who made the most of Galvin's absence to claim the 10 points and move into the top 4 in the League. Shane Galvin was second on the

night and is no second in the table behind his brother. Aona O'Shea (Killorglin CC) is another in the hunt for a top 3 place and his 3rd place moves him to provisional 3rd in the League. Ethan Slattery (Killarney CC) consolidated his place in the top 5 as he came home 4th, Kingdom's Adam Lenihan was 5th and Killarney Cycling Club's Stefan Caufield-Drier took the 2 points for 6th place.

TIME TRIAL: This Thursday night it's back to the Time Trial action from 6.30pm at Ballycarthy.

KILLARNEY VALLEY AC

Our High Jumpers were to the fore at the National Juvenile Championships in Tullamore over the past two weekends, with both Ciara Kennelly U14 and Dylan O'Sullivan U19 securing silver medals. Dylan jumped 1.85 with Ciara jumping 1.53 and only got second place on countback as the winner also jumped 1.53. Also competing in Tullamore were Christine Cooper and Sarah Leahy - although not medaling on this occasion, both ran very well with Christine taking two seconds off her seasons best in the U18 400m and Sarah unluckily breaking at the start of the U17 100m final and was disqualified as a result. Well done to all our participants over the previous months.

Training will resume in September for the coming season, however for those eager beavers out there who are looking to get in a bit of pre-season training, we will be holding a weekly 'Mile Challenge' in the Demense every Wednesday in August. The idea is for athletes young and old to come along and, after a little warm up, to run (or walk to begin with!) a mile in the park. We are encouraging all our athletes, parents and friends to come along and take up the challenge - we will also be launching our new club name in August and may have a surprise guest along on the night to help us with the launch! Please keep an eye in the papers for Training times for Juveniles - we will be starting our first 'Mile Challenge' on Wednesday 5th August at 6.00pm in the Demense, meeting beside the playground. For any queries please contact Jean Courtney at

086 1994378

WORKMEN'S ROWING CLUB

IRISH ROWING CHAMPIONSHIPS:

Congratulations to all our crews and coxes who represented us at Inniscarra over the weekend. It was fantastic to see all the hard work of the winter pay off with some fantastic results for the club. Well done to Annie O Donoghue who won her J15 1X race, Siobhan Burns who was 3rd in the final of the Women's J16 1X and the J16 girls, Kayla McCarthy, Ciara Moynihan, Siobhan Burns and Annie O Donoghue who took the bronze medals in the final of the Women's J16 quad. Congratulations to the J15 boys Ruadhan Mc Curtain, Jakub Kunicki, David Bartlett and Sean Farndon who were 2nd in the J15 quad. Well done also to the J16 boys Dylan Bartlett, Donnacha Ireland, Ruadhan Mc Curtain and Kamil Kunicki who qualified from their heat and had a fantastic race in the final of the J16 4X. Special thanks to coach Michael Burns who works tirelessly with all crews and sincere thanks to Mary Moynihan Burns who gives countless hours to registering rowers, organising entries and ensuring everyone is in the right place at the right time. Thanks to all the parents who travelled to Cork to support the crews at the weekend with particular thanks to Pat Doherty who was on duty from dawn on Friday to dusk on Sunday.

CHURCH GATE COLLECTION: Thank you to everyone who helped with our Church Gate and Street collections at the weekend. It was no easy task to organise with so many club members involved at the Championships so we're extremely grateful for the work of our wonderful treasurer, Pauline O'Brien, who managed it all without a hiccup. Thanks to all those who gave so generously to the collections, your support is greatly appreciated.

UPCOMING EVENTS: Best of luck to all our crews who'll be competing at Kenmare Regatta on Sunday. Our next event will be Skibbereen Regatta on July 25th.



PICTURED AT LAST WEEKENDS NATIONAL ROWING CHAMPIONSHIPS HELD IN INNISCARRA ON 10TH TO 12TH JULY IN WHICH WORKMENS KILLARNEY COMPETED WERE JUNIOR 16 4X (3RD IN FINAL) L-R SIOBHAN BURNS, CIARA MOYNIHAN, ANNIE O DONOGHUE, KAYLA MCCARTHY AND JAKUB KANUCKI (COX)



JUNIOR 15 1X WINNER AT LAST WEEKENDS NATIONAL ROWING CHAMPIONSHIPS HELD IN INNISCARRA ANNIE O DONOGHUE

Tommys Farming Week

Several weeks ago, Colm McCarthy wrote about our planned renewable energy plant in Mayo.

My recollection of his figures were that the cost to consumers per megawatt of electricity produced is projected to be four times that of conventional fossil fuel produced energy. Its purpose however is to help us to meet our renewable energy targets. At first glance that may give the exercise some credibility, until you examine it a little more closely. The most extraordinary aspect of this story is that all the wood pellets used to power the plant will be imported from the US. Last week, by chance, while reading a US environmental/agricultural publication, I came across an article very critical of the practice. North Carolina forests were being sacrificed to satisfy British power plants.

The trees in question were harvested from swamp woodland by bulldozer, the logs were then transported to a pelleting plant, dried, cut and pelleted, transported to port, loaded on a ship, transported to the UK, finally onto trains to be transported to their final destination. The energy expended on this process, to point of use, amounted to half of the potential energy produced by these pellets at their final destination.

The plant operators in Mayo guarantee that all miscanthus and willow produced by local farmers will be purchased to supplement its US supplies but its principal supply is to be imported US timber. Local timber need not apply! There are no local supplies of anything in the pipeline at this time. So if 50% of the benefit of this renewable product is already

lost in getting it to the plant, how effective is it at producing electricity. The figure quoted on the efficiency of utility size biomass burning boilers is only 24%. I assume pellets are better than other forms of biomass, but I have to wonder, will the energy expended in sourcing the product and all the energy lost in the process of burning it, be greater than the energy which finally reaches the electricity grid. I can't see how this process could possibly be looked on as sustainable or renewable. Certainly when looking at costs in a tough year, it is difficult to see any logic in this initiative, just more smoke and mirrors, but Paddy is paying for the privilege of being seen to be green.

The more I think about it the more annoyed I get, the US are bringing down the cost of their own energy bills by fracking. Despite all the screaming and wailing by the usual suspects, there is no evidence to suggest that it is harmful to the environment. We, on the other hand, are building costs into our energy bill by importing their timber, seriously degrading their environment in the process and for absolutely no logical reason. In a global market where we have to compete with our American cousins accepting this sort of development is just nuts.

Kingdom Co Op Mart Carrigeendaniel Tralee

GENERAL CATTLE SALE Every Monday at 1pm
NOTICE Calves will be sold on Monday's after General Sale (Summer Months)

Weanling Show & Sale Tuesday August 11th at 7pm

MACHINERY AUCTION ON THE LANDS OF THE O'RIORDAN FAMILY, BALLINPRIOR, ARDFERT
Tuesday July 21st at 7pm.

- | | |
|---|--|
| 1. 03 New Holland TS 115 Tractor | 16. Triple K |
| 2. 01 MF 4255 Tractor + 873 MF Loader | 17. 15'x7' Cattle Trailer |
| 3. '82 Ford 6610 Tractor | 18. 12'x7' Trailer |
| 4. Welger RP 220 Round Baler & Wrapper | 19. 12'x7' Trailer with Grain Sides |
| 5. Hydraulic Bale Handler | 20. Beet Pulper / Feeder |
| 6. Double Back End Bale Handler | 21. Hay Turner |
| 7. Single Back End Bale Handler | 22. 8ft Land Roller |
| 8. Slurry Agitator (Abbey) | 23. 2 Round Feeders |
| 9. 1100 gls Vacuum Tank | 24. Cattle Troughs |
| 10. Armer Single Row Beet Harvester | 25. 01 Opel Astra 1.4L 16V |
| 11. Armer Beet Seeder (4 Row) | 26. 6 Unit Parlour Equipment, 3500 L Bulk Tank |
| 12. 140 Gl Berthoud Sprayer | 27. 200 GL Mobile Bulk Tank |
| 13. 7ft Spike Rotavator c/w Crumbler | 28. Selection of Tools |
| 14. 15 Ft Kneverland Tyne Harrow c/w Crumbler | 29. Other Miscellaneous Items |
| 15. 4 Board Plough | 30. 20 Round Bales Hay 2014 |
| | 31. 70 Round Bales Silage 2014 |

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GORTATLEA MART

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Starting 11am sharp

Numerous inquiries for all types of calves.

Every Friday Weanling & General Cattle Sale

Numerous inquiries for all types of culled cows.

Huge interest in all types of Weanlings for Export & Farmers from all parts of the country.

FRIDAY 17th July

Clearances sale 10 AA 2 1/2 year old HF in calf Ai to LM Aug & Sept.

Seller Maurice McCarthy, Lixnaw

Samples prices from last week's sale			
		KG	€
Cows	1	CHX	680kg 1495
Bulls	1	LMX	795kg 1720
W.Bull	2	CH	500kg 1290
HF	1	CHX	505kg 1510
BK	7	CHX	563kg 1515



Maurice Brosnan:

087 2344433

Office: 066 7137244

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MACRA MATTERS

Saturday evening Causeway Macra organised the Jerry O'Regan Memorial Tractor Skills Competition as part of the ever growing Ballyheigue Summer Festival. The event went very well apart from a bit of rain. 9 team's took part in what was a tightly contested competition with only seconds between the winners. 1st overall was the team of Nicky Burke, Micheal Burke and Gearoid Walsh who came away with 150 Euro, trophy and the prestigious cup. Runners up on the day with very little between them were last year's winners John Francis Casey, Johnny Lynne and David Lawlor with Kevin Leahy, Kevin Lynch and Cormac O'Connor coming in 3rd. Also well done to the best in their task winners Michael Casey, Gearoid Walsh and Joe Carroll. Causeway macra would like to thank everyone who helped out on the day and made the event a success including the sponsors Dairymaster, Nolan agri, FBD and the help from Ballyheigue ploughing association. We are looking forward to next year's competition already which is planned to be even bigger.



PARTICIPANTS IN THE JERRY O'REGAN MEMORIAL TRACTOR SKILLS COMPETITION, PART OF THE EVER GROWING BALLYHEIGUE SUMMER FESTIVAL

UNDERAGE RESULTS

FRIDAY 10TH /SAURDAY 11TH JULY 2015

UNDER 10 RESULTS

Aston Vanilla 1 Mini Messi's 2
Aston Vanilla 1 Cutting Hares 2
Mini Messi's 0 Cutting Hares 4
Aston Vanilla 2 Mini Messi's 0
Mini Messi's 0 Cutting Hares 1
Aston Vanilla 2 Cutting Hares 1
FINAL: Cutting Hares 2 Aston Vanilla 0

UNDER 12 RESULTS

Flesk Flyers 1 Daybreakers 2
Barterlona 0 Flesk Flyers 3
The Spar Boys Muckross 7 Barterlona 1
Flurry FC 1 Flesk Flyers 4
The Spar Boys Muckross 3 Daybreakers 2
Barterlona 4 Flurry FC 1
The Spar Boys Muckross 4 Flesk Flyers 1
Barterlona 1 Daybreakers 4
The Spar Boys Muckross 4 Flurry FC 0
Flurry FC 1 Daybreakers 5

SEMI-FINAL

Spar Boys Muckross 7 Barterlona 0
Daybreakers 0 Flesk Flyers 2
FINAL Spar Boys Muckross 1 Flesk Flyers 0

RESULTS

MONDAY JULY 13TH

PITCH 1

6.20 U16 Goggin United 1 MacSweeney's Arms3
6.45 U16 Goggin United 2 Glenflesk Dynamos 4
7.10 Play-off 1 Torc Hotel 3 Mackeys Young Crew 0
7.35 Play-off 2 Dunloe Lodge 1 Liebherr RTG 0
8.00 Play-off 3 Liebherr Maritime 4 Liebherr STS 2
8.25 Play-off 4 Paddy Keefe FC 1 Dream Team 4

PITCH 2

6.45 Play-off 8 UnAthletic Madrid 1 FC Farcelona 3
7.10 Play-off 6 Berocca Juniors 4 Last Minute FC 0
7.35 Play-off 7 The Cleveland Steamers 2 Shisha FC 1
8.00 Play-off 5 Brenken 3 Dunboy Greener Homes 1

7-A-SIDE RESULTS



THE BRENKEN TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

TUESDAY 14TH JULY

PITCH 1 6.20 U14 Park Road Pharmacy 0 The Graduates 2
6.45 Last 32 (A) Torc Hotel 3 The Shire 1
7.10 Last 32 (B) Dunloe Lodge 4 Woodlawn Bicycle Club 0
7.35 O 35 Bunkers Bar 1 Liebherr Automation 1
8.00 Last 32 (C) Liebherr Maritime 4 The Brehon 1 (on penalties)
8.25 Last 32 (D) Dream Team 2 Tim Jones Butcher 3

PITCH 2 6.20 Goggin United 2 Killarney Wolves 0
6.45 O 35 Flemings Taxi 2 Bunkers Bar 3
7.10 Last32 (E) Brenken 0 The Speakeasy 6
7.35 Last 32 (F) Berocca Juniors 2 M D O' Shea Park Road 1
8.00 Last 32 (G) The Cleveland Streamers 4 Tricel Killarney 5 (on penalties)
8.25 Last 32 (H) FC Farcelona 2 The Failte Bar 1

WEDNESDAY 15TH JULY

PITCH 1

7.10 O 35 Flemings Taxi 3 Liebherr Automation 2
7.35 Last 16 Torc Hotel V Connie's Sexy Seven (re-fixed for Monday 20th)
8.00 Last 16 Dunloe Lodge 1 Fossa City 2
8.25 Last 16 Liebherr Maritime 0 Tatler Toffees 4

PITCH 2

7.10 O 35 Mackeys Crew 1 Bunkers Bar 0
7.35 Last 16 FC Farcelona 0 The Hobbits1
8.00 Last 16 Tim Jones Butcher 2 AGA Turkish Barber 0

KILLARNEY ATHLETIC KILLARNEY CREDIT UNION 7-A-SIDE TOURNAMENT

MONDAY 20TH JULY

PITCH 1

6.45 U16 Glenflesk Dynamos V Goggin United
7.10 U16 Dyslexia United V Baboteletubbies
7.35 Last 16 Torc Hotel V Connie's Sexy 7

PITCH 2

6.45 Senior 15 Mins ¼ Final
7.20 Senior 15 Mins ¼ Final
7.55 Senior 15 mins ¼ Final

TUESDAY 21ST JULY

PITCH 1

7.00 Senior 15 min ¼ final (Winner of Torc Hotel

V Connie's Sexy 7) v
7.35 Reserve 15 Mins Semi -Final
7.55 Premier 20 Mins Semi-Final

PITCH 2

7.00 U14 Semi-Final Man Chest Hair V Messi's Minors
7.25 U14 Semi-Final Late Entry V The Graduates
WEDNESDAY 22ND JULY
PITCH 1
7.00 Reserve 15 Mins Semi -Final
7.35 Premier 20 Mins Semi-Final

PITCH 2

7.00 O35 Semi-Final Flemings Taxi V Liebherr Automation
7.25 O35 Semi-Final Bunkers Bar V Mackeys Crew



THE LIEBHERR AUTOMATION OVER 35 TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



THE BREHON HOTEL TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



THE TRICEL TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

KILLARNEY CELTIC NOTES



KILLARNEY CELTIC'S MARY LYNE DELIGHTED WITH THE WIN

TOPAZ CASH FOR CLUBS A huge thank you to everyone who supported our Topaz Cash For Clubs fundraiser, helping Killarney Celtic to become the local winners.

SENIOR MANAGEMENT APPOINTED

Killarney Celtic's new senior management team is Patrick Roarty (manager), Eoin Donnellan (assistant manager) and David Hayes (trainer). Best of luck to everybody for the season ahead.

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

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.

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

LOTTO RESULTS: Numbers drawn 9, 20, 21, 23. No winner. Next week's jackpot €2200, draw in the Failte on Monday night.

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

KILLARNEY ATHLETIC A.F.C. NOTES

KILLARNEY ATHLETIC A.F.C. KILLARNEY CREDIT UNION 7 A SIDE TOURNAMENT 2015 Please see main feature for fixtures & results

50TH ANNIVERSARY CELEBRATIONS

5th September: Celebratory Dinner in the Dromhall Hotel. Tickets on sale now, to purchase please contact Michael O'Shea on 087 222 6185 or Don O'Donoghue on 086 123 4610.

ARTICLE SERIES Anyone who wishes to contribute to the series of articles setting out the club's development since its foundation in 1965 to the present day, particularly former officers or managers, can email 50years@

killarneyathletic.com or contact Toirdealbhach (087) 6447603 or Mike (087) 2727173 for more details. The first article "The Harrington Era 1965-1969", a personal account of the foundation of the club by Dan Harrington, is available to view on the club website.

Photographs

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

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

CONDOLENCES: Sincere Sympathy to the O'Sullivan on the death of Cynthia.

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.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (RIGHT) PRESENTING THE KILLARNEY CREDIT UNION KILLARNEY ATHLETIC 7 A SIDE SPONSORSHIP CHEQUE TO MICHAEL O'SHEA CHAIRMAN KILLARNEY ATHLETIC FC WITH COLETTE CASEY DIRECTOR 7 A SIDE TOURNAMENT AND MARK MURPHY CEO KILLARNEY CREDIT UNION AT THE KILLARNEY CREDIT UNION ON TUESDAY. PHOTO BY MICHELLE COOPER GALVIN



FLESK FLYERS TEAM CONAL DAVID O'DONOGHUE, RIAN KELLY, CIAN LYNCH (CENTRE ROW FROM LEFT) SENAN O'LEARY, SAM BENSON, CONOR GAMMELL, WILLIAM SHINE, CERYSAN DANTER UNDER 12 FINALISTS IN THE KILLARNEY ATHLETIC FC KILLARNEY CREDIT UNION 7-A-SIDE TOURNAMENT WITH (BACK FROM LEFT) DON O'DONOGHUE KILLARNEY CU, MARK MURPHY CEO KILLARNEY CREDIT UNION, JOHN KELLY AND REFEREE ETHAN FLEMING AT KILLARNEY ATHLETIC FC GROUNDS, KILLARNEY.



MARK MURPHY CEO KILLARNEY CREDIT UNION (SEATED CENTRE) WITH AUSTIN VANILLA TEAM RUNNERS UP IN THE KILLARNEY CREDIT UNION KILLARNEY ATHLETIC UNDER 10 FINAL CORMAC O'DONOGHUE, DARA MURPHY, BRIAN O'SULLIVAN, T J O'SULLIVAN, TOM BENSON (BACK FROM LEFT) TIM O'SULLIVAN, AARON BENSON, DARA O'SHEA, JACK O'SULLIVAN, ROBERT BROOKS, COLETTE CASEY TOURNAMENT DIRECTOR, JOE DALY AT KILLARNEY ATHLETIC FC GROUNDS, WOODLANE, KILLARNEY ON SATURDAY.

KILLARNEY ATHLETIC HISTORY 1975 – 1980

The mid to late '70s was a significant period not just in the club's history but also in the development of soccer in Killarney and Kerry. James Gleeson RIP followed in the steps of his brother Donagh and served the club as chairman and team manager for a number of seasons while also serving on the KDL board. Peter Gilhooley RIP and Tom 'Sossy' Mullins RIP shared the secretarial role within the club during this period.

Although there were competing teams in many parts of the county, the KDL and affiliated soccer clubs were still only 'finding their feet' to the extent that nearly all the clubs were just comprised of 1 junior (adult) team with only 6 clubs fielding a youth team in the 1st youth league of the KDL in the 1974/75 season. Athletic finished runners-up to a strong Cahersiveen team who had the great Jack O' Shea in their line-up that season. Cahersiveen were also the top junior side in the KDL league in the first years of its formation.

In many ways at the time the key person in a club was the team manager and for many of the clubs the player/manager role was quite common. Denny Hayes took over from James as player/manager in 1976 and was also to make an outstanding contribution to the club over the following decades at all levels within the club and the Kerry Schoolboys League.

Woodlawn Rovers Join Killarney Athletic

Many people involved with soccer in Kerry would associate the name of Billy Doyle with Killarney Athletic but Billy had his own team in the KDL and they were named Woodlawn Rovers and played in division 2 of the league for two seasons—1973/74 and '74/'75. However they joined Killarney Athletic ahead of the '75/'76 season. The club was to benefit enormously as a result of this decision because not only did Billy attach himself to Athletic but he also brought with him some very good players. One in particular to stand out above all others was Donie Murphy and the rest as they say 'is history'. As many people would know Donie has been involved with the club in every decade since and presently coaches & manages with the under 10s and 12s. Gerard Looney and Tom O'Shea were other talented players to come from the 'Rovers' and wear the Athletic colours.

Athletic 'B' and Killarney Rangers

The 1975/'76 season was also a landmark year for the club as it became the 1st Kerry league club to field a second junior team that

competed in the 2nd division of the league. This decision was made to cater for the ever increasing numbers coming into the club, and it also marked Billy's first time managing a Killarney Athletic side.

Also that season Killarney Rangers were founded and entered into the 2nd division of the KDL with Athletic 'B'. Outside of Liebherr there were now two distinctive soccer clubs in town. The 'Rangers' changed their club name in the 1977/'78 season when a young Killarney Albion 7-a-side team joined them, and the renamed club became Killarney Celtic.

There is no doubt that local sporting rivalry is one of the healthiest things in sport, as it inspires clubs and teams to be at their best to compete against each other. It is also true to say that the Killarney 'derbies' between the 2 clubs have been a highlight in many of the soccer seasons over the decades.

For the record it was a Tony Fleming goal that separated the sides in the clubs' 1st competitive meeting in a Munster Junior Cup game played in the St. Finans pitch in the 1978 season. The aforementioned Tony along with Donal Hayes were 2 prolific goal scorers for Athletic in the '70s while Tony also made a significant contribution as an administrator of the club.

Start of the 7-A-Side in 1977

As mentioned in a previous article there were competitive 7-asides held in the Half Moon and in the 'Aras' pitch in the early 70s but in 1977 the club organised and held the first 7-a-side tournament that has run in every consecutive year since then. Next year, in 2016, the club will mark and celebrate the 40th year of organising and running this most popular tournament and there will be a lot of interest in recalling the past 39 years of 7-a-side memories. The organising committee of the 1977 tournament under the chairmanship of Billy Doyle deserve great credit for giving the 7-a-side the organisational level that has endured the past 39 years.

The goal of this 1st 7-a-side was to further promote the game in the area and also to raise funds for a local charity. Securing exclusive use of the 'Aras' pitch to run the tournament was a must and again the Franciscan community through Fr. Vivian RIP gave their full support to the club. The next important requirement was a main sponsor, as the committee proposed prize funds to the winners and runners-up as well as trophies. Hence, without hesitation, Con O'Leary of the Laurels Bar committed to sponsoring the tournament for a 3 year period. From an organisation and rules point of view teams were only allowed to have 2 registered players with the KDL in their squads, there

were no walkovers or late arrivals allowed and all teams had to be properly kitted out. The players, managers and their sponsors all bought into the organisation and spirit of the tournament and the 1977 event proved to be an outstanding success, setting the trend for future tournaments – Brian McCarthy refereed most of the matches that year. There were 19 competing teams with a Laurels-sponsored team—The Bounty Boys—winning the spoils against a Killarney Albion side that had 'Poggs' Looney and Pa Moynihan in the team. Pa had moved from Fossa (formerly Liebherr) to join Athletic that same year and he later managed many Athletic teams at senior and under age level.

The one downside of the tournament for the club was it also proved to be an ideal recruiting base for many of the new emerging clubs that were joining the KDL at the time and the club were not as persuasive as others in enticing the more 'sought after players' into the club.

Start of Underage 7-A-Side in 1978

Since its formation the promotion of the game at underage level was always a core principle of the club and it was a natural development that the club organised the 1st underage 7-a-side in 1978 also in the 'Aras' pitch. John J Murphy deserves great credit for organising the earlier tournaments and also for his commitment to the club over many years as an administrator and team manager.

The Late '70s

Most Kerry people would know that the late 70s was a 'golden era' for the Kerry football team under Mick O' Dwyer and although the KDL was still popular during the winter months, many of clubs, Killarney Athletic included, had a lot of dual players in the make-up of their teams. This had the effect of not fielding the same 11 consistently enough to compete against the better sides in the division 1 league. This was also allied to the fact that many of the keen soccer players that played with the club in the early 70s had retired, and of course the rivalry between the local clubs meant that players were being pursued to join different clubs.

Peter McGrath, who was an outstanding goalkeeper with Athletic, took over as player/manager for the 1979/'80 season. He made a bold attempt to improve the fortunes of the club's 1st team by attracting some good quality players into the fold and the side did well and won the Kerry area final of the Munster Junior Cup. The club were well also represented in the Kerry Oscar Traynor team in every year throughout the '70s.

Next article: 1980-'85



1979-80 (WINNERS OF KERRY AREA SECTION OF MUNSTER JUNIOR CUP)



RESERVE CUP WINNERS 1979-80 SEASON



FINAL 1976 77 SEASON

CASTLEROSSE GOLF CLUB, KILLARNEY

RESULTS: Competition played on Sunday 12th July, Winner; Steve Shine (18) 41pts, Runner-up Mick Clifford (21) 40pts, Overall 3rd place Donal O'Reilly (20) 39pts.

RESULTS: 3 person mixed Scramble played on Tuesday 7th July best net return, Daniel Shine, Patricia Barrett & Gene Cronin.

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

SCRAMBLE 9 HOLE COMPETITION continue each Tuesday @ 6.30pm. Open to Ladies & Gents.

AWAY DAY to Killorglin Golf Club, Saturday 1st August, Ladies & Gents competitions.

KILLORGLIN GOLF CLUB

MENS COMPETITION B 12/07/2015

Sponsored by Kerry Petroleum

1st Thomas Murphy 41 pts

2nd Denis Cronin 40 pts.

3rd Michael Tangney 39 pts.

Gross Rob Kennedy 80 gross

4th Denis O'Shea 38 pts.

Senior Tom Barry 37 pts.

KILLARNEY GOLF MEN'S CLUB NOTICES

Patsy Hanley's Lady Captains Prize to Men VPar, Killeen, 12/07/2015

1	Gerard O'Meara	(17)	6 up
2	St John Kelliher	(12)	7 up *
3	Paudie Horan	(13)	5 up
BG	Matthew Templeman	(06)	5 up
4	Mark Tuite	(06)	5 up
5	Tommy Galvin	4 up	(11)
6	James Curran	4 up	(12)
7	Ronan Brosnan	3 up	(11)
8	Denis O'Donovan	3 up	(18)
9	Pat Chawke	3 up	(09)
10	John P O'Shea(J02)	3 up	(14)

CSS 71

GENTS SCRAMBLE Killeen, 8/7/2015

1. Phillip O Connor (11) Stephen Broderick (12) George Lenihan (12) 59.0

2. Timothy O Meara (16) Pa Fleming (11) Michael Foley (11) 59.7

Phillip O Connor Hole in One on 6th

ROSSGC, KILLARNEY - GENTS CLUB

FIXTURES: On Sunday July 19th we will hold an 18 hole single stableford competition. The timesheet is now available so please add your name to it as soon as possible.

Captains Prize .Our Captain Denis Cronin will hold his Captains Prize on July 26th with a strokeplay competition .

ROSS LADIES GOLF CLUB

RESULTS: Sunday 12th July 18 Hole Single Stableford Kindly Sponsored by Mary Moynihan. 1st Mary Gorman (36) 26pts.

Upcoming Events: Sunday 19th July 12 Hole Waltz. Teams of Three. Timesheet available from Friday.

RING OF KERRY

RESULTS Singles stableford comp weekend of 11th July

1st Daragh Roche (10) 38pts

2nd Jonathan Goodall (4) 37pts

3rd Tommy O'Driscoll (0) 34pts

UP COMING EVENTS 17th 18th & 19th July Captain Michael O'Neil captains day & open visitor section also.

Members €10 Visitors €25

KILLARNEY GOLF CLUB

LADIES Results of Lady Captain Patsy Hanley's date 12th July on Mahonys, Singles.

1st. Grace Dennehy (33) 66 (bk9)

2nd Irma Clifford (18) 66

3rd Bridie Doyle (34) 67

BG Clare Keating (7) 81 gross

4th Breedra Duggan (26) 68 (bk9)

5th Pat Collins (20) 68 (bk6)

6th Bridie Fitzgerald (18) 68

7th Maura Fitzgerald (22) 69 (bk9)

8th Sinead Galvin (29) 69 (bk6)

9th Mary O'Doherty (13) 69 (bk3)

10th Mary Kelly (32) 69

11th Claire Breen (28) 70 (bk 9)

12th Teresa Downs (15) 70

Past Captains prize,

Margaret Moriarty (20) 70

F9 Clare Bowler (27) 32.5

B9 Katie O'Connell (29) 33.5

Aidie McSweeney putting prize

Winnie Ryan (22) 25 putts

CSS 70

Our Noreen Moore team had a great win over Kenmare in Waterville, in almost Winter conditions, and our Senior Foursome Team beat Ballybunion In Kenmare on Sunday.

Congratulations to Catriona Griffin and Nicola Rainsford who were on the Munster Interprovincial Girls U-18 Team which won in Wexford during the week. Further congratulations to Catriona who had an Albatross on Hole 18 which is a Par 5.

NEXT SUNDAYS COMPETITION will be sponsored by Safe Guard Security - s/ford

Killeen

DEERPARK PITCH & PUTT NOTES -John Kelly

Wednesday Evening Fourball Results

Winners on last Wednesday evening were Nett Michael Cronin and Jason oConnor Gross Johnny o'Brien and Kieran Fitzpatrick with Kieran Fitzpatrick recording a Hole -In -One.

TRALEE SCRATCH CUP Commiserations to John McGrath on just missing out on victory at the Bob Casey Memorial Tralee Scratch Cup last Sunday as despite tying on 22 under par with Irish No 1 John Walsh after 54 Holes John was eventually defeated in a three hole play off, A marvellous effort all the same as defending champion Damian Fleming was third overall on 20 under par..

MUNSTER JUVENILE MATCHPLAY Well done to to both Jason Cahillane and Cillian Courtney on reaching the quarter final of the Munster Juvenile Matchplay last Saturday in Larkspur Park Cashel Co Tipperary. In total we had seven competitors with Sean Courtney, Conor Quirke, Adam oSullivan, Lorcan Martin, and Darragh oCallaghan also taking part.

CASTLEISLAND SCRATCH CUP We wish all club members travelling to this event on Sunday the very best of luck in both the event and final Gents team trials which will be held in conjunction with the various competitions.

CLUB SINGLES MATCHPLAY Entries are now being taken for same, Entry IOEuros per player to be paid in advance. Entry sheet on board in Clubhouse,

RICKY KELLY TOURNAMENT The annual ricky Kelly Memorial tournament kicks off this weekend July 17th, 18th and 19th at Deerpark Entry is open to all Deerpark and GlenEagle Pitch & Putt registered members along with non-registered PPUI members. the format is a Three Ball Scramble with entry fee of IOEuros per team which is to be paid at office prior to the commencement of play. Those with a golf handicap will be granted a three quarter handicap to a maximum of 12 for Gents and 18 for Ladies. All teams must include one non -registered member of the PPUI and all players must be over the age of 18 years, The competition which is kindly sponsored by the



PATSY HANLEY LADY CAPTAIN PRESENTING HER LADY CAPTAIN'S PRIZE TO THE MEN'S WINNER GERARD O'MEARA WITH (LEFT) ST. JOHN KELLIHER 2ND, MICHAEL QUIRKE CAPTAIN (BACK FROM LEFT) MATTHEW TEMPLEMAN BEST GROSS, MARK CHUITE 4TH, TOMMY GALLIVAN 5TH, JAMES CURRAN 6TH, RONAN BROSANAN 7TH, DENIS O'DONOVAN 8TH AND JOHN O O'SHEA AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY.

Tatler Jack Bar commences on Friday 17th at 4pm with play on Saturday 8am to 12md (last card), and Sunday 10am to 5pm (last card), Monday by request, Presentation of prizes will take place on Monday evening (July 20th) with a Barbeque commencing at 6pm which will include music and entertainment, All proceeds from this tournament will be donated to the Cystic Fibrosis Charity Further information from 087--7823138.

SEAN O'DONOGHUE HONOURED Club members as well as the extended members of his family assembled at The Clubhouse on Thursday evening to celebrate the 90th birthday of long serving Deerpark member Sean oDonoghue of Sunny Hill Killarney In view of his life long membership of the club Sean was granted an Honorary membership on Thursday evening with best wishes from the members of Deerpark during the years ahead,

BEAUFORT GOLF CLUB (MEN'S BRANCH)

11th/12th July - 18 hole Stableford - Sponsored by Tralee Credit Union.

1st	Michael J O'Connor (10)	38 pts
2nd	Colin Moriarty (14)	38 pts
3rd	John Looney (12)	37 pts

10th July - Open Friday Sponsored by Clifford Groundcare

Winner: David O'Donoghue (8) 40 pts

FIXTURES 19th July - Captain Day - 4th Round Golfer of The Year - Sponsored by Enterprise Imaging Systems. Presentation 9pm approx.

(LADIES BRANCH)

11th/12th July - Stableford sponsored by Irene

CLUB HONOURS SEAN AS HE HITS THE BIG 90

Life long pitch and putt player, Sean O'Donoghue from Sunny Hill was honoured by his club recently on the occasion of his 90th Birthday.

Deerpark Pitch and Putt Club held a celebration evening last week in which Sean and members of his family were joined by club members. Following the celebrations, Sean was presented with a certificate to honour the occasion.

#lovekillarney



PATSY HANLEY LADY CAPTAIN PRESENTING HER LADY CAPTAIN'S PRIZE WINNER GRACE DENNEHY WITH (LEFT) IRMA CLIFFORD 2ND, BRIDIE DOYLE 3RD, CLAIRE KEATING BEST GROSS, DENIS CRONIN PRESIDENT (BACK FROM LEFT) BRED A DUGGAN 4TH, PAT COLLINS 5TH, MAURA FITZGERALD 7TH, SINEAD GALVIN 8TH, MARY O'DOHERTY 9TH, MARY KELLY 10TH, CLAIRE BREEN 11TH, MAUREEN SOMERS ACCEPTING THE PAST LADY CAPTAIN'S PRIZE FOR MARGARET MORIARTY, CLAIR BOWLER FRONT NINE, KATIE O'CONNELL BACK NINE AND WINNIE RYAN WINNER OF THE ADDIE MCSWEENEY PUTTING PRIZE AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY.

McCarthy

1st	Noleen Mackessy (26)	32 pts
2nd	Joan O'Sullivan (22)	30 pts
3rd	Mary O'Shea (33)	30 pts

FIXTURES 19th July - Lady Captain's Day - 18 Hole Stableford. Prizegiving 9pm.

KILLORGLIN GOLF CLUB

LADIES: 18 Hole Stroke sponsored by Billy Dodd: 1. Kathleen Cronin (24) 71 nett. 2. Maura O'Boyle (27) 73 nett. 3. Jenny Pigott (19) 75 nett.

SENIORS OPEN DAY: 18 Hole Stableford sponsored by Vice Captain Anne Kenny Foley & Committee Member Mary Lawlor: 1. Mary Brosnan, Kenmare (16) 40 pts. 2. Phil Anne Foley, Lady Captain (35) 39 pts. 3. Eleanor

Connor Scarteen, Kenmare (35) 39 pts. Front 9: Kathleen Keating (23) 20 pts. Back 9: Marian Healy (29) 18 pts. Lady Captain Phil Anne Foley thanked all the Clubs that supported our first Ladies Seniors Open Day and congratulated all the winners.

FIXTURE: 18 Hole Singles Stableford sponsored by MacBees, Killarney is on Sat 18th, Sun 19th, Tues 21st. Play either day and arrange own time and partners. 12 Hole re-entry sponsored by Handicap Secretary Coral Kiely continues until further notice.

SCRAMBLE: Ladies 9 Hole Scramble is this Thurs 16th July at 6.15pm. All ladies welcome.

LADY CAPTAIN'S PRIZE: The entry sheet for Lady Captain Phil Anne Foley's Prize Day on Sat 25th July is posted on the Notice Board. Draw for partners.



SEAN O'DONOGHUE, THIRD FROM LEFT, PICTURED WITH CLUB CHAIRMAN DERRY MCCARTHY, ALONG WITH MEMBERS OF THE CLUB'S GROUNDS COMMITTEE AND CE SCHEME.



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3. Mulch around Rhododendrons and Camellias with Brown Gold Soil enricher & Feed with Sulphate of Potash to encourage flowers next year.
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FOSSA

LOTTO Numbers drawn were 3, 17, 19, and 22. There was no Jackpot winner and next weeks Jackpot will be €11,850.

LADIES FOOTBALL Congratulations to our four Fossa girls, Fay and Hannah O' Donoghue, Erica McGlynn and Anna O'Reilly who won with the Kerry girls U-16's in the All-Ireland semi-final in Nenagh on Wednesday evening.

Well done to our U-16 Girls who had an easy victory over Na Gael in the County league on Thursday evening. Also well done to our U-14 Team who played in the John Egan tournament on Friday in Castleisland, they were unfortunate to meet a very strong Castleisland Desmonds team in the semifinal but they acquitted themselves well and can be proud of their efforts over the tournament as a whole.

GLENFLESK NEWS

JUNIOR COUNTY LEAGUE: The Glenflesk junior team, sponsored by The Jarvey's Rest, maintained their unbeaten run in the County Junior league with a fine two point victory over Skellig Rangers in Portmagee on Friday July 10th, inspired by evergreen corner-forward Donal McCarthy. Final score: Skellig Rangers 2-7 Glenflesk 3-6.

COUNTY MINOR CHAMPIONSHIP: Well done to the Glenflesk minor players who lined out with East Kerry in their comprehensive victory over Kerins O'Rahilly's in the first round of the minor county championship played in Fossa on Wednesday July 8th.

DYLAN CROWLEY MEMORIAL TOURNAMENT 2015: The Glenflesk U11s had a great day in Gneeveguilla on Saturday July 11th winning Division 1 of the Dylan Crowley tournament after a nail-biting final against a fine Kilcummin team, and victories over Cordal, Rathmore, Firies and Gneeveguilla along the way. Well done to the players, who played great

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

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

football all day in difficult conditions and thanks to their mentors Sean Moynihan, Pat Lucey, Seamus Moynihan and Ollie O'Donoghue for their hard work and enthusiasm. Well done to the Crowley family, Sean O'Sullivan and all at Gneeveguilla Gaa club for a very well-organised and enjoyable tournament.

EK U11 LEAGUE: The Glenflesk U11s capped a fine weekend when they defeated Fossa on Sunday evening July 12th on a scoreline of 3-14 to 3-10 in the East Kerry league. They will play Currow and Gneeveguilla in the coming weeks.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 6th of July 2015, in the Kerry Way. Jackpot: €5,800. Numbers drawn: 2, 11, 12, 24. No Winner. Next draw will be held on Sunday July 19th in John Dan's, Jackpot €6,000.

GLENFLESK COMMUNITY GAMES: Congratulations to Eileen Doherty Knockanes winner of the first Community Games lotto draw held on the 4th of July. We wish to thank all those who have participated in the draw in support of the Glenflesk Community Games fundraiser and best of luck in the future draws.

is 16-19 years. Prior booking essential as places are limited. To reserve a place please contact Killarney Library on 064-6632655 or killarney@kerrylibrary.ie.

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

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

RAHEEN NS: Congratulations to Eamon Bowler and Dan Murphy who had the winning Lotto number 6 on Saturday the 11th of July.

SYMPATHY: Sympathy is extended to Glenflesk senior player Adam O'Reilly, and the O'Reilly family on the recent death of his father Pat O'Reilly (Dublin and formerly of Shroneadraugh). Ar dheis Dé go raibh a anam.

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

BEAUFORT NOTES

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



GLENFLESK U11 TEAM WHO WON THE DIVISION 1 FINAL AT THE DYLAN CROWLEY MEMORIAL TOURNAMENT HELD IN GNEEVEGUILLA ON SATURDAY JULY 11TH 2015'



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AN EPIC CHALLENGE FOR AN EPIC CAUSE

The third 54321 Challenge was launched in Killarney this week with this year's chosen charity the Kerry Cancer Support Group. The challenge is about 5 PEOPLE over 4 DAYS, 3 CYCLES, 2 MOUNTAINS for 1 CAUSE.

Taking place from September 10th to the 13th inclusive the challenge will include on Day 1 (Sept 10th) - Cycle the Ring of Kerry; Day 2 (Sept 11th) - Climb Carrantuohill; Day 3 (Sept 12th) - Cycle from Killarney to the foot of Mount Brandon and then climb Mt Brandon and finally on Day 4 (Sept 13th) - Cycle from Dingle to Killarney.

The Challenge is now entering its third year, in the first two years it was undertaken by one team of five people. This year it has been decided by the organising committee to open the challenge to multiple teams of five. This was decided to enable others to enjoy and take part in this epic challenge and also it will help increase the much needed funds for this year's chosen cause Kerry Cancer Support Group. The Kerry Cancer Support Group started in 2007 with their signature service the Kerry Cork Health Link Bus coming to fruition in 2010.

To support the service users on their cancer journey, the service has secured a block booking with Cork University Hospital (CUH). This means that those travelling on the bus are scheduled together and do not have to endure long delays waiting for appointments. The users experience great emotional and social

support from each other.

Funding comes entirely from sponsorship and fundraising events. Events are organised by the public to raise funds and all monies raised remain in the county. No Government or HSE funding is received. By supporting the service, you are making a difference to the emotional well-being of the users and that of their families. You can give cancer patients that peace of mind that they have a safe, secure and supportive method of attending their appointment in Cork University Hospital.

The bus travels every day to Cork University Hospital (with the exception of Christmas Day, St Stephens Day and Public Holidays). The

route services Kerry and parts of Cork.

Each team of five entering the challenge will have to raise a minimum of €2500 and upon registration each team will pay €500 of the €2500 to secure their place on the challenge. Each team member will receive a 54321 challenge jersey and a pack outlining the full detail of the four day event. For more information log onto

<http://www.kerrycancersupport.com/> or WWW.54321CHALLENGE.NET

If you wish to register a team of five or would like further information please call T.J O Connor on 087 6277141 or Carole Moran on 087 9471336.



MEMBERS OF THE KERRY CANCER SUPPORT GROUP HELP ONE OF THE TEAMS FROM THIS YEARS 54321 CHALLENGE LAUNCH THIS YEARS EVENT IN KILLARNEY. FROM LEFT TO RIGHT ARE TJ O'CONNOR 54321, JAY GALVIN CHAIRMAN KERRY CANCER SUPPORT GROUP, SEAN MURPHY 54321, NOREEN SHEAHAN 54321, FIONA COLLINS 54321, CAROLE MORAN 54321 AND BREDIA DYLAND SERVICE MANAGER KERRY CANCER SUPPORT GROUP.

RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

RATHMORE COMMUNITY COUNCIL: Free Electrical & Battery Recycling Event in Rathmore in association with Kerry County council on Friday July 17th at Community centre, 10-4pm. Bring any used household Electrical item with plug or A battery. Non Electoral item will not be collected,

FR. KEVIN MCNAMARA: Fr. Kevin and the other 21 priests who have been involved in this year's Diocesan changes, will take up his new post in Moyvane and Knockanure on Wednesday 22nd July.

COLLECTION: Very many thanks for your very generous response at last week's Masses for our Diocesan Collection for the sick and retired priests in our Diocese. You generously contributed €1836. Thank You.

THANKS: Our altar societies in our 4 Churches have been active in their floral arrangements during these summer weeks. Their efforts have been noticed and are deeply appreciated. Thanks to all involved.

SLIABH LUACHRA COMHALTAS All roads lead to Nenagh next weekend for Fleadh Cheoil na Mumhan 2015.

Wishing all of our competitors the very best of luck going on to represent us, Niamh Dalton – Concertina 15-18 and Trio, Aoife O'Sullivan-English Singing Ladies 12-15, Michelle O'Sullivan- English Singing Ladies 15-18, Mark O'Leary-English Singing Men U12, Sean N6s Dancers (U12) Sean O'Keeffe and Mollie Herlihy. Also wishing all the best to all of our Ceil6 and Set dancers. Hoping that all goes well and that you all enjoy the experience. Safe Journey to all travelling over the weekend.

WEDDING: congratulations to Mary Lynch Rathmore who marriage Daniel O' Leary from Gneeveguilla last weekend in Rathmore Church,

KERRY GAA C6L CAMPS- Rathmore GAA will host the Football Camp on July 20th -24th 10am-2.30pm Monday- Friday.

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

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

All funds raised are reinvested in the Panto wardrobe.

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

RATHMORE COMMUNITY MARKET: every Saturday 11-2pm. indoors. Rathmore



STEWARDS AND OFFICIALS AT THE RATHMORE LADIES ANNUAL 4 MILE RUN, JOG OR WALK WHICH TOOK PLACE ON SUNDAY LAST 12TH JULY.

community centre

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

SYMPATHY: to families & relatives and friends of late Timothy (Tadgie) Sheehan, Tureencahill, Gneeveguilla, Denis Murphy West End Rathmore, Christine Lehane, (n6e O'Sullivan) Slieveveagh, Ballyvourney, Cork / Newmarket, Cork, whose deaths occurred recently. May they all Rest in Peace.

PANTO DVDS ON SALE - Little Red Riding Hood. Copies of the Panto which was staged in Rathmore early this year are now available to buy. This two and a half hour presentation showcases the very best of local talent and is ideal as a gift or simply to enjoy. The double disk DVD is beautifully packaged and is available through Michael O'Mahony by phoning 087 6676817. Cost €12.00. DVDs of previous pantomimes are also available on request

RATHMORE LADIES Annual 4 Mile Run, Jog or Walk which took place on Sunday last 12th July at 1pm in Rathbeg Football ground. They would like to thank Paddy O' Donoghue and the Gneeveguilla Athlete Club, everyone who helped out with Registration and timing along with the those who helped with stewarding and sponsorship, The Red Cross, those who worked on the run up to day. To the parents and to our own community and those who helped afterwards with all the Refreshments. It was great success.

CONGRATULATIONS to Ashling Desmond and Kerry senior Ladies as Munster champions, after Defeating Cork in Munster final on Saturday last.

GNEEVEGUILLA ATHLETIC CLUB Presents 4

Leg 1 mile summer Road League Remember Last Year" 1st Leg starting in Barraduff 22nd July Finishing in Gneeveguilla 12th August, 1st leg in Barraduff Wednesday July 22nd at 7:30pm assemble at Corner bar)

2nd leg in Fossa Wednesday July 29th at 7:30pm Assemble community centre)

3rd leg in Knocknagree Wednesday August 5th at 7:30pm. Assemble Fairfield tavern)

4th and final Leg Gneeveguilla Wednesday August 12th at 7:00pm Please note time change Assemble community centre)

Prizes as usual, Men's & Ladies seniors, juniors, masters, Novice, Juvenile U12 & older. Lots of unique prizes & spot prizes as always. Great series assured. Run 3 out of 4 Races to claim a prize.

Prize giving night after 4th Leg After race assemble at GAA Club for prize giving and Refreshments. Entry fee €5 per race or €15 for the lot payable on race 1. Phone Tom Joe O'Donoghue 0879339087. Or Nora Flynn 0877684595. A.A.I. Permit Granted,

MUNSTER SENIOR FINAL REPLAY: Best of luck to Paul Murphy. & Aidan O'Mahony. And all Kerry players & Mangarent this Saturday at Fitzgerald stadium at 7pm.

CULLEN & DISTRICT SPECIAL NEEDS ASSOCIATION: PLEASE NOTE CHANGE OF DATE: Annual old time thrashing & vintage display on Sunday 26th July. Fun for all the family. Live music by Tim O'Riordan & Natural Gas.

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

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

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Ed 29 8713

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CHILDREN ENJOYING THE FIONA CROWLEY DISNEY THEMED SUMMER CAMP THIS WEEK

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



HOME AND AWAY SUMMER PREVIEW

GOODBYE BRAX

Bad boy Darryl "Brax" Braxton is about to make his explosive exit from Summer Bay and it's going to be huge. Brax will escape from prison but after doing so will be involved in a horrific car crash. Will Brax survive? Rumours suggest that he will survive the car smash but the residents of Summer Bay will believe he's dead. Just what would make Brax fake his own death?

FIRE DRAMA FOR LEAH

Leah Patterson will soon find her own home under attack after her house set on fire. Luckily Leah and Zac McGuire aren't in the house at the time but panic breaks out when it is confirmed that Oscar McGuire and Matt Page are both trapped inside the burning building. Will the pair survive and was the fire an accident or did someone deliberately cause it?

CLIFFHANGER

New police officer Kat Chapman will face a life or death situation as she tries to help Billie Ashford. After Billie is accused for setting fire to Leah's home, she decides to go on the run. However, Kat will find her and after trying to talk Billie out of fleeing, will fall from a cliff. As Kat clings to the side of the cliff, begging for Billie to help her, Billie will be faced with the decision to help her or let her fall!

NEW ROMANCE

Roo Stewart will soon have her head turned as she meets new doctor James Edmunds. However, James will have a past and there are more than a few skeletons in his closet.

Citizens Information

Know Your Rights: APPLYING FOR A STUDENT GRANT

JULY 2015

QUESTION

I've just finished my Leaving Certificate and am hoping to go to college in the autumn. How do I apply for a student grant?

ANSWER

SUSI is Ireland's single national awarding authority for all higher and further education grants. It began to process grants in 2012, replacing the 66 local awarding authorities who had previously processed student grant applications.

You make an application to SUSI by completing and submitting an application form online. You must have an online account with SUSI before you can make your grant application. The closing date for applications is **1 August 2015**.

You can use SUSI's eligibility reckoner to see whether you meet the standard criteria to be considered eligible for student grant funding. You must meet the conditions of the student grant scheme. You must be an Irish, EU, EEA or Swiss national or have specific leave to remain in the State. You must also have been ordinarily resident in Ireland or the EU for three of the last five years. Your family's means (in the previous tax year – 2014) are assessed. You must also be attending an approved course in an approved institution.

You must make sure that you provide complete and accurate information (date of birth, Personal Public Service Numbers (PPSNs) and bank details in particular) to avoid any delay to the processing of your application. You need to send hard copies of any supporting documentation to SUSI.

If you are refused a grant or are approved a grant at a rate you don't think applies to your situation, you can appeal the decision in writing to SUSI. You must appeal within 30 days of getting your decision.

Student grants are reviewed each year. If you had a grant in one academic year and are continuing your studies on the course in the following year, SUSI will be in contact with you in order to renew or re-assess your student grant for that next year.

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.



PUT A LITTLE MORE ZEN IN YOUR LIFE!

Do you find yourself rushing through your days with barely time to notice and appreciate the moments or even stop and smell the flowers? Life isn't a rehearsal – you don't get a second chance to pass this way again so you might as well be HERE for the moments that are happening! One way to do this is to adopt a more Zen like approach. The term "ZEN" is often used to mean being fully absorbed in something without any particular attachment to the outcome.

Follow my top three tips for creating more ZEN in your life!

1. Forget Multi tasking and just do one thing at a time with as much attention and focus as you can! Slow down and do things completely and deliberately!
2. Put space between activities. Don't just go from one thing to another without pausing for breath. A great sentence needs space between the words, otherwise it all just jumbles together and is difficult to understand. The same is true of your life! Make time for space and have more clarity in your life!
3. Turn every day activities into mini meditations. Things like cooking, cleaning, shopping, taking a shower, sending an email, making the bed etc can all be wonderful moments where you can simply be with what you are doing.

For more positive coaching tips or details of one to one personal coaching sessions, please visit & Like my facebook page. Many thanks!

066 9766374 | life_coachingunlimited@yahoo.ie





SouthWest Counselling Centre

LAUGHTER MEDICINE

Are you feeling rundown and in need of a gentle boost? Then laughing may be just the medicine for you. The use of laughter as a form of therapy is increasing in popularity. A study at Loma Linda University indicates that laughter produces an abundance of gamma brain waves. Interestingly these gamma waves are also found in the brains of people who meditate often and have reached a state of contentment and happiness.

Researchers are still exploring the potential health benefits from laughter. Perhaps it's the physical act of laughing that contributes to this, or maybe it's having a good sense of humour and a positive attitude. But one for sure we know, that it certainly doesn't hurt to laugh.

Laughing can be compared to a 'gentle body workout' as many physiological changes are taking place when we laugh. The muscles on our face and body stretch, our blood pressure increases and we breathe faster sending more oxygen throughout our body. But not only does it boost our heart rate – one study showed that laughing for 10-15 minutes can burn up to 50 calories! Increased laughter can also help to boost our immune cells and increase the levels of disease-fighting antibodies in the body. Laughter can also help us to relax and sleep better.

When we laugh we release 'feel good' hormones and naturally occurring anti-depressant (e.g serotonin). Laughter can also be a great way to deal with life's unexpected events and help get us through difficult times. Responding to the trials of life with some laughter, can help to protect our body mind and spirit – and may be a bleak situation doesn't seem as insurmountable when we can find some humour. Laughter can also help us to bond, connect and communicate with others. Humour helps lubricate the channels of communication and can make people feel more comfortable.

Think about what makes you laugh and be sure to do more of it. This may be watching your favourite comedy, sharing a good joke, going to a comedy club or watching a funny U tube clip. Why not try now – just turn the corners of your mouth up into a smile and give a little laugh out loud. It may feel a bit contrived, but notice how you feel. Whatever gets you chuckling be sure to factor in more laughter to your life on a daily basis and increase those happy gamma waves.

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

Breast Cancer 4

TREATMENT CONTINUED:

CHEMOTHERAPY: Chemotherapy is a treatment of cancer by using anti-cancer medicines which kill cancer cells, or stop them from multiplying. When chemotherapy is used in addition to surgery it is known as adjuvant chemotherapy.

Chemotherapy is sometimes given before surgery to shrink a tumour so that surgery may have a better chance of success and also a smaller operation may be performed. This is known as neoadjuvant chemotherapy.

Chemotherapy may also be used for some women to treat breast cancer which has spread to other areas of the body.

TRASTUZUMAB (HERCEPTIN®): Trastuzumab (also known as Herceptin®) is a treatment that may be given to women who have a large number of HER2 receptors in their cancer. It is a type of medicine called a monoclonal antibody. It works by attaching to HER2 receptors on the surface of breast cancer cells, thereby stopping the cancer cells from dividing and growing.

SCREENING FOR BREAST CANCER

In Ireland Breast screening is carried out through the BreastCheck Programme. BreastCheck is a Government-funded programme providing breast screening and invites women aged 50 to 64 for a free mammogram on an area-by-area basis every two years. The aim of BreastCheck is to reduce deaths from breast cancer by finding and treating the disease at an early stage. Mammography is a special X-ray test and aims to detect breast cancer at an early stage when treatment is most likely to be curative.

Genetic testing and mammography screening (and preventive treatments in some cases) may also be offered to younger women with a strong family history of breast cancer. See your doctor if you feel this applies to you.

All women of every age should be breast aware. That is, get to know how your breasts and nipples normally look and feel. Try to recognise any changes that occur before and after your periods. See your GP if you notice any changes, lumps, or other abnormalities in your breasts or nipples. Don't wait until your next scheduled screening appointment.

www.cancer.ie

www.breastcheck.ie Freephone 1800 45 45 55

www.mariekeating.ie



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SYMPATHY

Sincere Sympathy is extended to Des O'Connor of the Killarney Outlook Office and to his brothers and sisters on the death of their mother the late Dora O'Connor (née Dillane), Rathcomane, Ballyhar, and formerly of Laccamore, Abbeydorney.

Mrs. O'Connor's funeral was from O'Sheas Funeral Home, Killarney on Wednesday evening last to The Church of The Sacred Heart, Ballyhar. Following her Concelebrated Funeral Mass on Thursday, Mrs. O'Connor who was predeceased by her husband Sheamus and their son Liam was laid to rest in new Aglish Cemetery.

The large turnout of sympathisers on both days was a true testimony to the esteem Mrs O'Connor and her family are held in.

Sympathy is also extended to all Mrs. O'Connor's sisters and brothers, all extended family, relations and friends.

BALLYKISSANE – 1916 - TELEVISION DOCUMENTARY

If anyone has stories, photos, audio or film footage relating to the tragedy that took place at Ballykissane pier c.1916 that they are willing to share, it would be of great help, as I am currently working on a documentary along with Will Scally (Producer) relating to this historical incident in Irish history.

All material regardless of quality or format shall be viewed.

Any information would be most appreciated. Connecting areas being Tralee, Banna, Killarney, Valentia, Portmagee, Killorglin and Ballykissane itself.

For any further information please contact Eva Lucey at ballykissane1916@gmx.co.uk or check out their Facebook page Ballykissane 1916.com

THIS IS THE INTERNATIONAL YEAR OF BIODIVERSITY

Just as there is a "micro climate" in your back garden, there is "micro biodiversity" there also. Increasingly scientists are acknowledging the importance of urban/suburban garden space as it relates to biodiversity in the big picture: Lawns, gardens and open green spaces have

an impact on the issue.

Birds play an important role in creating and maintaining the biodiversity that we aim for. To attract birds to your property it is fundamental to provide a secure environment for nesting, lots to eat (including many garden-variety bugs) and water. Our gardens can provide all of this and more. Therein lies the opportunity for each of us who loves to garden.

● What can you do?

First, consider the plant material that you have in your garden. Most gardens are best served by a combination of native and non-native plants. The criteria for choosing plants for your garden should be providing accessible pollen or nectar. Double-flowered plants are a poor choice as their reproductive parts are not accessible (or they do not exist at all) to pollinators like bees.

Butterflies require broad flowerheads that are pollen rich.

● Attracting pollinators

Encouraging the active pollinators to your garden is only the beginning. The larvae of butterflies are also important to the biodiversity of your garden and outdoor space. Encouraging butterflies and moths in your garden is a process that includes secure space where they can lay eggs and provide a food source for their young. Not only will the creepy crawlies of the butterflies need some plants to munch on, the local songbird population will delight in picking off many or most of them. As the caterpillars eat your lilies for lunch, the birds eat the caterpillars for dinner.

● Nature changes/We change

Slowly it will dawn on us — and not so slowly for the emerging generation of gardeners — that we need pollinators in order to survive. 35% of our diet relies on them. These invertebrates form part of the food chain and without them, animals higher up the chain go hungry.

Is it important to consider how your garden can impact on the local biodiversity? You bet it is. Keep the following in mind as you contemplate your role:

● Flowers in sun attract the most pollinators. Consider choosing plants for the sunny spots in your garden (or balcony) that attract bees and butterflies.

● Use your vertical space. This is smart for

at least two reasons: in the town you are limited to the space that you can plant and many types of ivy grow and bloom in part shade.

● Plants in containers work, too. Crocus, chives, violets, marigolds, sweet william, dahlias and all of the mints (which need to be contained anyway) all provide blossoms and nectar.

WHY CAN'T ALL PEOPLE WORSHIP AS THEY PLEASE?

Since the racist shooting in Charleston, South Carolina, at least eight predominantly "black" churches - a core institution of the African American community - have gone up in flames. Three have been confirmed arson.

If worshippers aren't safe at church, then where are they safe? Yet church fires are far too common: an average of five per week are intentional, and many are racially-motivated.

Racism is alive and well in the U.S. - and not just from individual terrorists like the Charleston shooter, we all know President John F. Kennedy, his brother Bobby and Martin Luther King were murdered for their belief in Civil Rights, yet today young white teenage males are 21 times less likely to be killed by police than their black counterparts. Black families are twice as likely to be denied a mortgage. Job seekers with "white" names are 50% more likely to be called back than those with "black" names and the list goes on.

But the U.S. is not alone in denying Civil Rights, we all know that if you live in certain addresses in towns or cities here in Ireland you are unlikely to be called for an interview and on religious discrimination, we see it all over the world from beheadings, floggings and jail time for belief in Christianity in the middle east to attacks on our Christian Emblems here in Ireland. Why not live and let live? There is surely room in our country and the world for people of different faiths and for non-believers. Now RTE's Head of Broadcast Compliance has written to Atheist Ireland in response to its complaints about the Angelus saying they "have given careful consideration to your argument about the term "Angelus" and will take further soundings to determine whether that title remains the best one for today's Ireland."

A number of religious faiths outside Catholicism, including the Church of Ireland and the Presbyterian Church in Ireland, have called for the continuation of the broadcast of the Angelus and together with Catholics this is surely a majority of the people in Ireland.

If the sound of the bell on the national airwaves upsets non-Christians so much - why can't THEY just switch it off?

ANSWER TO LAST WEEKS RIDDLE

What 5-letter word becomes shorter when you add two letters to it? Short!

THIS WEEKS QUOTE

Everyone has something they can do. Whatever means you have to make the world a better place, you need to do it. Even if we won't see the fruits of this in our lifetime, start now.

- Daniel Goleman -

ON THIS DATE – JULY 17TH

1695 - Establishment of the Bank of Scotland under an Act of the Scottish Parliament, The Three Estates.

1790 - The world's first sewing machine was patented by a London furniture maker called Thomas Saint.

1858 - *Salvaging of the Lutine bell. The bell was subsequently hung in Lloyd's of London*.

1897 - The first ship arrived in Seattle carrying gold from the Yukon

1917 - George V announced that the British royal family's name would be changed from Saxe-Coburg-Gotha to Windsor.

1945 - Shannon Airport and customs free zone opened

1955 - Arco, Idaho became the first US city lit by nuclear power

1959 - Tibet abolished serfdom

1968 - Beatle's animated film "Yellow Submarine" premiered in London

2000 - Guinness announced plans to lay off as many as 200 workers as part of a major cost-cutting strategy

*Lutine was a frigate which served in both the French Navy and the Royal Navy. She was launched by the French in 1779. The ship passed to British control in 1793 and was taken into service as HMS Lutine. She sank among the West Frisian Islands during a storm in 1799, whilst carrying a large shipment of gold. Shifting sandbanks disrupted salvage attempts, and the majority of the cargo has never been recovered.

The ship's bell (engraved "ST. JEAN - 1779") was recovered on 17 July 1858. The bell was found entangled in the chains originally running from the ship's wheel to the rudder, and was originally left in this state before being separated and re-hung from the rostrum of the Underwriting Room at Lloyd's. It weighs 48 kilograms (106 lb) and is 46 centimetres (18 in) in diameter. It remains a mystery why the name on the bell does not correspond with that of the ship. The bell was traditionally struck when news of an overdue ship arrived - once for the loss of a ship (i.e. bad news), and twice for her return (i.e. good news). The bell was sounded to ensure that all brokers and underwriters were made aware of the news simultaneously. The bell has developed a crack and the traditional practice of ringing news has ended: the last time it was rung to tell of a lost ship was in 1979 and the last time it was rung to herald the return of an overdue ship was in 1989.

RIDDLE FOR THIS WEEK

If you were running a race and you passed the person in 2nd place, what place would you be

in now? Answer next week.

TONGUE TWISTER

Tie twine to three tree twigs.

FIFA'S GENDER PAY DISCRIMINATION

The U.S. Women's soccer team made history after winning the World Cup for the third time. Their prize? \$2 million.

Not bad until you learn that the U.S. Men's team earned \$8 million--for losing in the first round. Why? Because according to FIFA's leadership, equal pay for women is "nonsense." The women's final match, watched by millions of fans, was one for the record books: The U.S. scored four goals in the first 16 minutes, winning the game - and the cup -with the most goals of any final in Women's World Cup History. Yet FIFA officials continue to mock female players' demands for fair pay and other discriminatory treatment. Last year, FIFA's secretary general said that "we are still another 23 World Cups before potentially women should receive the same amount as men." That's 92 more years of pay discrimination.

THE 'GODFATHER' OF BMX BIKE RACING HAS DIED

Scot Breithaupt helped transform BMX bike racing from a backyard game into a world-class international sport, winning several international competitions. After Scot retired from competing, he founded SE Racing, which created several novel bike frame designs. Mr. Breithaupt also started LM Productions, and produced racing and extreme-sport shows for networks like ESPN and Fox.

He was also one of the first racers in what was then called motocross in the 1970s, and took the sport from an unknown game to international success.

Craig Barrette, spokesman for USA BMX said "Scot was one of the key figures in making the industry become what it is today. He was involved in every aspect."

The Sports Hall of Fame released a statement saying - "As one of the sport's first track operators and founder of SE Bikes — and so many other contributions to the sport of BMX, this is a huge loss... He was a founding track operator, a star racer since he was a teenager in Long Beach, a creator of a major bicycling company and major promoter."

A shrine to Scot Breithaupt stands in the sport's Hall of Fame, and his loss is felt throughout the industry.

MY SYMPATHY IS WITH THE BULLS

If you want to do a bull run properly, you need the most ferocious bulls you can find. In Pamplona, they're found at the Jandilla ranch in rural western Spain. Clearly, the six picked to dash through the city's picturesque streets this year were perfect — they gored 3 people

in only two minutes in one day.

The two Americans and one Briton are fine, despite being stabbed with a horn.

The Americans are reportedly 38 and 27, one was hurt in the armpit, the other in the back. The Briton is a the 30-year-old.

Three more Americans were bruised and battered and seven more slightly injured during the run, which covers an 850-meter stretch for a terrifying couple minutes, while daredevils in red scarves sprint like mad through Pamplona's narrow streets.

The race starts at a holding pen and ends at the bull ring, where the animals are killed in bullfights by pro matadors. The Pamplona festivities are part of the nine-day San Fermin festival, but runs like this one are common all across Spain.

Injuries are a common feature of the Spanish bull run and since 1924, 15 people have been gored to death at such events.

10 REASONS HAVING A DOG IS GOOD FOR YOUR HEALTH

Having a dog in your life gives people indisputable joy. And while it's commonly known that dogs make people happier, new research shows that dog owners are also healthier. A recent study found that dog owners around the age of 79 boasted much healthier bodies than their non-canine-keeping peers, with body statistics equivalent to those a decade younger.

1. They make you move.
2. They get you into an active routine.
3. Their dawdling keeps your heart rate up.
4. They encourage you to spend time outdoors.
5. They encourage you to socialise.
6. They make you have fun.
7. They make you laugh.
8. They keep you company.
9. They make fantastic workout companions.
10. They depend on you for their health.

Your dog will trust you to provide him or her with a healthy diet, exercise and regular visits to the vet. When you are aware of their health and think about lifestyle choices for your much-loved dog, you will be encouraged to take care of your own so you can be there for them.

FINALLY THIS WEEK

A man and a woman were asleep like two innocent babies.


Suddenly, at 3 o'clock in the morning, a loud noise came from outside.

The woman, bewildered, jumped up from the bed and yelled at the man "That must be my husband!"

So the man jumped out of the bed; scared and naked jumped out the window. He smashed himself on the ground, ran through a thorn bush and to his car as fast as he could go.

A few minutes later he returned and went up to the bedroom and screamed at the woman, "I AM your husband!"

The woman yelled back, "Yeah, then why were you running?"



A WORD OF VICTORY

Welcome back dear reader when Jesus was on the earth moving amongst the people, preaching, teaching, healing the multitudes and casting out devils these were all signs pointing to who He was – that He was the promised Messiah. This should not have been strange to the people of that time because in the houses of worship these truths were being taught regularly. Yet when it happened the religious leaders did not connect what they were teaching about the coming Messiah, to the man known as Jesus the carpenter's son. They ignored the signs that were given by God to confirm who Jesus was, and ignored God's Word that all people should call on Him for salvation. Jesus warned the city of Capernaum that had the miracles that were done there been done in Sodom, the people of Sodom would have repented and been saved from the doom they experienced. Similarly in Ireland an outpouring of the Holy Spirit occurred through the Charismatic and Full Gospel ministries in the 1980's and countless miracles took place, yet today there is very little evidence of repentance in this land. It's back to the same 'ole same 'ole. People don't even seem to remember the wonderful miracles the Holy Spirit poured out. God's Holy Spirit is calling to the people of this country to repent of their sins and to come to Jesus for salvation so that they may be spared and saved from the terrible fate that awaits those who do not repent. Friend, true Christianity is not religion - it's a way of life (James 1:22-27). Jesus is our role model. He wants us to allow Him to be our friend - to honour Him, to take His Word the Scriptures as the set instruction for our way of living. It's not difficult. Be encouraged and call on Jesus now!

If you have a query on Scripture or any prayer need prayer 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 VIRGIN MARY

NEVER KNOWN TO FAIL

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

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 publications of prayer.

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. **EC**

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Amen.
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PRAYER TO ST. MARTIN DE PORRES

Most humble Saint Martin whose burning charity embraces all, but especially those who are sick, afflicted or in need, we turn to you for help in our present difficulties and we implore you to obtain for us from God health of soul and body, and in particular the favour we now ask...
May we, by imitating your charity and humility, find quiet and contentment all our days, and cheerful submission to God's holy will in all the trials and difficulties of life.
Amen.

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. **EC**

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Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY



In Loving Memory of

MARIE SHEEHAN

Main Street, Killarney
who passed away on
the 17th July 2014

On this first anniversary of Marie's death, her brother Michael, her nephew and nieces (son and daughters of Marie's sister Noreen Downey -RIP) would like express their sincere thanks and gratitude to all those who supported us in our sad loss. Thank you to everyone who came to the funeral home, attended the Funeral Mass, and who came to the burial. Thank you also for the Mass Cards, Sympathy Cards and Flowers. A special thanks to neighbours and friends who helped us so much. There are too many dear friends and family, whose kindness touched us, to name them all, so we sincerely hope that you will accept this as a measure of our heartfelt gratitude. Thank you to the Cathedral, priests and the wonderful choir, for their support and to O'Sheas Undertakers for their professionalism and kindness. To Marie's dear friend, Angela Healy O'Brien, thank you for everything. To Liam Sheahan and his staff at the pharmacy, thank you for your care and friendship. To all of you who supported us, we are so very grateful.



2ND ANNIVERSARY

In Loving Memory of



CIAN O'DONOGHUE

Born into eternal life on 19th of July 2013

Deep are the memories
Precious they stay
No passing of time
Can take them away
They bring a smile
Sometimes a tear
But always a wish
That you were still here.

Sadly missed and lovingly
remembered by your Auntie
Siobhan, Uncle in Law Jerry,
Cousin's Cassandra and Ellen and
Grand Uncle Jerry.

*A silent thought, a quiet prayer
For a special person in God's care.*

2ND ANNIVERSARY

In Loving Memory of



CIAN O'DONOGHUE

Nephew, Cousin
19th July 2013

You are just a step ahead of us
A place we all will be
And here we'll laugh and joke
again
Just like it used to be.

*Always in our thoughts and
forever in our hearts*

Auntie Karen and Family.



NOTICE

AGLISH GRAVEYARD MASS

The annual mass will
be celebrated in Aglish
Graveyard on Tuesday next
July 21st at 8pm.

THANKSGIVING ST. JUDE

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

NOVENA TO ST. CLARE

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

Publish on the 9th day.

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

Publication must be promised.

E.D.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

x

PRAYER TO ST. ANTHONY

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

THE MIRACLE PRAYER

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

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