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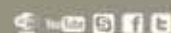
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TRANSFORMERS AGE OF EXTINCTION (12A) 170m 7 Days 2:10 5:10 8:10	MRS BROWN'S BOYS D' MOVIE (15A) 105m 7 Days 6:20 9:00 Late Show Fri 11:30	2D HOW TO TRAIN YOUR DRAGON 2 (6G) 775m 7 Days 4:25 Sat/Sun 12:05	
3D HOW TO TRAIN YOUR DRAGON 2 (6G) 115m 7 Days 2:10 6:20	MALEFICENT (PG) 105m 7 Days 2:15	TAMMY (15A) 105m 7 Days 9:00 Late Show Fri 11:30	

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MALFICENT (PG) 105m	12:15

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DYLAN CROWLEY UNDER 11 INVITATIONAL TOURNAMENT

DYLAN'S PASSION FOR FOOTBALL LIVES ON

The family of the late Dylan Crowley have come together to organise an Under 11 Invitational Football tournament in his memory.

The Dylan Crowley Tournament is taking place in Gneeveguilla GAA grounds on the 19th July, to mark and celebrate Dylan's 11th birthday, first anniversary and his passion for football. The Crowley family have invited ten teams to take part in the tournament in honour of Dylan. The teams participating were very close to Dylan as they were his friends and also the teams he played against regularly. Dylan was a huge fan of football and enjoyed each occasion he put on his Gneeveguilla jersey. The format of the tournament is that the teams are divided into 2 sections. After a round robin series the top two teams in each section play off in two finals both starting at 3.30pm.

FIELD 1 – GROUP A



THE CROWLEY FAMILY WHO ARE ORGANISING A TOURNAMENT IN DYLAN'S MEMORY, L-R BRYAN, EMER, EILEEN & CHRISTY CROWLEY BACK L-R SEAN O'SULLIVAN, SEAN O'KEEFFE, MARY DONNELLY, STEPHEN O'SULLIVAN AND WILLIE RAHILLY.

10.00am Knocknagree V Furies
10.30am Dromtariffe V Cordal
11.00am Knocknagree V Currow
11.30am Furies V Dromtariffe
12.00pm Cordal V Currow
12.30pm Knocknagree V Dromtariffe
1.00pm Furies V Cordal
1.30pm Currow V Dromtariffe
2.00pm Knocknagree V Cordal
2.30pm Furies V Currow

FIELD 2 – GROUP B

10.00am Gneeveguilla V Scartaglen

10.30am Glenflesk V Kilcummin
11.00am Gneeveguilla V Rathmore
11.30am Scartaglen V Glenflesk
12.00pm Kilcummin V Rathmore
12.30pm Gneeveguilla V Glenflesk
1.00pm Scartaglen V Kilcummin
1.30pm Rathmore V Glenflesk
2.00pm Gneeveguilla V Kilcummin
2.30pm Scartaglen V Rathmore
Field 1 3.30pm Division 1 Final
Field 2 3.30pm Division 2 Final

LOCALS FEATURE ON LOCAL TV

Local groups and societies in Kerry now have a golden opportunity to publicise their events on television to a national and global Sky TV audience. Kerry County Matters is a half-hour weekly TV programme broadcast every Wednesday at 7.30pm on Ireland's first international channel Irish TV. The producers are looking for Kerry people with a story to tell for the show which can be seen across Ireland, the UK, and Europe on Sky Channel 191, Freesat 400, Eircom's eVision, free-to-air boxes and online at Irishtv.ie and in the United States on the PBS network. "People and communities are at the heart of Irish TV," said Kerry County Matters Producer David Pembroke.

"We tell the stories that people love to know, about their communities, their local characters and their local events." A world record setting Welly Walk by Glenflesk GAA featured in this Kerry County Matters (Sky Channel 191) with 2,000 people joining country singer Nathan Carter in the record breaking attempt.

The programme, which is repeated on Friday at 1.30pm, also features Kerry County Fair and the Kerry Rose of Tralee selection night hosted by Daihe O'Se. The delights of the Dingle marine festival, Feal Na Mara, and a new business that allows food producers rent out kitchens by the hour Kitchen Incubators Kerry, will be televised on next week's Kerry County Matters (July 23). "Bringing local news to a global audience is Irish TV's motto and we are asking the people and organisations in Kerry who make things

happen to contact us and tell us their story," said David. "Our presenters Brian Hurley and John McCarthy travel the county covering events and reporting on the essence of life in Kerry. If people have an event they would like to see featured to a substantial audience on Sky and other platforms we will be delighted to hear from them at kerry@irishtv.ie."

Irish TV began broadcasting in May and is introducing more original programming every week. Each of the 32 counties has their own half-hour County Matters show once a week, produced by Irish TV's own nationwide production network. "Our upcoming schedule includes original programmes such as Cooking with Treyvaud with Killarney chef and YouTube sensation Paul Treyvaud who is set to become a huge hit with his unconventional approach," said Head of Broadcast Malachi Cush. "Take Note is Ireland's first classical music programme, presented by popular soprano Helen Hutchinson and it airs on Sunday nights. "Grass Roots is the first 32-county agriculture programme and will be hugely based around the small family farm. "The Golf Show travels Ireland featuring a different golf club every week, while Storytime is a simple, engaging and educational daily production aimed at 6-10 year olds. "We will also have fashion, a comedy drama, and a search for a new traditional music star among others – not forgetting our hugely popular County Matters series."

A TRIP TO KENNEDY'S FARM IS A MUST THIS SUMMER

Awarded Number One in the Top 5 Open Farms by www.4kids.ie in 2010, Kennedy's Pet Farm is an all-weather farm and playground which is perfect for a family day out. Located just five miles from Killarney on the Cork Road, it is a haven for energetic kids and a chance for parents to relax and unwind. The pet farm has proved to be a great attraction for both young and old. A great advantage is the all weather facilities, indoor playgrounds & indoor little stars playcentre, so come rain or shine the Kennedy family can offer you an exciting day out. New arrivals on the farm is a regular occurrence and there's always a happy mother waiting to show off her new babies! So if you fancy cuddling, feeding or just admiring the large varieties of animals -deer, pigs, piglets, horses, calves, sheep, lambs, goats, kids, donkeys, pot bellied pigs, rabbits, duck and ducklings, geese and goslings and "Prince" the peacock - then Kennedy's Pet Farm is a must.



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The main image shows the storefront of 'The Workshop Clothing Co.' with a green facade and gold lettering. A sign above the entrance reads 'Pat Quill' and 'The Workshop Clothing Co. Casual & Workwear'. A man in a blue and black argyle sweater stands in the doorway. A green sign in the window lists 'SUPPLIERS OF UNIFORMS FOR:' followed by a list of schools. A wooden A-frame sign on the sidewalk reads 'Pat Quill THE WORKSHOP 3/4 New Market Lane Killarney Supplier of School Uniforms for Killarney Community College'.

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- St. Brendan's
- Fossa National School
- Lissivigeen National School
- Faha National School
- Kilcummin National School
- Ana Blátha National School



SUPPLIERS OF UNIFORMS FOR:

- St. Brendan's College
- Community College
- Lissivigeen N.S.
- Fossa N.S.
- Faha N.S.
- Kilcummin N.S.
- Ath na mBláth N.S.

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

BREHON TO BALI

WIN A TRIP FOR TWO TO
BALI WORTH €10,000
#BREHONTOBALI

Ever dreamed of escaping to an exotic island for the holiday of a lifetime? Well The Angsana Spa at The Brehon, Killarney is giving you the chance to make this dream a reality. Over the next six months, every customer that avails of a treatment in the award-winning spa will be entered into a competition to win a trip for two to the island of Bali in Indonesia. The competition is part of a series of celebrations being run by The Brehon to celebrate the hotel's tenth year in business. The prize includes return flights to Bali and a five night stay for two people in the celebrity haunt – The Banyan Tree Ungasan worth a whopping €10,000. Perched 70 meters above sea level on the cliffs of Bali's southernmost peninsula, The Banyan Tree Ungasan presents the ultimate in exotic luxury. With unrivalled panoramic views of the Indian Ocean, pure white beaches, perfect blue waters and golden sunshine, it's easy to see why this Banyan Tree resort is frequented by the rich and famous. By availing of a treatment in The Angsana Spa between July 1st and December 31st you will be automatically entered into the draw with the winning entry being selected on



BREHON TO BALI... KERRY LADIES FOOTBALL CHAMPION BERNIE BREEN, WITH ANGSA SPA THERAPISTS, LAUNCHING THE BREHON TO BALI, DREAM HOLIDAY WORTH €10,000 TO CELEBRATE THE 10TH ANNIVERSARY OF THE BREHON HOTEL, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

January 1st 2015. And the good news is there is no limit on your number of entries. Every time you have a treatment in The Angsana Spa between the selected dates you will be entered into the competition. As an extra bonus one

lucky winner will be drawn every month between July and December, the prize being an overnight stay at The Brehon, their name will then be re-entered into the overall draw for the trip to Bali.



CHERNOBYL CHILDREN PICTURED AS THEY HEAD OFF, COURTESY OF KILLARNEY JARVEYS AND MUCKROSS HOUSE, ON A VISIT TO MUCKROSS HOUSE AND TRADITIONAL FARMS FOLLOWED BY LUNCH IN THE GARDEN RESTAURANT. THE CHILDREN ARE ENJOYING A MONTH LONG BREAK IN KILLARNEY LIVING WITH FAMILIES IN THE AREA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

ROAD WORKS WELCOMED


Clr. John Sheahan has welcomed the announcement that the long awaited resurfacing works are to commence at Bealnadeega, Rathmore in the coming weeks.

Clr. John Sheahan is delighted with this news. A lot of work has gone into this issue, continuously highlighting of issue to the officials and also with the NRA so that Bealnadeega remained a priority.

Clr. Sheahan looks forward to seeing this work commencing in the coming weeks.

AGLISH CEMETERY MASS

The annual Aglish Cemetery Mass will be held next Tuesday July 22nd at 8p.m.



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18.07.14 Outlook 7

PEDAL POWER FOR ST. KIERANS GAA CLUB

St. Kieran's GAA Club have announced details of one of its main fundraisers for 2014, the inaugural 'Saint Kieran's Cycle Tour'. The event on Sunday July 20th will pass through all the parishes that form the St. Kieran's Club including Castleisland, Ballymacelligott, Currow, Scartaglin, Cordal, Brosna and Knocknagoshel. "There will be a Short Route over 45kms for leisure/novice cyclists and a more challenging long route over 80kms for experienced cyclists. The event will start at 10.00am sharp from Castleisland Desmonds GAA Grounds on Sunday next. Registration will begin at 8.00am. Cyclists can also sign up on Saturday evening at Castleisland Desmonds GAA Club from 7pm-9pm. Refreshments will be available at the start and finish of the event in Desmond's GAA grounds along with a food/drink stop at Currow Church en-route," said Colm Kirwan, one of the organisers. The event will be stewarded by club members and the



TOP TEAM: PREPARING FOR THE ST. KIERANS GAA CLUB CYCLE TOUR ARE JACKIE BROSAN (CORDAL), TIM DINEEN (SCARTAGLIN), FORMER MUNSTER AND IRISH RUGBY STAR MIKE GALWEY (CURROW), GARDA RONAN COLEMAN, GARDA LOUISE REA, FORMER KERRY GAA CAPTAIN SEAMUS MOYNIHAN (GLENFLESK), DAN NELLIGAN (KNOCKNAGOSH) AND MOSSIE DORE (CORDAL).

Abbeyfeale Search and Rescue Group (ASR). The event will have Garda backup at key locations. Register Online for the event at www.saintkieransgaa.ie.

ROUTE DETAILS

Short Route: Castleisland, Ballycarthy Cross, Farranfore, Currow, Dromulton Cross, Davy Roche's Cross, Breahig, Castleisland and finish at Desmond's Pitch.

The Long Route: Castleisland, Ballycarthy Cross, Farranfore, Currow, Dromulton Cross, Breahig Cross, Hickey's Grotto, Kearney's Cross, Brosna Road, Brosna Village, Feale's Bridge, Kilconlea Cross, Dooneen roundabout and finish at Desmond's pitch. To view both Route Maps and register for the event please visit www.saintkieransgaa.ie

KILLARNEY'S TOURIST ROAD TRAIN HAS ARRIVED AND IS ROLLING

Killarney's newest tourist offering, a Road Train has arrived in Killarney and has been rolling out its daily tours since last weekend.

In what is seen as a most welcome attraction for visitors and locals alike, the two carriage, forty-seater road train will operate nine tours on two routes, seven days a week until mid September. The all weather carriages is baby buggy friendly with an on-board narration.

The first tour brings passengers around Killarney Town and Ross Castle, six times a day, with a second tour to Muckross House, Gardens & Traditional Farms, three times a day.

Tours, each lasting an hour and 15 minutes, begin outside the Malton Hotel, adjacent to the Killarney train station; the first at 9.30am each morning and the last departing at 7.30pm.

According to owners, local Killarney men Barth Warren and Kieran Coffey, 'this is going to be a hands-on owner operated service, which we believe provides a unique, family friendly way of experiencing all that Killarney has to offer'.

Mr Warren added that he hoped "the road train tours will further compliment and link into existing services already on offer in Killarney".

All tickets allow passengers to Hop-on/Hop-off throughout the day. Bookings can be made on-line at www.killarneytouristtrain.com or tickets purchased from the driver when boarding.



ALL ABOARD... PICTURED WITH THE KILLARNEY TOURIST ROAD TRAIN ARE OWNER OPERATORS KIERAN COFFEY (LEFT) AND BARTH WARREN.

Tickets are priced at €8.00 for adults, €7.00 for seniors and students, €5.00 for children, while a family of two adults and two children is €20.00 or with four children is €25.00. Groups of all sizes are also welcome.

For further information about the Killarney Tourist Road Train, visit their website at www.killarneytouristtrain.com, or on facebook or telephone 087-9979399.

FUN IN THE SUN

Irish Cancer Society teams up with Kellogg's GAA Cúl Camps to deliver SunSmart message to children in Kerry. The Society have introduced coaches to their new Fun in the Sun programme. This programme provides coaches with information and fun activities they can use to encourage children to take care of their skin by following the SunSmart code, when attending outdoor camps across the county in July and August. During the month of June, Irish Cancer Society Health Promotion Officers trained a selection of Cúl Camps coaches in Kerry and other counties across the country on how to protect skin from the sun by following the four steps of the SunSmart code. During the course of the camps, coaches will, where possible do activities with children to encourage them to follow the four steps of the code:

- **COVER UP:** by wearing a shirt with a collar and long shorts. Also wear a hat that gives shade to your face, neck and ears.

- **SEEK SHADE** from the sun when UV rays are at their strongest – generally between 11am and 3pm.

- **WEAR WRAPAROUND SUNGLASSES THAN GIVE UV PROTECTION:** but not when playing the game

- **SLAP ON SUNSCREEN:** Use sunscreen with SPF 30 or higher and UVA protection. Apply it 20 minutes before going outside and re-apply every 2 hours – more often if swimming or perspiring.

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FR. LIAM HEADS FOR ROME

The parish of Sneem has said an emotional goodbye to Fr. Liam Lovell who has gone on sabbatical to Rome.

Fr. Liam was appointed to the parish in 2013 and within a few weeks it became very obvious that not only was Fr. Liam young and enthusiastic but that he was also very sincere, devout, humble and scholarly. He paid great attention to details. His sermons on Sundays bore testimony to all of these qualities that he possessed. It was obvious that he researched and prepared them very carefully, had them written out and as a result they were always most interesting and sometimes challenging. His lovely homily at our Mass in the cemetery about a year ago was another example of his empathy with the people of the area. Fr. Liam likewise went to great trouble each week paraphrasing the Mass readings.

Apart from members of the choir, Sneem parish church-goers have never been renowned for their singing prowess. Fr. Liam



FR LIAM LOVELL PICTURED CUTTING THE CAKE AT HIS FAREWELL PARTY IN THE SNEEM HOUSE FOLLOWING THE CELEBRATION OF HIS LAST MASS IN THE SNEEM PARISH BEFORE THE PARTY. PICTURE WITH FR LIAM ARE MEMBERS OF THE PARISH COUNCIL. L:R: NOELIE O'SULLIVAN, JOE MURPHY, MICHEAL O'SULLIVAN, EILEEN BURNS, MAIDIE O'LEARY, FR LIAM LOVELL, TIM O'SULLIVAN, MARY O'REGAN, JOHN YVES LETANNEUR, EUGENE MCGUINNESS AND CHARLIE MCCARTHY. PHOTO: LISA O'SHEA.

however who possesses a great voice himself, slowly but surely cajoled many members of the congregation into having a go at the hymns and his efforts bore fruit a plenty on the night of the rededication ceremony when the whole congregation were in great voice.

Fr. Liam proved to be very popular amongst young and old alike. The school children always enjoyed his visits and likewise his house calls and communion calls to the older members of the parish and those confined to their homes were eagerly awaited.



FR LIAM LOVELL (CENTRE BACK) AT HIS FAREWELL PARTY IN THE SNEEM HOUSE. PICTURED WITH FR LIAM ARE PEOPLE FROM THE PARISH OF TAHILLA. FRONT L:R MARY SUGRUE, TERESA GIBBONS, EVA LETANNEUR. BACK L:R KATHLEEN O'SULLIVAN, JOHN YVES LETANNEUR, DYLAN SUGRUE, NOREEN O'SHEA, MARY MCCARTHY, FR LIAM LOVELL, TOMMY GIBBONS, CHARLIE MCCARTHY, EUGENE MCGUINNESS AND GERALDINE MCCARTHY. PHOTO: LISA O'SHEA.



FR LIAM LOVELL PICTURED WITH L:R: DYLAN SUGRUE, MARY O'REGAN AND BRIDIE MANGAN AT HIS FAREWELL PARTY IN THE SNEEM HOUSE. FR LOVELL CELEBRATED HIS LAST MASS IN THE SNEEM PARISH BEFORE THE PARTY. PHOTO: LISA O'SHEA.



FR LIAM LOVELL CENTRE AT HIS FAREWELL PARTY IN THE SNEEM HOUSE. FR LOVELL IS PICTURED WITH PEOPLE FROM THE GLENLOUGH PARISH. FRONT ROW L:R: BETTY BREEN, CATHERINE O'LEARY, FR LIAM LOVELL, MARY CASEY, MARY DENNEHY, EVELYN BREEN. BACK ROW L:R: DANNY BREEN, MARGARET CHRISTIAN, VINNIE O'LEARY, MAIDIE O'LEARY, JACK BREEN AND JIMMY CASEY. PHOTO: LISA O'SHEA.



FR LIAM LOVELL PICTURED WITH CAIT O'SULLIVAN AT HIS FAREWELL PARTY IN THE SNEEM HOUSE. FR LOVELL CELEBRATED HIS LAST MASS IN THE SNEEM PARISH BEFORE THE PARTY. PHOTO: LISA O'SHEA.

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10 GREAT COURSES IN NLN KERRY YOU NEED TO HEAR ABOUT!

If you are unemployed, have been out of education for a while, have a disability or are experiencing mental ill health, then calling into the Open Day being held by National Learning Network in Killarney Library should be your first port of call. At the Open Day on Thursday 24th July instructors will be on hand with information on all the courses that NLN provide in Kerry, as well as the courses offered through employer's work placements and blending learning programme option's available.

Courses include: Business Administration, Catering/Tourism Customer Care, Retail Sales, Woodwork, Sporting Chance, Employability Skills/Personal & Social Employment Skills, Information/ Office Administration via Blended Learning, Employer Based Training/ Host Company Training, Focus and Directions Foundation Training. All programmes carry

National and Internationally recognised FETAC, City & Guilds etc. accreditation are open to people aged 18-65. No course fees apply and each participant will receive a training allowance equivalent to their welfare payment. These courses are on a continuous intake basis with the option to sample programmes of interest.

National Learning Network has a very high student success rate, with 90% of people who complete courses going onto further education, training or directly into employment. The one-to-one supported training approach is a vital element for the success of learners, this allows everyone to work in a way that best meet their needs. Why not drop into Killarney Library between 11am-1pm on Thursday 24th July to meet some students who can tell you firsthand how studying with National Learning Network



FIONA KEOGH & MICHELLE MORAN GETTING READY FOR THE NATIONAL LEARNING NETWORK OPEN DAY WHICH IS DUE TO TAKE PLACE AT KILLARNEY LIBRARY ON THURSDAY 24TH JULY BETWEEN 11AM-1PM.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

has helped them! For further details please contact us on 0667122533. For information on courses go to www.nln.ie and search for Tralee.

SPRAOI CHIARRAI IS BACK FOR SUMMER

Summer is finally here and Spraoi Chiarrai are back. This Killarney based Irish Traditional Music, Song & Dance performance collective is proudly presenting the finest young local performers. They had great success over the last nine summers. They are very happy to report all sponsors are again onboard this year making this 10th year Anniversary series of Free concerts possible.

Open to all, this family entertainment is sponsored this year by Killarney Arts (Town Council) Main Sponsor, Kerry County Arts Office and Killarney Chamber of Commerce (print sponsor). These FREE Concerts will take place in two venues in the town. There are 5 evenings ("In Concert"), at St. Mary's Church of Ireland opposite the (Town Hall), 2 Open Air concerts ("Trip to the Cottage") at Deenagh Lodge (opposite Killarney Cathedral), in the National Park. The concerts feature Fiddle, Irish Harp, Accordion, Flute & Whistle, Irish Uilleann Pipes, Guitar, Harmonica, Bodhrán and Vocals as well as (Irish Dancing and Irish Storytelling outdoor only). All indoor concerts are at 8pm and outdoor performances are at 2pm. This year group have also been asked to perform again for the three days of Puck Fair in August. The shows are FREE so come along, families welcome. Bí gí linn.

THE AIMS OF SPRAOI CHIARRAÍ ARE:

- To showcase our local young Irish Traditional talent.
- To mentor & provide a platform for young performers to experience a real concert high profile setting.
- To hone their performance skills & work in a team with a sense of ownership of the concert.
- To celebrate local traditional performance culture of the South West of Ireland.
- To offer a free, quality, family, cultural experience for locals & visitors to Killarney over



TIM O'SHEA

the summer months.

- To open new quality venues in Kerry for Irish Traditional Performance.

Our "In Concert" programme features solo or duet of 20mins of Harp or Uilleann pipes or song and then a 3 piece traditional band.

Our "Trip To The Cottage" programme is usually outdoor and features a 3 piece band 8 young set dancers and a Live Storyteller (Seanchai). Be sure to catch our finest traditional performers for free.

The next concert will take place tomorrow night, July 19 at 8pm in St. Mary's Church of Ireland.

SEARCH IS ON FOR KERRY'S HEROES

Kerry entries are being sought for the 'Hidden Hearing Heroes Awards 2014', which honour those who make a significant, and often unheralded, contribution to society.

Now in the fourth year, the Awards have expanded to feature categories specifically for the Deaf and hard of hearing, as well as categories which are open to all. Members of the Kerry public can nominate their 'hero' who they feel deserves to be recognised for an Award across categories such as 'Age Is No Barrier', 'Triumph Over Adversity' and 'Unsung Hero'. Submissions can be made online at www.hiddenhearing.ie, by email to awards@hiddenhearing.ie, by filling out an entry form in Hidden Hearing's 65 branches and clinics around the county or calling Freephone 1800 932 046.

There are seven categories, with one Award recipient for each category:

- Age Is No Barrier Award – celebrating the achievements and accomplishments of those who are over 65.
- Triumph Over Adversity – for inspirational people of all ages who have overcome adversity in their lives.
- Unsung Hero – for an unsung hero who has enhanced the wellbeing of others.
- Youth Award - for those under the age of 16 who have achieved much in their young lives.
- Deaf / Hard of Hearing Award – recognises someone who has overcome the challenges of being Deaf / hard of hearing and excelled.
- Family Award – nomination for a family member who has been a great support to a Deaf or hard of hearing person.
- Medical hero – recognises a medical professional for their commitment to their patients and going beyond the call of duty.

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JOHN EGAN TOURNAMENT A RESOUNDING SUCCESS

Teams from far and near descended on Killarney last week for the John Egan tournament.

Following a parade through the streets on Friday night, the teams played games in various venues around the county including John Mitchels, Fossa, Desmonds and Caherslee.

24 teams took part with the eventual winners of division one being the Dulwich Harps who are London based.

Laune Rangers were the winners of Division two while Fossa won both Division three and



SHONA O BRIEN, FOSSA CAPTAIN RECEIVING JOHN EGAN TOURNAMENT PLAQUE FROM MAUREEN EGAN, DAUGHTER OF JOHN EGAN. ALSO INCLUDED IS MARY JO CURRAN (RIGHT) AND MARY EGAN (LEFT).

the ladies title.

Plans are already in place for next year's tournament following the brilliant success of this years and organisers were delighted to

welcome old and young stars of the game in Kerry including Pat Spillane, John Evans, Killian Young, Barry John Keane, Johnny Buckley, Brian Kelly and Fionn Fitzgerald.



THE FOSSA GIRLS WHO WON THE U14 LADIES TITLE.



PICTURED AT FITZGERALD STADIUM JUST BEFORE THE JOHN EGAN TOURNAMENT PARADE WERE FOSSA GAA U14 TEAMS WITH THEIR COACHES & LEADERS BACK ROW L-R KAREN MCGLYNN, ADRIAN SHEEHAN, MIKE MOYNIHAN, BATT MCGLYNN, DERMOT CLIFFORD AND IN FRONT MERRY TALBOT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT FITZGERALD STADIUM JUST BEFORE THE JOHN EGAN TOURNAMENT PARADE WERE THE CASTLEISLAND DESMONDS WITH THEIR LEADERS & COACHES L-R ANGELA RING, MARY BROWNE & JAMES LYONS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT FITZGERALD STADIUM JUST BEFORE THE JOHN EGAN TOURNAMENT PARADE WERE LEGION GAA U14 TEAM WITH THEIR COACH JOHN CULLOTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

INVESTMENTS

Interest rates for deposits in banks and building societies are very low at the moment and have not been this low in a long time. Another problem for people looking for good interest rates is that as well as interest rates being low is that DIRT tax is 41% and since the 1st January this year a PRSI levy of 4% can also be applied. The effective tax rate on interest earned on savings can be as high as 45% as both the new higher rate of Deposit Interest Retention Tax (DIRT) tax and the PRSI levy on unearned income have both come into force since Jan 1. If you invested €20000 over 12 months at 2.50%, taking into account DIRT tax and the levy you may only get €275 after DIRT tax and the PRSI levy. Because these returns are so poor people are looking for alternative investments. Thankfully there are other investment options available to you. Investment providers have introduced many different types of products because of the very low returns on deposit type accounts and it is very important that people know about all these products before deciding on what products suit them best. A mixture of different type of investments may be the best way to spread your investments rather than having all your eggs in one basket.

For more information or to make an appointment to discuss the above contact Dermot Cronin APA, at **064 6622775** or **087 2893649**.



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The Talbot Hotel Group which was established



RDS HORSESHOW - BLOSSOM HILL LADIES DAY, AUGUST 2013. PICTURED ARE REPRESENTATIVES OF THE TALBOT HOTEL GROUP WHO SPONSOR THE SPEED DERBY AT THE DUBLIN HORSE SHOW. INCLUDED ARE PHILIP GAVIN & DARAGH O'NEILL & FONSIE MEALY WITH CASTLE FORBES VIVALDO VAN HET & ROGER YVES BOST.

in 1905, consists of the Oriel House Hotel, Cork, Talbot Hotel Wexford, Stillorgan Park Hotel,

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HAVE A GO... FREE GOLF NIGHT FOR LADIES

From the outside golf may seem really complicated – so many rules and so many types of clubs not to mention the lingo... birdies, bogeys, eagles.

Well worry no more as P.G.A. Professional & Kerry County Golf Coach, Kieran Crehan is starting an 8 week "Introduction to Golf" for Ladies.

The free introductory golf evening will be held on Monday next at the Castlerosse Golf Club from 7pm to 9pm and this will be followed by an 8 week course which, along with professional coaching, will also include plenty of fun and time to socialize.

Kieran will provide all equipment for the course so you have no excuse.

If you would like to try the game then go along for a fun, friendly, social evening, followed by



refreshments, where you will meet new friends & discover how much fun golf can be!

For further details contact Mairead on 0877808106.

KILLARNEY VALLEY CLASSIC & VINTAGE

The Killarney Valley Classic and Vintage club are hosting a Show, Shine and BBQ at the Travel Inn Fossa from 1pm on Sunday 20th July.

All Vintage, Classic and Retro cars welcome.

SERVICE TO WELCOME REV. LUMBY

The Select Vestry and Prishioners of Killarney & Aghadoe Union are holding a service to welcome the Rev Simon Lumby as Priest in Charge of Killarney and Aghadoe Union, tonight, Friday 18th July at 7pm at St. Mary's Church of Ireland.

PERFORMANCE AT THE LIBRARY

The Kerry Women Writers' Network (KWWN) will hold a performance of works at Killarney Library on Thursday 31st July from 6.30pm-8pm as part of its summer tour around the county. At the event women writers will undertake public readings from their original work. KWWN was established in November 2013, the brainchild of Minister Jimmy Deenihan and Kerry-born playwright Amy Conroy, and had its first official meeting in January 2014. Since then, it has amassed a membership of approximately eighty local female writers comprising of those who originate from Kerry and women from all over the world who are now based in Kerry. It is an extremely diverse group of prose, poetry, drama and non-fiction writers of all ages. The aim of KWWN is to provide support and resources for women writers in Kerry. The Network was also formed to serve as a platform for women writers to perform and share their creative output, as well as offering workshops and other opportunities for creative development. All are welcome to the readings which are open to members of the public and admission is free. Following the readings audience members will be invited to take part in an open mic session where they can read from their original work as well as engage with KWWN members, many of whom are award-winning published writers. The KWWN Summer Tour is supported by Arts Act Funding from Kerry County Council.

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PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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AHOY... LISA CELEBRATES HER HEN NAUTICAL STYLE

PICTURED AT KATE KEARNEY'S COTTAGE, LISA O'SULLIVAN (SEATED FRONT) WITH HER SAILING HENS WHO TOOK A BOAT TRIP FROM ROSS CASTLE, STOPPING OFF AT LORD BRANDON'S COTTAGE FOR A PICNIC, BEFORE REACHING KATE KEARNEY'S FOR THEIR EVENING MEAL.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY AVENUE HOTEL ON SATURDAY NIGHT, SHAUNA McCANNON (SEATED LEFT) WITH HER FAMILY AND FRIENDS IN CELEBRATING HER 21ST BIRTHDAY. FRONT ROW L-R HER COUSIN KADIE McCANNON, SHAUNA McCANNON, HER SISTER RAZIA McCANNON, MUM SIOBHAN McCANNON & SISTER KAYLEIGH McCANNON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED ENJOYING HER HEN PARTY IN GNEEVIGUILLA LAST SATURDAY PRIOR TO HER WEDDING TO MIKE FITZGERALD WAS BRIDE TO BE SARAH O'CONNOR AND HER FAMILY AND FRIENDS INCLUDING FROM LEFT: CHRISTINA LONG, KATIE BROSNAN, KIM PRAYAL, CARINA O'SULLIVAN, ELAINE CRONIN, JOANNE FLEMING, JULIETTE FLEMING, EDEL SHORTEN, SARAH O'CONNOR (BRIDE), MARIA LENIHAN, BACK ROW: DEIRDRE MALONEY, MARIAN CULHANE, JULIETTE O'CONNOR, MARGARET DELEE.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (EIGHTH FROM LEFT) PRESENTING THE KEYS OF THE NEW MAZDA CAR TO THE WINNER OF THE KILLARNEY CREDIT UNION MEMBERS DRAW SHEILA KELLIHER FOSSA WITH (FROM LEFT) JOHNNY O'SULLIVAN OF O'SULLIVAN MAZDA DEALERS KILLARNEY, EMMA LOONEY KILLARNEY CREDIT UNION, JOHN O'SHEA, MARY, SEAN AND BREDA KELLIHER, MARK MURPHY CEO KILLARNEY CU, VERNEICE O'SULLIVAN OF O'SULLIVAN MAZDA DEALERS KILLARNEY AND BRENDAN KELLIHER AT KILLARNEY CREDIT UNION ON THURSDAY.



AT MUCKROSS HOUSE CHILDREN'S POTTERY WORKSHOP WITH POTTER MARGARET PHELAN THIS WEEK, FROM LEFT, JAMIE CRONIN, BETH LUCEY AND JACK DONNELLY.

PHOTO: VALERIE O'SULLIVAN.

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PICTURED AT THE JULY RACES IN KILLARNEY FOR LADIES DAY WERE THE FOLEYS L-R PADDY, LILLIE, MUM RACHEL & JEAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES IN KILLARNEY FOR LADIES DAY WERE L-R YVONNE AHERNE, SIMONE ZIOBAKAIDE, SHIRLEY MAHONY, AILEEN O'SHEA, LORA BETH MALLOY & AISLING COYNE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES IN KILLARNEY FOR LADIES DAY WERE L-R AISLING FITZGERALD, CAOIMHE GALVIN, CHRISTINE HEGARTY & CIARA HEGARTY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES IN KILLARNEY FOR LADIES DAY WERE L-R STACEY O'LEARY, DENISE WALSH, DENISE SHANAHAN, MICHELLE POMPHRETT & ELAINE SUGRUE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES IN KILLARNEY FOR LADIES DAY WERE L-R LAINA STEWART, ELMA DINEEN, AGNE KREMENSKIENE, SIMONE BEHAL & SOPHIA WISE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES IN KILLARNEY FOR LADIES DAY WERE CIARA CURTIN & DIARMUID O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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GREAT WEEK FOR THE FLEADH

The streets of Killarney were filled with the sound of traditional Irish music last night when visitors and locals put on their dancing shoes and took part in the Open Air Ceili which is part of Fleadh Cheoil na Mumhan.

The week long festival will continue until Sunday evening next with plenty of activities taking place over

the next few days including Four Men and a Dog concert at the INEC tomorrow night which features Bryan O'Leary, TG4 Young Musician of the Year, there will be junior set dancing finals, sean nos dancing finals along with a singers club also taking place at various locations around the town.

Saturday and Sunday will see

a host of entertainers on the streets providing music and the festival will finish up on Sunday evening with an open air Set Ceili with the Deenagh Ceili band and Celtic Steps from 6 to 8pm.

All in all a fantastic week in Killarney which saw up to 15,000 coming into the town.



CIAN'S MEMORY LIVES ON

EXHIBITION OF TALENTED ARTIST'S PAINTINGS

Bestoria – an exhibition of the paintings of the late Cian O'Donoghue will take place at the Frank Lewis Gallery tomorrow, Saturday July 20th.

Cian died tragically in a drowning accident at Ross Castle last summer.

The son of Joanie and Billy O'Donoghue, Cian was a talented artist and is greatly missed by his family and wide circle of friends.

The exhibition will feature 25 of Cian's paintings and will be open from 10am to 4.30pm.

His first anniversary Mass will take place later that day at 6.15pm at St. Mary's Cathedral.



THE LATE CIAN O'DONOGHUE



DAN SCULLY & DEREANA MURPHY PICTURED HERE WITH DEREANA'S NIECES CIARA & AOIFE WHO TRAVELLED FROM THE UK TO LISTRY FOR THEIR WEDDING AT BALLYGARRY HOUSE HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN 08 391 4808

RANGLES COURT TO THE RESCUE

Randles Court Hotel were on the ball yesterday when a frustrated sleeper, Mary, took to the airwaves of the Ray Darcy show to seek help regarding mattresses purchases – Poor Mary has purchased four mattresses in the last 12 months and still hasn't had a full night's sleep. Today FM presenter Ray and his team asked the listeners to the show to come to her aid and Randles Court Hotel did just that.

The popular 4 Star hotel has recently refurbished all their bedrooms and added King Koil Mattresses toppers and pillows, and because of this, the hotel are asked on a daily basis by guests where they can purchase them as they are so comfortable.

The hotel have offered frustrated sleeper Mary a night at their hotel on the Muckcross Road, courtesy of them, to see if their beds meet her requirements. Winners all round!

BELGIAN BOOST FOR WILD ATLANTIC WAY

An estimated audience of 800,000 Belgians will soon be introduced to Ireland's newest and biggest tourism attraction as one of their biggest holiday programmes, Flanders on Holiday (Vlaanderen Vakantieland), is currently being filmed in Ireland along the Wild Atlantic Way. The presenters Tina Maerevoet and Bill Barberis are well known actors and celebrities in Belgium and their journey, by caravan, will take the duo along a large stretch of the Wild Atlantic Way - beginning at Croagh Patrick and ending in Kinsale.

Yesterday the crew will arrived in Dingle where they will spend the next few days filming a number of Kerry's scenic spots. Among the list of things that are planned to film are The Blaskets Visitor Centre; Sleah Head drive with bikes; Glenbeigh; Portmagee; Skellig Michael; and the Gap of Dunloe.

The Wild Atlantic Way is a 2,500km touring route along the West Coast of Ireland and our newest tourist attraction which has been gathering a lot of overseas attention.



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PICTURED AT THE JULY RACES FOR FAMILY DAY WERE L-R MARY O'DONOGHUE, FARRAH O'SULLIVAN, SIOBHAN O'DONOGHUE, GRACE O'SULLIVAN & CATREINA MCCARTHY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES FOR FAMILY DAY WERE BACK ROW L-R ELLEN KENNEDY, LINDA KENNEDY, MARGARET MAHER & NOEL MAHER. FRONT ROW L-R CIAN MAHER, SEAN MAHER & ORAN KENNEDY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES FOR FAMILY DAY WERE L-R MUIREANN O'DONOGHUE, BÉBHINN O'DONOGHUE, FEITHLEANN SOMERS & REAILTIN O'DONOGHUE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES FOR FAMILY DAY WERE L-R JAMIE VOUSDEN, GRACE COLLINS, FIONA COLLINS & MOLLY COLLINS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



HOME ON HOLIDAYS FROM AUSTRALIA FOR DAVID'S BIRTHDAY AND ENJOYING FAMILY DAY AT THE JULY RACE MEETING WERE THE O'BRIENS L-R LAUREN, LARA, DAVID, MILLIE & NOREEN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES FOR FAMILY DAY WERE L-R DOLLY MANGAN, ELAINE O'SULLIVAN, HELEN BROSNAN, AISLING O'DONOGHUE, PAT FLEMING, BRIDGET O'SULLIVAN & MARY MCCARTHY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE JULY RACES FOR FAMILY DAY WERE BACK ROW (LEFT) PETER STACK & SIOFRA FOLEY. FRONT ROW L-R JACQUELYN OWENS, ABIGAIL O'SHEA, PETER O'SHEA, LIAM O'SHEA, ANDREW OWENS & ADAM OWENS.
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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 O'Doherty

VITAMIN D DEFICIENCY

PART 1

Vitamin D is important for good health, growth and strong bones. A lack of vitamin D is very common. Vitamin D is mostly made in the skin by exposure to sunlight. Most foods contain very little vitamin D naturally, though some are fortified (enriched) with added vitamin D. A mild lack of vitamin D may not cause symptoms but can cause general aches and pains. A more severe lack can cause serious problems such as rickets (in children) and osteomalacia (in adults). Treatment is with vitamin D supplements.

WHAT IS VITAMIN D? Vitamin D is a vitamin that is needed for good health. Unlike other vitamins, we do not need to get vitamin D from food. A main source of vitamin D is made by our own bodies. It is made in the skin by the action of sunlight. This is a good thing because most foods contain no or very little vitamin D naturally. Foods that contain vitamin D include:

- Oily fish
- Fortified foods (this means they have vitamin D added to them)

VITAMIN D AND SUNLIGHT Ultraviolet B (UVB) rays in sunlight convert cholesterol in the skin into vitamin D. For a fair-skinned person, it is estimated that around 20-30 minutes of sunlight on the face and forearms around the middle of the day 2-3 times a week is sufficient to make enough vitamin D in the summer months. However, for people with pigmented skin and the elderly, the amount of time needed exposed to sunlight to make enough vitamin D can be much more than this.

For six months of the year (October to April), much of western Europe lies too far north to have enough UVB rays in sunlight necessary to make vitamin D in the skin. So, many people in the Ireland are at risk of not getting enough vitamin D unless they get it in their diet.

WHY DO WE NEED VITAMIN D? A main action of vitamin D is to help calcium and phosphorus in our diet to be absorbed from the gut. Calcium and phosphorus are needed to keep bones healthy and strong. So, vitamin D is really important for strong and healthy bones. In addition, vitamin D seems to be important for muscles and general health. There is also some evidence that vitamin D may also help to prevent other diseases such as cancer, diabetes and heart disease.

HOW COMMON IS VITAMIN D DEFICIENCY? It is very common. A recent survey in the Ireland showed that more than half of adults in the Ireland did not have enough vitamin D. In the winter and spring about 1 in 6 people have a severe deficiency. Most affected people either don't have any symptoms, or have vague aches and pains, and are unaware of the problem.

Part 2 next week.



Dr. Michael O'Doherty,
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OUTLOOK GUIDE TO FINDING RENTAL ACCOMMODATION

Going to college, need good quality and affordable accommodation...than Outlook Magazines is your one stop shop. Check out the comprehensive list of student accommodation available in Kerry and Limerick.

BEFORE REGISTERING WITH AN AGENCY, YOU SHOULD FIND OUT:

- Is the agency licensed?
- What services does it offer?
- If you pay a fee, in what circumstances will you be entitled to a refund?
- If you are entitled to Rent Supplement, does the agency have landlords on its list who accept Rent Supplement?
- If you decide to register with the agency, make sure you get a receipt for any money you pay.

VIEWING THE ACCOMMODATION

- Are there any signs of dampness?
- Do the windows open?
- What security is available (such as window locks, burglar alarm)?
- Is a smoke detector provided and is it functioning?
- Is there a fire alarm? Check fire evacuation procedures (especially in apartments).
- Who pays for the heating? What hours is it on, and who controls it?
- Is hot water available all or some of the time?
- Are the cooker and fridge clean and in working order?
- What sort of condition is the bathroom in?
- Do you have to share the bathroom, if so, with how many others?
- Is there storage for bicycles?
- Does the property have a parking space? Threshold recommends that you get confirmation that a parking space is provided with the accommodation in writing from your letting agent or landlord before handing over any money.
- Is there a bus route or other public transport nearby?
- Are there shops and other facilities nearby?

BEFORE YOU AGREE TO RENT

Make sure you can afford the rent being asked. If you will be claiming Rent Supplement, make sure you know the local maximum rent level allowed. Tell the landlord that you intend to claim Rent Supplement since they will need to fill out part of the application form and supply their own details.

Be aware of your rights and your obligations as a tenant and your landlord's rights and obligations. Your landlord, for example, is obliged to provide you with a rent book and to ensure that the accommodation meets certain minimum physical standards. They must also register the tenancy with the Private Residential Tenancies Board (PRTB).

If the landlord wants you to sign a fixed-term lease, don't agree unless you are sure you want

to stay for that length of time. If you leave before the end of a fixed-term lease, you may lose your deposit. Read more about the different types of tenancy.

You are not covered by landlord and tenant legislation if you are sharing accommodation with your landlord.

INVENTORY

Ask the landlord for a written list of all furnishings and appliances provided. You and the landlord should sign this list at the start of the tenancy to show that you agree on the furnishings supplied and their condition. This will help to prevent disputes during your stay and when you are leaving. This list should be included in the rent book.

If there are any signs of damage by previous tenants, make sure this is noted too. You could photograph or otherwise record the existing condition of the property and any damage to walls, furniture or appliances.

If there are outstanding repairs, ask the landlord to state in writing that they will be carried out.

DEPOSITS

HOLDING DEPOSITS: Some landlords or agents may ask you for a holding deposit when you decide to take the accommodation. This is a sum of money you pay to hold the property

for you before you sign the lease and enter into a contract with the landlord. You should always get a written receipt for a holding deposit. Holding deposits are often not refundable if you don't take up the accommodation.

SECURITY DEPOSITS: You will be asked for a security deposit before moving into the accommodation. Usually a deposit is the equivalent of 1 month's rent and is held by the landlord as security for any rent arrears or damage beyond normal wear and tear. If you are getting a social welfare payment and are unable to pay the deposit, the Department of Social Protection's representative (formerly the Community Welfare Officer) may be able to help with paying a



deposit under the Supplementary Welfare Allowance Scheme. You should get a receipt for any deposit you pay. The amount of deposit paid should be stated in your rent book. You may lose your deposit if:

- You leave without giving proper notice, or leave before the end of a fixed-term lease
- You cause damage to the accommodation beyond normal wear and tear
- You leave with bills or rent unpaid.

FURTHER INFORMATION AND SUPPORT

Threshold is a useful source of information and advice on landlord and tenant issues.

The Private Residential Tenancies Board (PRTB) helps to resolve disputes between landlords and tenants, including any disputes about retention of deposits.

TRALEE STUDENT ACCOMMODATION

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STUDENT GRANT APPLICATIONS

SUSI (Student Universal Support Ireland) is the single national Awarding Authority for all new student grant applications. Applications for Student Grants are assessed under the criteria set out in the Student Support Act 2011, Student Support Regulations and the Student Grant Scheme.

Applications are made online and are subject to supporting documentation. The online application system provides you with a quick, user friendly way to apply for your grant. This website is a comprehensive source of information on the student grant scheme and provides a handy step-by-step guide to eligibility and the grants process. The online application system for the 2014/15 academic year is now open.

Before you make an application, you should read the **Guidance Notes on Grant Eligibility Criteria**.

You should have the following

information to hand when you make your application:

* Your CAO or UCAS number (if you have one).

* PPSN numbers for yourself, your parent(s) or legal guardian(s), spouse/cohabitant or civil partner, as appropriate.

* Income details for 2013 for yourself (if any), your parent(s) or legal guardian(s), spouse/cohabitant or civil partner, as appropriate.

The closing date for new applications is 1st of August 2014. Check out www.susi.ie/



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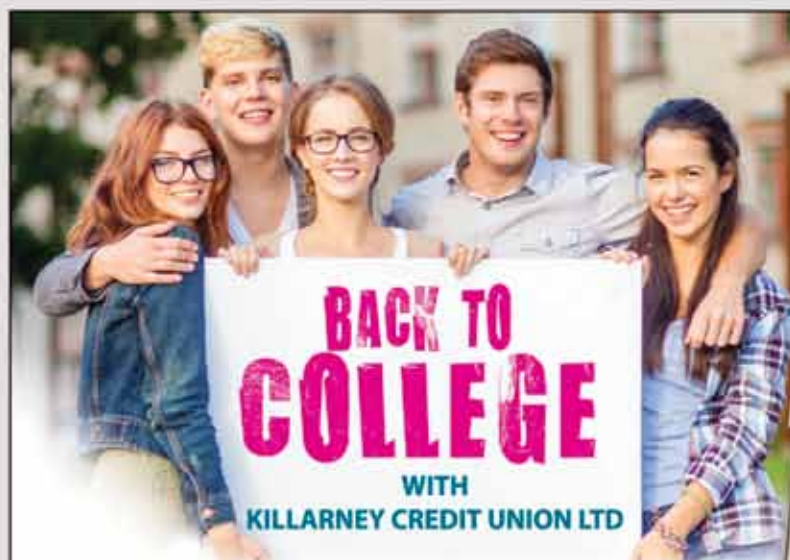
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TOP TEN TIPS FOR STUDENT PERSONAL SAFETY

1. Do not walk alone at night. Walk in numbers.
2. When at all possible, stick to busy streets with lots of lighting and traffic. Do not take dodgy shortcuts.
3. Try to avoid talking on your mobile or listening to an iPod, as either will make you less aware of your surroundings and also advertise that you have something worth stealing.
4. If you think you're being followed, go to somewhere busy and flag down a taxi.
5. Always make sure someone knows when you're going out, if and when you're coming back, and whom you'll be with. When you're on your way home, let someone know when to expect you.
6. Only use licensed taxis and hackneys. Take note of the taxi licence number and key it into your phone or text it to a friend. When you arrive at your destination ask the driver to wait until you get inside the door before leaving again.
7. Do not leave keys to your home in an easily accessible or guessable place. Everyone knows to look on top of the door frame, or under the mat, potted plant or just inside the letterbox.

8. Always be aware of who's around you when you go to an ATM. Do not use ATMs at night on isolated streets – always choose those with good lighting.
9. Don't be afraid to act assertively if you are uncomfortable or if you think someone is acting inappropriately.
10. When you're walking: avoid, if possible, heavily overgrown areas, alleys and little traveled side streets and high crime rate areas. Do walk with authority, displaying an air of confidence and purpose of destination. Be alert to your surroundings.



GET THE STUDENT TRAVEL CARD



Student Travelcard is Ireland's largest National student ID and discount card offering discounts with Irish Rail, Dublin Bus, DART, LUAS, Bus Éireann and other carriers. As well as offering over 200 retail discounts nationwide on production of the card. The card costs €12 for postal applications and €15 when purchasing the card from campus agents. All full time second and third level students are entitled to apply for a Student Travelcard. This includes trainee Chartered Accountants, trainee Solicitors registered with the Law Society, full time FAS students and full time PLC students. Also eligible are those currently studying for at least 6 months duration with a minimum 20 hours class time per week. Full time foreign students who meet the above criteria are also entitled to apply for a Student Travelcard whilst in Ireland. There is new card produced every September to validate student status. The expiry date is printed on the card. See more at: <http://www.studenttravelcard.ie/> GetTheCard/.

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SPECIFICATIONS

Grove Island Student Village is a contemporary, purpose built development with a large enclosed landscaped courtyard. The exterior is a brick / rendered façade, four storeys in height, with three elevators incorporated for ease of movement. All apartments have the benefit of a balcony with attractive views of the city, the Abbey River, and Grove Island. Students are housed in fully furnished apartments comprising three, four, and five bedrooms, living/dining room, and fully fitted kitchen with all amenities. All 300 bedrooms are en-suite, and include large fitted study desks and ample storage.

LOCATION

Grove Island, a newly developed city village of commercial units, owner occupier dwellings, student accommodation, and leisure centre, is built beside the banks of the Abbey River. The location of the student village is unrivalled.

A UNIQUE DEVELOPMENT, AN UNRIVALLED LOCATION

FACILITIES

- Integrated telephone and intercom system
- Colour television. - Secure bicycle storage
- Internet connection to each bedroom, on-line 24 hours per day, with facility for registered students to link to Limerick Institute of Technology, (Incorporating Limerick School of Art and Design) and University of Limerick network.
- Self service laundrette. Retail shops, including supermarket.

LEISURE CENTRE

Major leisure centre facility of C.2500 square metres incorporating a 25m pool, learner pool, gym and multi-purpose sports hall with special rates available to students residing in the village.

TYPICAL APARTMENT LAYOUT



Student Apartments

- Corbally Road, Limerick -

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F: 061 349084
E: info@groveisland.com
W: www.groveisland.com



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

	Loan Type	APR	Monthly Repayment	Total Cost of Credit	Comparable Saving
Rathmore CU	Student Loan	5.1%	€115.16	€527.34	Save up to €500 over 4 years compared to other institutions
Allied Irish Bank	Student Loan - Variable	10.33%	€126.50	€1,072.16	
Bank of Ireland	Student Loan	9.7%	€125.12	€1,005.94	Source www.comarefity.ie
Permanent TSB	Education Loan	9.9%	€125.56	€1,026.95	Correct as of 4th July 2014

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

Terms and Conditions Apply -

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

RATHMORE and DISTRICT CREDIT UNION LIMITED

Donal Casey Place, Rathmore.

Tel: (064) 7758328 Fax: (064) 7758661

Email: rathmore@rathmorecu.com

www.rathmorecu.com



UNACCEPTABLY HIGH DROP OUT RATES FROM 1ST YEAR COLLEGE COURSES

The Institute Guidance Counsellors welcomes the recently released statistics from the HEA regarding the unacceptably high drop out rates from 1st Year college courses. The reasons for this drop out of 7,000 students annually are complex and solving this problem will involve the work of many Government Departments.

One of the most significant interventions that can take place in a second level student's life is that of a one to one interview with a qualified Guidance Counsellor. Up to 2012 there was never more than one Guidance Counsellor meeting the needs of up to 500 students, which led to many students receiving a very truncated guidance service during their second level education.

Since the automatic entitlement to guidance service was removed by the former Minister for Education and Skills Mr. Ruairi Quinn in 2012 the service has been severely curtailed in schools where parental financial support was not available to replace those withdrawn by the DES.

The figures released by the HEA makes it absolutely clear that the greatest problem of college drop outs is occurring in the Institute of

Technology sector, predominantly among boys. These students come from communities which have very little parental experience of progressing in the education system beyond second level education. These are the very schools which have suffered most in terms of the loss of guidance resources since 2012.

Posted on behalf of Betty Mc Laughlin (President IGC), Mai Kerins (Vice President), Niamh Daly (PRO).



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RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

SPECIAL OLYMPICS IRELAND GAMES: Well done to our two local athletes Antoinette O'Leary, Leam & Michael O'Donoghue, Knocknagheeha who won medals at the Ireland Games in Limerick recently. They both are members of the Kerry Stars Club, Killarney.

GNEEVEGUILLA GAA: Dylan Crowley Tournament was launched in the Club Bar last Monday July 7th best of luck to all Clubs taking part.

CONGRATULATIONS: To Senior Captain John Sheehan and Sinead Daly who got married on Saturday last.

BEST OF WISHES: To senior player Denis Fleming and Michelle Moynihan who marry this Saturday.

TUREENCAHILL COMMUNITY GROUP: Would like to thank all those who helped in any way with our Community Evening on Friday, July 4th. A special thanks to our wonderful performers - local talent, young and old who took part in the Concert. Thanks also to all our former pupils, who travelled from far and near, and to those in the wider community who supported our wonderful evening of entertainment.

CULLEN AND DISTRICT SPECIAL NEEDS ASSOCIATION: Annual Gala Harvest Afternoon - Sunday July 20th at 1pm.

Old Time Threshing, Vintage Display, Live Music featuring Cullen Pipe Band and "Silage and Maize" man - Michael Kennedy, Pet Dog Show, Bouncing Castle, Children's Sports, Face Painting, Raffles!! and many more side shows. Fun For all the Family, Cullen G.A.A. Grounds.

THE RATHMORE SOCIAL ACTION GROUP: Teach losagain 064-7761000

SUMMER CAMP: Due to demand we are

running a second Summer Camp on Tuesday 22nd and Wednesday 23rd July from 10.00-2.30pm. A limited number of places are still available; places will be allocated on a first come first served basis. Cost is €20 per child. Contact the Centre to book a place.

KIDS SAND ART CAMP: We will be hosting a kids Sand Art Camp delivered by Kids Sand Art Magic - The Sandy Man on Monday 28th July from 12-2pm. Kids Sand Art Magic is a new children's activity where kids indulge in two of their favourite pastimes playing in sand and colouring. Kids will get to bring home sand art pictures. Cost is €8 contact Andy to book a place 089-4489231.

DVD ARCHIVES: We have compiled a catalogue of DVD's available for sale in Teach losagain. Relive those old memories! DVD's include; Tops of the Parish (1991, 1992, 1994, 1995), Pantomime shows (1988, 1991, 1992, 1995, 1996, 2008, 2009, 2011 - 2014) and many more. For a full listing please visit www.sag.ie or contact the Centre for more information.

RING OF KERRY CYCLE VOLUNTEERS: The Social Action Group would like to thank everyone who kindly volunteered to help us with supervising a car park for the Ring of Kerry Cycle, their help was very much appreciated.

SYMPATHY: To family and friends of John Crowley Knockacorin, Currow.

Thomas (Tom) O'Connell Knocknagheeha, Gneeveguilla, who deaths occurred last week. May they rest in peace.

GNEEVEGUILLA GAA CLUB: For any parent wishing to introduce their children to Gaelic Football U6 and U8 training is on Sunday mornings at 11.20 in Gneeveguilla GAA Club. All newcomers welcome. Contact Pat Barry

RATHMORE GAA CLUB: LOTTO RESULTS: For 07/07/2014 No's drawn: 1. 17. 24. 29. No Jackpot Winner. Next week's Jackpot: €8,800. Consolation Prizes: €40 O'Keeffe's XL Gift Voucher: Dermot O'Sullivan, c/o locallotto €40 each: Patricia White, Mangerton Rd., Killarney. Dan Cremin, c/o Cadburys. Donal Kelleher, c/o Bridge Bar. Eoin O'Callaghan, Doneen, Millstreet. Next Lotto is sponsored by Cahill's Bar, Rathmore.

RATHMORE GREAT EXPLORATIONS TREASURE HUNT: Takes place on Sunday, 27th July 2014. Teams of 4 (with at least one team member over 18 years of age) can register at Rathmore Community Centre from 14:00, where you will receive your clues. Come discover Rathmore town with friends or family in an exciting, fun and unique way, while solving clues and visiting Rathmore's landmarks.

The format of the treasure hunt will provide maximum fun, while exploring the local area in safety, with all clues accessible from footpaths. The route should be completed by foot.

There will be prizes for - fastest team with most answers correct, - best dressed team, - team who submitted best photograph to encompass spirit of the treasure hunt. A treasure hunt is an opportunity to bring the community together in a new way, have an adventure, highlight local history and culture, and provide an event for all ages. Please come along, spread the word and add to the adventure by getting into the spirit of the event.

NOTES: Anyone has any information they would like to add to the notes, please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00 on Sunday.

FOSSA NOTES

By Gene Moriarty

FOSSA GAA: Fossa Lotto 13/07/2014: Numbers Drawn: 9,17,19, and 23. Jackpot: €3,900. No Jackpot Winner:

Consolation Prizes 5 x €40: Kevin Myers, Barleymount; John Murphy, Agacurreen; Johnny Kissane, Old Killarney Inn; Danny Lyons, Dromduhig, Killarney; Ashley Casey, Cromane Lower Killorglin. New Jackpot: €4,050.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night July 20th 2014 at the Golden Nugget Fossa at 11p.m.

FIXTURES: Friday July 18th Senior Ladies away to Legion TBC.

Monday July 21st Under 14s in East Kerry Division 2 final v Spa/Kenmare 7:00pm.

Wednesday July 23rd Under 16s at home to St Pats Blennerville 7:30pm

Seniors Next Credit Union County League game is against Churchill at Fossa on Saturday July 19th at 5:30pm, followed by an away fixture to Furies on Sunday week July 27th at 2:00pm. East

Kerry Intermediate semi final Cordal v Fossa has been fixed for Saturday August 2nd at 7pm.

COISTE NA NOG: After a long day Friday in the qualifying competitions in Castleisland and Fossa, both our boys and girls Under 14 teams qualified for the finals of the John Egan tournament at Fitzgerald stadium on Saturday. First up was the girls in the Division 1 final, they came up against Southern Gaels, and emerged with a comprehensive victory. This was immediately followed by the boys who were pitted against Tralee side Na Gaeil, and they too were victorious. So two finals, two famous victories by Fossa.

LADIES FOOTBALL: Under 14 A Ireland Championship Final, Kerry v Mayo, Sunday July 20th at 4.00pm, Mac Donagh Park, Nenagh, Tipperary

GOLF: LADIES GET INTO GOLF: An invitation to all ladies interested in playing golf in a fun environment. Come to our free introductory evening on Monday 21st. July 7pm to 9 pm at Castlerosse Golf Club. All equipment will be provided.

So come along for a fun, friendly, social evening, followed by refreshments. For further details contact Mairead 087 7808106

FOSSA/TWO MILE COMHALTAS: Fossa/Two Mile Comhaltas would like to wish the Senior ladies Set who qualified for the Munster Fleadh Cheoil taking place in Killarney on July 18th, 19th & 20th July the best of luck.

KILLARNEY LIBRARY: The National Learning Network will hold an Information Day on their upcoming courses on Thursday 24th July from 11am - 1pm in Killarney Library. The session will begin with a general talk followed by an opportunity to meet with past and present students who will discuss their study experiences and job opportunities. This event is of particular interest to school leavers and those in employment who wish to partake in further study. Free admission. All welcome.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at genemoriarty2014@gmail.com Please forward information on or before Sunday at 10:30am.

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON HYDRANGEAS

Hydrangeas are a very popular garden shrub with delicate heads of flowers that come in shades of white, pink or blue and they flower from late Spring to late Autumn.

The mophead and lace cap hydrangeas are well known for the ability to change colour in different soils.

Hydrangeas thrive in moist but well drained soil, in a cool, semi shady part of the garden. Try to avoid dry sunny situations and east facing areas.

Feeding your hydrangeas once in late Winter or early Spring is probably enough for the year as too much feeding will only encourage too much soft leafy growth and this will lead to the hydrangeas not developing a lot of flower buds.

Pruning Hydrangeas is usually done in late Winter or early Spring, although the climbing hydrangeas should be pruned after flowering in Summer.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.

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Citizens Information

Know Your Rights: BUYING GOODS ON THE INTERNET

QUESTION

I have ordered a few presents from a Belgian website. Can I return them if I'm not happy with them when they arrive?

ANSWER

Since 13 June 2014, online purchases within the EU are covered by the EU Directive on Consumer Rights. Under the new Directive you are entitled to a cooling-off period of 14 days (previously 7 days). During the cooling-off period, you can cancel distance contracts without giving a reason and without incurring charges or penalties, other than possible charges incurred in returning the goods. The 14-day cooling-off period begins on the day that you receive the goods.

Upon cancellation, the distance seller is obliged to repay you within 14 days (previously 30 days), including delivery costs. If you choose a more expensive type of delivery than the seller's cheapest standard delivery, you are only entitled to be refunded the cost of the cheaper delivery type.

The seller can withhold the repayment until the goods are returned or you supply evidence that you have sent the goods back.

You must send the goods back within 14 days of informing the seller of the cancellation. You have to pay for the cost of returning them unless the seller did not inform you before you ordered the goods that you would have to bear the cost.

The seller should have provided you with confirmation of the contract, as well as information on aftersales and guarantees, how to cancel the contract and a postal address for complaints. If the seller did not provide you with information on your right to cancel, the cooling-off period can be extended by 12 months.

Cancellation may not be accepted in certain cases, for example, if the goods were made especially for you.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Castleisland 0761 07 7790, Caherciveen 0761 07 7780

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

KILCUMMIN NEWS

KERRY MOBILE LIBRARY SERVICE: DURING SUMMER 2014 the Mobile Library will visit Kilcummin on July 21st & August 18th, calling to Kilcummin Nursing home from 11.15am-11.45am and Kilcummin Village (besides the Church) From 11.45am-12.45pm.

KILLARNEY LIBRARY: The National Learning Network will hold an Information Day on their upcoming courses on Thursday 24th July from 11am – 1pm in Killarney Library. The session will begin with a general talk followed by an opportunity to meet with past and present students who will discuss their study experiences and job opportunities. This event is of particular interest to school leavers and those in employment who wish to partake in further study. Free admission. All welcome.

BRUACH NA CARRAIGE: As part of the IRD Duhallow day of the regions programme the annual Sliabh Luachra Summer School takes place in Bruach Na Carraige Rockchapel from Wednesday 23rd to Friday 25th July. This annual educational events starts on Wednesday 23rd and continues from 10am to 1pm until Friday the 25th with traditional music master classes with Irelands leading teachers Nicholas and Ann McAuliffe. On Saturday 26th there will be a Sean Ós dancing workshop with Maurice O'Keeffe starting at 10am and at 2pm a traditional singing workshop for all age groups with Nora Butler. At 9pm there will be an opportunity to hear of the life and times of The great Sliabh Luachra Fiddle player Denis Murphy from a one hour recording by his wife Julia Mary. The Rockchapel Comhaltas based Ceoltoiri Sliabh Luachra have now a DVD of their highly acclaimed show A Musical Journey through The History of Ireland which is available from Bruach Na Carraige.

KILCUMMIN GAA:
GARVEYS CO CHAMPIONSHIP RD 2 REPLAY

KILCUMMIN 2-11 WEST KERRY 1-16

If there is something wrong with the co-championship it wasn't evident in Kilcummin last Saturday night as these two teams gave us a great evening of competitive action and pure hearted endeavour. It took another period of extra time to separate them but unfortunately for us we exit the championship and leave us to rue what might have been. Controversial decisions and wasted efforts aside our lads gave it all and on another night the result might have been different. Next outing is against Listowel Emmets in the Co League and a win there will get us back on track. Well done to team and mentors on your efforts to date. Last Saturday night also gave the club an opportunity to show what it can do. Home championship games have been at a premium in the last couple of years and we really took the opportunity to present the club in a good light. Marshalled by Billy Doolan and his enormous team of helpers the event went like clockwork and catered well for the sizeable crowd. A word of praise for Shauna O'Leary Inch who sang the national anthem beautifully before the game and best wishes and a speedy recovery to Kieran Murphy.

LADIES COMMITTEE: Anyone interested in helping the ladies to cater for the many events in particular the family day on August 10th please give Carmel a ring on 087 9490372.

GAA GOLF SOCIETY: Captains Prize (Denis Casey) August 9th in Kenmare.

KERRY UNDER 14S: Best wishes to Laura Teahan and Kate Maher who will represent the club and the county when the Kerry Under 14 girls take on the Connacht Champions Mayo in the All-Ireland final on July 20th.

UNDER 13 GIRLS: Under 13 Girls play Finuge St. Senans on July 22nd at 7pm at home in the County Championship.

UNDER 16 BOYS: Will play St. Mary's Renard at home at 7:30 on 23rd July.

GAA FAMILY FUN DAY: GAA Family Fun Day will be held on 10th August.

GAA SUMMER CAMP: The Club's Summer Camp will run from 12th-13th August. Contact Nessa on 087 2897312 for info.

GAA JUVENILE ACADEMY: Juvenile Academy continues on Saturdays at 10:30am, new players welcome.

HURLING/CAMOGIE: Hurling/Camogie continues every Thursday evening at 6pm at the club and at Legion's club grounds for all children aged 5 to 10 years.

CLUB CALENDAR: Club calendars are still available if anyone wants to purchase one for €5. This month's calendar sponsors are Alan Finn Plant Hire and Dermot Cronin, Financial Advisor. Weekly sponsors for the month are Dennys Taxis, Shane McSweeney's Bldg Services, Don Fleming Machinery and the Killarney Outlet Centre.

MASTERGEEHA FC: RESERVE CUP QUARTER FINAL - MASTERGEEHA 4 INTER KENMARE 4. In the exciting game at home on Sunday morning the senior had to come from a goal down in the closing stages to earn a deserved draw. Pdraig Nagle (3) and Colm Lenihan were the scorers.

UNDERAGE TRAINING: Boys and Girls U6-U8 and U10 training will start on Friday 25th July at Kilbreen Park from 6pm to 7pm. All Welcome.

MASTERGEEHA FC LOTTO: There was no winner on Friday 11th July. Numbers drawn were 7, 9, 12 & 15. Consolation prizes were €100 Breeda Browne, Cloonacorr, Tralee; €60 Billy & Honor Doyle, 31 Woodlawn, Killarney; €30 Lily Pigott, Mastergeeha, Kilcummin; €30 Pa Carroll, Lyreatough, Kilcummin; €30 William Healy, Kilcummin. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €12,750.

GLENFLESK NEWS

WITH DONAL KELLY

SENIOR COUNTY LEAGUE: The Glenflesk senior team, sponsored by Molly Darcy's, travel to Scartaglin on Saturday next (July 19th) to play the local side in the seventh round of the county league at 7pm. Glenflesk currently lie third in the table with 8 points. The following weekend they face Templenoe at home in the next round.

JUNIOR COUNTY LEAGUE: The Glenflesk junior team were defeated by Dromid Pearses in Glenbeigh on Friday July 11th, in the semi-final of Group 6 of the junior county league, on a scoreline of 0-10 to 0-7.

BILL TANGNEY CUP: The Glenflesk junior team travel to Rathmore on Sunday at 2pm to play the home side in the quarter-final of the Bill Tangney Cup.

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Monday the 7th of July 2014, in Spillanes. Jackpot: €4,000. Numbers drawn: 11, 14, 20, 21. No Winner. €50 EURO DRAW: First draw: Dan O'Donoghue, Lisbaby. Second draw: Joe and Maureen Donovan,

Shronedraugh. Third draw: Bernie O'Brien, c/o The Kerry Way. Fourth draw: Eoin Casey, Rathmore. Next draw on Sunday the 20th of July 2014, in the Corner Bar, Jackpot: €4,200.

MUNSTER FLEADH CHEOIL: Best of luck to all the competitors from Glenflesk who will take part in the Munster Fleadh Cheoil which is being held in Killarney next weekend from the 18th to 20th July. A full programme of events is now available on www.munsterfleadh.ie. Remember that as well as the competitive side of things there will also be a 'Gig Rig' on Main Street and plenty of open-air music and dance for everyone throughout the weekend.

RAHEEN NS: Congratulations to Ann Kelliher who had the winning lotto number 18 on Saturday July 12th.

COMMUNITY GAMES GARDENING WORKSHOP: Glenflesk Community Games are now offering another great opportunity to our school-going children who are interested in learning a little about gardening. We are running a vegetable gardening workshop for

three weeks on Tuesday mornings from 10.30 to 12 o'clock in a local garden gratefully being provided to us to facilitate this. This workshop will run from Tuesday 22nd July until 4th August. Any parent whose child is interested can contact either Kathleen at 087 6816413 or Jacob at 0873234074 or Helena at 0872468396.

NATIONAL LEARNING NETWORK: The National Learning Network (www.nln.ie) will hold an Information Day on their upcoming courses on Thursday 24th July from 11am – 1pm in Killarney Library. The session will begin with a general talk followed by an opportunity to meet with past and present students who will discuss their study experiences and job opportunities. This event is of particular interest to school leavers and those in employment who wish to partake in further study. Free admission. All welcome.

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 10pm Sunday.



KIERAN FITZGERALD, KILCUMMIN AND GRAINNE O'CONNOR, SCARTAGLIN WHO WERE MARRIED RECENTLY IN OUR LADY OF LOURDES CHURCH, SCARTAGLIN. THE COUPLE HELD THEIR RECEPTION IN BALLYROE HEIGHTS HOTEL AND WILL RESIDE IN SCARTAGLIN.



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Did you know that the primary determinant of health for the average person is thought? Not genetics, not exercise or nutrition, but the mind. This has been shown over and over again by the scientific fields of psychoneuroimmunology, psychoneurocardiology, psychoneuroendocrinology, not to mention cancer research and all the various psychosomatic disorders that have been studied.

The oldest documented person that ever lived was a French woman named Jeanne Calment who made it to 122 years, 164 days on this earth. She credited her longevity to laughing a lot and not getting stressed out. She is quoted as saying "If you can't do anything about it, don't worry about it!"

The key thing to realize is that every thought you think has a life form – energy! We experience the energetic results of our thoughts every day in every moment by how we feel in our bodies. Put it this way – you can't think negative, self-limiting thoughts and expect to feel good! It simply doesn't line up!

If you would like to discover how to align your thinking with your body's energy then do come along to my next Life Class! (Balance your energy – free your mind!) It's at The Meadowlands Hotel (7.30-9.30pm). Wednesday July 30th. Reserve your place **NOW** by calling **066 9766374** or emailing me at life_coachingunlimited@yahoo.ie. Entry is €15.00 – payable on the night! (Refreshments included!).

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SPA NEWS

COISTE NA NOG: U8 and u10 having a short break for the summer.

U11s will commence shortly.

LADIES FOOTBALL:

U12 GIRLS CO. SEMI FINAL

SPA 3-9 BEAUFORT 4-5

A thrilling semi final saw our young girls pull off a magnificent win against Beaufort. First half saw us down by 7 points but second half came out lead by the high scoring Sarah Fleming (2-8) and Orlaith Spillane (1-0) and Marie Courtney (0-1) to snatch victory over a very skillful and talented team. We play the final against Beale/Moyvane date TBC.

U13 CHAMPIONSHIP: Tuesday July 22nd at 7pm in Spa V. Ballyduff.

U19: East Kerry v. St. Brendans at 7pm Tuesday July 22nd. New competition which should be a cracking game.

SENIOR LADIES: SENIOR CHAMPIONSHIP: Killarney v. North Kerry at home Friday July 18th at 7pm.

HISTORY MAKING MINOR TEAM:

COUNTY MINOR CHAMPIONSHIP:

SPA 2-13 KENMARE DISTRICT 2-12

In a historic day for the Spa club to compete independently in the Minor Co. Championship, Spa overcame Kenmare District by the narrowest of margins in a tightly fought contest. Spa took the lead early on with points

from Darren O'Connor and Liam Kearney and by half time led 0-7 to 0-6 thanks to extra scores from Shane Cronin. Spa took control of the play from the restart with a goal from Evan Cronin after 2 minutes and another from Conor Cronin after 8 minutes. Points from Evan Cronin and Dara Moynihan gave Spa a strong lead but Kenmare District notched up the scores to draw level going into injury time. However, a superb late point from Liam Kearney secured Spa's progression to Rd 3 next week. **TEAM:** David Carroll, Eoin Fitzgerald, Dan O'Donoghue, Conor Kearney, Mike McCarthy, Aidan Mulvaney, Mikey Moynihan, Liam Kearney (0-3), Shane Cronin (0-2), Dara Moynihan (0-1), Corey Doyle (0-1), Ciaran Spillane, Mike Foley, Evan Cronin (1-3), Darren O'Connor (0-3). Subs Conor Cronin (1-0), Fergal O'Donoghue

UPCOMING FIXTURES: Co. Minor Championship Rd 3 to be played on Friday July 18th (draw will be made on Tuesday July 15th). Intermediate Co. Championship QF replay Spa v Listowel Emmets at 7pm in Spa on Saturday July 19th.

EAST KERRY TEAM SENIOR CO.

CHAMPIONSHIP: Hard luck to the Spa players who competed with East Kerry in the Co. Championship at the weekend - Mike Finnegan, Shane Lynch, Andrew Garnett, Mike O'Donoghue, Shane Cronin, Dan O'Donoghue

and Liam Kearney unfortunately lost narrowly by a point to Laune Rangers.

LOTTO: Numbers Drawn 8, 9, 12, 27

No Jackpot Winner. Lucky dips, Michael Falvey, Curragh. Sheila Lucey Dooneen. Donal Cronin Kilbrean. Tony Kearns c/o McSweeney's.

€12,400 next week in McSweeney's.

Annuals are up for renewal so make sure to renew your subscription.

MERCHANDISE SHOP: Will be open on Friday evenings from 6.45pm to 8pm and on Saturday mornings from 11am - 12.15pm. Sale now on with up to 30% off on selected items. Any enquiries please contact Mathilda on 0876487356.

KELLOGS CUL CAMP: Registration forms in clubhouse now. Spa will be hosting a football camp once again August 4-8.

SYMPATHY: Is extended to the relatives of Jim Teahan Lissivigeen who died at the weekend and to Bridie and Micheal Murphy & family Upper Lissivigeen on the death of Bridie's brother Larry Cooper. May They Rest In Peace.

WEDDING: Congratulations to Sheila Morris St Anthony's The Park on her marriage to Stephen Cant Fort William Scotland.

MUNSTER FLEADH CHEOIL COMHALTAS 14TH-20TH JULY: Best wishes to all the participants competing in Killarney this week.

BEAUFORT NEWS

PILGRIMAGE TO KNOCK: There will be a Bus leaving Beaufort for Knock on Sunday, July 20th. Further details from 064-6644319.

YOUTH CLUB: Beaufort Youth Club are looking for Leaders, to join please contact Rose on 087247211. Very rewarding.

YOUTH CLUB MEMBERS: We are meeting during the summer months at The Barracks from 7.00-8.30pm on Thursdays going forward. Looking forward to seeing you all there.

BEAUFORT G.A.A. CLUB AND KILLORGLIN CYCLING CLUB: have joined forces to bring you the 'Ring of the Reeks', Caragh Lake Loop and the 'Ring of Beaufort' leisure spins which will be held on Saturday, 26th July 2014. The event offers the participant the choice of three routes: The Ring of the Reeks cycle is a 110KM loop of Ireland's highest mountains - The McGillycuddy Reeks. The cycle features two significant climbs, Moll's Gap and Ballaghbeama Gap which are sure to test the strength and stamina of the riders. The route is suitable for

intermediate to experienced cyclists but all are welcome. The cycle will begin at 9 am from Beaufort G.A.A. Club grounds, Co Kerry. There will be refreshment stops at Blackwater Tavern, Blackwater and Climbers Inn, Glencar. There will be hot food after the cycle at Beaufort Community Centre. The cost of the cycle is €25. There is a discount of €5 for Cycling Ireland Club members.

The Caragh Lake Loop is a 60KM cycle traversing the most scenic landscape in the area. Starting at Beaufort G.A.A. Club grounds, it follows the initial route of the Ring of Beaufort as far as Glencuttane Cross. At this point, the adventurous beginner can opt to continue in the direction of Glencar as far as Gortamaloon Cross where the participants of the Caragh Lake loop join the route of the Ring of the Reeks Cycle and continue towards scenic Caragh Lake and ultimately returning to Beaufort village. Needless to say, there will be hot food after the cycle at Beaufort Community Centre. The cost

of this cycle is €20.

The Ring of Beaufort cycle is a shorter 35KM family or beginner fun cycle. It will start at Beaufort G.A.A. Club grounds at 11 am. There will be hot food and refreshments after the cycle. The cost of the cycle is €15 for an Adult and €5 for a juvenile. All juvenile under the age of 16 must be accompanied by an adult. Details are available on www.beaufortgaclub.ie or www.killorglincyclingclub.ie.

ATHLETICS: Well done to Aoife Doyle who got a gold medal in the u17 Juvenile All Ireland Track & Field championships Discus competition which was held in Tullamore last weekend. Aoife will participate in the SIAB Schools Track & Field event which will take place next weekend in Cardiff.

BEAUFORT COMMUNITY GAMES: Well done to U14 Draughts Team who represented Kerry in the munster draughts competition recently. Their team was Orla Murphy, Aoife Murphy, Niall Ireland, Patrick Crehan & Darragh Dennehy.

LISTRY NOTES

BEST OF LUCK: To Annelee O'Mahony, competing in the U 12 Band Section in the Munster Fleadh Ceoil.

MILLTOWN/LISTRY PIONEERS: Are going on their annual Pilgrimage to Knock on July 20th. Bus times are leaving Killarney at 5.45am from

outside Killarney community hospital. 5.50am from Fossa. 6.00am from Beaufort. 6.15am Listry. 6.30am Milltown. 6.50am at Castleisland. There are a few seats still available contact 087-6798129 Or 087-6367807.





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- 09 Kia Proceed 1.6, Alloys, Fogs, 3dr H/B
- 08 Audi A4 2.0TDi, silver, full Audi Service History
- 08 Ford Focus 1.6 TDCi
- 08 Citroen C4 Grand Picasso 7 seater, 1.6 VTR Plus
- 07 Ford Focus 1.6TDi
- 07 Renault Megane Scenic 2yr Test
- 06 Opel Vectra 1.9, 6 speed
- 06 VW Passat 1.9 TDCi, Black, NCT Tested
- 06 Citroen C5 1.6 HDi, 106k, 1yr Test

- 04 Citroen Picasso 1.6 HDi, 138kms
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NOVICE PLATES

As you may already be aware, the Department of Transport, Tourism and Sport announced changes to the driver licensing system that apply to newly qualified novice drivers and first time learner permit holders. These changes are important road safety measures that form part of the Graduated Driver Licensing (GDL) system, one of the key actions in the current and previous Government Road Safety Strategies aimed at improving how we train, test and licence learner and novice drivers.

The changes are as follows:

- From 1 August, N plates are a legal requirement for any driver who gets their first full driving licence in any category on or after that date.
- Any driver who receives their first ever learner permit on or after 1st August will be subject to a lower penalty point threshold, a total of seven penalty points rather than 12. This does not apply to anyone currently in the system, eg. people who already have a learner permit or full driving licence before 1st August.
- Non-display of N plates is an offence under traffic law and is punishable by a fine not exceeding €1,000 for a first offence. On becoming a fixed charge the failure to display



an N-plate will carry 2 penalty points on payment of a fixed charge, or 4 on conviction. The purpose of the GDL system is to reduce the number of collisions, deaths and injuries among learner and novice drivers, particularly among the high risk 17 to 24 year olds, during the learning to drive period and period immediately after they pass their test. Research tells us that novice drivers are most likely to be killed on our roads in the first two years after passing their test due to their inexperience.

Therefore, these measures are designed to protect our most vulnerable road-users so that they can become safe, competent and confident drivers, helping to ensure we have fewer collisions, fatalities and injuries on our roads.

For further information including a detailed Frequently Asked Questions and Background to the Graduated Licensing System can be found at rsa.ie and ndls.ie

CAR SALES HAVE SURPASSED SALES FOR ALL OF 2013

New car sales have surpassed car sales for the whole of 2013. As of July 9th, 74,911 new cars have been sold so far this year, a 28% increase on the same period last year and ahead of the full year 2013.

One week into the new 142 registration period, 9,207 new cars have been sold, an increase of 79% on last year. SIMI (Society of the Irish Motor Industry) released the figures this week.

Alan Nolan, Director General commented: "The

second year of the July plate change has seen customers, both business and retail, become more comfortable with the dual plate concept. This, allied to improved consumer confidence and the increased availability of finance, has led to more showroom activity, which benefits customers, the trade and Exchequer finances. With the offers that are available for the month of July, it looks like it's going to be the busiest July for car sales for many years."

"In fact, the first day of the 142 plate was the best day for car sales in 6 years, since before the recession. We still need to see this improvement in context, though. It is still potentially fragile and even with the growth we have seen, we are still likely to finish around 60% of the pre-recession market."

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- Don't park in a gateway or passing place - they are farmers' field access points
- Drive carefully after rain - dry mud can turn roads into a skid pan after a downpour



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141 VW Golf 1.6 Tdi 5 Dr Trendline Sport Pack
132 VW Touran 1.6 Tdi 7 Seater Silver 11 kms
131 Audi Q3 2.0 Tdi 140 Bhp White 25 kms
131 VW Golf 1.6 Tdi Urano Grey 25 kms
12 Audi A6 2.0 Tdi 177 bhp Dakota Grey 79 kms
12 Ford Focus 1.6 Tdci Edge Silver 36 kms
11 Peugeot 3008 1.6 Hdi Sx 56 kms
11 Vw Golf 1.6 Tdi 105 Bhp 1 Owner Blue 5 Door
11 Vw Golf 1.2 Tsi Comfortline Black, 1 Owner 41Kms
11 Vw Golf Plus 1.2 Tsi Comfortline Silver 61Kms
11 Citroen C3 1.4 Hdi VTR Red 51kms
11 Nissan Qashqai 1.5 Dci Sv Red 72 kms
10 VW Sharan 1.9 Tdi 7 Seater 62 Kms Silver
10 Toyota Auris 1.4 D4D Luna Silver 85 kms

10 VW Polo 1.6 Tdi Trendline Pepper Grey 50 kms
09 Ford Focus 1.8 Tdci Ghia Blue, 99 kms
09 VW Golf 2.0 Tdi 110 Bhp Trendline Silver, 82 kms
08 Ford Mondeo 1.8 Tdci Zetec Black 95k
08 VW Golf 1.4 Gt Sport 3 Door 100kms
08 Toyota Avensis Aura 2.0 D4D Black 135 kms
07 Vw Golf 1.4 Trendline 98 Kms Blue 5 Door
05 Audi A4 Avant 1.9 Tdi Black S Line

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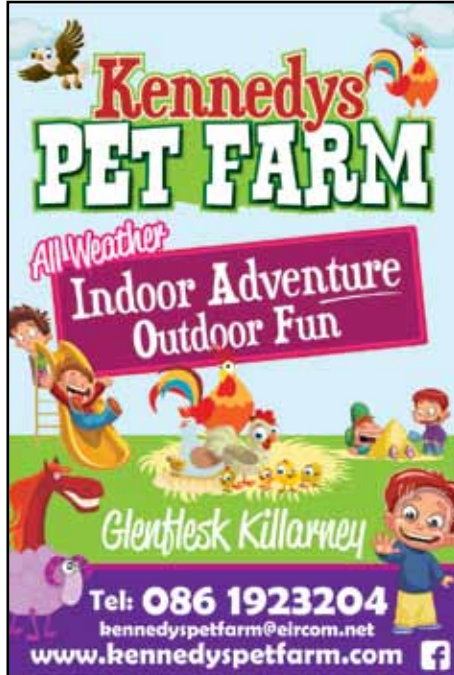


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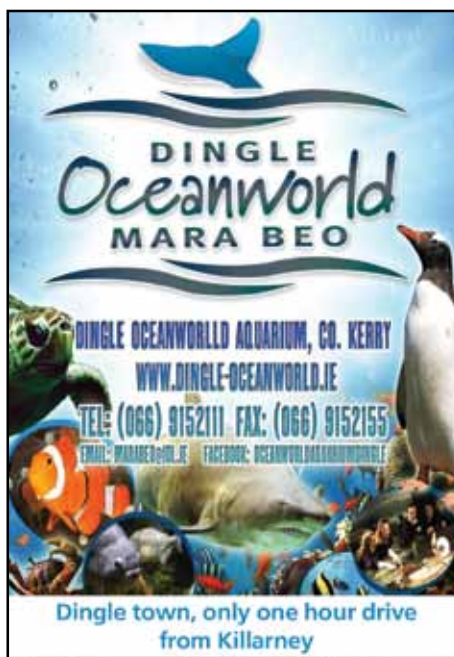
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DR. CROKES GAA CLUB

LOTTO: Draw took place in the Jack C's on Sunday last. Numbers drawn: 5, 8, 10, 23. The jackpot of €6000 was not won. Match 3, 12 received €35. Next week's jackpot is €6300. Draw will take place in the Speakeasy.

FIXTURES: Snr Co. Lge: Home vs. Currow, Fri. 18th July, 7:30pm. O'Sull. Cup SF: Home vs. Gneeveguilla, Sun. 20th July, 2:00pm. Please support.

RESULTS: Snr. C'ship: Dr. Crokes 0-15, Legion 0-17. Mnr C'ship: Dr. Crokes 0-09, Mid Kerry 1-12. U16 Girls Co. Lge.: Dr. Crokes 6-04, John Mitchell's 3-06.

SENIOR C'SHIP: This game will live long in the memory of the big local crowd privileged to witness it as two very evenly matched sides went head to head in the last eight of the championship. Legion kicked off into a four point lead but we pulled back. It was then a ding dong battle with really great finishing by both sides. Johnny Buckley led the Crokes fightback with a good score and two from Daithí Casey frees and another from Shane Doolan had the sides level by the 21st minute. Kieran O'Leary and Chris Brady had good scores for Crokes before James O'Donoghue stopped the Crokes scoring spree with a great score from distance. O'Leary and Keane swapped points and the sides went in on level terms at the break, 8 points all. Ambrose O'Donovan was introduced by Crokes on the resumption but Johnny Buckley caught the throw in and put Crokes ahead. David O'Sullivan had two points for Legion either side of another from Chris Brady and the sides were deadlocked once again after just four minutes of the new half. Jamie Doolan and Daithí Casey then put Crokes two clear but as the game went from end to end another from Keane and a free from O'Donoghue had the sides all square once more. Both sides had missed opportunities around the three quarter stage but Kieran O'Leary found the range in the 50th minute. Legion were finding it difficult to get O'Donoghue on the ball but David O'Sullivan pointed a free after a foul on Keane and then Daithí Casey and Damien O'Sullivan swapped points to have stalemate once again with two minutes remaining. James O'Donoghue cut in from the right and fisted over the lead in the 59th minute but sub Micheál Burns tied the scores once more mere seconds later. Again Legion came in search of the lead and Tom Moriarty cut in from the right to fist over the bar for the crucial score of the game on the 30th minute. From the kickout there was a hop ball in the middle of the field, Legion won it and got a free which Conor Keane kicked between the posts from 45 yards. Legion held out to record a famous victory over their closest rivals.

SATURDAY MORNING ACADEMY: Our Saturday morning hurling academy continues this weekend from 10:00am to 10:40am supervised by fully qualified coaches and all

equipment is provided.

KELLOGG'S GAA CUL CAMPS: The Kellogg's GAA Cúl Camps are a great way for boys and girls aged 6 - 13 to play the games and learn GAA skills in a fun child-friendly environment - and maybe even help make them a GAA star of the future! Fitzgerald Stadium will host a hurling camp from 28th July - 1st August.

GOLF SOCIETY: Captains (Denis Coleman's) Prize was played on Friday last in the Killeen Course. Results: 1st Seamie O'Connor (10) 41pts; 2nd Joe Sheehan (7) 40pts; 3rd Niall O'Mara (11) 39pts; 4th Brian Clarke (12) 38pts; 5th Brian Looney (7) 37pts; 6th Tim Brosnan (19) 36pts; Cat. 1 1st Harry O'Neill (12) 36pts; 2nd Shane Horgan (3) 35pts; Cat. 2 1st Der Brosnan (16) 35pts; 2nd Eamonn Keogh (17) 35pts; Past Captain, Niall Brosnan (16) 34pts; Front Nine, Brendan Keogh (7) 19pts; Back Nine, Fergal Keogh (12) 19pts.

AWARDS NIGHT: The 'Pig on a Spit' mid-summer event will take place this Saturday, 19th July, commencing at 8:30pm. The various awards for the year 2013 will also be presented on the night. Tickets are €20 and are on sale now.

CLOTHES BANK: There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPC.

BEAUFORT GAA NOTES

Beaufort G.A.A. Club and Killorglin Cycling Club have joined forces to bring you the 'Ring of the Reeks', Caragh Lake Loop and the 'Ring of Beaufort' leisure spins which will be held on Saturday, 26th July 2014. The event offers the participant the choice of three routes:

THE RING OF THE REEKS CYCLE is a 110KM loop of Ireland's highest mountains - The McGillycuddy Reeks. The cycle features two significant climbs, Moll's Gap and Ballaghbeama Gap which are sure to test the strength and stamina of the riders. The route is suitable for intermediate to experienced cyclists but all are welcome. The cycle will begin at 9 am from Beaufort G.A.A. Club grounds, Co Kerry. There will be refreshment stops at Blackwater Tavern, Blackwater and Climbers Inn, Glencar. There will be hot food after the cycle at Beaufort Community Centre. The cost of the cycle is €25. There is a discount of €5 for Cycling Ireland Club members.

THE CARAGH LAKE LOOP is a 60KM cycle traversing the most scenic landscape in the area. Starting at Beaufort G.A.A. Club grounds, it follows the initial route of the Ring of Beaufort as far as Glencuttane Cross. At this point, the adventurous beginner can opt to continue in the direction of Glencar as far as Gortamaloon Cross where the participants

of the Caragh Lake loop join the route of the Ring of the Reeks Cycle and continue towards scenic Caragh Lake and ultimately returning to Beaufort village. Needless to say, there will be hot food after the cycle at Beaufort Community Centre. The cost of this cycle is €20.

THE RING OF BEAUFORT CYCLE is a shorter 35KM family or beginner fun cycle. It will start at Beaufort G.A.A. Club grounds at 11 am. There will be hot food and refreshments after the cycle. The cost of the cycle is €15 for an Adult and €5 for a juvenile. All juvenile under the age of 16 must be accompanied by an adult.

Details are available on www.beaufortgaclub.ie or www.killorglincyclingclub.ie.

CLEANUP: There will be a CleanUp of the Clubrooms and Gym etc on Friday pm, Saturday and Sunday so that the facilities will be ready for the Cycle on the following Saturday. Anyone willing to help can contact Bridget 0879975737 or any of the Committee.

LADIES U-14 ALL-IRELAND FOOTBALL

FINAL: A bus will leave Beaufort on Sunday, 20th July for Nenagh to support the Kerry Ladies U-14 team and our very own Hannah O'Donoghue, Feidhna Tangney and Tara Breen. Anyone interested in booking a seat should contact Siobhan Tangney on 086-8901290.

LADIES SENIOR MUNSTER FOOTBALL

FINAL took place in Rathmore on Saturday against Cork and were beaten thus relinquishing their Munster crown. Beaufort had Bernie Breen at mid-field, Patrice Dennehy at corner-forward and Amy Foley on the bench.

BEAUFORT U12 LADIES sponsored by Anthony Foley Decorating put in a great performance in their County League semi-final on Friday evening. After a very exciting game they were unlucky to lose by a point but put in a great effort. Well done to the girls. Rebecca McHugh, Hannah Hallissey, Caoimhe Foley, Ciara Casey, Hannah O'Connor, Maggie Kingston, Meave Coleman-Horgan, Lena Kissane, Leanne Hayes, Kerry Egar, Tara Clifford, Adele O'Brien, Juliette Murphy, Sinead Kissane, Holly Clifford. Subs: Katie Joy, Meadhbh Kissane, Roisin Kennedy, Emma Kissane, Ciara Cronin, Emily Kissane.

LOTTO: Congratulations to Eileen O'Sullivan and Susan Barrett who won the Lotto jackpot of €5,200 Galvin's Bar on Sunday, 13th July. Numbers drawn were 1, 8, 19, 21. Next Draw will be held on Sunday, 27th July. Tickets for the next draw are available from usual sellers, local shops and bars. Anyone interested in setting up a Standing Order or an annual ticket of €50 should contact any of the sellers or officers.

BEAUFORT U12S sponsored by Maurice Foley of MF Decorating are away to Glenbeigh/Glencar at 6.30pm and U11s begin on Sunday, 20th in the Mid-Kerry Competition.

BEAUFORT U-14S sponsored by Sean Coffey of Kate Kearneys Cottage were beaten in their last game of the Eastern Region Competition



by Spa on a score-line of 7-14 to 7-5.

BEAUFORT U16S sponsored by Killarney Credit Union are away to St. Marys/Renard on Monday 14th July and home to Dingle on Wednesday, 16th July at 7.30pm.

WELL DONE to all the Kerry South Development Squads and Beaufort representatives on them. Mike Breen was with the U-16s who won the Shield, Luke Sweeney was on the Panel of the U15s who won the Cup, Ian McGillicuddy and Ciaran O'Sullivan were in the Kerry squad who won the Plate.

GAELIC FOR MOTHERS & OTHERS continue on Monday evenings from 6.00pm to 7.00pm. New players are welcome.

MID-KERRY SENIORS were away to Feale Rangers in the County Championship on Sunday in Ballylongford and had a good win. They are now into the quarter-final draw. Well done to Beaufort players Mike Moriarty, Michael John O'Connor, Gerard Hartnett, Ronan Murphy, Fergal Hallissey, Liam Carey, Sean Fogarty and Danny Healy.

MID KERRY MINORS were away to Dr Crokes on Wed last and beat the home team 1-12 to 0-9. Beaufort were well represented with Brendan Cronin, Mike Breen, Liam Carey, Danny Healy and Niall O'Connor on the starting 15 and Darragh Curran and Shane O'Sullivan on the subs bench.

MILLTOWN/CASTLEMAINE

LOTTO: There was no winner of last weeks lotto, the numbers drawn were 03, 12, 17, 26. The next draw will take place on the 18th of July in O'Sheas Bar, when the jackpot will be up to €8,400.

Tickets available from local businesses. Thank you for your support.

SENIORS: Milltown/Castlemaine where defeated by a very strong South Kerry team in round three of the County Championship on a score line of 1-10 to 0-9, our guys put in a gutsy performance but an Ian Galvin goal after ten minutes gave South Kerry the three point buffer that Milltown/Castlemaine could not pull back.

U 12'S: Our Under 12s will play a blitz in Fitzgerald Stadium this Tuesday 15th. All players to meet at our pitch at 9.30am.

U 10'S: There is training as usual next Thursday and following Thursday and we have 2 blitzes coming up 19 July Saturday in John Mitchell's then 27th July Sunday our own blitz in milltown.

U14: Dulwich Harps/St Pauls Academy under 14 team our visitors for the weekend have won Div1 in the John Egan tournament, The team and mentors had a wonderful time with trips to the South Kerry game and surfing in Inch as part of there itinerary, particular thanks to the familys who hosted the team and the local business's who provided meals etc. Congratulations from all in Milltown/



EAST KERRY SENIOR TEAM WHO PLAYED LAUNE RAGNERS IN THE COUNTY CHAMPIONSHIP LAST WEEKEND.

Castlemaine.

LEGION GAA CLUB

CAIRDE AN LEIGIUN: With over 21 teams on the pitch every week the club is a hive of activity and we are grateful to the volunteerism of our members. We are delighted to be in a position where we can offer the community a healthy and character building activity. All this would not be possible without the support of our members and of course our sponsors. We would like to thank all our sponsors for your kind patronage towards the club in the past.

In order for the club to remain on its current path we are conscious of the need for constant progression. We ,this year, have put in place a development plan which, for the next 5 years, maps out the path the club hopes to take. As we value all our sponsors, we are also aware of the need to ensure that those businesses gets the maximum exposure within the club. With this in mind we are endeavouring to set up a "patrons wing" in the club. It is to be called "CAIRDE AN LEIGIUN". This will be give our sponsors a platform in the club for showcasing their business. "CAIRDE AN LEIGIUN" will be launched in the near future where the club membership will be invited to attend. More details to be announced in the near future.

BOYS U11 FOOTBALL: Boys East Kerry Under 11 competition starts Sunday 20th July. We are in the same group as Dr Crokes, Furies, Kenmare & Kilcummin. Natural under 11's (born 2003) will get playing preference as per County board recommendation & our own 5 year development plan. This is to encourage children to continue to play football & to feel part of a team & this is something that we as a Club fully support.

SUMMER CAMP 2014: The Clubs Summer Camp is still open for bookings. To coincide with the staging of the Academy on Tuesdays from 6-7 you can book your place in the camp through Maura in the club shop. With over 90 kids enrolled in last years camp early booking

is advisable to avoid disappointment. Its open to boys and girls up to age 12 and also to non members who may like to join in the weeks fun. Contact Enda at 0876447523 for further details.

JOHN EGAN TOURNAMENT: The prestigious John Egan tournament took place last week in Fitzgerald stadium with u14 teams from all over Ireland and even the U.K. and they certainly all served up a great feast of football. Having defeated Claregalway 2-11 to 0-1, Laune Rangers 2-6 to 1-5 and Sneem/Derrynane/Templenoe 0-6 to 1-0, the under 14s qualified for the Division 1 semi final of the John Egan Tournament. Here they beat Castleisland Desmonds 3-9 to 2-2. In the final they came up against Dulwich Harps of London who proved to be too strong for our boys and the UK lads ran out deserving winners. All in all a great performance and great credit to all the players involved and the management of John Culloty and Dylan Trant.

BEST WISHES: The club sends its best wishes to Sylvie Grady for a speedy recovery from recent illness.

O SULLIVAN CUP: Best of luck to the junior side as they take on Cordal in Cordal this Saturday 19th at 7pm in the semi final of the O Sullivan Cup.

SENIOR COUNTY CHAMPIONSHIP: At Lewis rd last Sunday evening the beautiful sunshine was equalled only by a brilliant game of football where we edged home in a thrilling match by 2 points. Both sides served up a most exciting game with end to end football and some excellent scores being taken. Legion started the brighter, striding into a 0-05v 0-01 lead after twelve minutes but Crokes came back to lead by a point ten minutes before the interval and then both sides going in on level terms at the short whistle. The second half was just as tight with neither side able to pull away with both sides edging into the lead at different stages and trailing by a point with six minutes left , we kicked the final 3 scores to nose home on a 0-17 v 0-15 scoreline.



LISTRY GAA NEWS

LISTRY WEEKLY LOTTO RESULTS:

Winning Numbers 3, 15, 16, 19.

Jackpot €8,150 Not Won.

1x€100 Blathnaid O'Shuilleabhan, Ballyferriter

2x€50 Peg Brosnan C/O K.G.C.

T. Cronin, High St, Killarney

2x€25 Noreen & Stephanie, Listry

Pat O'Sullivan, Coolbane

Draw Entrant Emma Tangney, Listry

Jackpot next week

Sunday 20th July €8,300

NEXT MONTHLY MEETING: This will take place in the clubrooms on Thursday, 7th August at 9pm.

FR. GALVIN INTERMEDIATE CUP SEMI

FINAL: Saturday, 19th July @ 7.30pm Venue: Farranfore.

Firies v Listry

Come along and support

SUMMER CAMP: The Dungeon Bookshop Listry football camp August 5th-8th. Application form for this camp is available to download from Listry GAA website or at training every Friday evening.

JUVENILE TRAINING on every Friday from 6pm – 7pm.

KILLARNEY LIBRARY: The National Learning Network will hold an Information Day on their upcoming courses on Thursday 24th July from 11am – 1pm in Killarney Library. The session will begin with a general talk followed by an opportunity to meet with past and present students who will discuss their study experiences and job opportunities. This event is of particular interest to school leavers and those in employment who wish to partake in further study. Free admission. All welcome.

EAST KERRY

FIXTURES:

Fr Galvin Cup Semi Final

Sponsored by the Aquila Club

19th July 2014 at 7.30pm

Firies V Listry.

O'Sullivan Cup Semi Final

Sponsored by O' Sullivan Cycles

20th July 2014 (Sunday)

Dr Crokes V Gneeveguilla at 2pm

Cordal V Legion at 6.30pm

Bill Tangney Cup Quarter Final

20th July 2014 at 2pm

Rathmore V Glenflesk

EAST KERRY SENIOR TEAM

The East Kerry Senior Team, sponsored by KWD Recycling, got off to a flying start and led 1-01 to nil in the opening minutes. However, the home side levelled the game and pulled ahead in the second quarter to lead 2-08 to 1-04 at the break. East Kerry dominated the second half, scored 1-07 and held the home side to 3 points in the half and the sides were level at 2-11 each at the end of normal time. Laune Rangers pulled ahead with a goal and 2 points

in the first ten minutes of extra time to East Kerry's 2 points. East Kerry reduced the margin to the minimum with another 2 points in the second half of extra time, and the game was in the melting pot up to the final whistle. Final score: Laune Rangers 3-13 East Kerry 2-15.

Best of luck to Legion who are through to the last 8 in the Senior County Championship.

BEST WISHES: Very best wishes to East Kerry Minor team players Dan O'Connell and Conor Culloty for a speedy recovery.

BILL TANGNEY CUP QUARTER FINAL

Listry 3-13 Scartaglen 1-12

Listry hosted Scartaglen in an exciting quarter final game in the Bill Tangney Cup on Thursday evening, the 10th July 2014. Both sides had overall good team performances in all quarters and the outcome of the game was in doubt up to the last five minutes. The home side went ahead in the opening quarter, to lead 4 points to 1 by the twelfth minute, Jonathon Sparling(2) Kevin Courtney, Jake Courtney on target for Listry and Denis Lenihan for Scartaglen. The visitors finished the quarter the stronger and reduced the margin to the minimum with two unanswered points from the boot of Denis Lenihan, before Pa Murphy found the net for Scartaglen to put the visitors ahead by 2 points early in the second quarter. It was tit for tat, with the sides trading points(Gavin Nolan, Listry; Brendan Rahilly, Scartaglen) and Scartaglen had a 2 point lead with a minute remaining in the half, on a 0-7 to 1-06 scoreline. Listry drove up -field, and Mike Tangney found the net from a precision pass by John Falvey to leave the half time score: Listry 1-07 Scartaglen 1-06.

The game was finely balanced for the first nine minutes of the second half, with both sides scoring points, Kevin Courtney, Jonathon Sparling (2) for Listry and Tom Boyle and Denis Lenihan for Scartaglen, putting a score between the sides. However, on the eighth minute, a Scartaglen attack, was rebuffed and goal keeper Tadgh Ahern came off his line, picked out Kieran Kennedy, who made a fast move up field, picked out Mike Tangney who found the net for the second Listry goal, giving the home side a five point lead. Scartaglen responded and reduced the lead to 2 points with 3 unanswered pointed frees (Denis Lenihan). The sides traded points (Jonathon Sparling, Listry and Tom Boyle, Scartaglen) but the outcome of the game was sealed when Sean Lehane sent a high dropping ball into the goal mouth, from a free, and the ball ended up in the net. Patrick Sheehan and Fergus Clifford pointed for the home side. Final score: Listry 3-13 Scartaglen 1-12.

Fossa 5-13 Firies 2-07

Fossa proved too strong for visitors Firies on Friday in the Bill Tangney Cup Quarter Final. The home side got off to a dream start with a well taken penalty by Paudie Clifford 5 minutes into the game followed with 4 unanswered points (Paudie Clifford (2), Tadgh O'Shea, Dara Rice). Firies replied with a well worked goal

be Alan Looney on the twentieth minute. However, Fossa dominated the remaining 10 minutes of the half and notched up two goals in quick succession (Paudie Clifford and Brian Walsh) and a brace of points (Paudie Clifford, Tadgh O' Shea). Firies showed great spirit and determination and won a penalty, ably dispatched by Conor Randles. Half time score: Fossa 3-06 Firies 2-0.

Fossa gave Firies opened the second half with a goal by Brian Walsh. There were a scatter of points Sean Burke (2) and Tadgh O'Keeffe for the visitors, Dara Rice and Paudie Clifford for Fossa before Lorcan Daly sealed the Fossa victory with a goal on the ninth minute. Firies never gave up and were denied by the upright a number of times. The visitors notched up 4 points (Tadgh O Keeffe (2) Alan Looney (2) and Fossa 5 (Michael O Keeffe, Paudie Clifford, Lorcan Daly, Fergal O' Shea, Brian Walsh) to leave the final score: Fossa 5-13 Firies 2-07.

DYLAN CROWLEY UNDER 11 INVITATIONAL TOURNAMENT

The Dylan Crowley Under 11 Invitational Tournament is taking place in Gneeveguilla GAA grounds on the 19th July, to mark and celebrate Dylan's 11th birthday, first anniversary and his passion for football. The Crowley family have invited ten teams to take part in the tournament in honour of Dylan. The teams participating were very close to Dylan as they were his friends and also the teams he played against regularly. Dylan was a huge fan of football and enjoyed each occasion he put on his Gneeveguilla jersey. The format of the tournament is that the teams are divided into 2 sections. After a round robin series the top two teams in each section play off in two finals both starting at 3.30pm.

EAST KERRY U15 SUPER TOUCH

GAMES 2014: East Kerry U15 Super Touch games took place on Friday, the 11th July 2014. Spa and Firies clubs hosted the 10 aside games. Clubs that took part included Firies, Dr Crokes, Spa, Beaufort and Gneeveguilla. Top team in each group i.e. Firies and Dr Crokes contested the final in Fossa on Sunday and Firies were the winners. Thanks to James O'Sullivan (Firies) and Donal Casey (Scartaglen) for refereeing the games. Results: Firies 1-7 Beaufort 2-1; Firies 3-8 Gneeveguilla 2-4; Beaufort 5-4 Gneeveguilla 1-4; Dr Crokes 5-5 Spa 0-8. Final score: Firies 2-08 Dr Crokes 2-04.

EAST REGION UNDER 14 LEAGUE

The East Region Under 14 League, sponsored by MD O'Shea, has reached the semi final stages this week and the finals in all 3 divisions are fixed for next Monday the 21 July. The semi final pairings and the finalists are as follows: Division 1 - Rathmore V Glenflesk and the winners will meet Legion in the final. Division 2 - Kenmare V Spa and the winners will meet Fossa in the final. Division 3 Kilcummin V Gneeveguilla the winner will play top of the league table Firies in the final.



CORK CLAIM MUNSTER TITLE

There was disappointment in Rathmore, in front of a large home crowd as Kerry failed to retain their Munster title. Cork triumphed in spectacular fashion as they hit Kerry for 6 goals, with 4 goals coming one on top of the other in a 10 minute spell in the second half. Cork were dominant all through the game & hit Kerry for 2 quick points at the start. Kerry replied after 5 minutes with a goal from Patrice Dennehy after a good passing movement. However Kerry were slightly wasteful with the possession they had & failed to put scores on the board due to wides & indecisiveness. However Cork when in Kerry territory had no such qualms & hit Kerry for two goals. Despite some well taken scores from Marie Quirke, Patrice Dennehy & Louise Ni Mhuirtceartaigh, Kerry failed to eat into Cork's lead. Half time Kerry 1-05 Cork 2-08. Kerry started the second half brightly with 3 points on the bounce. But Cork bound up field at pace & hit Kerry for the first of their 4 second half goals, their third of the game. Within a minute they hit Kerry for another. Kerry replied with a point from free by Sarah Houlihan. But Cork replied with 2 goals – leaving the score at the half way point Kerry 1-09 Cork 6-10. Kerry battled back with a goal from Deirdre Corridan however the game was over a contest. Cork funnelled players back & played a very defensive game for the remainder of the half. Both sides emptied the bench, with thoughts already turning to the next game. For Kerry it is a route through the qualifiers, for Cork a quarter final.

KERRY: Edel Murphy, Aoife Lyons, Aisling Leonard, Gina Crowley, Maria Quirke 0-3, Denise Hallissey, Caroline Kelly, Emma Sherwood, Bernie Breen 0-1, Cait Lynch, Megan O'Connell, Patrice Dennehy 1-1, Sarah Houlihan 0-1, Louise Galvin 0-1, Louise Ni Mhuirtceartaigh 0-3
Subs: Deirdre Corridan 1-1 for Cait Lynch (H/T), Lorraine Scanlon for Megan O'Connell (H/T) Aislinn Desmond for Quirke (40) Cassandra Buckley for Houlihan (49)

Attention now focuses for the next week on the club scene. On Friday night the senior championship commences in full, with some



THE KERRY LADIES WHO WERE DEFEATED BY CORK ON SATURDAY.

TEAM PICTURE: BACK ROW L-R: LORRAINE SCANLON, BERNIE BREEN (CAPT), MARIE QUIRKE, AOIFE LYONS, EDEL MURPHY, EMMA SHERWOOD, AMANDA BROSNAN, LOUISE NI MHUIRTCEARTAIGH, MEGAN O'CONNELL, CAROLINE KELLY, LOUISE GALVIN, LAURA ROGERS, FRONT ROW: L-R: DENISE HALLISSEY, SARAH HOULIHAN, DEIRDRE CORRIDAN, PATRICE DENNEHY, GINA CROWLEY, AISLINN DESMOND, AISLING LEONARD, CAIT LYNCH, CASSANDRA BUCKLEY, JULIE BROSNAN.

very interesting clashes. Current champions Laune Rangers who are peppered with county stars have a tricky away game to Inbhear Sceine Gaels. Laune Rangers in 2013 had a sterling season with back to back league titles & also finally the county championship. Their championship success built on their strong league run. However this year they are struggling to put together a strong run of form & with the injury to Sarah Jane Joy & Amy Foley will be missing some firepower & experience. Inbhear Sceine Gaels however have played very well in the league & can also call upon experience players such as Denise Hallissey & Gina Crowley to steady their ship. Going to be tightest game to call of the bunch but will spring for the Laune side as they have more balance to the team. Southern Gaels are home to combination side Na hAstaigh who are Na Gaeil & Corca Dhuibhne. Na Gaeil who were devastating last year in their run to All Ireland success will be hoping players such as Maria Quirke, Brid & Eilis O'Connor, and Deirdre Kearney can lead the team with their experience. Corca Dhuibhne who are young but can count on Louise Ni Mhuirtceartaigh for scores & will pose a distraction the South Kerry side. Southern Gaels also pose their own danger

with Caroline Kelly in fine form at the moment & also with Deirdre Corridan & Megan O'Connell among the side they will be hoping that their strong league campaign & the experience of last years final will stand to them. Killarney who are Spa, Kilcummin & Dr Crokes will host North Kerry – Abbeydorney, Causeway & Finuge/St Senans. The North Kerry side will be dependant on Louise Galvin & young Causeway player Patrice Diggins for scores, while defense will be anchored by Laura Collins Abbeydorney. But Killarney will pose too much of a hurdle with Amanda Brosnan, Cassandra Buckley among their ranks for the North Kerry side. Next round of club games will be dependant on the draws of the qualifiers.

BEST OF LUCK: To the Kerry U14 team who face Mayo in the All Ireland A Final on Saturday 20th June in Nenagh at 4 pm. Kerry who won the Munster after a long 6 year wait will be eager to add the All Ireland crown the trophy cabinet. Kerry will be hoping that midfield duo of Laobhise Walmsley & Sophie Lynch will contain the Mayo pairing to starve their forwards of possession; while up front Kerry will be hoping that Fiadhna Tangney will pop over some scores. Hoping that a big Kerry crowd will support our young stars in the All Ireland final.



KILLORGLIN ROWING CLUB NATIONAL ROWING CHAMPIONSHIPS 11TH, 12TH AND 13TH OF JULY 2014:

One rowing season ends and another rowing season begins. The National Rowing Championships on the 11th, 12th and 13th of July mark the end of the slider rowing season for Killorglin Rowing Club each year. This date also marks an official beginning of the Coastal rowing season and preparation towards the All Ireland Coastal Rowing Championships. Killorglin RC took the National Rowing Centre in Inniscarra Co. Cork by storm competing in 9 events over the three days of the championships. First off was the Men's Junior 16 Quad of Kieran O'Sullivan, John F O'Grady, Cathal O'Donovan and Sean Houlihan coxed by Tara O'Connor who won their heat comfortably. The boys however knew that the final would not be as easy and even though the boys got a personal best over the 2,000m stretch of water it was not enough to catch the Commercial crew. They missed out by a boat length to Commercial but were clear water ahead over other competitors. Great performance by the boys! Cathal O'Donovan raced the Men's Club Single Scull on Saturday morning finishing first in his heat and progressing into the Semi-Final in the afternoon. In the next race he had to finish in top three positions to progress into the final in the evening. Cathal raced an outstanding race finishing third to Lee Rowing Club and Belfast Boat Club scullers. Having achieved that Cathal raced his final finishing 4th overall, out of the 28 competitors who entered in this event. It was a first championship race for Cathal having started rowing with Killorglin last winter. Well done Cathal, great start to a great career.

Conor Murphy and Sean Houlihan also raced the single scull events both in an under 14 age category. Both boys finished 3rd in their respective finals. Well done Conor and Sean.

The big race of the day however was the Women's Double Scull event, where Monika Dukarska teamed up with our ex-international Irish lightweight rower- Fiola Foley - who returned home to Killorglin from Switzerland to represent the Club at the National Championships. The girls dominated the field from the start, opening the gap after 1000m mark and finishing three boat lengths of clear water ahead of the Commercial crew in an impressive time of 7:17sec. The girls were ahead by 1 min and 44 second of the last crew that crossed the line! Impressive! Fiola having raced for Ireland at several World Cup regattas and World Championships returned to the boat after 10 year break. She also competed in the Women's Lightweight Single Scull on Saturday, finishing 5th overall and the Women's Intermediate Single Scull on Sunday, finishing in a 3rd place. It was a big come back for Fiola and who knows, we might see her rowing in green colours again! It is the second time that Killorglin wins the Women's Double Scull Championship of Ireland and this brings our total championship wins to 13! It is a great achievement for such a small town and Club

like Killorglin.

Our Men's Junior 15 quad of Conor Murphy, Sean Houlihan, Michael C'Connor and Shane O'Connor coxed by Tara O'Connor raced very well but ended up in a tough Final finishing 4th overall. Well done boys, we will win this race next year! Killorglin RC was also involved in the Men's Double Scull event, where Kieran O'Sullivan and John F O'Grady raced against much older competitors finishing strong 4th in the heat but missing out on the qualifying place for the Semi-Final. Similarly, Cathal O'Donovan progressed into the Semi-Final stage of the Men's Junior 16 Single Scull event finishing one second behind the qualifying place. It has been an enjoyable weekend for all and we raced some great races, getting personal bests and these hard to get medals. Also big thanks to all parents who supported the Club during the year and helped out at the championships. Congratulations to Mike Fleming for preparing the crews so well and congratulations on the championship wins. Well done Killorglin Rowing Club. However, that's not the end of racing for some. Monika Dukarska will race this Wednesday, the 16th of July to trial for the World Championships place. The World Championships are in Amsterdam at the end of August. Best of luck Monika we hope to see you there!

FOSSA ROWING CLUB NOTES

CLUB MEETING: Club meeting will take place on Tuesday 22nd at 9pm in the OKI. All members welcome.

TRAINING: Training continues for the County Championships Coastal Regatta and the All Ireland Finals which will be held by Waterville in August. Training will be held Monday, Tuesday and Wednesday evening at 7.30pm.

KILLARNEY RUGBY CLUB NEWS

SENIOR SQUAD TRAINING: Has begun since last Friday and continues each Wednesday and Friday at 7.30pm. For the time being the sessions are located on the pitches on Port Road near the Cathedral at Knockreer. Coach John Nikora welcomes new players who will get down to pre-season fitness training. New players can contact Team Manager Luke O'Sullivan on 087 2689234. We would be delighted to hear from anyone at any age level or parents who want to enquire about their child taking part in Minis or Youths, or even considering doing some coaching. We can arrange to have you sent on Munster Branch Certified training courses.

FUNDRAISING: In spite of our recent good fortune of the capital grant scheme allocation we are still in fundraising mode and will continue to do so, as the normal running costs of the club exceed €40,000 per annum. We hope to introduce a new membership application process which is an online system. More details in our next issue.

SPA MUCKROSS AC

KILLARNEY 10MILE: Preparations are well under way for our inaugural Killarney 10 mile run on September 27th. We are delighted that former world silver medallist Gillian O'Sullivan will be in attendance at the start line to get the runners off their marks, also in attendance will be John Lennihan, former World Hill running champion. Assisting Gillian and John at the start will be Peter Maher, Peter is a former Olympian who competed in the Marathon for Canada in both the Seoul and Barcelona Olympics and at one point also held the world record for 25km. All are in agreement that this race is the ideal preparation for the Dublin City Marathon the following month. Total proceeds from this event are going towards the construction of a 200m running track in St Brendan's College. Entries are currently being taken online at www.killarney10mile.com; look us up on our website and on facebook also.

COMPETITION: The County Senior Championships took place in An Ríocht on Wednesday last and Dion Marcos was in fine form winning both the 100m and 400m races, second in the 200m with a PB of 23.69 and rounding it off with a 3rd place in the Long Jump. Dylan O'Sullivan also had a great evening with a gold medal performance in the High Jump and a silver medal in the Long Jump. The Juvenile All-Ireland Championships were in Tullamore at the weekend and on Saturday the Juvenile Development Games took place and Elizabeth Stack won her first national title with a great win in the U14 girls High Jump, Ruth Courtney also ran very well there and finished 5th in the final of the U14 girls 100m. On Sunday, Sarah Leahy was 5th in the final of a very tightly contested U16 girls sprint final. Dion Marcos was in the final of the U17 boys long jump and both of these athletes will be back in Tullamore on 26th July for the second weekend of competition along with Christine Cooper, Billy Courtney and Dylan O'Sullivan so we wish them all the very best of luck.

WORKMEN'S ROWING CLUB

A great weekend of rowing results at the Irish National Rowing Championships in Inniscarra last weekend. A wonderful boost to our club this year.

THE RESULTS: U14 boys quad Gold: crew included, Rúadhan, Sean, David and Jacob, coxed by Mikey Joe Burns. Siobhan Burns Gold in the U15 Single Scull event. U14 Girls quad 2nd, Ciara Moynihan, Ciara and Leona Browne, Annie O'Donoghue, coxed by Mikey Joe Burns. Lauren McCarthy 3rd Single Scull, Donnacha Ireland 3rd Single Scull event. J15 Boys, 3rd Quad event. Junior 16 x8 4th in their event. A great weekend's rowing you'll agree. Well done to all crews, coaches, parents and supporters, special word of thanks to Pat Doc Doherty, for his time and dedications training and managing all these crews, we wish Pat well and a safe recovery from everyone at the Workmen's RC.



Another word of thanks for everyone who helped in our church gate and street collection last weekend in Killarney. To the people of Killarney and beyond thank you sincerely for your generosity. The money raised goes to the vital day to day running of the club and also goes towards our insurance and electricity bills.

CONGRATULATIONS: Goes out to Kieran and Terese Counihan on the baptism of Baby Dara Brendan Counihan, not forgetting his brother Evan and sister Leah Counihan, set to become 3rd generation Workmen's rowers in time!

TRAINING: Continues for the All Ireland and County Coastal Rowing Championships, timetable and schedules can be got online. Happy Rowing!

MUCKROSS ROWING CLUB NOTES

IRISH CHAMPIONSHIPS 2014: Last weekend saw three action packed days of racing at the Irish Championships Regatta held at the National Rowing Centre from Friday to Sunday. While the coveted Champ titles remained out of reach for the club this year, there were some excellent performances from our crews racing in the largest Championship regatta on record. Fourteen crews represented the club over three days where Cork Boat Club and NUIG took top honours with seven titles each. Our congratulations go to our Junior Womens squad who scooped silver medals in the finals of both the Junior Womens Four and Pair. On Friday the Junior Womens Four of Kara O'Connor, Dearbhail Ryan, Zoe Hyde and Holly Hickey battled strong with the winning Skibbereen crew and held off a late Shannon challenge to secure silver in the straight final of six crews. On Sunday, Holly and Kara picked up their second silver medals against an impressive Cork BC duo. Friday also saw Rob Shaw reach the semi finals of the Mens Junior Scull after qualifying in second place from his heat, a top twelve finish in one of the toughest Champ categories. Great credit also to Rob for his perseverance after a dramatic start! In the younger ranks, Sean Fleming rowed a strong race in the Mens Junior 15 scull, taking third place against tough competition from Cork and Portora. The J15 women of Muckross also delivered success. Three quad crews contested the Junior 15 Quad category with a second and fourth place finish in Final 3 and a fourth place finish in Final 4, ahead of Skibbereen. On Saturday our two Mens J15 quads raced in tough finals with a fifth and sixth place finishing in separate finals. Paul Griffin marked a return to Champs, joining Michael Maher in the Mens Senior Pair for Commercial RC Dublin. A win in the heat was followed by a third place finish in the final won by Mark O'Donovan and Niall Kenny for UCD. Sunday's final day of racing saw our two Womens J16 Quads do battle, with fourth and fifth place finishes. In the last of the Championship racing for the club, our Junior 18 Women put in one final battle in the Quad, with a strong second place finish in the heat

qualifying them for the final. Skibbereen again stole a march in the final, with Commercial and Cork taking silver and bronze ahead of Muckross in fourth. One final set of silver medals was returned on Sunday, our congrats go to the Womens Junior 14 Quad of Kate-Lynn Casey, Aisling Doyle, Ciara Ferris, Caoimhe Kelly and cox Emma Golding, who were second to Shandon with Colaiste Iognaid in third. We also send our congrats to Aileen Crowley, previous winner of the Womens Junior Four championship with Muckross, who recorded a win in the Intermediate Eight with UCD. Well done to all our rowers, coxes and coaches.

HOME INTERNATIONAL REGATTA 2014:

With most of our crews taking a well earned break, for four of the club's members, there is another big week ahead! We are thrilled and very proud to have two rowers, a cox and coach from the club representing Ireland at this year's Home International Regatta. Muckross RC is currently playing host to the Irish Junior Womens squad who are based at the club in the two weeks between Championships and Homes, under the supervision of coach Aine Sweeney. Kara O'Connor and Holly Hickey retain their green jerseys of recent years to race again for Ireland while we are also delighted this year with the selection of Aine O'Sullivan as cox of the Irish Junior Womens Eight. We wish all our visiting rowers, Kara, Holly and the two Aines every success in the build up to the Homes! The Home International Regatta takes place at the National Rowing Centre, Inniscarra on Saturday 26th July when Ireland will host the visiting rowers of England, Scotland and Wales.

CLUB NIGHT: On Sunday night last, club members gathered for what is now an annual informal gathering to mark the official end of season after the Champs regatta. For many of our rowers and coaches, the Championships mark the end of a hectic year and again it was a thoroughly enjoyable evening as we looked back on another year of rowing. Our thanks to Eamon and Valerie Courtney and the staff and management of the Killarney Oaks Hotel for hosting our club night.

FUNDRAISING: Our annual Flag Day street collection and Church Gate collection both take place this weekend. All support greatly appreciated. Our Game of Chance Prize Draw continues over summer further to postponement of the draw date. Don't miss your final opportunity to buy a ticket over the coming weeks. Final draw date to be announced. For tickets, please contact a club member.

MUCKROSS LOTTERY: RESULTS For Saturday 12 July 2014. Numbers drawn: 1, 8, 13, 16. Lucky Number: 11. Match 3 Winner: Sheila Kelly. Next draw Saturday 19 July 2014 at the Killarney Oaks. Jackpot: €3,100. Match 4 plus Lucky Number in panel 2: €4,100.

GNEEVEGUILLA ATHLETIC CLUB

There was one winner of our lotto draw 11/7/2014, Conor & Martin Crowley Gullane, were the winners of jackpot €11,000. Numbers drawn were 6, 18, 25 and 27. Sellers prize went to Tom Joe O'Donoghue, €1,000 bonus not won numbers drawn were 14, 20, 26 and 29. Next week we draw €4,000 jackpot.

A whole lot to report on this week. We had the County Senior Championships in Riocht Track on Wednesday evening and got some wonderful performances from Miceal O'Neill, Matthew Collins, Andrew McCarthy, Hannah O'Sullivan, Elaine Cronin, David O'Keeffe and the Purcell brothers Robert & Andrew. At the National Championships in Tullamore on Sunday Sinead Warren won the Hammer contest to capture the gold medal. On Saturday Francis Cronin won gold in 100m and 800m U14 in the Development Games in Tullamore. At the same venue Jack O'Leary got gold in 600m and silver in 100m U12. Donal Daly & Liam Casey also competed well. Well done also to Jack Greaney who won 300m U12 at Cork city sports last week.

GNEEVEGUILLA ATHLETIC CLUB OPEN

SUMMER MILE SERIES: The very progressive Gneeveguilla Athletic Club are promoting a Summer mile Series over the next number of weeks. Dates, times and venues as follows: Friday July 25th at 7.30pm Barraduff - Shroneadrough Road to School, Friday August 8th at 7.30 pm Fossa Church, Friday August 15th at 7.30 pm Knocknagree Fairfield, Friday August 22nd Dillanes Garage to Square. Score in 3 out of 4 races for a prize. All age groups catered for from 2005 & older up to Masters and O70. Entry fee €3.00 per race or €10 for entry to all four. Permit granted.

KILLARNEY SOUTH COMMUNITY GAMES

NATIONAL FINALS FUNDRAISING: Due to the unprecedented number of athletes qualifying from Killarney South, for the national finals in Athlone in August, the committee has decided to organise a fundraising event. A bag-packing event has been organised for Friday and Saturday July 25th and 26th. Any of the parents of children who have qualified for Athlone are urged to attend in the evening between 5pm and 9pm. The committee will greatly appreciate any support the wider community can offer our young hopefuls for the national finals.

X-COUNTRY: Kerry team continues with training every Tuesday at 7-8pm. The location changes from Demense, Killarney to Tralee community swimming pool grounds.

TRAINING FOR ATHLONE: Training for other track athletes has been organised on Wednesdays at 6.15 at St. Oliver's, travelling to An Riocht stadium for 7pm. It is in the athletes best interest to attend preparation for Athlone.

SCHOOLBOYS GIRLS NOTES:

TRALEE TROPHY WORLD 16 PREMIER:

With the excellent run of The Park to the National Cup final and Killarney Celtic's players involvement with The Sem winning The All Ireland and then representing Ireland in the UK plus the Leaving Cert the last League game in the u16 Premier was delayed until this weekend.

Killarney Celtic needed to defeat The Park at Christy Leahy Park to send the League to a play off. However it was the home side that got the only goal of the game, through Fergal O'Brien, to take the title.

WFAI U16 CUP 1/4 FINAL: Killarney Celtic, with a squad who are almost all underage again next year, travelled to Galway to take on the highly rated Salthill Devon team. The home side were 2 ahead at the break but Christine Cooper pulled one back.

However the home side finished stronger and wrapped up the win with a few late goals.

THE BOY DONE GOOD: Its not everyone that can say they saw a World Cup winner in action and even less can say they saw the scorer of the winning goal up close.

Well anyone that was in Paddy Kennedy Park a few years ago when Listowel Celtic hosted the first International held in Kerry can now say this. On the 10th of April 2008 Mario Gotze played in an u16 German team that took on the Republic of Ireland.

Bryan Murphy, David Culhane and honorary Kerryman John Egan played in that game.

KILLARNEY CELTIC NOTES

GOOD LUCK TO KERRY: Best wishes to all the Kerry U14 Girls who play in the All Ireland Final next week, especially our big Killarney Celtic contingent.

NATIONAL FOOTBALL DRAW: Tickets

now on sale for the Irish National Football Draw - they are €10 each and is a new fundraiser for our club. There are local, regional and national prizes, over 2000 prizes. Proceeds from tickets sold go to the club, please support. Contact any club member, Suzanne 0868449082 or May 0866485809

STREET COLLECTION: Killarney Celtic's Street Collection will be held on Saturday August 2nd. Volunteers and support will be needed on the day.

REGISTRATION AND AWARDS DAY: Our awards for the 2013/2014 playing season and registration for the coming season will be on Saturday August 9th from 12 noon to 3.00pm.

MANAGERS WANTED: It takes a lot to keep a club going, but most of all we need people who can volunteer their time. Anyone willing to help out with a team is asked to contact Mike Lyne on 086 0836356.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs - 14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981. There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

RESULTS:

U16 PREMIER FINAL: KILLARNEY CELTIC 0 ST. BRENDANS PARK 1

This year's U16 Final had been delayed for the best of reasons - Park went all the way to the National Cup Final and our lads won an All Ireland with the Sem. On the day, Park got the vital goal in an exciting game where there was very little between two excellent sides.

U16 GIRLS NATIONAL CUP QUARTER-FINAL: SALTHILL DEVON V KILLARNEY CELTIC:

A young Celtic side, most of them eligible again next year, gave a great account of themselves after a long journey to Galway. Celtic trailed 2-1 going into the final quarter but credit to a superb Salthill Devon, they finished out strongly. Nonetheless this has been a fantastic year for girls soccer in the club, with both our U16s and U14s having reached the last 8 in the whole country.

LOTTO RESULTS: Numbers drawn 1, 2, 11, 21. No winner, seven x match 3, Liam Grimes, Niamh Casey Countess Rd., Joe Hurley St. Margaret's Rd., Philip O'Connor, Denis Mac, Timmy Horgan c/o Ray, Jonathon Lyne Cleeney, €25 each. Next week's jackpot €2400, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We have all seen the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738.

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.



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



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

KILLARNEY CREDIT UNION. KILLARNEY ATHLETIC 7-A-SIDE TOURNAMENT

RESULTS MONDAY 14TH JULY

U16 Tekkerslovakia 2 O'Leary Expert 1
U16 Killarney Hotspur 5 Kly United 1
U16 Mustang Sallys 0 Bow Wow Panthers 6
O 35 Fleming's Taxi 2 The Wipeouts 2
Playoff 1 O'Callaghan's Bar 0 Kate Kearneys 1
Playoff 7 Athletico Glenflesk 1 Bilbao Naggins 0
Playoff 2 FC Polaco 2 The Ross Inn 0
Playoff 6 Killarney Oils 4 The Blazing Squad 3 (a.e.t.)
Playoff 3 FC Faha Court 1 The 98 Bar 2
Playoff 8 The Brehon Wanderers 2 FC Toba 1
Playoff 4 Kly Medals & Trophies 1 Mustang Sallys 2
Playoff 5 Tricel Killarney 0 Dunboy Greener Homes 2

RESULTS

TUESDAY 15TH JULY

6.00 Last 32 B Jimmy Briens 1 Dunboy Greener Homes 1 (Dunboy won after extra time and penalties)
6.20 U16 TWG 4 Bow Wow Panthers 3
6.20 U16 Thunder Ducks United 13 Kly United 0
6.45 U16 Killarney Hotspur 0 O'Leary Expert 3
6.45 U16 Mustang Sallys 2 Paddy's Restaurant 1
7.10 Last 32 A Wedding Guru 2 Mustang Sallys 0

7.10 Last 32 D Currow City 1 Athletico Glenflesk 0 (after extra time)
7.35 Last 32 F Scotts Hotel 4 FC Polaco 3
8.00 Last 32 G Moriarty Photo 0
Kate Kearney's 2
8.00 Last 32 H MD O'Sheas Park Road 2
The 98 Bar 0
8.25 Last 32 C Tatler Toffees 4
The Brehon Wanderers 1

WEDNESDAY 16TH JULY

6.00 Last 32 E Fossa City 4 Killarney Oils 2
6.20 U14 Glenflesk Dynamo 1
The Boys from Bavina 2
6.20 U14 Barca Boys 0 The Black Panthers 0
6.45 U14 Ballyspillane Community Centre 0
Fairfield Utd 2
6.45 U14 Queens Park Strangers 3
Unreal Madrid 0
7.10 O35 Bunkers Bar 2 Mackey's Crew 3
7.10 O35 Liebherr Cranes 0 Tatler Jack 1
7.35 Last 16 CG Killarney 2 Tatler Toffees 5
7.35 Last 16 Henderson's Bar 1 Currow City 2
8.00 Last 16 Dunloe Lodge 4 Dunboy Greener Homes 2
8.00 Last 16 Speakeasy 0 Scotts Hotel 1
8.25 Last 16 Dennehy's Corner Bar 1
The Wedding Guru 3
8.25 U14 Queens Park Strangers 1
Fairfield 2

FIXTURES

MONDAY 21ST JULY

6.45 U16 Semi Final Tekkerslovakia v Bow Wow Panthers
6.45 Senior 15 Mins ¼ Final (A)
7.10 U16 Semi Final TWG v O'Leary Expert
7.20 Senior 15 Mins ¼ Final (B)
7.35 Senior 15 Mins ¼ Final (D)
7.55 Senior 15 Mins ¼ Final (C)

TUESDAY 22ND JULY

7.00 Reserve 15 Mins Semi Final Loser of (A) v Loser of (B)
7.00 Over 35 Semi Final Fleming's Taxi v TBC
7.35 Premier 20 Mins Semi Final Winner of (A) v Winner of (B)
7.25 Over 35 Semi Final TBC v The Wipeouts

WEDNESDAY 23RD JULY

7.00 Reserve 15 Mins Semi Final Loser of (C) v Loser of (D)

7.00 U14 SEMI FINAL

7.35 Premier 20 Mins Semi Final Winner of (C) v Winner of (D)
7.25 U14 Semi Final

TUESDAY 29TH JULY

6.50 U14 Final
7.25 U16 Final
8.00 Reserve 20 Mins Final

WEDNESDAY 30TH JULY

6.50 O 35 Final
7.30 Prem 30 Mins Final



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



THE 98 BAR TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



THE DUNBOY GREENER HOMES TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY PRESENTS THE TROPHY TO FLESK FLYERS U-10 TEAM CAPTAIN RIAN KELLY AT THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY ATHLETIC OFFICERS JOE DALY AND DON O'DONOGHUE AND TEAM MANAGER JOHN KELLY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

KILLARNEY GOLF CLUB

LADIES CLUB

RESULTS OF LADIES CHARITY DAY 9TH JULY, 2014.

1st Breeda Duggan (25) Joan Fleming (35) 54 pts.
2nd Siobhan O'Mahony (12) Ita Luddy (20) 53 pts.
3rd Mairead Ni Mhunchu (9) Elizabeth Dinan (24) 53 pts (bk.9).
4th Bernie Nolan (13) Nancy O'Connor, (24) 51 pts.
5th Julia O'Donoghue (13) Irma Clifford (19) 50 pts.

MIXED 4 SOMES FRIDAY 11TH JULY, SPONSOR BOWLERS TOYOTA GARAGE KILLARNEY

1st Shane Horgan (3) Helen Prendergast (20) 44 pts.
2nd Paul McMahon (17) Nancy Fleming (25) 40 pts (bk 9).
3rd Donal Considine (2) Amy Arthur (8) 40 pts.
B.G. Dan Joe Cahill (13) Christine Carroll (13) 27 gross pts.
4th John Cooper (13) Sally Cooper (22) 40 pts.

ROBERTS COFFEE 13/7/2014 (AGAINST PAR)

1st Patsy Hanly (23) 8 up.
2nd Breeda Neeson (28) 6 up (bk9).
3rd Nicola Rainsford (9) 6 up.
B.G. Ailish Mulcahy (6) -2.
4th Margaret Brosnan (21) 6up.
5th Claire Breen (27) 5up.
Next Competition Sunday Next 20th July, Singles S/Ford Killeen Course, Sponsor Castlerosse Hotel.

ROSS GOLF CLUB

GENTS CLUB RESULTS: The results from the two man scramble held on July 13th will be available next week.

FIXTURE: On Sunday July 20th - Lady Captain, Mary Cronin will hold her Captain's Prize to the Gents Club. This will be a single stableford competition. The timesheet will be available in the clubhouse from lunchtime on Friday 18th. Please add your name to it then.

CONGRATULATIONS: To our Nines of Kerry team on their recent 4 to 1 victory over Ballyheigue. They are now into the final which will be held in the Ring of Kerry GC in the coming weeks.

DR BILLY TEAM: Best of Luck to our Dr Billy team who will be playing Castlegregory in that competition in the coming week.

RING OF KERRY GOLF CLUB

RESULTS:

MENS SINGLES STABLEFORD GOTY

1st: Simon Stauch (13) 44pts.
2nd: Sean Cronin (14) 43pts.
3rd: Rory O'Sullivan (5) 39pts ocb.

LADY CAPTAINS DAY

1st: Clare Green (29) 34pts.
2nd: Margaret Hanley (33) 33pts.
3rd: Kim Kennedy (17) 32pts.
Nearest Pin: Kathleen O'Shea.

Longest Drive: Christina Foley.

Front 9 - Breda Lynch.

Back 9 - Mary Brosnan.

CONGRATULATIONS: To young Tommy O'Driscoll for winning the Ulster Boys Amateur Open Championship last week. A fantastic achievement for a young member from Kerry to travel so far and win this prestigious event.

UP COMING EVENTS: Saturday 19th July - Captains Prize Day. Please contact the Pro Shop to book times in. There is an Open prize section to visitors also.

Sunday 20th - Members 2-Person Scramble.

Tuesday 22nd - Singles Stableford Open event - Only €15 for visitors.

Please book in by calling 064 66 42000

KILLARNEY GOLF CLUB

MEN'S CLUB

SINGLES STABLEFORD KILLEEN, 13/07/14

1st Pat Fogarty (23) 42 pts.
2nd James Kelliher (17) 41 pts.
3rd James Devane (10) 40 pts.
4th Padraig Sweeney (9) 40 pts.
5th Gerard Walsh (13) 40 pts.
Cat 1 Eric Dunlea (5) 38 pts.
Cat 2 Enda Prendergast (9) 38 pts.
Cat 3 Jerry Galvin (13) 37 pts.
Cat 4 Tony Walsh (20) 36 pts.
CSS 72

KENMARE GOLF CLUB

RESULTS MEN SENIOR MEDAL:

1st Cian Long [11] 65 nett.
2nd Mossie Fitzgerald [14] 68 nett.

MINOR MEDAL:

1st Paudie Kelleher [21] 63 nett.
2nd Colm O'Sullivan 64 nett.
Next week - 18H Sford.
Also Thursday 18H Sford Open.

LADIES: 18H SFORD SPONSORED BY SEAN CROWLEY

1st Angela Cronin [25] 40pts.
2nd Leonie Lyons [33] 39pts.

KILLORGLIN GOLF CLUB

LADIES RESULTS: SILVER SWANS: 12 HOLE STABLEFORD 08/07/14

1. Marian Healy (30) 26pts.
2. Phil Anne Foley (36) 22pts.

FIXTURE: Saturday 19th, Sunday 20th and Tues 22nd is the Kerry Petroleum 18 Hole V-Par. Arrange own time and partners.

PUCK FAIR SINGLES: The Puck Fair re-entry 12 Hole Singles Stableford starts Wednesday 16th July. Open to Green Fees. Information on Notice Board.

LADY CAPTAIN'S PRIZE: Lady Captain Maura O'Boyle's Prize Day is on Saturday 26th July. Men's 9 Hole Invitation can be played before 10am and after 2.30pm.

ROSS GOLF CLUB

LADIES RESULTS: Sunday July 13th there was a ladies scramble played in the fabulous evening sunshine and it was kindly sponsored

by Han Linehan.

1st Lisa Kerfoot, Anne O'Leary, Lora Beth Malloy and Mona Looney with 30 2/7.

2nd Lady Captain Mary Cronin, Noreen O'Mahony, and Mary Mac Monagle 32 6/7 and in 3rd place Helen O'Donoghue, Bridie Doyle and Margaret Hickey 32 6/7.

FIXTURES: Sunday July 20th club sponsored 18 hole single stableford competition. Time sheet in the locker room. Lady Captain Mary Cronin's prize to the Gents will also be played on Sunday 20th. On Sunday July 27th it is Lady Captain Mary's day. There will be an 18 hole single competition, with a shotgun start at 11am. Entry sheet in the locker room. The competition will be followed by snacks in the club house. On the same evening at 8pm Lady Captain Mary will celebrate with a barbaque followed by the prizegiving, music, lots of fun and entertainment.

MIXED FOURSOMES: Second round matches to be played by July 21st.

BEST WISHES: We wish the very best of luck to our Junior Foursomes team who will be playing against Killarney in Kenmare on Saturday July 19th at 10am. Support for our ladies would be welcome.

CONGRATULATIONS: Congratulations to Ross' Kerry nines team who overcame Ballyheigue in Ross on Tuesday July 8th. Ross will now play against Castlegregory in the final at the Ring of Kerry golf club on Saturday August 9th. Ross last won this competition in 2011, so we wish the team the very best of luck and hope they can do it again this year.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY JULY 13TH, 18 HOLE STABLEFORD.

Winner, Roger O'Sullivan (13) 42 pts.
Runner up, Daniel Shine (09) 41 pts.

RESULTS: SCRAMBLE PLAYED ON THURSDAY 10TH JULY, 2 PERSON SCRAMBLE: Winners Daniel Shine & Peter McGrath.

RESULTS: CASTLEROSSE AWAY-DAY SATURDAY 12TH JULY IN KILLORGLIN GOLF CLUB: 1st Place, M. Tobin, 2nd Place, Donal Power, 3rd Daniel Shine, 4th Place, Donal O'Reilly, 5th Place, Gene Cronin, 6th Place, Michael Leahy.

Ladies, 1st place, Kay Spillane, 2nd Place, Noirin Sheehan.

FIXTURES: Scramble each Thursday evening at 6.15pm, meet at 6pm in Club House, open to Ladies and Gents, Guests welcome. Come and enjoy 9 holes of golf at very reasonable cost. Next weekend 18 hole Strokeplay, play Friday, Saturday or Sunday. Register on sheet at Castlerosse.

LADIES. GET INTO GOLF. An invitation to all ladies interested in playing golf in a fun environment. Come to our free introductory evening on Monday 21st. July 7pm to 9 pm at Castlerosse Golf Club. All equipment will be provided. So come along for a fun, friendly, social evening, followed by refreshments. For further details contact Mairead 087 7808106

PARKNASILLA GOLF CLUB

RESULTS: CEARBHALL O'DALAIGH MEMORIAL SCRAMBLE:

1st Dwayne Hoare (11), Brian Jones (19) and Deirdre Jones (21) 57.3 nett.

2nd Patrick Casey (14), Sean McCarthy (16) and Liz McCarthy (22) 59.2 nett.

3rd Vincent O'Sullivan (18), Paul Moran (18) and Marie O'Sullivan (25) 60.2 nett.

LADIES OPEN DAY, 3 BALL BETTER BALL: 1st Anne Moynihan (8) Teresa Walsh (21), and Mary Moynihan (28) 57 pts.

2nd Sile Bodmer (13) Siobhan Supple (25) and Therese O'Leary (28) 55pts.

3rd Gobnait NiLuasaigh (22), Ann O'Flynn (29) and Sheila Donavan (30) 54 pts.

MIXED FOURSOMES: 1st Maurice Walsh (22) and Therese O'Leary (28) 64.6 nett,
2nd Sonny Looney (16) and Cass Fitzpatrick (32) 66.6 nett.

FIXTURES: Friday July 18th Adult/Child Comp Sneem Family Festival, 12 holes, open, team event, mixed.

Ladies: Saturday July 19th, 18 holes stableford, timesheet. July 26th Open Day Parknasilla, 18 holes stableford. July 26th until August 1st Conquer Cancer, 12 holes stableford ladies and gents. Phone 064 6645195

BEAUFORT GOLF CLUB

LADIES BRANCH

RESULTS: Due to the unfortunate passing of our member Mary Barrett (RIP) last weekends competition sponsored by Blossoms, Killorglin will be run at a later date.

9TH JULY 2014 - CLUB SCRAMBLE:

Winners: James O'Dowd (2), Bernard O'Dowd (24), Jerry O'Sullivan (28) - 22 3/8th.

FIXTURES: Sunday 20th July - Lady Captain Day - 18 hole Stroke Competition. Please ensure you book your tee time and book your meal if attending. Presentation will be at 9pm sharp. Club Scramble continues Wednesday 16th at 6.30pm.

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

Phone: 064 66 44440,

Email: info@beaufortgolfresort.com

BEAUFORT GOLF CLUB

MEN'S RESULTS:

12TH/13TH JULY - 18 HOLE STABLEFORD SPONSORED BY E.I. SYSTEMS.

1st Pdraig Coffey (20) 43 pts.

2nd Dan Moynihan (6) 34 pts.

3rd Derek Lyttle (21) 33 pts.

11TH JULY - OPEN FRIDAY - SPONSORED BY CLIFFORD GROUND CARE

Winner: John McGrath (14) 39 pts.

FIXTURES: 20th July Captain's Prize, 4th Round GOTY Stroke (White Tees) Sponsored by Captain Gearoid Keating, Tralee Credit Union & Top Part Motor Factors. (longest Drive



AT THE PRESENTATION OF PRIZES OF DR CROKES GAA CLUB GOLF SOCIETY DENIS COLEMAN'S CAPTAINS PRIZE AT KILLEEN LAST FRIDAY WERE FRONT FROM LEFT, BRENDAN KEOGH, DENIS COLEMAN (CAPTAIN), HARRY O'NEILL, MAEVE COLEMAN, EAMON KEOGH, SEAMIE O'CONNOR (WINNER) AND NIAL O'MARA. BACK FROM LEFT ARE FERGAL KEOGH, NIAL BROSAN, TIM BROSAN, DER BROSAN, JOEY SHEEHAN AND BRIAN CLARKE. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

sponsored by Carson's Daybreak, Beaufort). Please ensure you book your tee time and place for meal if attending. Presentation will be at 9pm sharp. Club Scramble continues Wednesday 16th July at 6.30pm.

Open Fridays (Single Stableford for Ladies & Gents) continues Friday 18th July.

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PITCH & PUTT NEWS

THERE was no joy for the Kerry contingent at the Munster Gents Strokeplay in Douglas last Sunday as none of the competitors in the three grades managed to get amongst the prizes. Tralee's Jamie Blake was third after the first 36 holes in the Senior competition but a disappointing final round saw his challenge slip away as Tipperary's James Ryan emerged as the eventual winner. It was a better week on the Juvenile front however as there was Kerry success in Scratch Cups both inside and outside the county. Last Saturday's Deerpark Juvenile Scratch Cup (sponsored by the Victoria House Hotel, Killarney) saw Stephen McCarthy from the host club come out on top ahead of club-mate Sean Courtney with Deerpark's Lorcan Martin (U-14 Winner) and Cillian Courtney (U-12 Winner) amongst the prizes.

At the Collins Juvenile Scratch Cup in Cork last Wednesday, Deerpark's Michael Cronin was victorious from Stephen with the Kerry Juvenile team for the upcoming Munster and National Inter-Counties confirmed as follows: Stephen McCarthy, Michael Cronin, Sean Courtney, Conor Quirke and Mark Harnett (all Deerpark) along with Eamon Sheehy (Tralee). Meanwhile the Killarney club's Inter/Junior team finished

the Group Stages of the National Inter-Club competition unbeaten after a 4.5 apiece draw with Collins in Bruff, however the Cork club topped the table overall on a better match difference. The draw for the quarter-finals sees Deerpark play Bagenalstown of Carlow in a neutral venue on Saturday August 30th.

This weekend sees the Castleisland Scratch Cups take place on Sunday. The club are introducing separate Senior, Intermediate and Junior Gents competitions this year with the senior competition for the Danny Broderick Memorial Cup and the Junior competition for the Lorna Looney-Brosnan Cup. Entry is €10 per player and a reminder to all Kerry competitors that this is a trial for the adult Kerry Inter-County teams at all grades. The outstanding Deerpark trial for these teams (which will see the Intermediate and Junior teams confirmed afterwards) takes place next Tuesday evening (July 22nd) beginning at 6pm while the outstanding trial for the Senior Gents team in Tralee will be confirmed in due course.



MAUREEN CULLOTY LADY CAPTAIN (SECOND FROM LEFT) PRESENTING THE KILLARNEY GOLF CLUB LADIES CHARITY DAY CHEQUES TO (LEFT) DENISE LUCEY ALZHEIMERS SOCIETY AND (RIGHT) MAIREAD O'SULLIVAN AND SIOBHAN MCSWEENEY RECOVERY HAVEN AT KILLARNEY GOLF AND FISHING CLUB ON WEDNESDAY.



Farming Outlook

SINGLE FARM PAYMENT TAX EXEMPTION VERY NECESSARY AND JUSTIFIABLE - ICMSA

The tax exemption on the forced sale of Single Farm Payment entitlements in 2014 introduced by the Government earlier this year was both a necessary measure and fully justifiable, according to John Comer, President of ICMSA and is a direct result of rules introduced by the EU Commission that were totally unforeseen from a farmer and landowner perspective. The decision of the Government ensured that this anomaly introduced by the EU could be dealt with in a fair and reasonable way and importantly, ensured that the Government showed due recognition to the threat this decision posed to land mobility, an issue rightly identified as a key barrier to the achievement of the Food Harvest 2020 targets.

It is very important, Mr. Comer said, to point out that the people in this scenario were forced to sell their entitlements, they had no choice, either sell or

lose the entitlements and if the EU Commission had not changed the rules, these sales would not have taken place. ICMSA, Mr. Comer said, had identified this problem at an early stage and when a solution was not forthcoming from the EU, the decision by the Minister to provide a once off tax exemption to the people impacted by this decision was very welcome, fair and showed that the Government recognised the serious and unfair predicament that these people found themselves in. The matter, Mr. Comer said, only came to light earlier this year and the Government actions should be fully supported and I believe should be seen as a progressive step in terms of Food Harvest 2020 and also allowing thousands of landowners in a very difficult position due to no fault of their own to resolve a problem not of their making.



ICMSA PRESIDENT JOHN COMER



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SMART FARMING INITIATIVE TO FOCUS ON IMPROVING FARM RETURNS



IFA has launched a nationwide roll-out of the resource efficiency initiative Smart Farming, which aims to identify significant on-farm cost savings. The initiative will work with farmers and discussion groups and focus on ways to improve farm returns across all farm types through better resource management.

IFA's Environment Chairman and Smart Farming Project Leader Harold Kingston said, "Cost-saving studies will be completed on farms throughout the country, as part of the 2014 Smart Farming programme. The outcomes of the studies will be assessed at a series of regional seminars in late Autumn. Participants will be encouraged to adopt the cost-saving measures on their own farms and share the findings with discussion group members."

The Smart Farming initiative is a collaborative approach, which links together the double dividend of improved returns for farmers and enhanced environmental standards. It draws together expertise from Teagasc, UCD, IFA, EPA, FTMTA, Grassland Association of Ireland, Fertilizer Association of Ireland,

Sustainable Energy Authority of Ireland and the National Federation of Group Water Schemes and sets out top-tips to improve farm incomes. In addition, through the cost saving studies this year it also demonstrates how these top-tips can really deliver improved farm returns.

There is a dedicated site - www.smartfarming.ie - which looks at the savings that can be made across a range of areas.

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KERRY SOCIAL FARMING PROJECT IN PARTNERSHIP WITH CASTLEISLAND CO-OPERATIVE LIVESTOCK MART

The Kerry Social Farming project is a new initiative in the County to help build closer links between the farming community and people with additional needs. The aim of the project is to establish a number of Social Farms in County Kerry which will open their farm gates to people with additional needs to come and spend time on their farm and enjoy the experience of being with animals and plants in a safe and friendly environment. While on the farms people will be encouraged to participate in the farming activities of the day and build relationships with the wider community. In Social Farming, the farm remains a working farm at its core but invites people to participate in the activities of the farm.

The Kerry Social Farming project is being promoted through a working group which consist of members from South Kerry Development Partnership Ltd, North & East Kerry Development, Kerry Parents & Friends, St John of God Kerry Services, Cunamh Iveragh and Kerry Down Syndrome. While this is a new

project for Kerry, Social Farming is well developed in other EU countries and in the Border Region in Ireland through the Social Farming Across Borders which is supported by the European Union's INTERREG IVA Programme. Further information on this project can be found at www.socialfarmingacrossborders.org The Kerry Social Farming working group would like to hear from farmers who would like to learn more about the project with a view to becoming one of the active Social Farms in the County in the future. The working group have a very open mind on the type of farm required and supports will be provided to assist farmers that want to develop a Social Farm. If you are interested in learning more about Social Farming an information evening will take place in Castleisland Co-op Mart on Wednesday July 23rd at 9pm. For further information please contact Joseph McCrohan (SKDP) 087-2849165; Lisa Murphy (SKDP) 087-2126551; Richard Hartnett (Castleisland Mart) 086-2567123.



RICHARD HARTNETT
MANAGER OF CASTLEISLAND MART

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IFA COMMENT ON FORCED DISPOSAL OF ENTITLEMENTS

IFA President Eddie Downey said the decision to exempt farmers from the Capital Tax on the forced sale of entitlements was a practical approach to an unintended set of circumstances. It arose as a result of the CAP Reform, which left farmers with no choice and forced them to sell their entitlements against their will. Otherwise, they would lose them. The Minister for Finance Michael Noonan recognised how unfair it would be to impose a Capital Tax on a forced sale.

Eddie Downey said: "IFA identified the taxation problem for the farmers who were forced to dispose of their Single Farm Payment entitlements in 2014, due to having leased out all of their land and entitlements in 2013". "I made it clear to the Minister for Agriculture, Simon Coveney, and the Minister for Finance Michael Noonan that these farmers were facing an excessively unfair tax bill due to the new Direct Payments regulation and that an exemption had to be provided".

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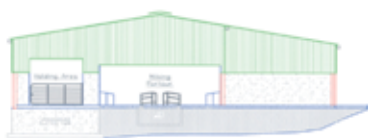
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KERRY IFA PROTEST AT SUPERMARKETS DEMANDING A VIABLE PRICE FOR BEEF AND LAMB FARMERS

Kerry IFA chairman Sean Brosnan led a protest on Monday of beef and sheep farmers at Tesco, SuperValu and Dunnes Stores retail outlets in Tralee accusing supermarket retailers and processors of profiteering on the back of excessive beef and lamb price cuts to livestock farmers.

Sean Brosnan said: "Retailers have a corporate responsibility to ensure their farmer suppliers are paid a viable price that covers the costs of production and leaves a reasonable margin. The farmer price for top quality lamb has been slashed from €5.70/kg to quotes of €4.80/kg/kg in a matter of just two weeks. This is a price cut of close to €20 per lamb and will wipe almost all the farmer's margin for his entire years' work in just a few days."

Sean Brosnan said: "This type of price cutting by factories and retailers, ahead of the market, is totally unacceptable. Farmers are demanding to know where the money has gone and who is taking the margin. There is real frustration on the ground at farm level when farmers see processors cutting prices and then they look at the price in the supermarkets." He said beef prices have been cut by up to 20% or 80c/kg since this time last year. This amounts to a cut of over €300 per animal and has left beef farmers with severe financial losses. He said: "Factories have



MEMBERS OF KERRY IFA PROTESTING IN TRALEE ON MONDAY

treated farmers very unfairly this year, imposing price cutting specification changes and torn up the agreement they had with their suppliers on the Quality Payment System." IFA has called on the Minister for Agriculture Simon Coveney to tackle both the meat factories and the retailers, and insist that they honour the agreement they had with farmers on the QPS and drop their unfair dual pricing, age and weight specification

penalties.

Sean Brosnan said retailers must realise and accept that beef farmers are in a very difficult income situation and the severe cuts to beef prices has left the sector in an unviable position going forward. "This has to change. Teagasc have made it clear beef farmers need a price of at least €4.00/kg just to cover costs and make a small margin."

Farm Safety – It's **YOUR** Job

National Farm Safety Awareness Day – Mon, 21st July

We are asking all farmers with the involvement of family members and staff to take time to discuss and review safety on their farms. The risk assessment can be done online at www.farmsafely.com or paper copies can be downloaded from www.ifa.ie and www.hsa.ie. Make sure your Farm Safety statement is up to date.

Think Safety and Farm Safely....

Thank You, Eddie Downey, IFA President



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A public meeting to express concern and protest at the horror unfolding in Gaza will take place tomorrow Saturday 19th July at the Market Cross, Killarney at 3pm.

Let your voice be heard calling for an end to the horror so that peace and justice will prevail.

Kerry ETB Training Centre

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

Wind Turbine Maintenance Technician Course (TR36R) – Tralee
This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification and have a number of years hands-on practical experience in one of the related areas. **Start Date:** 25th August 2014. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53).

Java Associate Course (ET0R7) – Tralee.
This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 28th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

Marketing Course (ET4R9) – Tralee.
This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 25th August 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

Pathways to Employment Course (TR55C) – Tralee.
This course is aimed at young people who are experiencing difficulty recognising their talents and abilities and matching those talents and abilities with suitable career paths. The course covers a broad range of subjects including: Career Planning, Personal Development, Communications, Customer Service, Functional Maths, Everyday Science, Biology and Work Experience. **Start Date:** 21st July 2014. **Duration:** 41 weeks. **Certification:** FETAC Level 4 Major Certificate in Employment Skills.

Accounting Technician of Ireland – First Year Course (ET214) – Tralee.
This course is accredited by the Accounting Technicians of Ireland, and it comprises year one of the two year Diploma for Accounting Technicians qualification. The course is designed to provide participants with a solid grounding in business and a strong foundation in accountancy. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 15th September. **Duration:** 42 weeks. **Certification:** First Year Certificate for Accounting Technicians

Accounting Technician of Ireland – Second Year Course (ET21R) – Tralee.
This course is accredited by the Accounting Technicians of Ireland, and it comprises year two of the two year Diploma for Accounting Technicians qualification. Applicants must have achieved a pass in at least 3 subjects in the First Year Accounting Technicians Ireland course, including both Financial Accounting and Taxation. Year two covers Advanced Financial Accounting, Advanced Taxation, Management Accounting and Integrated Accounting Systems (IAS). **Start Date:** 15th September. **Duration:** 39 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.

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:** 8th September 2014. **Duration:** 42 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Surf Instructor and Beach Lifeguard Course (ET1Z3) – County Kerry.
The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 29th September 2014. **Duration:** 25 weeks. **Certification:** Surfing Skills Instructor Level 1 – Irish Surf Association (ISA), Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certification.

Reception and Clerical Skills (ET0N1) – Killarney.
If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 13th October 2014. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Information and Administration, Word Processing, and Customer Service.

To apply or get further information on any of the above courses please contact
Kerry ETB Training Centre,
Monavalley Industrial Estate, Tralee,
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MOULD PREVENTION AND CLEANUP

Whether it occurs in summer or in winter, mould in your home is not only unsightly, it is also dangerous to your family's health.

Mould is a form of multi-celled fungus which is naturally present in the atmosphere in the form of spores. These spores may be harmful to humans when they begin to grow indoors, a process that requires both moisture and a food source – fabric and fibres, paper, wood, human skin cells and more.

Anyone can be affected by touching or inhaling mould in the home, but the most vulnerable are infants; the elderly; immune-compromised individuals; and people prone to asthma, allergies or other respiratory diseases. Common symptoms include inflammation of the nasal passages, resulting in sneezing and runny nose; cough; irritated eyes; and skin rash.

Mould often appears in the home as a result of winter conditions, when houses are less well ventilated and water vapour condenses on cold surfaces such as exterior walls. However, mould also thrives at 16 to 38 degrees °C.

Minimising indoor humidity is the best way to prevent mould growth. Clean up spills of liquid promptly. If you cannot launder damp items like wet bathing suits or baby clothes right away, dry them outside. Open the windows to ventilate your home, particularly in high humidity rooms like showers or kitchens. Make sure that appliances – your clothes dryer, for example – are properly vented to the outdoors. Insulate surfaces that are cold in winter, including exterior walls and cold water pipes. Never touch mould with your bare hands. Wear rubber gloves, a breathing mask and goggles for protection when cleaning.

Once the cleanup is complete and the surface has been thoroughly dried, a new paint job using mould resistant paint will help safeguard against future mould formation.

Although bleach is commonly recommended for mould cleanup, vinegar is not only greener, it also kills the organism at the roots and discourages any regrowth. Spray or wipe on a strong vinegar and water solution to scrub off

all visible mould. Then spray the affected area with additional vinegar and let it stand for an hour before rinsing off. A baking soda solution may be substituted for vinegar and used in the same way. For more cleaning power, combine baking soda and vinegar.

Two natural extracts are very effective in killing mould. Tea tree oil and grapefruit extract are antifungal and antibacterial. Use a solution in the ratio of one teaspoon oil or extract to one cup of water. If you do not finish the liquid in a single session, keep it on hand for general cleaning purposes. It will stay fresh indefinitely. A disadvantage of this method is the high price of the main ingredient.

A TALE OF TWO CITIES

Recently, a London apartment building sparked outrage after they put metal spikes in an alcove to prevent homeless people from sleeping there. These cruel spikes are just the latest in homeless deterrents, as many cities have already redesigned benches to prohibit sleeping.

Some benches have been shortened to deter sleepers; others have had arm rests added to keep people from laying down on them.

In lieu of the heavy criticism the London apartment is getting online — along with these other horrific homeless “repellents” — the Canadian city of Vancouver has thought of a creative and positive response: Shelter benches.

RainCity Housing, a grassroots organisation that provides housing and accommodation for the homeless in Vancouver, has created benches throughout the city with roofs over them. The design serves two purposes — by day the roof acts as a backrest for tired walkers, and at night it folds out, creating a shelter for those in need of a dry place to sleep.

Vancouver creative agency Spring Advertising added an even more unique design to the benches. During the day, UV letters react to the sunlight and the bench reads: “This is a bench.” At night, the letters glow in the dark to say: “This is a bedroom. A place to call home should actually be one.”

It also directs people to the RainCity website. So far, there are only a handful of these benches around Vancouver, but we all hope they keep adding more — and that other cities follow their lead.

And while they're not a permanent solution for the homeless community, it's a step in the right direction toward treating homeless people like what they actually are: people.

9-YEAR-OLD'S 'LITTLE FREE LIBRARY' SAVED!

Spencer Collins not only likes to read but was eager to share his love of books with others. So, with the help of his father and grandfather, he built a “little free library,” a little wooden house with windows and yellow trim on the roof and a message to “Take a book, Leave a book.”

Spencer made the little library as a birthday present for his mother, who had said she wanted one and who, on seeing her handmade present in the front yard of their house in Leawood, Kansas, was thrilled.

But city authorities thought otherwise. Spencer and his family went on vacation in June and, on returning, found a note on the little library: Because it was a freestanding structure that was not attached to their house, the city said the little library was in violation of a long-standing ordinance and threatened the family with a fine.

Spencer put the little library into the garage and was only able to show it to visitors who'd been invited to see it.

Care2 member Joanna Mechlinkski was one of many outraged by Leawood outlawing Spencer's little library and started a petition to tell the city not to shut it down. More than 22,000 Care2 members signed — and, early in July, Spencer and his family attended a Leawood City Council meeting at which it was unanimously decided to allow “little free libraries.”

Standing on a milk crate, Spencer himself presented his case for his little library to the Leawood City Council, saying:

“I want you to allow little free libraries because I love to read. Lots of people in the neighbourhood used the library, and the books were always changing. I think it's good for Leawood.”

The Leawood City Council has passed a temporary moratorium exempting little lending libraries from the ordinance that bans structures in front yards but this will only last until October 20th. The Council is considering a new ordinance that would allow front-yard libraries and other containers that are specifically to be used to share books or other media.

It's more important than ever to show you care about public, mobile and free libraries in every country and, in our technophilic age, to cheer on efforts to promote books and reading.

QUOTE FOR THE WEEK

“If you in the morning throw minutes away, you

can't pick them up in the course of a day. You may hurry and scurry, and flurry and worry, you've lost them forever, forever and aye." Anna Sewell, *Black Beauty*

ON THIS DATE – JULY 18TH

0064 - A fire began to burn in the merchant area of Rome and soon burned completely out of control while Emperor Nero reportedly played his lyre and sang while watching the blaze from a safe distance.

1579 - James Fitzmaurice landed forces in Dingle with the intention of encouraging an uprising against England.

1689 - The Mountjoy ship broke the blockading boom and ended the Siege of Derry after 238 days.

1870 - Michael Davitt was sentenced to 15 years' penal servitude for gun-running.

1872 - Britain introduced secret ballot voting.

1874 - Cathal Brugha (Charles Burgess) an anti-Treaty republican, born in Dublin.

1920 - 19 people were killed in four days of sectarian violence in Derry.

1953 - 18-year-old truck driver Elvis Presley from Memphis, visited the Memphis Recording Service at 706 Union Avenue, to record a novelty 45 to see what he sounded like and paid \$3.98 for the privilege.

1972 - Thanks to the efforts of Kevin White, then-mayor of Boston, the Rolling Stones' Mick Jagger and Keith Richards were freed from their Warwick, Rhode Island jail cell in time for their Boston show. (The pair had been held for assault on a photographer from Providence.)

2000 - Finance Minister Charlie McCreevy faced heavy criticism over his handling of the economy as inflation soared.

GOOD NEWS

An elephant that was kept in chains for 50 years and abused by a drug addict who used the animal beg in India has been freed. Raju had been beaten and starved since being poached from the wild as a baby and resorted to eating paper and plastic to fill his stomach. The chains and spikes wrapped around his legs had left him with chronic wounds and arthritis and he was in almost constant pain.

But now he is walking free for the first time after a daring rescue by conservationists with a court order by the Uttar Pradesh Forest Department to take the elephant from his abusive owner. The charity took Raju in the middle of the night, supported by police and state officials.

The elephant's mahout and previous owner tried to stop him being taken by adding more chains and having people block the roads for the rescue lorry.

Experts worked for hours to gain the elephant's trust with fruit and encouragement until they could get him into the van that would take him to a sanctuary.

When Raju was being rescued, volunteers said they saw tears rolling down his face.

Pooja Binopal, from Wildlife SOS said: "The team were astounded to see tears roll down

his face during the rescue. It was so incredibly emotional for all of us. "We knew in our hearts he realised he was being freed.

"Elephants are not only majestic, but they are highly intelligent animals, who have been proven to have feelings of grief, so we can only imagine what torture half a century has been like for him."

Kartick Satyanarayan, the charity's co-founder, said the mahout tried to make the elephant charge by shouting commands. He added: "We stood our ground and refused to back down – and as we did so, tears began to roll down Raju's face. "Some no doubt were due to the pain being inflicted by the chains, but he also seemed to sense that change was coming. It was as if he felt hope for the first time in a very long time."

Almost two days later and 350 miles away in Mathura, the chains were removed after 45 painstaking minutes. A video showed the moment they cut the painful spikes and chains binding the animal's legs so he could walk freely for the first time. Mr Satyanarayan said: "We all had tears in our eyes as the last rope which held the final spike was cut and Raju took his first steps of freedom."

Other elephants at the Conservation and Care Centre at Mathura came to watch the new arrival who is being fed to restore him to a healthy weight and vets are treating his many wounds and abscesses from beatings and chains.

Rescuers at Wildlife SOS believe Raju started life in the wild but was caught as a baby by poachers and sold as a working elephant. Ms Binopal said: "The poachers either slaughter the mother, or they drove the herd into traps that are small enough only for the babies to fall into. The mother cries for her baby for days after he's been stolen – it is a sickening trade. "The calves are then tied and beaten until they submit to their owners – their spirits are effectively broken."

He had almost 30 owners in his life but was found by the charity exactly a year before his rescue, working as a begging elephant on the streets of Allahabad. His owner, a drug addict, would tell pilgrims at religious sites his elephant could "bless" them in exchange for money. Raju's tail was almost bare because the man had been ripping out hairs to sell tourists as a good luck charm for hundreds of rupees. The elephant was covered in deep wounds from the spikes, as well as the spear used to discipline him and abscesses from his chains. He was kept chained outside with no shelter or rest, even in the summer heat, and was dangerously underweight.

Raju is now recovering in Wildlife SOS' elephant sanctuary, where he will live with other rescued animals.

THE RAG BAG

There's an old saying that if you haven't worn an item of clothing in six months, it's time to give it away. Yet it's too easy to forget to clean out your closet—and besides, what if something comes

back in style? That's why Swedish menswear brand Uniforms for the Dedicated has devised a shopping bag that reminds us to get rid of one of our old possessions every time we bring home something new.

It's called the Rag Bag, and it looks like any other plastic shopping bag that you might be handed after making a purchase at your favourite retailer. It's made from a biodegradable plastic and when you turn the Rag Bag inside out, it morphs into a prepaid mailing envelope.

Simply place an old shirt or pair of pants inside, seal up the envelope, and drop it in the postbox. The item is then whisked away to a charity that will ensure the donation ends up with someone who really needs it.

The fashion company realised that consumers in developed nations often have too many clothes, while people living in poorer parts of the world have too few and hope consumers will recycle clothing that's clean and still in good condition.

THE NORWEGIAN TOWN OF Å:

The Lofoten islands of Nordland are among the most scenic places on earth. Vertical spires of glacially carved granite rise from the Norwegian Sea 100 miles north of the Arctic Sea — but the weather is surprisingly mild, due to the Gulf Stream. Tourists flock to Lofoten every summer to scale its mountains, admire its quaint red fishing villages, and enjoy its 24 hours of sunshine. To visit the Lofoten Stockfish Museum you'd have to travel to the southern tip of the archipelago, to a village of 150 people called Å (pronounced "aw").

Å didn't get its very brief name as a publicity stunt; its name is the Old Norse word for



"small river." As a result, there are at least seven villages in Norway called Å, though the one in the Lofoten islands is the most popular with tourists. The "Å" road sign was stolen so often by pranksters that the town replaced it with one that said "Å i Lofoten," but after local complaints, the original one-letter sign was replaced.

FINALLY THIS WEEK

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Killarney Road, Castleisland and
Tottenham, London.
Who died on January 5th 2014.

Kathryn's husband, Ned, daughter Lisa, Son Jamie, Sister Annette, grandchildren Jake and Jessie would like to thank all the people that came to Kathryn's months mind Mass in Castleisland parish Church. Those who sent Mass cards, perpetual enrolments and those who travelled long distances on such a bad night. We also thank Fr. Dan O'Riordan for the lovely Mass he said for Kathryn.

The Holy Sacrifice of the Mass has been offered for your intentions.

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You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence to beg of 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 perfect love for me and therefore 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 known to fail.
Must publish. **C.M.**

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help. Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life. In your name I pray. Amen. You must say 3 Our Fathers for 7 Days. Must promise publication. Never Know to fail. **x**

MIRACULOUS INVOCATION TO ST. THERESA, THE LITTLE FLOWER

Oh glorious St. Theresa, whom Almighty God has raised up to aid and counsel mankind. I implore your miraculous intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "prodigy of miracles the greatest Saint of modern times". Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of "spending Heaven doing upon earth... of letting fall from Heaven a shower of Roses". Henceforth dear little flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and you will receive a flower or a Rose, in some form during or after 9 days as an indication that your request will be granted. **I.K.**

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THE MIRACLE PRAYER

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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ST JOSEPH, PADRE PIO, ST ANTHONY, ST
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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 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.

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

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and ever day throughout the world forever. Amen". Pray, whether you believe or not. Publish on the 9th day. Your request will be granted no matter how difficult it may seem. Favour often granted on the third day.

THE MIRACLE PRAYER

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

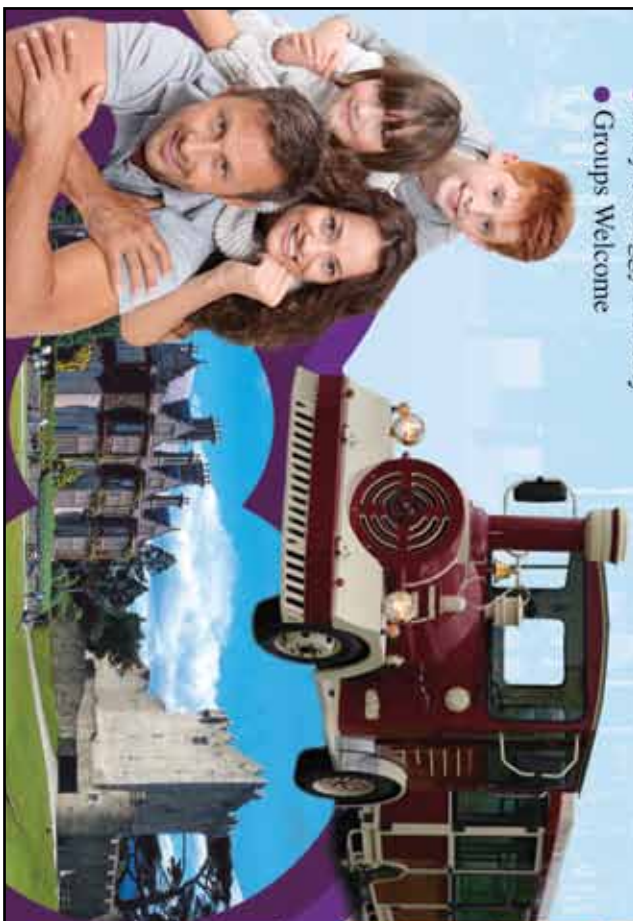


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Town To Muckross House, Gardens & Traditional Farms Tour

Pick Up/Drop Off Point	Departs	Departs	Departs	Departs
The Malton Hotel	9.30am	1.15pm	5.00pm	
The Holiday Inn / The Riverside Hotel	9.35am	1.20pm	5.05pm	
The Gleneagle Hotel / The Brehon Hotel	9.40am	1.25pm	5.10pm	
The Oaks Hotel / The Lake Hotel	9.45am	1.30pm	5.15pm	
Arrive Muckross House, Gardens & Farms	10.00am	1.45pm	5.30pm	
Depart Muckross House, Gardens & Farms	10.10am	1.55pm	5.40pm	
The Lake Hotel / The Oaks Hotel	10.25am	2.10pm	5.55pm	
The Gleneagle Hotel / The Brehon Hotel	10.30am	2.15pm	6.00pm	
The Holiday Inn / The Riverside Hotel	10.40am	2.25pm	6.10pm	
The Malton Hotel	10.45am	2.30pm	6.15pm	

Town & Ross Castle Tour

Pick Up/Drop Off Point	Departs	Departs	Departs	Departs	Departs	Departs
The Malton Hotel	10.45am	12.00pm	2.30pm	3.45pm	6.15pm	7.30pm
The Gleneagle Hotel / The Brehon Hotel	10.55am	12.10pm	2.40pm	3.55pm	6.25pm	7.40pm
The Lake Hotel / The Oaks Hotel	11.05am	12.20pm	2.50pm	4.05pm	6.35pm	7.50pm
The Holiday Inn / The Riverside Hotel	11.15am	12.30pm	3.00pm	4.15pm	6.45pm	8.00pm
Arrive Ross Castle	11.25am	12.40pm	3.10pm	4.25pm	6.55pm	8.10pm
Depart Ross Castle / Continue Town Tour	11.35am	12.50pm	3.20pm	4.35pm	7.05pm	8.20pm
St. Mary's Cathedral (Serving Pulpit, Damer & Deneagh Lodge)	11.45am	1.00pm	3.30pm	4.45pm	7.15pm	8.30pm
The Malton	11.55am	1.10pm	3.40pm	4.55pm	7.25pm	8.40pm

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