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KILLARNEY Outlook



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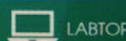
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Killarney experienced four seasons this week weather wise.... from blistering heat to thunder and lightning. This didn't deter the racing folk who descended in their droves on Killarney Racecourse for the July Festival meeting. Colm Cooper was honoured on Monday evening at the races, and the venue played host to the Rose of Tralee contestants during the week also. Killarney Chamber of Tourism and Commerce have launched a retailers competition, there were awards for members of Down Syndrome Kerry and news that beach wheelchairs are now available in Kerry. Two Killarney athletes have been chosen for national games, a Killarney vocal coach is set to start up a new youth choir and the INEC has been shortlisted for another award.

All this and so much more in this week's Killarney Outlook - Out first every Friday!

*Aisling Crosbie,
Editor.*

SIOBHAN MC CARTHY..WINNER OF BEST DRESSED LADY 2017

Fashionistas in their droves descended on Killarney Racecourse yesterday for one of the most prestigious Ladies Day events on the racing calendar. Style was to the fore as hundreds vied for the title of Best Dressed Lady.

Judges on the day were Champion dancer and Kerry GAA hero Aidan O'Mahony and top Irish model and fellow Dancing with the Stars contestant Thalia Heffernan.

Winner on the day was Siobhan McCarthy and she walked away with a trip for two to Paris (pictured on the front cover).

Our photographer Marie Carroll O'Sullivan was at the racecourse early in the day to capture the stunning outfits and you can see her pictures on Pages 34 and 38.

Ladies Day marked the end of a very successful July meeting in Killarney.



STUNNING STYLE AT THE KILLARNEY RACES ON LADIES DAY L-R SUSAN FLANAGAN, LESLIE BOLAND, JESSICA POWER & LEEANN DURKAN. PICTURE MARIE CARROLL O'SULLIVAN

CHAMBER LAUNCH NEW RETAIL COMPETITION



LAUNCHING THE EVENT WERE FROM LEFT, JOHN MCENERY, CHAIRMAN, RETAIL ACTION GROUP; PAUL O'NEILL, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE; GRAINNE O'SULLIVAN, TANYA COYNE-O'SHEA, TED JONES AND BARBARA COLEMAN. PHOTO: VALERIE O'SULLIVAN

Members of Killarney Chamber of Tourism and Commerce, Retail Action Group, have launched the inaugural Retailer of The Year Killarney. The initiative is sponsored by AIB, applications will be sent to Killarney Retailers in the coming days.

An independent mystery shopping service will be assessing each shop participating in the competition, where the External look of the Shop, general housekeeping, staff presentation, and first impressions will be assessed. The Results will be announced at a Gala evening for retailers organised by The Chamber of Tourism and Commerce.

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HONOUR FOR COLM AT KILLARNEY RACES

The sun was shining on Killarney Racecourse on Monday evening last when Colm Cooper was honoured for his contribution to Kerry football.

A race named after the football hero was held on the first day of the July Racing Festival.

The Colm Gooch Cooper Maiden Hurdle was won by Line Out for John Kiely and jockey Andrew Lynch.

The Dr. Crokes Senior Football team who won the All Ireland club championship were also honoured on the day.

RIGHT: COLM COOPER, WHO WAS ACKNOWLEDGED FOR HIS CONTRIBUTION TO KERRY FOOTBALL AT THE OPENING OF THE JULY RACES ON MONDAY BY KILLARNEY RACE COURSE WHERE A RACE WAS NAMED IN HIS HONOUR. ENJOYING THE SUNSHINE FROM THE CORPORATE SUITE COLM IS PICTURED WITH HIS BROTHERS & SISTERS L-R MARK, KAREN, COLM, GERALDINE & VINCE. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING THE SUNSHINE AT THE OPENING OF THE JULY RACE MEETING AT KILLARNEY RACE COURSE WERE L-R NATHAN SPENCER, BRENDAN O'SULLIVAN & JASON STACK. PICTURE MARIE CARROLL-O'SULLIVAN



L-R DENIS LORDAN, JOHN O'NEILL, DAVID O'NEILL & DAVID HOWARD PICTURED AT THE OPENING OF THE KILLARNEY RACES ON MONDAY. PICTURE MARIE CARROLL-O'SULLIVAN

THE WONDER OF KILLARNEY BY Nicky Barry

"Killarney they say is beauty's home, and they are all dead right,
In any season of the year it is a glorious sight.

From the snow on top of Mangerton, and
rhododendrons on Torc,
From primroses in the springtime, and
bluebells in the park.

From the Long Range waters that flow down
to the lakes,
And the Old Road to Kenmare where

rapparees once lurked.
I've lived here nigh on fifty years, and am still
spellbound,
By the beauty of the place, and all the joy I've
found,
From walking through the meadows in the
National Park,
And hear the blackbird singing, with the
linnet, and the lark.
Now, I am not a racing fan, but on last Monday
night,
They showed a race on SKY TV, and it was an
awesome sight.
Not only did they show the race, but the
cameras panned around,

The panorama of the lakes, the mountains,
and the town.
They caught the top of Ross Castle, which in
1652,
Survived the might of Cromwell's men under
General Ludlow.
If I was living elsewhere, and saw this sight on
the telly,
I would be restless evermore, that I didn't live
in Killarney.
It truly is a wondrous place, full of song and
story,
And myths and legends of the great, not to
mention football glory."



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FREE DIABETES SCREENING AT LIDL

As part of its ongoing commitment to a happy and healthy workplace, which will see a major investment by the retailer, Lidl Ireland is delighted to announce the roll-out of an intensive community screening programme aimed at raising awareness of the growing numbers being diagnosed with Prediabetes and Type 2 diabetes. Lidl customers in Killarney are being offered free screening from Diabetes Ireland to increase awareness and early detection.

According to research from Healthy Ireland, there are 1,158,547 adults in Ireland that need to consider making changes to their daily behaviours in terms of eating healthily and being more active. The total number of people living with diabetes in Ireland is estimated to be 225,840 according to research from Diabetes Ireland.

Customer screenings are located in an adjacent area to staff screenings and will involve a diabetes risk assessment and screening. This data helps individuals focus on areas that might need attention in order to reduce the risk of developing Type 2 diabetes. No appointment or pre-booking is necessary and specialist Diabetes Ireland personnel will be on hand to offer advice and guidance on the condition (A full list of locations, dates and times are provided at the end) and also on www.diabetes.ie/are-you-at-risk/. The Lidl Health & Wellness double decker bus will tour the country from July 17th to September 16th and customer screening will take place in Killarney, tomorrow, Saturday 22nd July between 10am and 4pm.



MINISTER FOR HEALTH SIMON HARRIS TO IS PICTURED WITH DR ANNA CLARKE OF DIABETES IRELAND AND MAEVE MCCLEANE, HR DIRECTOR FOR LIDL IRELAND & NORTHERN IRELAND TO OFFICIALLY LAUNCH LIDL'S DIABETES SCREENING PROGRAMME FOR EMPLOYEES AND CUSTOMERS IN SELECTED LOCATIONS ACROSS IRELAND. FREE DIABETES SCREENINGS FOR CUSTOMERS WILL TAKE PLACE AT LIDL KILLARNEY (LIMERICK ROAD) ON JULY 22ND FROM 10AM - 4PM.

BISHOP RAY ANNOUNCES PARISH CHANGES



Bishop Ray Browne has announced that Fr Niall Geaney will be transferring this week to Our Lady and St Brendan's Parish in Tralee. Fr Niall has been serving the Killarney Parish since January, after years of missionary work as a Kiltegan priest in Kenya, South Sudan and Nigeria. "It was our joy to have him with us over the time, and we wish him well in the new beginnings for him as Curate in Tralee." There will also be some new faces at the Franciscan Friary, following the recent chapter meeting of the Franciscan community in Ireland, there will

be some changes in the Franciscan Friary in Killarney. Fr. Padraig is moving to Rome, Fr. Hilary to Cork, Fr. David to Galway and Br. Sean to Clonmel. We wish them well and thank them for their ministry in Killarney over the years. With the change comes new arrivals - the new community will see Fr Chris, Fr PJ and Fr Lars Frendal remaining here, being joined by Fr Anthony Jukes as Novice Master and Fr Claus Selfele, with Fr Liam McCarthy as Guardian. We welcome them among us and pray God's blessing on them all.

INEC SHORTLISTED IN EVENT INDUSTRY AWARDS 2017

The INEC has been shortlisted for a major award. The team there are thrilled to be shortlisted in the Best Purpose Built Event Venue in the Event Industry Awards.

"We beat off stiff competition this year to bag a spot in the shortlist which includes Aviva Stadium, Croke Park Meetings & Events, Guinness Storehouse, The Helix and Thomond Park Stadium", Patrick O'Donoghue Managing Director of the INEC Killarney told the Killarney Outlook.

The award goes to the Best Purpose Built Event Venue that takes a spectacular event space and marries it with a great team - front of house, catering and support - to deliver outstanding results on a regular basis.

The INEC Killarney is the largest

music and multipurpose venue in Ireland outside Dublin, and Ireland's only residential event centre playing host to national and international live music and entertainment acts and shows. The flexibility and state-of-the-art technical capabilities enable it to regularly host a selection of large scale theatre and musical productions combined with a highly adaptable seating capacity allows it to cater for an intimate audience of 200 people to an atmospheric 4,142 people.

Past acts including: Hozier, The Script, Kodaline, Tom Jones, Snow Patrol, Cliff Richard, Daniel O'Donnell, Kenny Rogers, The Coronas, Van Morrison, Dara O Briain and Riverdance.

The recent production of Dirty



Dancing saw over 10,000 people mambo their way through the doors of the INEC over 6 consecutive nights February 27th to March 31st.

"We are delighted that the INEC has been recognised and are looking forward to a busy few months with the best of Irish acts retuning this autumn including Imelda May,

Gavin James, Nathan Carter and a few more yet to be announced" Patrick O'Donoghue added. The EIAs offer a unique opportunity for the industry to come together, network, and celebrate their achievements among their peers. 23 trophies will be awarded on the night celebrating the very best the event industry has to offer.

LIFELONG LEARNING PROGRAMMES

2017-18

This September the Institute of Technology Tralee is offering a wide range of programmes through its Lifelong Learning Department, including a number of fully funded courses under Springboard+.

The Springboard+ initiative offers free, part-time courses leading to qualifications that are in demand among employers. Those currently in receipt of payments from the Department of Social Protection will retain their benefits and will not be liable for third level fees. The eligibility criteria has been extended in 2017 to include:

- People not in receipt of a payment from the Department of Social Protection that have been out of the work environment for a number of years due to childcare or other caring obligations and have a previous history of employment but may require upskilling, reskilling or cross-skilling to transition back to the workforce ("Homemakers");
- People with a level 7 ICT qualification seeking upskilling in that discipline to a level 8 irrespective of employment status;
- People who wish to upskill or reskill to meet a specific emerging skills gap in the Biopharma/Med Tech sector irrespective of employment status.

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KILLARNEY NATIVE TO DEVELOP YOUTH CHOIR

Creative Ireland Kerry, in collaboration with Kerry Music Education Partnership, are rolling out a new initiative to give young people, aged between six and 18, greater access to choir and youth choral music. It will see the development of youth choral projects guided by professional artists in the four municipal towns of Killarney, Caherciveen, Tralee and Listowel with workshops for young people commencing this month and running to December. Killarney native, Gemma Sugrue, will be developing a choral group that will meet weekly in the town. Gemma is a vocalist and vocal coach based in Co. Cork and is director and co-founder of the Voiceworks Studio. She is the only Irish member of Vocology in Practice, a global network of voice experts and is constantly seeking to deepen her knowledge in all matters singing, performance and teaching related. Gemma is also a sought after session singer and backing vocalist and in 2016 has provided backing vocals for albums including Brian Deady's *Non-Fiction* and Jack O'Rourke's *Dreamcatcher*. She was the soloist with Jenny Greene and the RTE Concert Orchestra's performance of 90s dance classics at Electric Picnic, the 3 Arena and the 2fm ball and she's the vocalist on this year's Home Focus TV

advert. She has toured Australia, The Caribbean, Europe and the UK as the soprano soloist with various Irish dance productions. She has performed live on programmes including Audio Sunshine and Arena on RTE Radio 1 plus live sessions on Today FM, Newstalk, Cork's 96fm and Redfm and has appeared on The Late Late Show and Ireland Am. Gemma looks forward to recording and releasing her own material in 2017. The Choral sessions will take place every Wednesday at Holy Cross Mercy National School in Killarney. "The aim is that our young people will grow in confidence as singers, musicians and performers through the process", said Gemma. The need for increased access to Youth Choral Projects was identified by Kerry Music Education Partnership (KMEP), of which Kerry County Council is a partner, (Kerry Education and Training Board is the lead partner). "These projects are offered for free and young people across Kerry are encouraged to participate," stated Cathaoirleach of Kerry County Council, Cllr. John Sheahan. "We are delighted to see Creative Ireland Kerry reaching into communities". For further information contact Gemma on 086-4137930 or email gemmasugrue@gmail.com.



VOCAL COACHES L-R LISA CURRAN, GEMMA SUGRUE & CLAIRE ADAMS.
PICTURE MARIE CARROLL O'SULLIVAN

KILLARNEY ATHLETES CHOSEN FOR NATIONAL GAMES



PICTURED AT A RECENT PRESENTATION TO MARK THE GIRLS ACHIEVEMENTS ARE FROM LEFT: MARGARET O'LEARY, ANTOINETTE O'LEARY, MARY-CLAIRE MCCARTHY, BRIAN O'CONNOR, BRENDAN MCCARTHY AND SAMANTHA O'CONNOR.

There were celebrations at Killarney Swimming Club when news broke that two of their members have just been selected to swim for Munster in the 2018 Special Olympics Ireland Games to be held in Dublin from the 14th to the 17th of June next year.

Mary Claire McCarthy and Antoinette O'Leary took part in the Special Olympics Regional Advancement Competition in UL which took

place on the 27th of May.

On the day, both swimmers represented their families, Club and County in some serious style with Mary Clare showing true grit and determination to win the gold medal in the 200 metres freestyle and a silver medal in the 100 metres freestyle while Antoinette absolutely sparkled in the pool to win a precious gold medal in the 100 metres freestyle event and

the silver medal in the 100 metres backstroke.

"This was a huge achievement for both girls and well deserved after many months of hard training", Brian O'Connor of the Killarney Swimming Club told the Killarney Outlook.k

We have some lovely news to report, as the girl's successes in Limerick caught the eye of the judges and both girls have just been selected to head to Dublin next year", Brian added.

"This is such fantastic news for the swimmers, their parents and their coaches and the Killarney Swimming Club is honoured to be associated with both athletes. Well done to both girls on their fantastic achievements, we wish them luck", he said.

The Killarney Swimming Club was established in 2012 and is based at the Killarney Sports and Leisure Centre. The club is affiliated to Swim Ireland and offers a competitive program designed to give children the opportunity to progress from novice level swimming through to national level. Their swimmers work together, in a team environment, with an emphasis on technical improvement, coordination improvement, core development, as well as endurance training. They also emphasise the importance of each swimmer achieving his or her personal goals and promote the health and well being of all their swimmers. If you would like to learn more visit www.killarneyswimmingclub.com

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Triona McCarthy Beauty & Fashion Journalist

TED'S VAUXHALL RUN CELEBRATES ITS 10TH BIRTHDAY



PARTICIPANTS IN LAST YEAR'S TED'S OPEN VAUXHALL RUN



PARTICIPANTS IN LAST YEAR'S TED'S OPEN VAUXHALL RUN

Ted's Opel Vauxhall Run 2017 will be celebrating the 10th Run and it takes place on August 12/13th 2017.

"As usual we will have the Run on Saturday 12th Aug. Registration from 9am, €20 per car including Starter Pack containing 10th Run Souvenir Road book/Programme. First Award presented @ 10am, Cars depart Hotel @ 10.15am", Ted O'Connell told the Killarney Outlook.

The route on Saturday takes the cars from the Blarney Hotel through Rylane, Aubane, Millstreet, Clondrohid and on to Ballymakeera

for a light lunch in the Abbey Hotel. After lunch the the run continues to Kilnamartyra where the group will visit the Prince August Toy Soldier factory, then continue through the "Kilnamartyra Rally Stage" (Sebastian Loeb claimed it was one of the nicest rally stages in the world) onto Inchigeela, Hartnetts Cross, Coachford, and returning to the Blarney Hotel. There will be a Gala Dinner on Saturday evening with a short Q & A session preceeding the Dinner with a few guest dignitaries and music afterwards,

"On Sunday 13th Aug from 11am - 4pm we will

be having a Static Show in the Blarney Hotel grounds. We hope this will be the biggest Opel / Vauxhall / Bedford / GM event the country has seen," Ted added.

There will be a BBQ on the day and the show will consist of cars / vans / trucks / motorsport vehicles & hopefully a few surprises."There will be no admittance fee to the show but as other years our friends from "Dogs for the Disabled" will benefit from the event. They will be present all weekend with their collection buckets so we ask to please give generously to this great Charity", Ted concluded.

KILLARNEY AID WORKER URGES SUPPORT FOR MILLIONS STARVING IN EAST AFRICA

Trócaire's Martina O'Donoghue from Barraduff in Co. Kerry urged people to get behind the appeal and support the agency's efforts to save lives in the affected areas.

Special collections will take place at all masses across Co. Kerry next weekend (July 22/23) as part of a national appeal to help people caught up in the current food crisis in east Africa. Trócaire, the overseas development charity, says that 25 million people in east Africa are facing starvation in the coming months and millions could die unless they receive immediate assistance.

The Irish Catholic Bishops' Conference has called for a national church collection to support Trócaire's work in the region. Severe drought, driven by climate change, is currently affecting Kenya, South Sudan, Somalia and Ethiopia and this has resulted in failed harvests and the widespread death of livestock.

"With the failure of successive rains and a prolonged drought having taken hold of the region, just surviving has now become the

main challenge facing the people of east Africa," she said. "Millions of people in the region are facing starvation. The crops have failed and animals are dying because of a lack of grazing and water."

The United Nations has described the situation in the drought-ravaged parts of Africa as the greatest humanitarian crisis since the Second World War but Trócaire says steps can be taken to reduce the number of people at risk if action is taken now.

"Trócaire is working on the ground and providing vital aid to hundreds of thousands of people," said Martina. "We are targeting particularly vulnerable groups including the elderly, people with disabilities and those living with HIV. Our health centres in Somalia are treating 19,000 people each month for malnutrition and associated illnesses. We are also supporting health clinics in places like Turkana in northern Kenya, where 12 per cent of children under the age of five are severely malnourished and at immediate risk of death.

The clinics weigh and examine the children and the mothers of those who are identified as high-risk are given a high-protein, high-vitamin supplement to feed them.

"What we are providing at the moment is quite literally 'life-support' for people. In the coming months in Kenya, Somalia, South Sudan and Ethiopia Trócaire is hoping to reach hundreds of thousands more people with emergency food, water and drought tolerant seeds but this can't be done without the generosity of people in Co. Kerry. I would urge parishioners to please give what they can to the church collection."

President Michael D. Higgins last week issued a statement praising the Irish Catholic Bishops' Conference for organising the appeal and urging people to give what they can to support life-saving efforts in the region.

To make a donation or to find out more about Trócaire's response to the food crisis in east Africa visit www.trocaire.org or phone 1850 408 408.

COUNCIL MATTERS

At the July 2017 monthly meeting of Kerry County Council, Councillor Michael Gleeson asked:

"That Kerry County Council and the National Parks & Wildlife Services (NPWS) would clarify where responsibility rests for the maintenance and upkeep of - [a] the road to Upper Torc car park at Cloghereen on the Old Kenmare road and

[b] the road from Derrycunihy Church that links with the old Kenmare Road".

Kerry County Council replied that the road to the Upper Torc car park at Cloghereen is not in the charge of the Council but that it will contact the NPWS in order to determine whether or not they maintain it.

The road from Derrycunihy Church that links with the Old Kenmare road is in the charge of the

Council. This road forms part of the Kerry Way walking trail.

Councillor Gleeson stated that both of these roads are much used tourist routes and that their proper upkeep is of vital importance to tourism and, therefore, to the economy. He urged both the Council and the NPWS to ensure that the roads in their charge are kept to the highest possible standard.



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BEACH WHEELCHAIRS BRING JOY ON KERRY STRANDS



TERESA O'SULLIVAN, LEFT, AND HER SISTER HANNA O'SULLIVAN AND MUM KATHLEEN O'SULLIVAN, FROM PORTMAGEE, ON BALLINSKELLIGS BEACH, CO. KERRY, TESTING THE SPECIALLY ADAPTED BEACH HIPPOCAMPE WHEELCHAIR, DESIGNED TO MAKE IT EASIER FOR BEACH USERS WITH A DISABILITY OR MOBILITY RESTRICTIONS TO ACCESS AND ENJOY. FROM LEFT, MOIRA MURRELL, CHIEF EXECUTIVE KERRY COUNTY COUNCIL, AINE O'SULLIVAN, DISABILITY FEDERATION IRELAND, DESSIE CRONIN, BALLINSKELLIGS COMMUNITY DEVELOPMENT, JAMES FLAVIN, LIFE GUARD, CATHAOIRLEACH KERRY COUNTY COUNCIL, CLLR JOHN SHEAHAN, SEAN SCALLY, ENABLE IRELAND, SHEILA O'CONNELL, JOHN BREEN, DIRECTOR OF SERVICES, KERRY COUNTY COUNCIL, BARBARA O'SHEA, CAFÉ COIS TRÁ, (HIPPOCAMPE CAN BE ACCESSED), LIZ SCANLON. PHOTO: VALERIE O'SULLIVAN

Specially adapted beach wheelchairs are now available for wheelchair users and people with disabilities at two Kerry beaches this summer. The Hippocampe wheelchairs are designed to make it easier for beach users with a disability or mobility restrictions to access and enjoy local beaches and have been introduced by Kerry County Council.

With the support of funding from the Department of Children and Youth Affairs, two wheelchairs have been purchased and are now available at Inch and Ballinskelligs beaches. A third will shortly be made available at Ballyheigue Beach with the ambition of further chairs being provided at other Kerry beaches in the years ahead.

The wheelchairs are designed for ease of movement on uneven ground and soft sand.

Due to their balloon wheels, they cannot be self-propelled, therefore, all users will be required to bring someone with them to assist with transfer and pushing.

The service is free of charge, but it is essential to book in advance. They can be booked in slots of up to three hours and users will be asked to complete a booking form and present a valid photo ID.

Director of Services with Kerry County Council, John Breen said the wheelchairs have the approval and support of the Irish Wheelchair Association, Enable Ireland and the Disability Federation of Ireland. "The aim is to allow wheelchair users to enjoy our wonderful beaches during the summer months and to ensure their carers can bring those they care for to the beach in a safe and enjoyable

atmosphere," he said.

"I would like to acknowledge the support and assistance of local community operators who are taking responsibility for bookings. We are very grateful for this support," he said.

Cllr Terry O'Brien, Service Coordinator with the Irish Wheelchair Association welcomed the new Hippocampe wheelchairs. "A regular wheelchair would get stuck in the sand but these chairs are very easy to move and to manoeuvre on the sand. This is a great initiative in Kerry and hopefully we can see more of them available at Kerry beaches in the years ahead."

The chairs are available through July and August from noon to 7pm Monday to Friday and from 11am to 7pm at weekends. To make a booking for Ballinskelligs, contact 087 296 5874 or for Inch, call 086 266 3186

SUMMER FOOD AND CRAFT FAIR AT MANOR

Manor West Summer Fair celebrates local food producers and craftspeople -

Manor West Shopping Centre and Retail Park is gearing up for its Summer Food and Craft Fair which will take place on Saturday 29th July from 12noon to 5pm. The Summer event is the first in a series of markets which will take place this year.

The food and crafts fair held in Manor West in past years are always a big draw and it's an opportunity to celebrate the wealth of artisan producers who have thriving businesses in the Kingdom. An interesting and eclectic mix of local businesses will be showcasing their goods on the day, with produce such as artisan cheeses, spanish cuisine, spices and seasonings, homemade cakes, jams and health snacks. There will also be some beautiful handmade creations, wood burning pieces and much more.

The fair promises to be a fun filled day out for all the family with balloon modellers, face painters and popular characters from the Kingdom Party Pals as well as Tony the



PICTURED AT A PREVIOUS MANOR WEST FAIR, TERSEA FOLEY HEAVENLY BAKED, DEREK RUSK MANAGER MANOR SHOPPING CNT AND MELANINE HARTY OF HARTY'S TRALEE. PHOTO BY: DOMINICK WALSH

Magician. Radio Kerry will also be there during the day chatting with some of the producers and craftspeople, playing great music, taking requests from visitors to the centre and there will be an opportunity to win some special spot

prizes!

For more information on Manor West Shopping Centre and Retail Park and upcoming events please visit www.manorwest.ie or find them on Facebook and Twitter.

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HONOUR FOR KERRY DOWN SYNDROME TRAINEES

There were great celebrations at the Deenagh Lodge this week as Certs of attendance were presented by Kerry ETB staff, Adult Education Officer Shivaun Shanahan and Community Education Facilitator, Michelle Anne Houlihan.

As part of the training and employment initiative at Down Syndrome, Kerry ETB ran courses under the Community Education Scheme in Deenagh Lodge, Killarney on Customer Care and Retail Sales. These courses which were run over four weeks have greatly helped prepare the young adults of Down Syndrome Kerry for future employment.

This training is one of the initiatives that DSK are involved in to enhance the young adult's training experience. Janet O'Donoghue who represented

the DSK trainees spoke about her learning experience at Deenagh Lodge on Tuesday morning.

The Customer Care course included training in interaction with customers- verbal and non-verbal, how to handle customer enquiries and complaints, self-presentation, service/customer care and communication techniques including body language, numeracy, money and using cash registers to name some. Overall twenty two students took part in the course. Thirteen of whom participated in the Customer Care Course and nine students took part in the Retail Sales course.

Deenagh Lodge Tea Room is a beautiful café in the gate lodge of Killarney National Park, opposite the Cathedral and is run by Down Syndrome Kerry.



PICTURED AT THE DOWN SYNDROME KERRY EDUCATION AWARDS AT DEENAGH LODGE WERE BACK ROW L-R AISLING COLLINS (TUTOR), MAKITA BURKE (TUTOR & ASS MGR DEENAGH LODGE), PETER KEANE (TUTOR), WALTER RYAN PURCELL (MGR AT DEENAGH LODGE) & RUTH MURPHY (TUTOR KERRY ETB). FRONT ROW L-R SIOBHAN SHANAHAN (ADULT EDUCATION OFFICER), SARAH KELLEHER (FORMER SECRETARY) WITH HER SON FIONN & MICHELLE ANN HOULIHAN (COMMUNITY EDUCATION FACILITATOR). PICTURE MARIE CARROLL-O'SULLIVAN



DELIGHTED WITH THEIR KERRY ETB DOWNSYNDROME KERRY AWARD AT DEENAGH LODGE WERE L-R MARY CLAIRE MCCARTHY, STEPHEN TIMOTHY ROCHE & STEPHEN FALEY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE DEENAGH LODGE FOR THE KERRY ETB DOWN SYNDROME KERRY AWARDS WERE L-R ANTHONY JONES, DAVE O'CARROLL & EMMA DOOLAN. PICTURE MARIE CARROLL-O'SULLIVAN

LETTERS TO THE EDITOR

A Chara,

East Africa stands on the brink of what the UN has described as potentially the worst humanitarian crisis since World War II.

Drought and conflict has left approximately 25 million people reliant on food aid for survival, with shockingly high rates of severe acute malnutrition among children across the affected regions of Somalia, Ethiopia, Kenya and South Sudan.

Governments and humanitarian organisations across the region are responding. Through urgent and

robust action, they have helped stave off extreme levels of death from famine that have loomed over East Africa throughout this crisis. But appeals for international support have been met with a wholly insufficient response, and levels of funding across the region are now desperately low.

Humanitarian aid saves lives. South Sudan has been pulled out of famine because of aid. But failed rains, continued conflict, and disastrous outbreaks of cholera mean the situation in South Sudan and Somalia in

particular is more desperate now than ever. Without adequate support, the humanitarian crisis across these regions will become a humanitarian catastrophe.

Irish aid agencies are saving lives across the region but to do so until the next harvest will require significant resources. As two of Ireland's largest development and humanitarian agencies, Concern Worldwide and Trócaire are delivering food, water and healthcare to hundreds of thousands of people in east Africa. We welcome President Michael D

Higgins' call on the Irish people to respond to this crisis with urgency, compassion, and generosity, and we urge the Irish public to support our efforts to get aid to people caught in this appalling crisis.

The time to act is now, before it is too late.

Dominic MacSorley,
Chief Executive of Concern Worldwide

Éamonn Meehan,
Executive Director of Trócaire

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Price Region: €280,000

BER C2

9 THE ORCHARD, BEAUFORT, KILLARNEY

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Price Region: €245,000

BER C1

MONEY MATTERS.....

By Dermot Cronin, Financial Advisor

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PRIDE OF PLACE JUDGING PANEL VISITS KERRY

The adjudication for the annual Pride of Place competitions 2017 took place in Kerry recently. This is the 15th year of the Irish Public Bodies Pride of Place competition, an all-island competition, hosted by Co-operation Ireland under its Local Authority Programme.

The competition focus is on people coming together to showcase all that is good about their area or project. Kerry County Council nominates communities or groups in recognition of the work being done to create viable, vibrant and visible communities.

This year Kerry County Council has nominated two projects, each of which has come through the Kerry Community Awards process. The Kerry Social Farming Project: under the Category "Community Reaching Out Initiative" and the Glenbeigh Community council were nominated.

The Kerry Social Farming Project provides people with disabilities (participants) the opportunity to engage with ordinary farm families and the farming community in meeting their personal life choices, thus promoting social inclusion and improved quality of life. The project operates as a voluntary model, whereby host farmers offer their time freely to enable participants engage in their farming activities and thus the wider rural community. Farmers are the heart and soul of rural Ireland and are very well placed to support inclusion of marginalised individuals in the



GER O'SULLIVAN AND EAMONN HORGAN, HOST FARMERS, MAKING A POINT AT THE SOCIAL FARMING MODEL PROJECT ON THE FARM OF GEORGE KELLY, HOST FARMER, HAZELFORT FARM, BALLYMALLIS, CO KERRY FOR THE LAUNCH OF THE REVIEW BY MINISTER MICHAEL CREED T.D., MINISTER FOR AGRICULTURE, FOOD AND THE MARINE. PHOTO: VALERIE O'SULLIVAN

rural community. This voluntary model has been highly successful to date and is crucial for the sustainable development of the project and important for developing real relationships. All the host farmers are enthusiastic about and deeply committed to the project, citing it as a wholly rewarding experience for them as they in turn become more engaged in their community. Glenbeigh is cosily tucked into the surrounding horseshoe of hills. The Caragh and Behy Rivers flow at either side of the village into Castlemaine Harbour. The community has developed enviable sporting infrastructure including a football pitch and a community hall. Local activities

include walking, fishing, surfing, kayaking and horse trekking on Rossbeigh Beach. A recent achievement includes Glenbeigh-Glencar's memorable AIB All-Ireland junior club football championship final success at Croke Park. However it is the hospitality and friendliness of the people that matters most and the manner in which the community takes care of those who live in and visit this lovely place.

Volunteers in each of the communities have been busy planning and preparing for the visits. Staff members of Kerry County Council's Community and Enterprise Department have been meeting with the groups to advise on the adjudication process and

to generally assist where possible. Kerry County Council's Municipal District offices have also been very supportive of the event working together with the Local Development Companies.

The judges spent up to three hours with each project during which the group was required to make a 20 minute formal presentation, and undergo a question and answer session.

In addition to ensuring that the areas are looking well, each community has been identifying their strengths and the projects that they are proud of and wish to show off to the judges.

All projects are worthy entrants and the judges were very impressed on the day.

CHARITY WORKERS ANSWER THE CALL

Trócaire
Working for a just world.

Castleisland natives Charlie Farrelly, Willie Reidy, Hannah Curtin and Martina O Mahony have answered an appeal for volunteers to go on a mission trip to Mombasa, Kenya in February 2018. Three of these people Hannah, Charlie and Martina went in 2016 and they would encourage anyone interested in going to really consider it as it is a life changing experience and you will make lifelong friends while at the same time changing the lives of some of the children in Mombasa. On this occasion they will be joined by Willie Reidy, Knockachur, Knocknagoshel who had a lifelong

ambition to go abroad doing some missionary work, Willie is looking forward to the enormous challenge that lies ahead. The Ray of Sunshine foundation are still looking for trades people to help build a rescue shelter for abused children in 2018.

One of the requirements is to raise

€3000.00 per person.

As one of the fundraising events to be held three of them Hannah, Charlie and Willie are climbing Ireland's highest mountain Carruntuohill on August 5th 2017 @ 8 a.m. start. They will meet all interested in climbing at the car park at Lisleibane council yard

which is situated at the base of the mountain. Anyone wishing to climb with the supervised group can pay a subscription fee of €20 on the day. If you are unable to do the climb and you would like to sponsor the participants you can do so by subscribing to the numerous sponsorship cards that are available at local outlets.

Along with this climb they will also be organising the 6th Annual Paudie Fitzmaurice Memorial Tractor Run on Sunday 10th September In conjunction with the new palliative care unit in Tralee, more details to follow about this event at a later stage.

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TOP AWARD FOR BROOK LODGE HOTEL

Brook Lodge Hotel has just been awarded the HotelsCombined Recognition of Excellence for 2017 in the UK & Ireland.

The hotel was recently purchased by Patrick and Linda Eviston of Eviston House Hotel. The previous owners were Denis and Joan Counihan. This award is in recognition for consistently achieving the highest standards of Customer Satisfaction worldwide. HotelsCombined found and processed 221 opinions that guests at the hotel have posted on a variety of different websites, forums and social media, resulting in an incredible score of 9.0 out of a possible 10. Brook Lodge Hotel now represents the top 3% of accommodation worldwide for Customer Satisfaction. "We are thrilled to be working with the best hotels in the Ireland and Brook Lodge Hotel is certainly among them" said Paulina Krolikowska, market manager of HotelsCombined Ireland

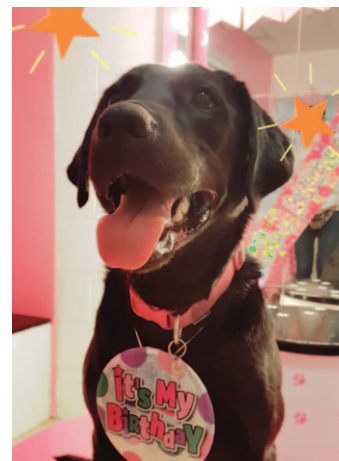
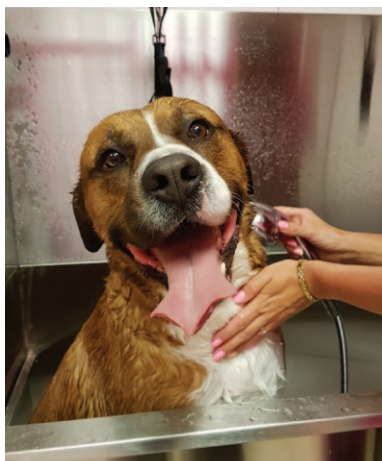


BROOK LODGE HOTEL

"What is different about the Recognition of Excellence is the way information is gathered and analysed: it all depends on the guest

and his or her experience with that particular accommodation."

NEW TREATS IN STORE AT MATILDA'S PET SHOP



Matilda's Pet Shop in Chapel Lane is a one stop shop for all your pet's needs and over the next couple of weeks they will be unveiling some new treats for your pets. Just recently, they have started Doggy Birthday Parties, an exclusive treat for your four pawed friend! The Party includes Doggy present, Doggy Birthday Cake, Doggy Ice-cream, and believe it or not Doggy Music. They held the first Doggy Birthday Party last Sunday, and it was a great success. There is a lot of interest so be sure to contact the shop and make a booking. A framed photo is also included in the price of the party of the birthday girl/boy enjoying their day. Humans are not left out and there

is party food and drinks available in the well decorated party area. Matilda's Pet Shop have also opened the grooming room, White Paws Dog Grooming Killarney. Groomer Agnieszka Leane is fully qualified to make your dogs not only look great but also to keep them healthy as grooming is very important. The service is not just for dogs....they have a Guinea Pig booked in next week for a full groom! At Matilda's, they aim to help with all aspects of pet ownership, Puppy Training is very important and from next week they have Kerry Dog Training starting with puppy socialisation and training classes at the shop. There will be a fully qualified Dog Trainer available for 1 to 1 classes at Matilda's.

Shane Myers of Killarney Veterinary Clinic on the Tralee Road will be starting a series of free talks at the shop. Amazing opportunity for the pet owners of Killarney and surrounding area's to get some expert advice from a Veterinary Surgeon. The first Talk is on Tuesday 1st August at 7pm in Matilda's Pet Shop. The first in the series of talks topics are ;the cause, prevention and cure of all your pets parasites, fleas, ticks and mites and the dangers of Lyme Disease and the importance of ear maintenance. Be sure to call in to the shop to find out more, you can also find them on Facebook.

SUMMER FAMILY FUN IN CORK

If you are looking for a great family weekend break on your doorstep, why not head to the Carrigaline Court Hotel over the Summer Holidays? Just 15 minutes drive south of Cork City, the Carrigaline Court Hotel has got everything covered to ensure the kids are entertained and the grown ups can relax. Your little ones can join in the complimentary camp Rock kid's Club for children aged 5 to 12 years which runs from 10am - 12.30pm each morning and includes an array of fun activities. They

also host a supervised Movie Night from 6pm each evening and children can enjoy freshly cooked party food while parents escape to the restaurant and dine in peace and tranquility. The kiddies should grab their teddy bears, their toothbrushes and their pocket money and join the fun while you relax and dine in the Bistro Restaurant or Collins Bar. Their spacious leisure centre acts as the perfect indoor playground for visiting families. They have a separate shallow kiddie's pool for young children and there is

also an extensive Children's Playground, just a stones throw from the hotel. As an added bonus they have teamed up with many nearby family attractions such as Fota Wildlife Park, Rumley's Pet Farm and Kool Kidz Korner, to offer families discounted admission rates. With so much fun to be had both within and surrounding the hotel, the Carrigaline Court is the ideal choice for midweek or weekend family breaks in Cork, to find out more about great value offers visit www.carrigalcourt.com

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Guide Price €60,000

Renovation project - Derelict cottage & outhouses on circa 0.25 acre site with stunning countryside views. The property is currently uninhabitable and Services are not connected.

Ref 1013 BER EXEMPT



SHEHEREE, MUCKROSS

Guide Price €385,000

5 bedroom dormer bungalow (approx 2,045 sq ft) standing on circa 0.5 acre site of mature gardens & tarmac driveway. Oil fired central heating, double glazed pvc windows. 5 minutes to Town Centre.

REF 903 **BER C1**



84 PAIRC CHUIMIN, KILCUMMIN

Guide Price €200,000

3 Bed semi detached (1,261 sq ft) home with private garden & patio area. The property is in excellent condition throughout. Oil Fired Central Heating. Only 5km to Killarney Town Centre.

REF 1071 BER Pending



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OUTLOOK RECIPIES

CITRUS SUMMER CHICKEN (Serves 4)

INGREDIENTS

- 4 boneless chicken breasts
- Salad to serve
- (try it with low-fat and low-salt sauces)
- For the marinade
- Zest and juice of 1 orange
- Zest and juice of ½ lime
- 1 inch of fresh ginger
- 2 cloves garlic, peeled and crushed
- 1 tablespoon olive oil
- Freshly ground black pepper

METHOD

1. Put the zest and juice of the orange and the lime (or a drop of lemon juice if you haven't got a lime) into a bowl. Peel the ginger, grate it finely and add it to the bowl with the garlic.
2. Whisk in the olive oil and then stir in the black pepper. Using a large knife, cut each chicken breast in half. Add these to the marinade and make sure that each portion is well coated.
3. Cover the bowl with cling film and put it on the bottom shelf of the fridge for at least 1 hour.
4. Cook the chicken on a hot barbeque for 25 to 30 minutes, turning it often.
5. You can also use chicken thighs or drumsticks for this recipe. Adjust the cooking times depending on the meat.
6. Before serving, check that the chicken is properly cooked by removing it from the heat and cutting into the thickest part of it with a clean knife to make sure that it is piping hot all the way through, there is no pink meat remaining, and the juices run clear

POTATOES AND SCALLION BURGERS WITH FRESH SALSA Suitable for Vegetarians

A tasty variation on the traditional summer burger, this filling family dish will also appeal to vegetarians. Cooked potatoes are required in advance for this recipe.

INGREDIENTS

- Serves 4 Adults
- Burgers
- 450g / 1lb of cooked, mashed potatoes
- 8 scallions, finely chopped
- 1 medium egg
- 4 tablespoons of semi-skimmed milk
- 75g / 3 oz. of wholegrain breadcrumbs - around 2 slices
- Salt and freshly ground black pepper, to taste
- Salsa
- 225g / 8 oz. of firm, ripe tomatoes, peeled and chopped
- 1 clove of garlic, peeled and finely chopped
- 1 small red onion, finely chopped
- 2 tablespoons fresh coriander leaves, finely chopped
- ¼ teaspoon dried, ground coriander
- ¼ teaspoon dried, ground cumin
- Juice of 1½ limes
- Salt and freshly ground pepper, to taste

METHOD

BURGERS

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. To get them at the right consistency, prepare the mashed potatoes several hours in advance and refrigerate
3. Mix the scallions into the chilled potato
4. In a small mixing bowl, beat the egg and milk with a whisk. Stir half the egg and milk mixture into potatoes and season with salt and pepper
5. Shape the potatoes into four burgers. Ensure they are relatively flat so that they fully cook in the oven
6. Dip each one first into the remaining egg and milk and then into the dried/toasted breadcrumbs to coat
7. Place the burgers on a baking tray or grill and place in the oven for approximately 15 minutes, or until the burgers are golden brown and piping hot throughout

SALSA

1. Pour boiling water over the tomatoes, and let sit for one minute. This helps to remove the skin easily
 2. Drain and cover with cold water
 3. Peel the skin off each tomato and chop
 4. In a mixing bowl, combine all the salsa ingredients
- Serving Suggestions

Serve the burgers immediately with your fresh homemade salsa and a crispy side salad

7 GOLDEN RULES FOR A SAFE



We all look forward to the first signs of Summer; the stretch in the evenings, warmer weather and the mouth-watering aroma of a BBQ being grilled. If you are planning to cook outdoors, don't let your good habits in the kitchen go up in smoke when you light the barbeque – an evening alfresco should bring memories of friends, family and food, not tummy bugs! Here are 7 golden rules from safe food for how to get it right every time.

1. Keep perishable foods like salads, coleslaw and quiche in your fridge until you are about to serve them.
2. BBQ foods like burgers, sausages and kebabs, pork and poultry must be cooked and piping hot all the way through. You know they are cooked when there is no pink meat and the juices run clear. Steaks or whole meat joints of beef or lamb can be served 'rare' as harmful bacteria are on the outside only (and not in the centre).
3. If you like to marinate your meat, make sure any marinade used on raw meat is not then used as a sauce to coat vegetables or cooked meat as it will contain raw meat bacteria.
4. If you choose to barbeque any frozen food, it must be completely thawed on the bottom shelf of your fridge before you cook it.
5. When handling raw meat and poultry, wash your hands thoroughly and frequently, most importantly before going on to prepare salads and other ready to eat foods.
6. Once your meat is cooked thoroughly, make sure to keep cooked meat separate from raw meat and to use separate chopping boards, cooking utensils and plates. Harmful bacteria in raw meat, poultry and their juices can contaminate cooked food and lead to food poisoning, something your guests won't thank you for.
7. If there are leftovers from your barbeque, allow the food to cool before refrigerating, however make sure to refrigerate food within two hours of cooking. Always remember with leftovers – if in doubt, throw it out.

For more information on food safety and healthy eating including recipes, visit www.safe food.eu and enjoy your barbeque, whatever the weather!

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Killarney

TOWN TALK



GEMMA SUGRUE (SEATED CENTRE) PICTURED AT HOLY CROSS MERCY NS WITH HER STUDENTS AND TEACHERS FROM VOICE WORKS SUMMER CAMP 2017.
PICTURE MARIE CARROLL-O'SULLIVAN

What a whirlwind of a week! There was some spectacular weather earlier this week it was the Costa Del Killarney for a few days! The Killarney races brought the crowds in droves and there was a great buzz around the town. There was some stunning fashion for Ladies Day with Dancing With The Stars, Thalia Heffernan and Aidan O' Mahony mingling with the crowds. Here's to a relaxing weekend after a hectic week, sit back and relax and find out what's happening in Killarney with the Town Talk Page. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com



CAOIMHE SPILLANE.

REMINDER REMEMBERING CIAN EVENT

This year Cian's family have decided to have a coffee morning to mark Cian's 4th anniversary. In previous years they have held the "Remembering Cian Walk" and have raised close to €18,000.

The family greatly appreciate your continuing support and look forward to welcoming everyone on Saturday 22nd July from 11:30 am-1:30pm in the Killarney Towers Hotel. All donations received will go toward Killarney Water Rescue and Recovery which is an important local voluntary service.

The family would like to thank local businesses for their generosity, a raffle will be held on the day.

SPRAOI CHIARRAI The next Spraoi Chiarrai Summer Concert event will take place

on Saturday 22nd July at St Marys Church of Ireland at 8pm, an evening of live music. Admission is free. The concerts feature Fiddle, Irish Harp, Accordion, Flute & Whistle, Irish Uilleann Pipes, Guitar, Harmonica, Bodhrán and Vocals.

RING OF THE REEKS CYCLE The Ring of the Reeks cycle will take place on Saturday, 29th July starting and finishing at Beaufort G.A.A Club grounds. The 110km Ring of the Reeks starts at 9am. Register from 7.45am. 60km Caragh Lake Loop and 35km Ring of Beaufort at 11am. Register from 9.30am. All information and online registration www.ringofthereekscycle.com, www.killorglincycling.com, or www.beaufortgaclub.com. You can call Eanna 086 3963309.

CLONKEEN YOUTH CHOIR

Clonkeen Youth Choir are inviting you to attend their CD launch of their choir's CD 'Celebrate' in the Kerry Way on Friday the 28th of July at 9:30pm. Musicians, singers and dancers will be



CLONKEEN YOUTH CHOIR

performing on the night and finger food will also be provided. All proceeds will be donated to the Kerry-Cork Link Bus which is an invaluable service for those who are receiving cancer treatment in Cork.

MORE INEC GIGS ANNOUNCED

Legendary musician, Christy Moore will be returning to the INEC, Killarney on Friday October 27th 2017. Tickets on sale today Friday 21st July from 9am. One of the most compelling and inspirational musicians Ireland has ever seen, Christy Moore has a universal fan base and still continues to entertain; cementing him as an Irish icon. Christy's latest album is due for release in November 2017. The double CD of 20+ songs consists of new live recordings of Christy's biggest and best loved hits that span his extensive career. The songs are newly recorded live versions captured in venues across Ireland, The North and Scotland. Christy has produced more than 25 solo albums, from Paddy on the Road in 1969 to Where I Come From in 2013.

Their star is still on the rise and Irish band Picture This will return to headline the INEC Killarney this November 10th. Tickets from €30 includes booking fee, are on sale today, Friday from 9am. Picture This grabbed the attention of Ireland when an iPhone video of their track 'Take My Hand' went viral. A subsequent gig in the Grand Social was upgraded to The Academy as demand was so fierce. Fast forward two years and the band have a #1 Gold selling EP - which is still in the charts after 40 weeks, 30,000 tickets sold in Ireland alone and they played a second headline slot behind Stormzy at Longitude Festival.

Hailing from Athy, Co. Kildare, Jimmy Rainsford and Ryan Hennessy joined forces at the end of October 2015. Upon hearing Ryan's unique voice after spotting him performing in local pubs and venues, Jimmy invited Ryan to join him in his studio to record some tracks. After quickly hitting it off the duo decided to make the partnership more permanent and Picture This was born. Tickets for both gigs are available from Ticketmaster Outlets Nationwide or www.ticketmaster.ie

PARISH SUMMER EVENTS

.Aghadoe Cemetery Mass Mon July 31st—8pm
.New Cemetery Mass Mon August 7th -7pm.
Please spread the word to those living away who might like to attend.

SARAH JAYNE
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TOWN TALK



TRADERS FROM OLD MARKET LANE, KILLARNEY, WHO PRESENTED €689.31 TO BREA DYLAN, (5TH LEFT), MANAGER OF THE KERRY CANCER SUPPORT GROUP, HEALTH LINK BUS, FROM THE PROCEEDS OF THE KILLARNEY CHAMBER OF TOURISM AND COMMERCE ANNUAL KILLARNEY 4TH JULY CELEBRATIONS BARBEQUE, ORGANISED BY THE OLD MARKET LANE TRADERS. FROM LEFT, ERIC PARGE, JMAC OFFICE SOLUTIONS, OLLIE FAVIER, ORGANISER, KILLARNEY 4TH JULY, PAUL O'NEILL, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, SHEILA MCCARTHY, MANAGER JAM CAFE, NOELLE CROSBIE, NOELLE'S CAFE, KASIA CZERNIK, JMAC SOLUTIONS, LOUISE TWOMEY, WHAT WOMEN WANT. PHOTO: VALERIE O'SULLIVAN

TIDY TOWNS CLEAN UP Calling on all residents in the Whitebridge, Ballycasheen & Lissivigeen areas to come to the assistance of Tidy Towns Support Group, who will be cleaning up at the bottom of the Pike Hill. All Volunteers are welcome to come to the aid of the Tidy Towns Support Group.

GOLF CLASSIC St Mary of the Angels and St John of God Kerry Services will host their golf classic fundraiser on August 11th at O'Mahony's Point Killarney Golf Club. It will be a team of 4 event in any combination. Entry fee is €200.00 per team. The presentation of prizes will take place at 9:30pm that evening in the clubhouse. All support is greatly appreciated through Teams, sponsorship of prizes or Tee Boxes and if all those able to support us could contact Helen O'Connor (087) 1338702.

MUCKROSS HOUSE The Museum Standards Programme for Ireland (MSPI), recognises excellence in caring for collections, museum management, education, exhibition and visitor services. Muckross House, Muckross Traditional Farms and Muckross House Research Library and Kerry County Museum retained the Full Accreditation they have been awarded, while Seanchai "Kerry Writers' Museum" was awarded Interim Accreditation. The Trustees of Muckross House continue to demonstrate their commitment to first class care of its collections and to the Programme. The commitment of staff to retaining accreditation was clear in the standard of the information provided in the applications and during the assessment visit. The State, the Trustees and all the staff should

be congratulated for maintaining a high quality service. In addition, they have managed to improve the services they offer to visitors and continue to plan future developments.

EUROPEAN EVENTING IN MILLSTREET

A different and fun family day out in Millstreet's Green Glens Arena this weekend as the 2017 FEI European Eventing Championships for Young Riders & Juniors will be taking place. All are welcome to come along and attend an action packed weekend of Europe's top level Eventing for young riders and juniors and to support our own Team Ireland Equestrian. Guaranteed fun for all the family. There is free admission for the Cross Country Day which takes place on Saturday 22nd July from 9:30am.

CHRISTENING GIFTS If you are looking for a unique, quality, thoughtful Christening

gift, be sure to pop in to Gabor at Killarney Alterations and Embroidery at 28 High Street. He is doing lovely christening blankets for families with all the names of the children on the blanket - which is passed on at each christening. Each time the blanket is passed on, the new babies name is embroidered. A lovely gift to pass on throughout the family and to treasure for years to come. They can alter, print and embroider any item of clothing and any accessory. A lovely way to personalize a gift for someone special.



KTOWN'S LIEBHERR PARTY Lucky for those who work in Liebherr, the Ktown Bar on Beech Road are hosting a Liebherr Party tonight Friday 21st July. All Liebherr workers will receive a free pint or a bottle of beer on arrival with Wallop the Cat taking to the stage around 10pm.

BRING YOUR BABY TO WORK (OUT)

A great idea from new gym, Studio 7, on St Marys Terrace, New Street. They are introducing a brand New "Bring your baby to Work (Out)" program. This 6 week morning program is aimed at mums with young babies who want somewhere to work out and get back in shape with plenty of room to leave the buggies in a safe and private environment and be able to tend to them when needed. There are limited spaces available in the program. Be sure to find them on Facebook for more information.

BIRTHDAY WISHES

Congratulations to Kerry O'Leary Clounts Rathmore, who celebrated a special birthday at Cahill's bar Rathmore on Saturday night last with family & friends



GERALDINE DOLAN: GENERAL MANAGER AGHADOE HEIGHTS HOTEL AND NOREEN MIDDLETON SPA MANAGER WITH THE TEAM AFTER RETAINING THEIR "MUNSTER SPA OF THE YEAR" TITLE.

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RATHMORE/GNEEVEGUILLA NEWS by Michael O'Mahony

RATHMORE SOCIAL ACTION GROUP

would like to thank most sincerely all our Cyclists Medical team Stewards Drivers Volunteers in registration, food station, finish line, medals presentation and expo areas.

Your help on the day is really very much appreciated and ensured another successful Ring of Kerry Charity Cycle

TUREENCAHILL COMMUNITY GROUP

UPCOMING EVENTS..Sliabh Luachra Summerschool 25th - 27th September in Tureencahill Community Centre...A Great Selection of Music & Talks & Performance of Sliabh Luachra Musicians.

OPEN TO ALL AGES - CONTACT 085/1741551

OR 087/0576107 ALL VERY WELCOME.

KICK BOXING-Starting Wednesdays 6th..BOTH

ADULTS & CHILDREN Contact 089/4010475

KNOCKNAGREE COMMUNITY GROUP

A questionnaire will be circulated to all houses in Knocknagree parish in the coming week. The purpose of the questionnaire is to get ideas from the community as to what area should the community apply to IRD Duhallow for.

Your cooperation in filling out the questionnaire is greatly appreciated.

The questionnaire will be

collected the following week. More information to follow in this publication and on our face book page Knocknagree.

WISHES

Congratulations to Friends of the Children of Chernobyl Rathmore Branch 1997 - 2017 - 21st Celebration who The Friends of the Children of Chernobyl Rathmore Branch are celebrating their 21st year of hosting Belarusian Children and their Interpreters.

CULLEN AND DISTRICT SPECIAL NEEDS

ASSOCIATION

19th Annual Vintage Rally and Old Time Threshing SUNDAY JULY 23rd 2017 Cullen GAA Grounds Vintage Display, Children's Sports, Bouncing Castle, Raffles, Plus Many Side Shows Fun for all the family.

SPECIAL DIOCESAN COLLECTION THIS WEEKEND

A Special Trócaire Church Collection will be taken up as a second collection this weekend 22nd -23rd July to help the people of East Africa. Prolonged drought has led to severe food shortages across East Africa. Approximately 25 million people are in need of emergency assistance. You support for this collection will be greatly appreciated. Thank You

LOUGH DERG 2017

You may begin the Three Day Pilgrimage on any day up to and including Sunday 13th August.

Advance booking is not necessary. There are various travel options available countrywide. The Lough Derg team can help you to co-ordinate public transport or link up with Pilgrimage Organisers in your locality. Telephone Maureen or Lorraine on 071 9851518. Email: info@loughderg.org www.loughderg.org

WEDDING BELLS

Congratulations to Delcan Moore Clounts Rathmore who Married joanie Kissane Killarney last Friday at Cathedral Killarney, and held their reception at Killarney heights hotel with family & friends We wish both them long happy life together.

SYMPATHY to Gerard Sheehan (Knocknaseed) Sean & Mary Sheehan, Knocknagree, on the death of their mother Eileen Sheehan, Knocknagree and to her sister, Mary O'Sullivan, An Droichead, Rathmore. May they all rest in peace.

FATIMA COMMITTEE

The Fatima Novena Committee would like to thank everyone involved with the Healing Mass celebrated in the Church of the Holy Rosary Gneeveguilla last Thursday. Firstly we want to sincerely thank Fr John Keane for coming from Dublin to be with us. Thanks to Mary Falvey for the Music and Laura O Keefe for the beautiful singing. All our readers altar servers and eucharistic ministers are appreciated. Maureen at the Parish office did great work on advertising. Ground for parking is very important, for that we thank Sean Mahony John Crowley and Peadar Callaghan also Moss Keefe for stewarding. A big crowd from near and far ensured that every seat was full. Thanks to our Parish priest Fr Pat O Donnell for allowing this Mass to be celebrated.

CULTURE NIGHT

To all communities and groups who might like to stage a cultural event

on Culture Night Friday 22nd September next.

The Arts Office are putting the county wide brochure together at present and ask if groups/organisations could email Deirdre Enright @ arts@kerryco.ie directly.

Events are free on the night to the public between the hours of 5 and 11pm. It also offers a free platform to promote local event providers/groups/organisations.

RATHMORE GAA CLUB

The Rathmore U-13 Hurlers took part in the Eddie Hayes ground hurling tournament, a great day was had by all, Rathmore got to the Plate Final but were unlucky and Lixnaw came away with the win. Thanks to Donal Casey & Tim TWOMEY on their time and training with the team. Well done boys. Thanks to Crotta O Neills Hurling Club for the invite & a great tournament.

RESULTS

County league Div 1

Dingle 1-11

Rathmore 2-09

County league Div 5 result

Cordal 1-13

Rathmore 0-13

NOTES

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

FOSSA NOTES

FOSSA GAA LOTTO

Numbers drawn were 2, 13, 16, 21. There was no jackpot winner and the €40 consolation prize winners were Tina, Cillian and Erin Cronin, Milltown, Kathleen O'Sullivan, Crohane, Chris Fitzgerald, Old Killarney Village, John O'Shea, c/o Mick Clifford and Michael Bernhardt, USA. Next weeks jackpot will be €3,450.

SENIORS

The seniors played Laune Rangers on Sunday in Killorglin, Rangers started well but points from Fintan Coffey and Donald O'Sullivan kept Fossa in touch, we conceded a penalty after 17 minutes which was scored but in the 22nd minute Tadhg O'Shea flicked the ball to the Rangers net which brought Fossa right back into the match. Rangers finished the half strong and lead at the break, 2-05 to 1-05. The second half started well for Fossa with Tadhg O'Shea scoring an excellent goal after 4 minutes, the game ebbed and flowed after that as the teams were deadlocked on several occasions, further points from Mark Dennehy and Donald O'Sullivan had Fossa in touch until the very end but they could not reel in a late Rangers scoring surge and were unlucky to lose on a score of 2-10 to 2-08. Defensively, Fossa were solid and we were competitive at midfield all through, the evergreen Donald O'Sullivan and Tadhg O'Shea lead the inside line well but we struggled towards the finish to break down a resolute and well organized Rangers defence in the final third of the pitch when we were chasing the game towards the end.

UNDER 14 EK LEAGUE

FOSSA 1-13 DR CROKES 2-7

Fossa won out by a goal in a very competitive match on Monday night last. Fossa got the first score, a goal from Conor Horgan after only 2 minutes and they held this lead to the very end. Rian Collieran kicked 2 excellent points as did Jack Clifford, Darren Cronin and Darren Ryan. In goals Keelan O'Brien was again in fine form, in defence there were good games from Sean Dineen and Peadar Kelliher and Jackson O'Mahony, when introduced was excellent. Pauric Talbot was yet again immense and having Donnacadh Greeley back was key.

Fossa are at home to Glenflesk this Monday night in the last league game.

BEAUFORT NOTES

LOTTO

Next draw for jackpot of €2,000 will be held in the Inn Between on Sunday, 23rd July. Tickets available from the usual sellers and premises or online at www.beaufortgaaclub.com.

FIXTURES

I16 Boys home to Kerins O'Rahillys on Wednesday, 19th at 7pm in Round 3 of the County League. U13 Girls home to Corca Dhuibhne on Thursday,

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THE ANNUAL JOHNNY SILLES MEMORIAL VINTAGE TRACTOR & CAR RUN

Will take place from JJ Walsh's Bar, Lixnaw on Saturday 29th July at 6pm arriving back to The Railway Bar, Lixnaw.

Contact Mikey Leen 087 2438665

All proceeds to **PIETA HOUSE**

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20th at 6:30pm in Round 1 of the County Championship. U11 & U12 Boys home Laune Rangers on Friday, 21st at 7pm in Round 3 of Mid Kerry. Senior Men home to Listowel Emmets on Sunday, 23rd at 2pm in Round 9 of the County League. U15 Ladies home to Spa on Sunday, 23rd at 5pm in Round 1 of the County Championship.

RING OF THE REEKS CYCLE

The Ring of the Reeks Cycle will be held on the 29th July. We have three loops once again this year. For more information and to register please go to www.ringofthereekscycle.com. This is an Over 16's event.

KILCUMMIN NEWS

FÁILTE

As Fr. Eamon Mulvihill begins his ministry in the Parish this week we would like to extend him a Céad Míle Fáilte and wish him every blessing amongst us.

CONGRATULATIONS

Congratulations to Eilish O'Leary, Knocklebede on winning a Munster Medal with the Kerry Senior Ladies Football team recently.

COMHALTAS

Best of luck to all out Musicians, Singers, and Dancers who are taking part in the Munster **FLEADH IN CORK CITY THIS WEEKEND.**

CULTURE NIGHT 2017

This will take place around Ireland on Friday night, September 22nd from 5.00 pm to 11.00 pm. All Comhaltas branches are strongly encouraged to organise a free Culture Night performance to showcase Irish traditional music, song, dance and storytelling in your branch and in your locality. The performance group can be large or small and the performance should take place at a local focal point or amenity centre. Please return the completed event form by post to CCÉ Cultúrlann, 32 Cearnóg Belgrave, Baile na Manach, Co. Baile Átha Cliath. A94XV02 by Friday 21st July. Please forward details of your Culture Night event to Kerry Culture Night contact Kate Kennelly, at Kerry County Council for information and promotional purposes. Contact e-mails: arts@kerrycoco.ie ; sharon.okeeffe@kerrycoco.ie ; caroline.lynch@kerrycoco.ie Further information available on www.culturenight.ie

CO FLEADH 2018

Coiste Chontae Chiarraí are inviting applications from branches that are interested in hosting Fleadh Cheoil Chiarraí 2018. Applications from branch secretaries must be made in writing to me before the September County Board meeting which is scheduled for Monday night 25th September, venue to be decided.

SYMPATHY

Sympathy is extended to the family of the late Kerry Baxter, Ballinamanagh who died recently. May he rest in peace.

KILCUMMIN GAA

KILCUMMIN GAA LOTTO

There was no winner on Sunday 16th July 2017. Numbers drawn were 4, 5, 14, 24. Consolation prizes were €100 Tom Ulick. €60 Síle Dunlea, Toremore, Kilcummin. €60 Mike Morrissey, Kilcummin. €30 Alva McCarthy, Glounacopple. €30 Tom O'Leary, 485 Groveland, Abington. Next Draw Monday, July 31st 2017. Jackpot now €6,000.

GLENFLESK SENIORS

GLENFLESK SENIORS

Our Senior team drew their Co. League match today in a marvelous encounter with Spa, Darragh Roche with 8 points And Jeff O Donoghue with 4 points were in great form for Glenflesk and Stephen O Donoghue got the crucial goal finishing brilliantly with his first touch after coming on.

FT GLENFLESK 1-15 SPA 1-15

Glenflesk Gaa would like to wish a speedy recovery to Spa stalwarts Andrew Garnett and Eoin Cronin who picked up serious injuries in Sundays match Next up is a home match with Kenmare who are also chasing promotion next Sunday July 23rd at 2pm in Glenflesk.

GLENFLESK JUNIORS

Our Junior team had an excellent 5 point win over legion last Monday evening in the Co Junior League. We were trailing by 4 at the break but 2 cracking goals from Paudie Rahilly inspired the comeback and we now have 6 points with a game to play and with every chance of a semi final spot



CALLINAFERCY ROWING CLUB PRESENTED 35 MEMBERS OF THE LOCAL COMMUNITY WITH CERTIFICATES AFTER COMPLETING DEFIBRILLATOR TRAINING COURSES. THIS TRAINING TOOK PLACE AS A RESULT OF THE CLUBS EFFORTS TO FUNDRAISE FOR A COMMUNITY DEFIBRILLATOR WHICH WAS UNVEILED AT OUR CLUBHOUSE LAST YEAR. THIS PROJECT WAS PART FUNDED BY KERRY COUNTY COUNCIL FOR WHICH WE ARE EXTREMELY GRATEFUL. HUGE THANKS TO GINA HALLIDAY COURSE INSTRUCTOR (IHF) AND MILLTOWN/CASTLEMAINE FOR THE USE OF THEIR FACILITIES.

PICTURE:MICHAEL G KENNY

KERRY MINORS

Congratulations to Christopher O Donoghue and the Kerry Minors on becoming Munster champions on Sunday last with an impressive **SHOWING AGAINST CLARE**

KERRY JUNIORS

Best of Luck to Jeff O Donoghue and Daniel O Brien in the All Ireland Junior semi final this Saturday in Limerick vs Leitrim.

GLENFLESK U12S

Congratulations and very well done to the U12s who won the Fergus Hopkins Invitational Tournament Blitz Shield last weekend by beating Clan na Gael Fontenoy 5-12 to 1-8 in the final. Great performances by all players and mentors to win the semi final and final following qualification from the group stages. A very happy and noisy bus on the way home. Many thanks to Round Towers GAA Kildare for a superb day. Glenflesk Abu!

GLENFLESK LOTTO

No winner of the lotto which took place in John Dans Bar on the 17/07/2017

Jackpot - €6,200

Numbers were 05 18 19 22

1. Jerry Mullane (Yearly ticket)
2. Micheal Donoghue Carrie House Clonkeen (Yearly Ticket)
3. Tadhg Brosnan Inch Kilcummin
4. John Smith Lisbaby
5. Donie MacSweeney

The next draw will take place in Spillanes Bar on 31/07/17 and the Jackpot is €6,400.

RAHEEN N.S

Congratulations to Lorena O'Connor who had the winning lotto no. 40 on Saturday the 15th of July.

GIVE BLOOD IN RATHMORE

The Irish Blood Transfusion Service will hold a Blood Donor clinic in St. Joseph's Day Care Centre, Rathmore 6pm – 9pm Monday 24th JULY 2017

CLONKEEN YOUTH CHOIR

Clonkeen Youth Choir will launch their CD 'Celebrate' on Friday 28th July at 9.30pm in 'The KerryWay' and the choir will sing at 9.30 am mass in Clonkeen on Sunday 30th July, 7pm mass in Glenflesk on Saturday 12th August and 11am mass in Barraduff on Sunday 13th August. Proceeds from the CD will go to the Cork/Kerry Health Link Bus Service. All are invited to attend and your support would be greatly appreciated

CONTACT

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

LISTRY NOTES

THANK YOU

Milltown Listry pioneers would like to thank the Beaufort pioneers for giving them the opportunity to journey with them on their pilgrimage to Knock last Sunday July 16th. A wonderful and prayerful day was had by all.



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DRIVING FOR WORK SUMMER SAFETY TIPS

The HSA reminds employers and employees of key seasonal tips for safer work related journeys over the coming months. Summer months bring more bicycles, motorcycles, caravans, agricultural vehicles, visiting tourists and seasonal traffic congestion to our roads. During school holidays, there are more children about, so extra vigilance is needed on journeys, during deliveries and collections as there are vulnerable road users around who are not aware of the dangers associated with vehicles and their actions are not predictable.

We urge employers to bring the following tips to the attention of their employees who drive for work. With school holidays and tourist season in full swing, now is a good time to remind staff of safe driving for work practice in summer.

By following simple guidelines before travelling and en-route, you will ensure your safety while driving for work.

Before travelling, make sure your vehicle is roadworthy: even the slightest doubt about how it's running needs checking. Make sure that vehicle maintenance is up to date, and if in doubt arrange to have it looked at by a qualified mechanic.

Before travelling, make sure your vehicle is roadworthy: even the slightest doubt about how it's running needs checking. Make sure that vehicle maintenance is up to date, and if in doubt arrange to have it looked at by a qualified mechanic.

Then, check the following at least daily (especially if the vehicle is hired or loaned):

- Tyre tread and pressures.
- Oil, water and fluid levels.
- Head, brake - and indicator - lights.



Safety equipment including warning-triangle, torch, hi-vis jacket, first-aid kit, sunglasses and maps.

Plan the route beforehand, and travel during off-peak periods if possible leaving 'more than enough' time to negotiate the holiday congestion. Check the weather forecast and travel news before and during journeys.

Timely route and traffic information is available from a range of organisations.

On the road, make sure everyone is buckled up, including rear seat passengers, and drive defensively by:

- Being prepared for unsafe actions by others or for poor driving conditions.
- Obeying the road signs and signals.
- Never ever use alcohol and drive.
- Be extra careful in the early morning or at dusk and during the night, when animals and agricultural vehicles are most likely to be on the road.

IF DRIVING A VAN, TRUCK OR FOUR-WHEEL DRIVE:

- Take extreme care reversing.
- Check carefully for elderly people and children where you make deliveries or collections.

Slow down in built up areas
Slow down near cyclists

IF DRIVING A CAR:

- Keep out of others' blind spots.
- Be seen: don't let larger vehicles hide yours from view
- Use daytime running lights.

DRIVER FATIGUE: Don't give in to the temptation to 'push on!' When you feel tired, have a good sleep. Rest breaks every 2 hours keep drivers alert by promoting blood circulation, make trips more pleasant for you and your passengers, let the vehicle cool down. Have a good summer, and please put safety first when driving for work

PEDESTRIAN SAFETY

Road-wise pedestrians are safe pedestrians. Find out how to put your best foot forward and stay safe on Irish roads. Better safety, step-by-step

THE BASICS Although you can't be responsible for the way people drive, you can take a number of steps to make yourself safer as a pedestrian:

STOP, LOOK AND LISTEN Don't try to cross the road between parked cars. If possible, cross at a pedestrian crossing or traffic lights

NEVER CROSS AT A BEND If there is a footpath use it. If there is no footpath, walk/run/jog on the right hand side of the road, facing oncoming

traffic and keeping as close as possible to the side of the road

Walk no more than two abreast and if the road is narrow or there is heavy traffic, walk in single file

INCREASE YOUR VISIBILITY More than two-thirds of fatal pedestrian collisions happen at night. Although you can hear a car coming and see its lights, the driver may not see you (and certainly won't hear you).

TO PROTECT YOURSELF MAKE SURE YOU

Always wear a pair of reflective armbands, high-visibility belt or other reflective or fluorescent clothing which will help you to be seen from a distance. Carry a torch on country roads

SOBERING FACTS Drunken pedestrians are a source of danger to themselves and other road users. If you have had one too many, don't attempt to walk – hail a taxi, use public transport or get a lift from a (non-drinking) friend. Pubs and clubs also have a responsibility to prevent intoxicated customers walking out on public roads where they could be hit by passing vehicles, or cause a crash through their own behaviour. To prevent this happening, bar staff or anyone serving alcohol should decide if the person is fit to walk. If not, they should arrange to get them home safely.

10 SUMMER DRIVING HAZARDS TO AVOID

CAR KEYS It's easy to lose your car keys in the sand, or ruin your remote control with water by accidentally taking the fob for a swim.

Keep your keys safe and dry and check your handbook – on most cars, there's an alternative way to open the doors that you can use if the remote stopped working.

PUNCTURES If your tyres are already damaged or they're at the wrong pressure, the higher temperatures of summer will increase the risk of

a blowout. Make sure you check tyres regularly – for condition and pressures – and increase pressures to suit extra loads, as advised in your handbook.

Check caravan tyres too, and replace those that show any signs of cracking in the sidewall or tread grooves.

OVERHEATING When driving in hot climates, high temperatures can aggravate cooling system problems too. It's important to check the coolant and cooling system regularly to avoid overheating.

GLARE Dazzle from the sun causes lots of accidents but you can reduce the effect by

keeping your windscreen nice and clean, and by replacing worn or damaged windscreen wipers.

It pays to keep a clean pair of sunglasses in your car year-round but avoid lenses that darken in strong sunlight.

TRACTORS The driver of that slow-moving tractor in front of you may have a soundproofed cab or could be wearing ear protectors, so may not be able to hear approaching cars.

Be aware that tractors only have to have brake or indicator lights if driving at night, so they may stop or turn suddenly and without warning in daylight hours.

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Happy Faces at the July Races.....



CONTESTANTS IN THE ROSE OF TRALEE FROM LEFT, AMY CALLAGHAN, DONEGAL, LAYLEIGH MAHER, LIMERICK, AISLING MCARDLE, YORKSHIRE, SHEILA RYAN, TIPPERARY, BREDA O'MAHONY, KERRY, AOIFE MURRAY, CLARE AND LISA MALONEY, SLIGO PICTURED WITH ANTHONY O'GARA, CEO, ROSE OF TRALEE AND GERARD COUGHLAN, KILLARNEY RACE COMPANY AS SPECIAL GUESTS AT KILLARNEY RACES



GERARD COUGHLAN, CHAIRMAN, KILLARNEY RACE COMPANY PICTURED WITH SOME OF THIS YEARS CONTESTANTS IN THE ROSE OF TRALEE INCLUDING AMY CALLAGHAN, DONEGAL, LAYLEIGH MAHER, LIMERICK, AISLING MCARDLE, YORKSHIRE, SHEILA RYAN, TIPPERARY, BREDA O'MAHONY, KERRY, AOIFE MURRAY, CLARE AND LISA MALONEY, SLIGO WITH THEIR ESCORTS, JACKIE HEALY-RAE, KILGARVAN, BRIAN DOHERTY, LIMERICK, SEAN O'CONNOR, WATERVILLE, PA O'DONNELL, LIMERICK, THOMAS LYNCH, CASTLEISLAND, JOSEPH MEEHAN, TRALEE, SHANE THORNTON, LISTOWEL AND BARRY MCGUIRE, BALLAGHADEREEN AND ANTHONY O'GARA, CEO, ROSE OF TRALEE FESTIVAL AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING. PHOTO: DON MACMONAGLE



TRYING TO PICK WINNERS AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING WERE JACKIE HEALY-RAE, KILGARVAN, CENTRE WITH FELLOW ROSE ESCORTS, BRIAN DOHERTY, LIMERICK, SEAN O'CONNOR, WATERVILLE, PA O'DONNELL, LIMERICK, THOMAS LYNCH, CASTLEISLAND, JOSEPH MEEHAN, TRALEE, SHANE THORNTON, LISTOWEL AND BARRY MCGUIRE, BALLAGHADEREEN. PHOTO: DON MACMONAGLE



BOSTON GIRLS, MARIE BURKE, ALEXA DRISCOLL, JULIA KENNEY AND HANNAH KENNEY PICTURED AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING. PHOTO: DON MACMONAGLE



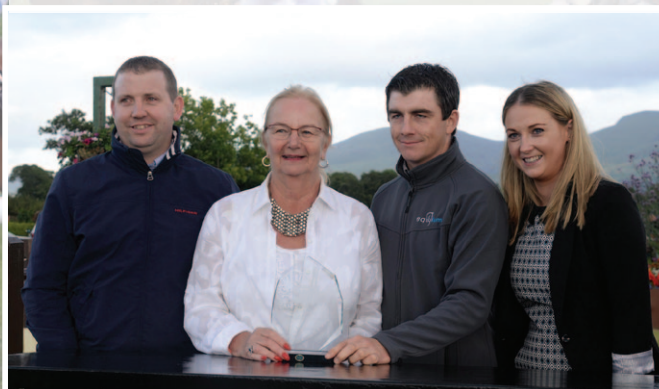
TRYING TO PICK WINNERS AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING WERE BARRY MCGUIRE, BALLAGHADEREEN AND SLIGO ROSE LISA MALONEY. PHOTO: DON MACMONAGLE



GETTING INTO THE SWING OF THINGS ARE YORKSHIRE ROSE OF TRALEE CONTESTANT AISLING MCARDLE AND HER ESCORT JOSEPH MEEHAN AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING. PHOTO: DON MACMONAGLE



TRYING TO PICK WINNERS AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING WERE JACKIE HEALY-RAE, KILGARVAN, WITH CLARE ROSE AOIFE MURRAY. PHOTO: DON MACMONAGLE



PAULINE MCSWEENEY, MCSWEENEY ARMS HOTEL PRESENTS WINNING CONNECTIONS OF 'OPEN TO THE WORLD' INCLUDING MICK AND YVONNE CROWE, PADRAIG ROCHE AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING. PHOTO: DON MACMONAGLE



GO WHERE THE MAGIC HAPPENS!

There is one thing that I know for sure about my life! And this is that my happiness is not to be found safely wrapped away somewhere inside my comfort zone! I know this because I spent many years not expressing my feelings or doing what I truly wanted to do! Inside my comfort zone my world was safe, protected, predictable and INCREDIBLY BORING!

I DID THE SAME THINGS IN THE SAME WAY AND GOT THE SAME OLD RESULTS AGAIN AND AGAIN!

Isn't it funny how so often we think that if we just keep our heads down and don't make a fuss that this will bring us happiness? We may find ourselves doing things for a "quiet life" but it brings us anything but. Or we may spend so much time trying to prove ourselves to others when inside we already KNOW who we are!

Sometimes it feels safer not to shine our own light because we are keeping company with others who prefer to stay in the dark. The result of all this "holding back" keeps us locked in stagnation and at times unhappiness.

HOWEVER, WHAT IF WE MADE A DECISION TO GO WHERE THE MAGIC HAPPENS? That place is different for all of us but it never lies within some corner of our lives that we have labeled the "comfort zone!" (It should really be called the discomfort zone!). Begin to take small steps out by doing things differently. Take small risks, speak up, go some place new, learn a new skill, read a different book, slow down, speed up, think empowering thoughts, reach out, challenge your negative thoughts and bring more fun and excitement into your life! Keep expanding your world and trusting wholeheartedly in YOU!

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CAN'T UNDERSTAND WHY THE WEIGHT WON'T SHIFT?

• You keep asking yourself "is all this exercise even worth the effort?" Well it's time to dig deep into those cupboards and look at what your eating. 80% of any weight loss plan is down to the food we eat, and the remaining 20% is exercise. Yes the two combined are important but you really need to look honestly at the diet first.

And when I say diet I'm not saying to go on a diet or starve yourself, but be realistic on what your wolfing down your neck. If you nibbling on crisps and chocolate all week and fizzy drinks then don't expect to be a lean machine in 6 weeks of hitting the gym! Healthy eating doesn't have to be complicated.

- Give up the junk
- Ditch the nasty sugar fizzy drinks
- Watch the extra portions (second helpings at dinner time sound familiar)
- Don't scoff on chips and pizza, try wholesome healthy carbs instead such as brown rice, brown pasta, quinoa, sweet potatoes etc. I recommend a fist sized cooked for women and 2x fist sized cooked for men
- Eat loads of veg to fill you up.
- Protein with every meal (1x palm size for you ladies, and 2x for all this hungry lads)
- Don't skip meals (make sure you get breakfast, lunch and dinner, and there is even room so some healthy snacking in between if needed)
- Drink plenty of water and keep hydrated
- Watch the hidden calories in alcohol and drink in moderation (after my birthday celebrations this week I could do with looking at this one!)

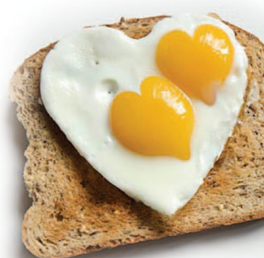
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OUTLOOK FASHION

STILL LOOK CHIC WHILE SHOWING SOME SKIN:

If you're wearing a miniskirt or shorts, cover up on top. If your top is skimpy, go for full-coverage bottoms.



HEALTH TIP

TRY TO HAVE BREAKFAST WITHIN ONE HOUR OF WAKING.

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

Beauty tip

Hair Conditioning

After using a hair conditioning mask, follow with "a cold water rinse to close the hair cuticles"



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Donal O'Sullivan MISCP MCSP

MSC. PHYSIOTHERAPY
BSc. ATHLETIC THERAPY AND TRAINING
Chartered Physiotherapist

Approved by all major Health insurance providers.



Jimmy Galvin MISCP MCSP

MSC. PHYSIOTHERAPY
PGdip. EXERCISE AND SPORTS MEDICINE
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Gráinne Bergin (ARTC)

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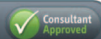
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<input checked="" type="checkbox"/>	- showering	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	- talking on the phone	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	No batteries to change	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	No device repairs required	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	No risk of losing aid	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	Left in continuously	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	- peace of mind when you sleep	<input checked="" type="checkbox"/>
10/10		2/10



AMS Clinics are Consultant Approved by an Independent UK
Audiology Assessment Board. (No Equivalent Irish Standard Exists)



Happy Faces at the July Races.....



BEAUTIFUL ALVA MCCARTHY, ALL DRESSED UP FOR LADIES DAY AT THE KILLARNEY RACES WITH HER DAD DAMIEN & MUM MARGUERITE. PICTURE MARIE CARROLL-O'SULLIVAN



GLAMEROUS LADIES AT THE KILLARNEY RACES ON LADIES DAY L-R STACEY O'LEARY, ASHE SPILLANE & LISA ENGEL. PICTURE MARIE CARROLL-O'SULLIVAN



HAN LINEHAN & EILEEN O'CALLAGHAN, ENJOYING LADIES DAY AT THE KILLARNEY RACES. PICTURE MARIE CARROLL-O'SULLIVAN



KERRY ROSE BRED A O'MAHONY WITH ESCORT SHANE THORNTON AND KILLARNEY MAN SEAN O'DONOGHUE PICTURED AT KILLARNEY RACES / ROSES EVENING ON WEDNESDAY EVENING. PHOTO: DON MACMONAGLE



L-R TRACEY & BRENDAN CAFFEY, LIZ KENEALLY & EGIN CAFFEY ENJOYING LADIES DAY AT THE JULY MEETING OF KILLARNEY RACES 2017. PICTURE MARIE CARROLL-O'SULLIVAN



A FAMILY DAY OUT FOR THE BENNETTS ON LADIES DAY AT THE KILLARNEY RACES MUM SHEILA (CENTRE) WITH HER TWO DAUGHTERS, PATRICIA (LEFT) & SARAH JANE (RIGHT) WHERE PATRICIA MADE THE HEAD PIECES AND MUM MADE THE OUTFITS. PICTURE MARIE CARROLL-O'SULLIVAN



BEAUTIFUL CLAUDIA CARROLL WITH HER MUM HARRIETT ON LADIES DAY AT THE KILLARNEY RACES. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE JULY RACE MEETING OF THE KILLARNEY RACES ON LADIES DAY WERE L-R DIANA HILLIARD & BREDA KELLY. PICTURE MARIE CARROLL-O'SULLIVAN



MARIE & JOHN DEVANE, ENJOYING THE KILLARNEY RACES ON LADIES DAY. PICTURE MARIE CARROLL-O'SULLIVAN



MARY O'SULLIVAN (LEFT) & EILEEN CRONIN (RIGHT), ENJOYING THE KILLARNEY RACES ON LADIES DAY. PICTURE MARIE CARROLL-O'SULLIVAN

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TAX MATTERS

With O'Brien Coffey MacSweeney
Accountants & Statutory Auditors

TAXATION OF BENEFITS FROM EMPLOYMENT

Most benefits from employment that are provided in addition to your salary are subject to income tax. Generally, there are two types of benefits that an employee may get in addition to a salary:

- Benefits-in-kind. These are benefits that an employee receives that cannot be converted into cash but have a cash value. Examples include provision of a company car, loans given at a special rate or provision of accommodation.
- Benefits (other than benefits-in-kind). Examples include vouchers, holidays, payment of an employee's bills and prizes.

An employee can reduce the amount of benefit-in-kind assessed on a car if they incur a certain amount of mileage for business purposes.

Benefits that are exempt from tax or can be received tax efficiently

There are some benefits that an employee can receive that are not subject to tax or can be received tax efficiently. These include:

- Provision of bus/train passes for one month or more
- Bicycle and safety equipment under the Cycle to Work Scheme
- Certain share and approved profit sharing schemes
- Canteen facilities
- Reimbursement of expenses necessarily incurred in the course of employment
- Some accommodation provision
- Lump sum and certain redundancy payments
- Working clothes
- Non-cash personal gifts not related to employment
- Employer's contribution to statutory or revenue approved pension schemes.
- Mobile telephones, computer equipment and home high-speed internet connections where those benefits are provided for business use. (Private use is incidental.)
- Private use of company van which is essentially for the purposes of employee's work and where there is an employer requirement to bring the van home and where other private use is prohibited and the employee spends most of their working time away from the workplace to which they are attached.

Small benefit relief

You can receive a small non-cash benefit from your employer without paying PAYE, USC and PRSI. Such a benefit must have a value of €500 or under. This treatment does not apply to cash payments, which are taxable in full. You can only avail of this relief once in a tax year. If the benefit is more than €500 in value the full value of the benefit is subject to PAYE, USC and PRSI.

O'BRIEN
COFFEY
MACSWEENEY
ACCOUNTANTS & BUSINESS ADVISORS

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Citizens Information

Know Your Rights: PASSPORT RENEWAL

QUESTION

I have booked a family holiday and checked my passport to make sure it's still valid. It is, but it's due to expire a couple of weeks before I travel. How can I make sure that I can get a new one in time?

ANSWER

You don't have to wait until the expiry of your passport to renew it. If you apply for a new passport before your current one has expired, the period that your new passport is valid for begins from when you apply, rather than from when your previous passport expires.

The website of the Passport Service, passport.ie, lists the current average processing times for different types of passport applications. The quickest way to renew your passport is by using the online application service, which was introduced earlier this year. You can use the online service if your passport expires any time in the next 12 months.

You must submit a digital photo with your application. You can get a friend to take your photo with a digital camera or smartphone or you can go to a photo provider, for example a pharmacy or a photographer, who will give you a copy of your digital photo to upload. Alternatively, you can go to one of the photo booth services listed on passport.ie, which will take your photo and provide you with a code. If you enter this code when you apply, you don't need to upload the photo yourself.

Online renewal isn't available for children's passports, so if you wanted to renew your family's passports together, you would have to use Passport Express, the postal application service. Alternatively, you could renew your own passport online and use Passport Express for renewing any passports for children.

When you get your new passport you can set a renewal reminder. The passport.ie website offers a passport reminder service, which will send you an email three months before the passport expires.

Further information is available from the Citizens Information Service below.

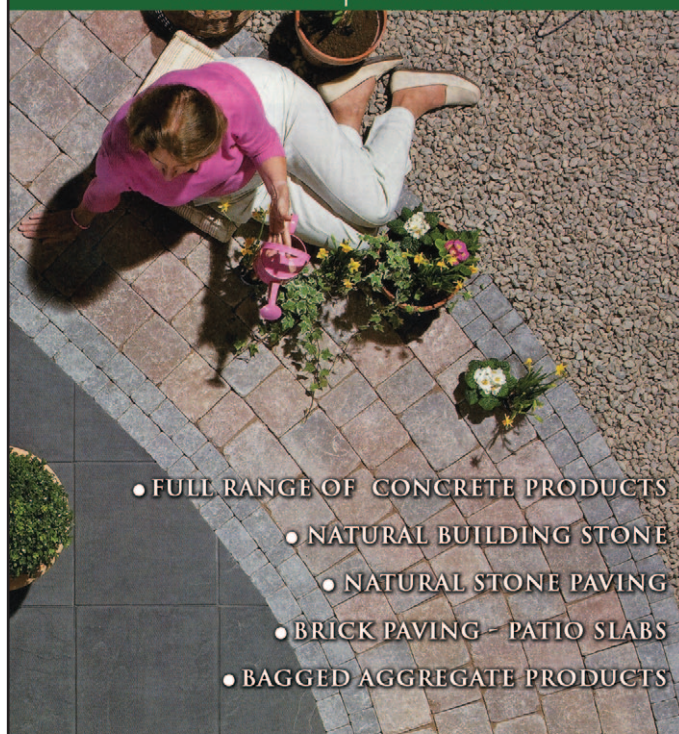
Further information is available on hap.ie and from the Citizens Information Service below.

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

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

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GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON HERBS

Most herbs are very easy to grow. They can be grown in the garden in vegetable beds or raised beds or in containers like a window box on a window sill.

There are a lot of different types of herbs but the most commonly grown herbs for culinary use are the basil and dill which are annuals and have to be sown every year.

Parsley and Chervil, which are biennials and last for two years while herbs like fennel, mint, tarragon are perennials.

If you want to grow mint make sure you plant it in a container and not in the ground as it is a very invasive herb.

Even if you are not using your herbs for culinary use, it is important to pick them regularly otherwise they tend to go to seed very quickly.

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John Brassil TD

Killarney Constituency Office
Open Hours:
Wed 26th, Thurs 27th & Fri 28th July from 9.30am - 5.30pm

Address:
The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.
(Just behind the Royal Hotel)

John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
Working with Cllr John Joe Culloty 087-1308000 cllrjcculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

For advice and representation please feel free to call into the office or clinics
Office: 064 66 94199/083 8541447
Email: john.brassil@oireachtas.ie John mobile: 087 2362330

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Michael Healy-Rae TD

Will Attend Scotts Hotel, Killarney every Saturday at 3.00pm

Castleisland Clinic: River Island Hotel
Last Friday of every month at 7.00pm

Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm

Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm

Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

Other Clinics held throughout the Constituency on a regular basis and advertised locally

Contact Numbers:
01 618 3363/064 66 85782 E: Michael.Healy-Rae@oireachtas.ie





THINGS ARE GETTING MESSI WHO TOOK PART IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT



FALVEYS FC WHO TOOK PART IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT

KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT

SPONSORED BY KILLARNEY CREDIT UNION

UNDERAGE RESULTS

Saturday 15th July 2017

Pitch 1

10.00 Under 10 Semi-Final Mackey's Crew 6 Furies FC 1

10.25 Under 12 Semi-Final Timmy's Farmers 4 Westbrook 1

Pitch 2

10.25 Under 12 Semi-Final Flesk Rovers 2 Game of throw ins 0

Under 10 Final

Beastly City 3 Mackeys Crew 4

2 all at full time and after extra time. Mackeys Crew won 4 3 on penalties. Under 10 Player of the Tournament went to Brian O'Shea of the Beastly City. Stephen Darmody of Killarney Credit Union was on hand to present the Winners and runner ups with their medals and Captain Luke Courtney was presented with the Shield.

UNDER 12 FINAL

Timmy's Farmers 3 Flesk Flyes 4

Again 2 all at full time and extra time. Flesk Rovers won 4 3 on penalties. Under 12 Player of the tournament went to Calvin O'Sullivan of Timmy's Farmers. Stephen Darmody of Killarney Credit Union was again on hand to present the Winners and runner ups with their medals and Captain Alex Hennigan was presented with the Shield.

MASTERGEEHA FC

UNDERAGE TRAINING

U8, U9 and u10 training will recommence on Friday evenings from 6.30 to 7.30 pm. All welcome.

O35s

Mastergeeha 6 AC Athletic 0. Micheal O Sullivan, JJ Fleming, Donnagh Barry, Conor Gleason and Rob Casey got the goals in this good win on Friday night in the Mounthawk Park.

MASTERGEEHA FC LOTTO

There was no winner on Friday 14th July, 2017. Numbers drawn were 4, 5, 20, 22. Consolation prizes were €100 John & Margaret Lenihan, Inchicullane, Kilcummin. €60 Ash Bee, c/o Bertie Curtin. €30 Sean O'Riordan, Ballydribeen, Killarney. €30 John & Margaret Lenihan, Inchicullane, Kilcummin. €30 Pat Moriarty, Muckcross, Killarney. Jackpot now €8,700.

KILLARNEY ATHLETIC A.F.C. 7 A SIDE TOURNAMENT

Sponsored by Killarney Credit Union

Underage Results

Saturday 15th July 2017

PITCH 1

10.00 Under 10 Mackey's Crew 6 Furies FC 1

Semi Final

10.25 Under 12 Timmy's Farmers 4 Westbrook 1

Semi Final

PITCH 2

10.25 Under 12 Flesk Rovers 2 Game of throw ins 0

Semi Final

Under 10 Final

Beastly City 3 Mackeys Crew 4

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Results

Monday 17th July

Pitch 1

6.45 Senior Quarter final 15 mins Tim Jones Butchers 2 The Failte Bar 3

7.20 Over 35 Semi Final Leane's Tool Hire 9 Tim Jones' Butchers 8. 1 All after full time and extra time. Leane's Tool Hire won in penalties.

7.45 Senior Quarter final 15 mins The Flesk Restaurant 2 FC Killarni 1

PITCH 2

6.45 Senior Quarter final 15 mins Tatler Toffees 3 Dunloe Lodge 1

7.20 Senior Quarter final 15 mins The Failte Legends 8 Tokey Badgers 0

7.55 U16 Pique Bliners 3 Dangers United 1

8.20 U16 Expected Toulouse 1 Yurventus 2

Results

Tuesday 18th July

Pitch 1

7.00 U14 Bayern Neverloosin 1 Bombers 2

7.25 U14 JR Spares 3 Omega Fitted Furniture 1

7.50 Over 35 Semi Final Charlie Foleys 1 Kate Kearney's Cottage 3

8.15 Premier Semi Final The Failte Bar 2 The Failte Legends 7

Results

Wednesday 19th July

Pitch 1

7.00 Reserve Semi-Final 15 mins FC Killarni 4 Dunloe Lodge 1

7.35 Reserve Semi-Final 15 mins Tokey Badgers 2 Tim Jones' Butchers 4

Pitch 2

8.00 Premier Semi-Final 20 mins Flesk Restaurant 3 Tatler Toffees 4

FINALS FIXTURES

Tuesday 25th July

6.50 U14 Final JR Spares V Bombers

7.25 U16 Final Yurventus V Pique Blinders

8.00 Reserve 20 Mins Final Tim Jones Butchers V KC Killarni

Wednesday 26th July

6.50 O 35 Final Leane's Tool Hire V Kate Kearney's Cottage

7.30 Premier Final 30 Mins Tatler Toffees V Failte Legends



POLLARNEY FC WHO TOOK PART IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT



FALVEYS FC WHO TOOK PART IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT



GAME OF THROW-INS WHO TAKE PART IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT.



MACKEY'S CREW WHO WON THE UNDER 10 FINAL IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT.



FLESK FLYERS WHO WON THE UNDER 12 FINAL IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT.



TIMMY'S FARMERS WHO WERE RUNNERS UP IN THE UNDER 12 FINAL IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT.



BEASTLY CITY WHO WERE RUNNERS UP IN THE UNDER 10 FINAL IN THE KILLARNEY ATHLETIC 7 A SIDE TOURNAMENT.



UNDER 12 PLAYER OF THE TOURNAMENT PICTURED WITH STEPHEN DARMODY AND DARRAGH MOYNIHAN



STEPHEN DARMODY PRESENTS BRIAN O SHEA WITH THE UNDER 10 PLAYER OF THE TOURNAMENT



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



ALL IRELAND JUNIOR FOOTBALL CHAMPIONSHIP



KERRY JUNIORS FACE A RARE MEETING WITH LEITRIM

KERRY V LEITRIM

3pm Saturday July 22nd
Gaelic Grounds Limerick.

In what will be a very rare meeting between the counties in any grade, Kerry will take on Connaught champions Leitrim in the All Ireland Junior football semi final at Limerick's Gaelic Grounds on Saturday in a game that is a curtain raiser to the Round 4 Qualifier game between Mayo and Cork.

Kerry are of course the reigning All Ireland champions in this grade and are attempting to win 3 All Irelands on the trot but that will matter little on Saturday as the Kingdom, under the rules of the competition, have a whole new team on duty from the one that joined Cork at the top of the Roll of Honour with seventeen titles last year.

The Kerry team that defeated Cork after a thrilling extra time encounter in Páirc Uí Chaoimh at the end of June, contained seven players who have previously won Junior All Ireland medals; James Walsh and Conor Cox won All Irelands in 2012 and 2015 while Jack McGuire, Brendan O'Sullivan, Philip O'Connor,



KERRY WILL LOOK TO THE ALL-IRELAND JUNIOR WINNING EXPERIENCE OF BRENDAN O'SULLIVAN AND OTHERS WHEN THEY TAKE ON LEITRIM IN SATURDAY'S MATCH IN LIMERICK.

Jeff O'Donoghue and Killian Spillane were also on the 2015 winning side. In addition, five players from the starting fifteen, Michael Foley, Daniel O'Brien, Roibeard Ó Sé, Killian Spillane

and Tomás Ó Sé have won All Ireland Minor medals during the last three years. The subs bench on that evening was also strong with the likes of Thomas Hickey, Liam Carey, Evan Cronin, Ivan Parker and Stephen O'Sullivan all anxious to claim a place.

Kerry opened their campaign with a big win over Limerick in a game that was of little or no use to them but they had to call on all of their experience when fighting back from nine points down early in the second half in the final against Cork before eventually winning by seven points after taking complete control in extra time. It will certainly help their cause that nearly all of the side have played together either at Junior or Minor level over the last few years and the experience of the big day before a large crowd should also stand to them.

Leitrim, for their part, have got to the semi final the hard way defeating Galway in the semi final and then Mayo in the Connaught final scoring 3-16 and 1-16 respectively in the process. Days like this do not come around too often for Leitrim and no doubt they will be trying tooth and nail to down the Kingdom's colours. **By John O'Leary**

ACORN LIFE U21 FOOTBALL CHAMPIONSHIP



KENMARE AND MID KERRY FACE OFF IN U21 DECIDER

A new trophy is to be presented to the winners of the County Under 21 Football Championship in 2017. Laune Rangers, in conjunction with the Kerry County Board and the Coffey family will present the James Coffey Perpetual Cup in honour of the late James Coffey who of course was a legendary administrator with both club and county being a joint Treasurer of the County Board for many years. The official launch will take place in the J.P. O'Sullivan Park in Killorglin at 8.30pm on this Friday 21st of July.

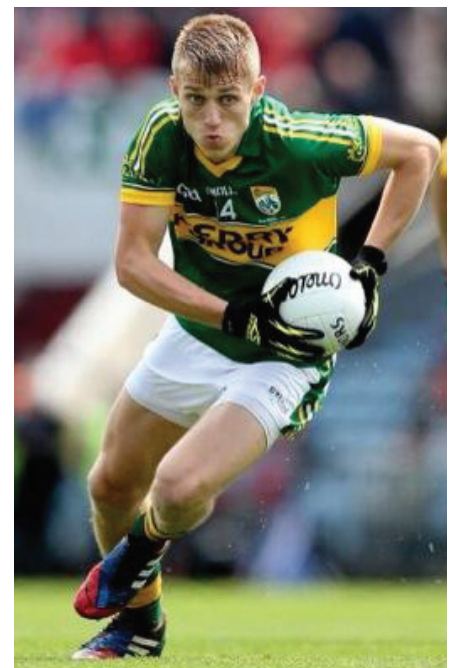
The winners of the new trophy are going to be either Kenmare District or Mid Kerry who qualified for the final by overcoming Dr Crokes and East Kerry respectively in the Acorn Life Under 21 semi finals on Thursday evening last.

Mid Kerry defeated East Kerry by 3-15 to 1-10 in Austin Stack Park and the winning margin was every bit as emphatic as the scoreline would suggest. Displaying by far the better team work, Mid Kerry dominated proceedings for about three quarters of the game with impressive displays from Acorn Life Man of the Match Liam Carey and David Costello up front who contributed 2-9

between them. Despite conceding an early goal to Ian Roche, Mid Kerry led by 2-8 to 1-2 at the break thanks to goals from Liam Carey and Darragh Coffey within a minute of each other just before the break. Eight minutes into the new half Mid Kerry more or less secured victory when David Costello struck for their third goal.

In the other semi final, Kenmare District had a 2-18 to 3-11 victory over Dr Crokes in Kenmare. Dr Crokes were in command early on and the Killarney side led by 3-3 to 0-4 at the end of the first quarter following goals from Paul Clarke, Adam and Mark O'Shea. Sean O'Shea and Killian Spillane helped bring Kenmare back into the game and Spillane's goal left just three points between the sides at the break, 3-7 to 1-10.

In the second half the District side really took over with Acorn Life Man of the Match John Mark Foley in fine form but the sides were still on level terms with ten minutes to go until the killer blow came when Kevin Price finished a loose ball to the Crokes net. The under 21 Final will be played on Wednesday July 26th at a venue to be decided.



KILLIAN SPILLANE WILL BE LEADING THE LINE FOR KENMARE DISTRICT AS THEY TAKE ON MID KERRY IN THE FINAL.



JOHN O'LEARY, KERRY GAA PRO LOOKS AT THE WEEK IN FOOTBALL



JOHN O'LEARY KERRY GAA PRO

Kerry Senior Footballers should know their Quarter Final opponents this weekend

Kerry senior footballers should know their opponents in the All Ireland senior football quarter finals this weekend following the two round 4 qualifiers featuring Munster final runners-up Cork and Mayo in the Gaelic Grounds and Connaught final runners-up Galway and Donegal in Markievicz Park, Sligo on Saturday. Provincial winners, Kerry and Roscommon will then be drawn against the Round 4 winners with repeat pairings such as Kerry/Cork or Roscommon/Galway not allowed so effectively Kerry will be meeting one of Mayo, Donegal or Galway. The Quarter finals will be played in Croke Park on Sunday July 30th.

Kerry Minors to meet Louth in All Ireland Quarter Final

The Kerry Minor footballers will meet the Leinster runners-up Louth who lost out to Dublin in the final on Sunday last. That quarter final meeting will be played on the Bank Holiday weekend August 6th. That weekend is also pencilled in for the Under 17 Semi final involving Kerry and Roscommon and Kerry GAA are still awaiting word from Croke Park re the double involvement of Kerry Minors and Under 17s on the one weekend.

Kerry Juniors face Leitrim in the All Ireland Semi final

In what will be a very rare meeting between the counties in any grade, Kerry will take on Connaught champions Leitrim in the All Ireland Junior football semi final at Limerick's Gaelic Grounds on Saturday in a game that is a curtain raiser to the Round 4 Qualifier game between Mayo and Cork. Kerry are of course the reigning All Ireland champions in this grade and are attempting to win 3 All Irelands on the trot but that will matter little on Saturday as the Kingdom, under the rules of the competition, have a whole new team on duty from the one that joined Cork at the top of the Roll of Honour with seventeen titles last year. The Kerry team that defeated Cork after a thrilling extra time encounter in Páirc Uí Chaoimh at the end of June, contained seven players who have previously won Junior All Ireland medals; James Walsh and Conor Cox won All Irelands in 2012 and 2015 while Jack McGuire, Brendan O'Sullivan, Philip O'Connor, Jeff O'Donoghue and Killian Spillane were also on the 2015 winning side. In addition, five players from the starting fifteen, Michael Foley, Daniel O'Brien, Roibeard Ó Sé, Killian Spillane and Tomás Ó Sé have won All Ireland Minor medals during the last three years. The subs bench on that

evening was also strong with the likes of Thomas Hickey, Liam Carey, Evan Cronin, Ivan Parker and Stephen O'Sullivan all anxious to claim a place.

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The Kerry management team of trainer Jimmy Keane (Brosna) and selectors Pól Ó Cúinn (An Ghaeltacht), John O'Connell (Tarbert) and Niall O'Mahony (Spa) will no doubt have warned their team against complacency and they know that only a repeat of their second half display against Cork will suffice. Saturday's game throws in at 3pm with Barry Tiernan from Dublin the man in the middle. Saturday's winners will play the winners of the other semi final between Meath and Kilkenny on Saturday August 5th.

Kerry GAA Supporters Club Bus

The Kerry GAA Supporters Club will take a bus to Limerick on Saturday next for the All Ireland Junior football semi final between Kerry and Leitrim which has a 3pm throw-in and is of course a very attractive curtain raiser to the Mayo and Cork Round 4 Qualifier. All seats must be booked by this Thursday. For bookings contact; Donal O'Leary or Martin Leane.

The Kerry GAA Supporters Club will also take coaches to Croke Park for the All-Ireland quarter finals on 30th of July. All seats must be booked by Thursday night 27th. July. Again, for bookings, contact Donal O'Leary, John King or Martin Leane.

Credit Union Senior Football League

With the exception of one game in Division 5, all scheduled games in Round 8 of the Credit Union Senior football league were played last weekend and this weekend will see another hectic weekend of activity as Round 9 takes centre stage on the club front. With the exception of the Rathmore v Milltown-Castlemaine game in Division 2 which has already been played, there is a full round of games in all Divisions.

The vast majority of games will be played on Sunday due to Kerry's involvement in the All Ireland Junior semi final on Saturday but there are a number of exceptions and the Scartaglen

V Keel game in Division 4 is fixed for Friday evening.

Kilcummin and Ardfert meet in a Division 2 Round 8 backgame on this Wednesday evening. With just three rounds remaining, the competition is beginning to take shape but there is a lot of football yet to be played before the promotion and relegation issues are sorted. Round 10 is down for decision on the weekend of August 13th.

New Trophy for Acorn Life Under 21 Football Championship

A new trophy is to be presented to the winners of the County Under 21 Football Championship in 2017. Laune Rangers, in conjunction with the Kerry County Board and the Coffey family will present the James Coffey Perpetual Cup in honour of the late James Coffey who of course was a legendary administrator with both club and county being a joint Treasurer of the County Board for many years. The official launch will take place in the J.P. O'Sullivan Park in Killorglin at 8.30pm on this Friday 21st of July. The winners of the new trophy are going to be either Kenmare District or Mid Kerry who qualified for the final by overcoming Dr Crokes and East Kerry respectively in the Acorn Life Under 21 semi finals on Thursday evening last. Mid Kerry defeated East Kerry by 3-15 to 1-10 in Austin Stack Park and the winning margin was every bit as emphatic as the scoreline would suggest. Displaying by far the better team work, Mid Kerry dominated proceedings for about three quarters of the game with impressive displays from Acorn Life Man of the Match Liam Carey and David Costello up front who contributed 2-9 between them. Despite conceding an early goal to Ian Roche, Mid Kerry led by 2-8 to 1-2 at the break thanks to goals from Liam Carey and Darragh Coffey within a minute of each other just before the break. Eight minutes into the new half Mid Kerry more or less secured victory when David Costello struck for their third goal. In the other semi final, Kenmare District had a 2-18 to 3-11 victory over Dr Crokes in Kenmare. Dr Crokes were in command early on and the Killarney side led by 3-3 to 0-4 at the end of the first quarter following goals from Paul Clarke, Adam and Mark O'Shea. Sean O'Shea and Killian Spillane helped bring Kenmare back into the game and Spillane's goal left just three points between the sides at the break, 3-7 to 1-10. In the second half the District side really took over with Acorn Life Man of the Match John Mark Foley in fine form but the sides were still on level terms with ten minutes to go until the killer blow came when Kevin Price finished a loose ball to the Crokes net. The under 21 Final will be played on Wednesday July 26th at a venue to be decided. Keanes Supervalu Killorglin Minor Football Championship is at the quarter final stage. There were four Round 2 games and two Round 3 games played in the Keanes Supervalu Killorglin Minor Football Championship last



week bringing the competition down to the quarter finals which were due to be played on Tuesday of this week..

Round 2 Results

East Kerry 3-14 Austin Stacks 0-10
West Kerry 3-23 Kerins O'Rahillys 3-3
Mid Kerry 3-6 South Kerry 0-14
Feale Rangers 3-15 Shannon Rangers 3-7

Round 3 Results

St Brendans 1-16 Furies 0-9
Dingle 1-17 Laune Rangers 2-11

The Mid Kerry V West Kerry third round game was not played; it was down for decision on Friday evening last but West Kerry were unable

to field and the game was awarded to Mid Kerry by the CCC.

Quarter Final Draw

The Quarter Final Draw resulted in the following pairings with first named having home venue: Mid Kerry vs East Kerry - Beaufort

St. Brendan's vs Dingle - Kileen, Na Gaeil

Dr. Crokes vs Kenmare District - Lewis Rd

St. Kieran's vs Feale Rangers - Cordal

Following the quarter finals, the competition will take a break as Kerry teams prepare for the upcoming Minor and Under 17 All Ireland semi finals on the Bank Holiday weekend and the semi finals are down for decision on August

8th.

Junior Football Leagues

The situation with regard to the Junior Football League is that clubs who agreed to postpone games over the last few weeks should now agree on a re-fixtured date. There is an extension of one week to allow Groups 1, 2, 4 and 5 complete their "postponed fixtures" and semi final fixtures will be based on the points table at 9pm on Monday 24th July. The onus is entirely on the clubs concerned to refix by agreement any postponed fixtures.

The semi finals have been rescheduled for the weekend of July 28th.

EAST KERRY NOTES

MD O'SHEA EAST REGION U14 LEAGUE

The final games in the league section of the MD O'Shea East Region U14 league will have been played on Monday, 17th July. This was a closely contested competition with great games between the sides. It is planned to fix the semi Finals, which promise to be exciting games, for Monday 24th July. Check out the East Kerry web site (eastkerrygaa.com) for fixtures. The Division 1 league table is very close and the results of the round 5 games will be important. After the round 4 games division 1A saw Glenflesk with 6 points, Kenmare and Fossa on 5 points, closely followed by Dr Crokes and Fossa on 4 points each. In division 1B, after 4 rounds, Killarney Legion topped the table with 6 league points, while Kilcummin and Listry / Keel are on 4 points each. As Kilgarvan/Tousist are not in a position to field a team for round 5, Listry/Keel, against whom they are drawn, will be awarded the 2 league points. Kilgarvan /Tousist will not be eligible to play in the knock out rounds under the rules of the competition. In Division 3, Cordal/Scartaglen having won all their games to date, have qualified for the final, at a neutral venue. However, which teams reach the semi final being the 2 teams who are second and third on the league table, is wide open and the result of Mondays game between Spa and Rathmore will be important.

THANKS

Many thanks to Rathmore club for their hospitality and great presentation and assistance for the County Championship games played by East Kerry teams in Rathbeg. Particular thanks to Tony Moynihan, Denis Mc Crohan, Derry Mc Carthy and Anthony Murphy. Go raibh mile maith again.

BEST WISHES

Very best wishes for a speedy recovery from illness to Pat Delaney, East Kerry Assistant Treasurer.

EAST KERRY COMMITTEE JULY MEETING

The July meeting of the east Kerry Committee (Executive and Delegates) will be held on Tuesday 25th July 2017 at 9pm in The Killarney Heights Hotel

SPA GAA CLUB NOTES

Coiste na nOg

ABC Fun Club continues Saturdays 11.30-12.15 in our fabulous facilities.

New members very welcome as this is free to everyone 3-5 years old. Underage Training 6-10 boys and continues as normal on Saturday.

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

Senior Co League Rd 8: Spa 1-15 Glenflesk 1-15 Spa and Glenflesk were evenly matched last Sunday with the teams level a total of 10 times during the game. Spa had a good first half and led 0-10 to 0-9 at the break. A Shane Cronin goal on the restart extended that lead and James Devane had a brilliant penalty save, but Glenflesk came back at them to level the game at the end. Wishing a speedy recovery to both Eoin Cronin and Andrew Garnett.

Team: James Devane, Brian Lynch, Matthew Moynihan, Eoin Fitzgerald, Shane Cronin (1-0), Shane Lynch, Eoin Cronin, Andrew Garnett (0-1), Michael McCarthy (0-1), Cormac Cronin (0-2), Ciaran Spillane, David Spillane, Evan Cronin (0-5), Michael O'Donoghue (0-5), Aidan Mulvaney (0-1).

Subs: Niall McCarthy, Shane Fenton, Jamie Spillane.

UPCOMING FIXTURES

Co League Rd 9: Spa v St Pat's Blennerville (away) on Sunday July 23rd (details tbc).

East Kerry Minor League

Spa v Kilcummin (in Spa) on Thursday July 20th at 7.30pm and Spa v Currow (in Currow) on Thursday July 27th.

Minor Co Championship

Tuesday July 18th at 7.30 in Beaufort.

East Kerry v Mid Kerry

U-14 Boys Wednesday July 19th at 7pm

Spa v Kilcummin in Spa.

U-15 Ladies Championship

Sunday July 23rd at 5pm.

Spa v Beaufort in Beaufort.

Minor Co Championship

Well done East Kerry Minors

3-14 to Austin Stacks 0-10. Niall McCarthy had an outstanding game scoring 1-1. Well done also to Gary Vaughan, Conor Stack and Aidan Cahill as mentor.

JUNIOR CO LEAGUE

Spa 2-10 Legion 0-11

Semi-Final Fri July 28th.

Spa Review 2016 is out now. Available now in the Club house. Or contact the committee Deirdre O'Sullivan Darcy Anne Holland John Kelly Gerard Mangan and Donal Hickey. Packed with features Coiste na nOg, Scor, Ladies Football, underage ABC Nursery up to Senior team. Articles from Kieran Herlihy, Ger Galvin, Jimmy O'Sullivan Darcy, Bernie Courtney. Get your copy now as limited number available. Great Read.

ALL IRELAND JUNIOR SEMI FINAL

Best of luck to the Kerry Juniors especially Evan Cronin and Niall O'Mahony. They play Leitrim at the Gaelic Grounds in Limerick on Saturday 22nd July at 3pm.

MUNSTER FLEADH

Best of luck to all the dancers and musicians this weekend in Cork and their coaches.

LOTTO

Numbers drawn 12,16,17,28. Lucky dip winners were Fionn Herlihy, Minish, Eileen Dunlea, Scartaglin, Anne Horgan, Sheheree, John O'Donovan, Madame's Hill. Next weeks jackpot €8000 in McSweeney's.

LEGION GAA NEWS

CO.LEAGUE

Killarney Legion 1-12 Currow 1-12

A draw was probably a fair result at the end of this county league encounter but both sides will feel they could have snatched it. Currow came close with a converted penalty and straight away a point to nudge them in front with less than 5 mins. on the clock. However Conor Keane pointed from 30m to earn his side a point as the clock ticked into injury time. Indeed the same player was instrumental in a lot of what was good about the Legion and he netted 1-6 with his goal a particularly spectacular score as he danced through the defence before unleashing an unstoppable shot to the net from an acute angle. The Legion had a period of dominance in the second half that could have seen them out of sight but on a couple of occasions didn't convert that superiority onto the scoreboard. Still facing their first loss at home and in the league they gathered themselves to salvage the draw that



keeps them on course for promotion. Well done lads.

Scorers - Conor Keane 1-6(4f), Jamie O Sullivan 3pt(2f), Jack O'Neill 2p, Conor Culloty, 1p.

FIXTURE

Co. League Ardfert V Killarney Legion, Sunday 23rd July 2p.m. in Ardfert.

LOTTO

Results of draw held on Mon. 10-7-17. Winning no's - 2, 9, 14, 17. No winner. Lucky dips - (1) Rachel O Gorman, (2) Yvonne O'Brien, (3) Shane Walsh, (4) Pat Cronin, (5) Mgt. Reen. Results of draw on Sun. 16th July. Winning no's - 2, 6, 20, 28. No winner. Lucky dips - (1) Anthony O Leary, (2) Kayden O'Neill, (3) Tim Coffey, (4) Anne Culloty, (5) James Gilligan. Next weeks jackpot €12,100. Play online at www.legiongaa.com

FIRIES COISTE NA NOG

ACADEMY BOYS U6, U8 AND U10

A busy few weeks for our academy boys; our U6 and U8 boys will welcome Killarney Legion on Saturday, 22nd July commencing at 10:30am in Pairc Eamonn, Farranfore. The U8 and U10 diligent youngsters are also scheduled to play Fossa away on Wednesday, 26th July. Details will be available via our social media closer to the date.

U14 EAST KERRY LEAGUE

The U14 boys have their phase final fixture in the U14 East Kerry League. Registering 2 wins over Currow and Fossa and two losses against Kenmare and Glenflesk, their final phase clash is away to Dr. Crokes this week in Killarney.

LEE STRAND U16 CO FOOTBALL LEAGUE, DIV 2

Firies U16 are scheduled to play away to An Ghaeltacht on Wednesday, 26th July in Division 2 of the Lee Strand County League. Support for the boys would be very welcome back in West Kerry. Details will be posted on social media closer to the date.

DR. CROKES GAA NEWS

COUNTY LEAGUE DIVISION 1 - ROUND 8

Dr Crokes 0-12 Templenoe 0-7

We retained our unbeaten record in the competition as a result of our five point victory over Templenoe. This game never reached the heights one would expect from the two high profile teams taking part. In fairness both sides were short a number of players but our strength in depth allowed us to be less affected than our opponents.

This match played in the beautiful setting of Templenoe saw us getting the better start with four unanswered points in the first ten minutes. Both sides had a point each in the following minutes and this left us 0-5 to 0-1 in front at the end of the first quarter. We were on top in the first ten minutes of the second quarter, sending over three points without reply, two of them from midfielder Paul Clarke. Three minutes before the end of the half our hosts were denied a goal when our goalkeeper Johnny O'Leary made a great save. A minute later Paul



THE GLENFLESK U12S WHO WON THE FERGUS HOPKINS INVITATIONAL TOURNAMENT ON SATURDAY 15TH JULY 2017.

Clarke had a ner miss for a goal at the other end. Templenoe had the last two scores of the first 30 minutes, two very well taken 45's.

The teams exchanged points at the start of the second half. Our hosts had two points without reply to leave just three points between the teams 0-6 to 0-9. A good close finish looked on the cards but we took our chances better than our opponents in the last ten minutes, outscoring them 0-3 to 0-1, for a five point win. Eight of our players got on the score sheet.

Team and scorers: Johnny P'Leary, Brian Fitzgerald 0-1, Mike Moloney, John Payne, David Naughton, Jason Lyne, David O'Leary 0-1, Alan O'Sullivan 0-1, Paul Clarke 0-2, Shane Doolan 0-1, Gavin O'Shea, Brian Looney, Colm Cooper 0-2 (0-1 free), Kieran O'Leary 0-1, Daithi Casey Capt 0-3 (0-2 frees).

CONGRATULATIONS

Congratulations to Stephanie Walsh Knockeendubh and Michael Quike, Milltown on their recent wedding. Stephanie comes from a family of great Dr Crokes supporters.

DR CROKES SUMMER CAMP

Dr Crokes Summer Camp for boys and girls aged 5 to 12 will take place from July 25th to 27th. Registration will start from 10.30am on Tuesday 25th of July and camp will commence from 11am to 2.30pm each day.

LOTTO

Lotto results from Monday July 10th - 5, 9, 17, 22. Jackpot €4800. Not won match 3 15 by €30. Jackpot €5100.

MILLTOWN/CASTLEMAINE CAMP FOR FUTURE STARS

Our annual camp takes place once again this year commencing on Tuesday August 15th through to Friday August 18th. Further details to follow.

KERRY SOUTH U-16

Congratulations to club player Dylan O'Neill who was part of the Kerry South U16 panel won the Munster Final in a blitz recently. Your club is very proud of you. Special thanks to all the those who have mentored and supported you down through the years-your parents, club and school coaches and the development squad coaching team.

UNDER 12'S

Our Under 12 teams had great success last week with two wins over Cromane in Round 2 of the Mid Kerry League. Well done to both panels from both clubs and their management team.

They are home to Glenbeigh Glencar on July 21st at 7 so head along and give them your support.

UNDER 14'S

Well done too our U-14's on their win over Kerins O Rahilly's on Monday last. This Monday (July 17th) they take on Glenbeigh Cromane in the last round of the Central Region competition. Throw in is at 7 in Cromane. Please head along and support Ian and his troops.

LOTTO

Apologies for a typo in last week's Lotto winner's names-It was John P O' Sullivan, Callinafercy who was a winner and not John Joe O'Sullivan! These are the winners in our latest draw which took place in Karl J'S Bar on Friday night last.

€50 to Pat Twiss, Callinafercy and Mike Sheehy, Abbeydorney

€25 each to Kieran Ward c/o Dr Crokes, Caitriona O'Connor, Faha, Esther Daly, Milltown and Susan O'Brien, Cork.

Our lotto jackpot is now at €15,400 with €600 for a Match 3.

Our next draw is on this Friday night-July 29th. What would you do with €15,400??? Yearly Lotto tickets are now up for renewal.

Once again, sincere thanks to all those who support our fundraising lotto through purchasing tickets or selling them. We are also very grateful to Mike O'Shea and sons-Builders-Farran who sponsor the printing of our lotto tickets.

SENIOR COUNTY LEAGUE

Our seniors- sponsored by Larkin's Bar and Restaurant and Kelly's Londis Top Shop were up against Austin Stacks in Division 1 -Round 8 of the County League.

The teams were level at full time with the score : MC: 1/09, AS: 12 points.

Well done to all of the players on both panels and their respective management teams.

AS are at home to Glenbeigh Glencar on July 23rd at 2 pm while MC will be at home to Dr.



Crokes on August 13th at 3 pm.

MID KERRY JUNIOR LEAGUE

Congratulations to our junior team that defeated Glenbeigh Glencar on Tuesday, July 11th on a score line of 0/10 to 1/11.

Well done to all involved.

KEANE'S SUPERVALU MINOR COUNTY CHAMPIONSHIP

Congratulations to Mid Kerry on their victory over South Kerry in a thrilling encounter on Tuesday last. Winning by the narrowest of margins, great credit is due to the players and management. Maith thú to Aaron O' Brien, David Leane, Dylan O' Neill, Killian Kerins, Daniel Cronin and John Dennehy from our own club who are part of the panel.

KERRY GAELS/CONWAY CUP

Congratulations to former club player Marcus Mangan who captained the Kerry Gaels to win the Conway cup in London recently. Well done Marcus!

SENIOR LADIES CHAMPIONSHIP

Congratulations to our senior ladies who defeated Dr. Crokes on Wednesday evening last by the narrowest of margins in a thrilling game of football. Final score: Milltown Listry-4/08, Dr. Crokes:4/07.

Special thanks to senior players Damian Murphy and Nigel Wrenn for all the time they put into training these girls. They now face

Kilcummin on Monday July 24th.

MARRIAGES

Comhghairdeas to Mike Quirke Farran, former senior player with our club, on his marriage last Saturday to Stephanie Walsh. May you have many years of happiness together.

Current senior player Shane Murphy will walk up the aisle on Saturday next to marry his fiancée Laura Nugent. We wish you both many years of wedded bliss.

LISTRY GAA CLUB

LOTTO RESULTS

19,23,25,26

E100- Maura Kennedy, Ballymallis

E50 x2 Trish McCarthy, Brackhill. Aoibhinn and Sarah Coffey

E25 X 2 Patricia Slievegaura. Brid Lynch, Sheans.

DRAW ENTRANT: Siobhan Mannix c/o Pat

Jackpot next Sunday July 23rd E8,150

LISTRY GAA SUMMER CAMP 2017

Listry Juvenile summer camp will be held from Tuesday August 8th to Friday 11th inclusive, from 10 am to 1 pm. This is kindly sponsored by The Dungeon Bookshop, Killarney. Registration forms will be available at our Friday evening training sessions. For further details contact any of our juvenile mentors or club officers.

SPORTS FIXTURES

Listry Senior Football team V Currow on Sunday July 23rd in Currow at 2 pm. Please come and



IRISH ROWING CHAMPIONSHIPS REGATTA 2017. WINNERS OF THE WOMENS JUNIOR 14 QUAD FROM MUCKROSS ROWING CLUB. L-R: SARAH FLEMING, AISLING COFFEY, AOIFE FARRELL (COX), GRACE O'CONNOR, LIADH BEAZLEY.

support.

U14 Keel/Listry have qualified for the East Kerry League Div 3 Final at weekend. awaiting venue and opposition team.

GLENFLESK U12S FLY THE FLAG FOR KERRY IN KILDARE

The Glenflesk U12s travelled to Round Towers GAA Kildare Town to participate in the Fergus Hopkins Invitational Tournament on Saturday 15th July 2017. This is a prestigious tournament with 16 teams participating: Round Towers Kildare, Warwickshire UK, Tinryland Carlow, St Vincent's Offaly, St Finbarr's Cork, Ramour United Cavan, Palatine Carlow, Carrick-Sarsfields Longford, Summerhill Meath, Baltinglass Wicklow, Westport Mayo, Glenflesk Kerry, Louisburg Mayo, Clan na Gael Fontenoy Dublin, St Mark's Dublin and Allenwood Kildare. The first pool game was against St Marks Dublin with Glenflesk coming out on top on a score of Glenflesk 4-9 St Marks Dublin 4-5. The second game against the host club Round Towers Kildare ebbed and flowed and resulted in a draw, Glenflesk 3-7 Round Towers 5-1, which was a fair result for both teams. This also meant that footballing friends Seamus Moynihan and Glen Ryan from Kildare also shared the spoils as both had sons participating in this game. These were two close games against strong opposition with the wind making a big difference in each game.

In the final pool game Glenflesk played Baltinglass from Wicklow. Glenflesk played well in the first half to go ahead but Baltinglass put in a very strong second half performance to win by three points, Glenflesk 5-6 Baltinglass 5-9. All three pool games were close games against strong opposition with the wind making a big difference in each game.



THE GLENFLESK U12S WHO WON THE FERGUS HOPKINS INVITATIONAL TOURNAMENT ON SATURDAY 15TH JULY 2017.

Following the pool games Glenflesk qualified for the Shield semi final against Palatine from Carlow. There was a novel aspect to this game with former Glenflesk player and Carlow inter county player Chris Crowley now playing for Palatine. This was a tight skillful game and a super performance by the Glenflesk boys to win by 4 points, Glenflesk 3-11 Palatine Carlow 3-7. This game could have gone either way but great spirit was shown by Glenflesk to hold on an qualify for the final. The Glenflesk boys put in a very strong performance in the final against Clan na Gael Fontenoy Dublin and led the game from start to finish. Clann an Gael battled to the end and a late couple of

goals sealed the result in a 5-12 to 1-8 win for Glenflesk. Captain for the day Gearoid Healy accepted the shield on behalf of the team but it was an all round team performance from mentors and players alike with all 19 players who travelled contributing to the win.

The mentors, boys and supporters who made the long journey had a really enjoyable day. It was a very well organised tournament with great hospitality and well matched, skillful teams participating. It was good to see teams from other counties in action and the boys really enjoyed the singing competition on the bus home. Thanks to all who made the day a big success.



WJ18 2X SILVER MEDALISTS AT THE NATIONAL ROWING CHAMPIONSHIPS LAST WEEKEND: CIARA MOYNIHAN AND CIARA BROWNE, WORKMEN'S ROWING CLUB, WHO TRAVEL TO STRATHCLYDE THIS WEEKEND TO REPRESENT IRELAND AT HOME INTERNATIONALS.



SOME OF THE GNEEVEGUILLA GIRLS TEAM WHO TOOK PART IN THE KERRY ATHLETIC COUNTY FINALS AT AN RIOCHT CASTLEISLAND ON SATURDAY, MAKELLA CURTIN O'LEARY, KATEIGH O'SULLIVAN, RACHEL HICKEY, GRAINNE O'CONNELL AND DANIELLE O'RIORDAN PHOTO JOE HANLEY

GNEEVEGUILLA AC LOTTO

No winner of our lotto 14/07/2017, numbers drawn were 1, 3, 6 & 28. Sellers prize winner Tom Joe O' Donoghue, €50 Y/t prize winner: Eilish & Thomas Fitzpatrick Newmarket, €50 to John McCarthy Bealnadeega, €40 each to Paul Daly Tureenahill, Con Hewitt Scartaglin & Mark, Niamh & Orlagh Brosnan Headford. Bonus not won numbers drawn were 8, 23, 25 & 26. Next week's jackpot €6,600 plus €1,000 bonus.

SUMMER 1MILE SERIES

A fine crowd of in excess of 80 runners turned out in Fossa on Friday last for round 2 of mile series. Full results are on facebook page. Club members strongest in Fossa were Francis Cronin 8th overall and 1st U17, Caroline Murphy 5th overall & 2nd O50, Maggie Buckley 6th overall & 1st U15. Grainne Dineen was 7th. Next leg of the series is in Knocknagree on Friday 21 at 8.00 pm. Race headquarters is The Fairfield Tavern.

CELTIC INTERNATIONALS

Shona O'Brien was a member of the Irish Team for The Celtic Internationals at the week-end. She finished 6th in 1500m. Well done Shona.

NATIONAL CHAMPIONSHIPS

Held in Tullamore Sinead Warren was 3rd in Hammer U18.

COUNTY CHAMPIONSHIPS

Day 2 held in Riocht on Saturday last Danielle O' Riordan was 1st shot U13, Jack O'Leary was 3rd in 1500m U16, Kayleigh O'Leary O'Sullivan 3rd in long jump U9, Jack Greaney 1st in Hurdles U15, Oisín O'Leary 1st in 500m U10, Ashlee Murphy 2nd in Shot U14 & 3rd in Javelin.

MUNSTER B CHAMPIONSHIPS

Will be held on Saturday July 29th, anyone interested in entering please forward name and details to Cynthia 086/0818606 or Shelia 086/8136523.

CYCLING NEWS

IT'S GEORGE TWO

Round 4 of the Kerry Time Trial League, hosted by Tralee Manor West iBike, was raced in much more benign conditions than the previous

week. And it showed in the times as George Doyle of the host club was the fastest for the second week in a row in 27.32 for the 20k – over a minute faster than the previous Thursday. Sliabh Luachra's Richard Cleverly and Sean Dineen have been having a great battle all season and on this occasion it was Cleverly taking second in 28.06 ahead of Dineen, the League leader, in 22.11.

The top 6 was rounded out by Ciaran Slattery (Tralee Manor West iBike) in 4th, Killorglin's Mike O'Shea in 5th and Jerry McCarthy from Tralee Manor West iBike in 6th.

Angie O'Sullivan of the host club was the fastest lady over the 20km clocking 32.22. Also over the 20km the u16's were led home by Kieran Coggins in 30.09. The Tralee Manor West iBike won ahead of Killarney CC's Tadgh O'Shea and Eoin Moloney of Tralee MW iBike.

The underage race over 9.7km and here Patrick Galvin in 16.25 led home a Killarney CC 1-2 with Ethan Slattery in second and Kingdom CC's Adam Lenihan third.

Killarney CC enjoyed a 1-2-3 in the u14's with Shane Galvin (19.08) fastest from Louis and Callum Steadman Murphy.

The next round of the Time Trial, Round 5 of 6, is on Thursday week July 27th.

ROAD RACE COUNTY CHAMPIONSHIPS:

The Kerry County Cycling Championships are being hosted by Killorglin CC this year and they will be held on Saturday July 22nd with sign on for the u12, u14 and u16's in the Killorglin Sports Centre from 1.15pm with racing for these categories off at 2pm (u12's), 2.15pm (u16's) and 2.20 (u14's).

Sign on for the Seniors (entry €10) is at the same venue from 2.15pm to 2.45pm with racing beginning at Gorman's Cross at 3pm.

Tralee's Sean Lacey, riding with the Aqua Blue outfit, is the defending champion.

KILLARNEY RFC NEWS

SUMMER CAMPS

Next Monday, the 24th of July, the Bank of Ireland Munster Rugby Summer Camps come to Killarney. The week long camp takes place at St. Brendan's college and places are booking

up fast. Each participant will receive an official Summer Camp Pack comprising of an adidas Munster t-shirt, adidas shorts, adidas socks, Munster draw-string bag, mouth-guard and one junior ticket to an early-season Munster match. Children who participate in the camps will get the chance to make new friends, learn more about rugby values such as teamwork, respect and integrity, and also become more aware of the importance of physical fitness. All this while learning to develop the basic rugby skills of passing, tackling (in a controlled environment), evasion and kicking. Most of all lots of fun is guaranteed! To facilitate the appropriate attention, participants will be divided by their age into groups. Central to the Munster Rugby Summer Camp philosophy is ensuring an introduction to rugby in a safe and controlled manner. The Camps will be managed and run by fully accredited IRFU Mini Rugby coaches. To book your spot log onto www.munsterrugby.ie

SENIORS RETURN TO TRAINING

After a very successful season last year, our senior team returned for preseason training last Tuesday at 7.45 pm in Aghadoe. As always they are looking to recruit new players, so if you are interested in playing come along this Friday at 7.45pm. Training takes place every Tuesday and Friday. Contact Ger Moynihan on 087-1240365 for details.

HANDBALL NEWS

TWO ONE WALL TITLES FOR KERRY

There were double celebrations for Kerry in the All Ireland 1 Wall Singles when both Dominic Lynch and Jack O'Shea brought titles home to Glenbeigh.

Dominic beat Tyrone's Niall Kerr in the semi-final of the Masters and then saw off Michael Cunningham in the decider 15-4, 15-5.

In the Men's B Jack O'Shea defeated Tyrone's Barrie McCoy in his last 4 match and then Mayo's Ian McLoughlin in three games 14-15, 15-9, 11-7 to take the title.

Fixtures: This week in the Munster 60x30 Junior B singles Ballymac's Cian Counihan plays Jason Cahill from Tipperary. Cian club mate Dara



MJ15 4X+ WORKMEN'S ROWING CLUB, WHO COMPETED AT IRISH ROWING CHAMPIONSHIPS LAST WEEKEND AND CAME 2ND IN THEIR FINAL.



KILLARNEY VALLEY AC TWINS KATHRYN AND HANNAH RYAN WINNING GOLD AND SILVER IN THE U12. 600M AT THE KERRY ATHLETICS CHAMPIONSHIPS IN AN RIOCHT ON SATURDAY.

Keane takes on Shane Flynn from Cork in the other semi-final.

In the Junior A Munster 60x30 singles quarter final Jack O'Shea takes on Tom Kirby from Clare in Ballymac.

Dominic Lynch is in the 35A singles Munster 60x30 semi-final where he faces Colm Jordan from Cork. The game is on in Broadford while in the Emerald Master's B singles final Pat Lacey takes on Martin Ryan from Tipperary in Hospital, Co. Limerick

KILLARNEY VALLEY AC NOTES

Despite the disappointingly low club numbers at day 2 of the county championships, we had very good performances by those athletes that did come. Gold and silver for Kathryn and Hannah Ryan in the u12 600m, while in the boys 600 race Ted O Gorman battled hard down the back straight to get the silver medal. There was gold for Jack McGuire in the u14 hurdles and also for Gearoid Sugrue in the u12 High Jump. Ciara Kennelly, participating in the Irish schools team in Santry on Saturday equalled her previous best of 1.68 in the High Jump to earn herself a bronze medal - Ciara has also been selected for the Irish Celtic Games team next week so we wish her the best of luck. It has been a great season so far for Ciara having just finished in 2nd place in the u16 High Jump at the recent national championships in tullamore.

KILLARNEY SWIMMING CLUB NOTES

Regular readers of Killarney Swimming Club Notes will need no reminding of the fantastic achievements of Killarney Swimming Club members, Mary Claire McCarthy and Antoinette O'Leary, in the Special Olympics Regional Advancement Competition in UL on the 27th of May, nor of how Mary Claire went on to win the gold medal in the 200 metres freestyle and a silver medal in the 100 metres freestyle nor how Antoinette took gold in the 100 metres freestyle and silver in the 100 metres backstroke.

However, what our regular readers will not know is that their successes in Limerick caught

the eye of the judges and both girls have just been selected to swim for Munster in the 2018 Special Olympics Ireland Games to be held in Dublin from the 14th to the 17th of June next year!!

This is such fantastic news for the swimmers, their parents and their coaches and we are honoured in Killarney Swimming Club to be associated with both athletes.

Well done to both girls – we are all so proud of you.

MUCKROSS ROWING CLUB IRISH CHAMPIONSHIPS 2017

Well done to all our crews who competed last weekend at the Irish Championships Regatta. Congratulations go to Sarah Fleming, Aisling Coffey, Grace O'Connor, Liadh Beazley and cox Aoife Farrell, winners in the Womens J14 Quad with Colaiste Iognaid second and third, Muckcross B fourth and Skibbereen fifth. Our Mens Masters Four placed third in a competitive battle while Oran O'Donoghue raced well, finishing fourth in the fastest heat of the Mens J16 Scull. The growth in Irish rowing since Rio 2016 was clearly in evidence with a major rise in the standard of rowing visible in the J14 to J16 events. Podium finishes proved elusive in a number of races, but the experience gained is certainly invaluable. We also say well done to former Muckcross rower, Aileen Crowley, winner with UCD BC in both the Womens Senior RC and Pair. Well done also to the Workmens RC crews on their silver medals in the Womens J18 Quad and Double.

FUNDRAISING

Thanks to all who supported our annual Street Collection last weekend. Our annual Church Gate follows on this weekend, all support greatly appreciated. The club's Summer Fundraiser Family BBQ is set for Fri 18th August 6.30-9pm, generously sponsored by our hosts, the Muckcross Park Hotel. Tickets will be available from committee members in the coming weeks. Adult: €15. U18: €10. Family: €50. All proceeds raised go directly to the club. Spread the word to friends and family. The event has been a big hit and greatly enjoyed by all in recent years. All welcome.

WORKMEN'S ROWING CLUB THE IRISH ROWING CHAMPIONSHIPS

This three day event took place all last weekend, from 14th to 16th July, at the National Rowing Centre, Iniscarra, Co. Cork. 60 clubs were represented with a total of 1049 crews from all over Ireland competing in 264 races.

All 21 of our rowers participating, represented themselves in their eleven events, with pride. We had heats, semi-finals and finals in multiple events; single sculls, doubles and quads. Many of our crews clocked up new personal bests, of which they are immensely proud, and rightly so!

Womens J18 2X, 2nd in Final. Ciara M & Ciara B. W J15, 4X+, 2nd in Final. Miriam, Aoireann, Ellen & Sarah.

W J18, 4X-, 2nd in Final. Annie, Siobhán,, Ciara M, Ciara B.

W J14 4X+, 3rd in Final. Kate, Ellen, Laura, Sarah. W Club1 1X, Ciara M won her heat & progressed to semis.

M J14 4X+, 4th in Final. Conor, Luke, Ryan, Caolan.

MJ15 4X+, 2nd in Final. Joe, Ben, Peter, Caolan.

M J16 1X, 4th in heat. Marc.

M J18 2X, 3rd in heat, Dylan & Ruadhán.

MJ18 4X-, 3rd in heat. Jakub, Ruadhán, David, Dylan.

M Club1 1X, Ruadhán & Dylan both 2nd in their heats and progressed to semis.

Thanks to our coaches, coxes, boat handlers, drivers, families and friends for your support and preparation of our rowers for this prestigious event.

HOME INTERNATIONAL REGATTA, STRATHCLYDE, SCOTLAND

We wish Ciara Browne and Ciara Moynihan all the very best in Scotland this weekend. Well done on your selection by Rowing Ireland for this prestigious event. Safe journey to yourselves your families and coaches, as you prepare to wear the Irish colours with pride!!

COASTAL ROWING

The Fenit County Championships takes place this Sunday 23rd July, starting 12 noon. Looking forward to a great start to the Coastal Championships!



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CASTLEROSSE GOLF CLUB

RESULTS

Competition played on Sunday 16th July (President Stephen Dennehy Prize Day) 18 Hole Strokeplay 1st Place, Gintaras Bendaravicius (15) net 61, Runner-up, Thomas Collins (14) net 64, 3rd place, Michael Leahy (18) net 66. Best Front Nine Donal O'Reilly, Best Back Nine, Dan O'Connell. Lowest Gross Score, Daniel Shine. Guest Prize, Dan O'Connor.

Hole in One on the 10th Hole by Daniel Shine. Mixed Scramble played on Wednesday 12th July, best return Stephanie Lane, Gintaras Bendaravicius & Danny Lynch.

FIXTURES

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

CASTLEROSSE LADIES RESULTS

18 Hole Stableford played Thursday 13th July, 1st place Sally Filby (28) 34 pts, Runner up: Mary Tobin (26) 31 pts.

9 Hole Stableford played on Thursday 13th July, 1st place Erina McSweeney (36) 10pts.

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

KILLORGLIN GOLF CLUB

LADIES RESULTS

18 Hole Singles Stableford sponsored by The Bianconi Inn: 1. Eileen Bell (26) 41 pts (B6). 2. Anne Myers Foley (36) 41 pts. 3. Kathleen Cronin (24) 40 pts (B9).

FIXTURE

18 Hole Singles Stableford sponsored by Haven Pharmacy O'Sullivan's can be played Sun 23rd or Tues 25th July. Arrange own time and partners.

Silver Swans 12 Hole Stableford 11/7/2017: 1. Rita Kelleher (36) 28 pts. 2. Anne Myers Foley (36) 26 pts.

ANNUAL SCRAMBLE

The Sarah Mangan Perpetual Trophy 18 Hole 3 person scramble sponsored by Finbarr & Anne Coffey and the Mangan family, takes place Sat 22nd July starting at 1pm. Any combination. Open to Green Fees. Ring Pro Shop 0669761979 for Tee Times.

UPCOMING EVENT

Lady Captain Ann Walker's Captain's Prize is on Saturday 29th July. Draw for partners. Entry Sheet on Notice Board.

ROSSGC, KILLARNEY - GENTS CLUB

FIXTURES

On Saturday July 22nd and Sunday July 23rd



AT THE PRESENTATION OF DR CROKES GAA CLUB GOLF SOCIETY'S BRIAN CLARKE'S CAPTAIN'S PRIZE IN THE LAURELS FOLLOWING THE OUTING AT THE KILLEEN COURSE, KILLARNEY ON FRIDAY WERE FRONT FROM LEFT, BRIAN O'REGAN (THIRD), BRIAN CLARKE, CAPTAIN, SHANE HORGAN (WINNER), MIKE BUCKLEY, KERRY COACHES, SPONSOR, AND SEAMIE O'CONNOR (SECOND). BACK FROM LEFT ARE NIAL O'MARA, JOHN LYNCH, JOHN O'LEARY, JOEY SHEEHAN, KEITH MCMAHON, BRIAN MCCARTHY, PETER MCENERY, BRENDAN KEOGH AND TIM BROSAN. PICTURE: EAMONN KEOGH

we will hold a single stableford competition. The timesheet is now available in the clubhouse so please add your name to it immediately.

BEAUFORT GOLF CLUB

(LADIES BRANCH)

16th July - Lady Captain's Prize - Sponsored by Lady Captain Mary O'Shea and Muscra Construction

1st Renee Clifford (27) 70 Nett

2nd Agnes Carey (26) 74 Nett

3rd Sheila Scott (29) 74 Nett

Front 9 Catherine Murphy 34 Nett

Back 9 Margaret O'Connor 38 Nett

FIXTURES

22nd/23rd July - 18 Hole Stableford - Sponsored by Cahillane Butchers.

BEAUFORT GOLF CLUB RESULTS

Wed 12th July, Club Scramble

Winners: Tony McMahon, Noreen Kinsella, John Egan

Thurs 13th July Open Seniors:

Winner Tom O'Leary 2nd. Sean Mackessy

Open Fridays 14th July

Winner: Sheila Scott 41pts.

Captain's (Mike Lynch) Prize Sun 16th July

SPONSORED BY; Top Part, Upper Rock St. Tralee

Winner: Jim O'Leary (18) 42pts.

2nd. Tom O'Leary (22) 40pts.

3rd. John Egan (24) 39pts.

4th. Tim O'Mahony (25) 38pts.

5th Michael Quirke (13) 38pts.

Front nine: Pat Tangney 21pts.

Back nine: Ken Bruton 20pts.

Past Captain's: Shane O'Sullivan

Category Prizes: 1. Jim Sheehans 2. John Doherty

Guest Prize: Mary Crowley

Nearest Pin: Timmy O'Neill

Longest Drive: Gary Fagan

BEAUFORT GOLF CLUB FIXTURES

Wed 19th July Club Scramble 5.30pm

Thurs 20th July Open Seniors 10am

Friday 21st July Open Fridays Contact

Clubhouse 064/6644440

Sat/Sun 18 hole Stroke Competition

Sponsored by Clifford's Groundcare

KILLORGLIN GOLF CLUB

Mens Competition

V.PAR 16/07/17 Sponsored by Nevada Bobs.

1st Jimmy Foley 5 up (cb)

2nd Jason McCormack 5 up

3rd John McCarthy 4 up (cb)

Gross Pat Callagahn 4 up

4th Mikey McKenna 4 up (cb)

Senior Donal Pigott 4 up

DR CROKES GAA CLUB GOLF SOCIETY

CAPTAINS PRIZE WINNERS

1st Shane Horgan (3) 38pts

2nd Seamie O'Connor (14) 38pts

3rd Brian O'Regan (8) 37 pts

4th Keith McMahon (16) 37 pts

5th Niall O Mara (8) 36pts
Category 1 1st Peter McNery (10) 36pts
2nd John Lynch (10) 36 pts
Category 2
1st Tim Brosnan (21) 34 pts
2nd John O Leary (16) 34pts
Past Captain Brendan Keogh (7) 34 pts
Front 9 Ger O'Shea (16) 21pts
Back 9 Joey Sheehan (5) 19 pts
Guest Prize Brian McCarthy (19) 35 pts
Nearest Pin John Lynch 7 feet

DEERPARK PITCH & PUTT NEWS

National Gents Strokeplay: Two bronze medal finishes came the club's way in Clonmel at the weekend as for the second-year-in-a-row Damien Fleming finished third in the senior competition while Michael Cronin also managed to get amongst the medals in the Intermediate event on Saturday. Damien had 17 under par for his initial 36 holes but shoot nine under par for his last 18 to finish on 26 under par, three behind overall winner Mark Millar from Louth and two behind Stephen Shoer of Tipperary. Michael meanwhile was second overall after the first 36 on Saturday on 10 under but eventually finished on 12 under par, five shots of the winning score of Douglas' Conor Irwin. Well done to both from all in the club.

Ricky Kelly Memorial: We're all set for this weekend's event which gets underway on Friday evening and continues through to Monday afternoon with the final tee-time of 3pm. Cost of entry is €100 per player which must be paid in advance by all teams prior to play. Members of Deerpark and the Gleneagle along with non-registered members of the

PPUI are entitled to play. The presentation of prizes will take place on Monday evening at the Barbeque from 6.30pm. We thank the Tatler Jack Bar for sponsoring the event again this year.

Wednesday Competition: July 12th- Nett: Adam Kelly, Mick Long and John Kelly 30 2/3 and Gross: James Fleming, Mike Seve O'Leary and John Murphy 40.

Sunday Competition: Overall Nett: Darragh O'Callaghan and Sean Ashe 37½, Gross: Lorcan Martin & Mike Seve O'Leary 48 and Second Nett: Sheila O'Donoghue and Willie O'Keefe 38½

Castleisland Scratch Cups: Best wishes to all club players travelling to these events on Sunday especially those going to the final trials for the Kerry Inter-County teams.

Club Singles Matchplay: Please have all entries in and paid for (€10) by Monday night at the Barbeque.

Club Strokeplay: Will take place on Friday week, July 27th at 6.30pm. Entry €10 per player over 36 holes. More info next week.

KILLARNEY GOLF AND FISHING CLUB - MENS

Club Captain Declan McCarthy will be able to reflect on the National Interclub Competitions for 2017 in the certain knowledge that all of the teams that represented our Club at every level did us proud, and the year was littered with very near misses, at mostly all levels. The Clubs last two teams have now gone out of their respective competitions. Our team in the Pierce Purcell Shield had made it all the way to the Munster Final, only to be beaten by the odd match by Thurles in what was a nerve jangling and pulsating encounter.

Killarney were showing great promise early on, when they were up in the first 4 matches, but the bounce of the ball started to go against us, and we never recovered that early momentum. Donie and Eddie MacSweeney easily won their top match by 5/3. As the afternoon wore on it became obvious that the 2nd match with Dermot Roche and Barry Duggan involved and the 3rd match with Pat Fleming and Donagh O'Mahony involved were the crucial matches as we were conceding the 5th match as Brian Holden and John O'Mahony had gone 5 down early on in the 2nd nine holes. Unfortunately we were to lose both matches on the 18th green, and despite a very brave battle in the 4th match which was called in from the 18th green when Paudie Sheahan and Joe McCarthy stood at 1 up.

We must remember that this was Thurles 4th successive final appearance, and their 2nd successful one. Killarney had beaten Shannon in the morning semi-final by a margin of 4 matches to 1 with Brian Holden holing a difficult chip from 40 feet to win their match by a margin of 3/2 after earlier successes from Donie and Eddie MacSweeney by 5/3 and Dermot Roche with Barry Duggan winning by 4/3.

Our Club team in the Barton Shield were beaten in the West Munster Area semi-final by Tralee by a margin of 2 holes, Simon Gallivan and David O'Donoghue won by 1 hole but Donal Considine and Ian Spillane lost by 3 holes.

The next Club competition will be Lady Captain Amy Arthur's prize to the Gents, which will be played on Killeen over the weekend of the 22nd/23rd of July. Club Captain Declan, on behalf of the Men's Club would like to wish Amy Arthur every success for her Captain's weekend.

CASTLEISLAND PITCH & PUTT HONOUR DANNY

The memory of one of Castleisland's most popular sons will take place with the hosting of the 7th annual Danny Broderick memorial Scratch Cup pitch & putt tournament on Sunday 23rd July. Widely regarded as one of the most talented and unassuming players in Kerry, Danny passed away suddenly on May 13th 2010 while playing the game he loved, leaving behind a huge void in Kerry's pitch & putt circles. Danny loved the game with a burning passion. He took great pride in the success of all players in Kerry. "He was highly respected in the sport & we are honoured & humbled that his memory will be perpetuated with the hosting of this tournament now in it's 7th year with the competition getting bigger & better every year", said his family. Danny was the longest serving member of the club, winning Kerry &

Munster titles & the club acknowledged his contribution to the sport by awarding him an honorary member of the pitch & putt club.

Almost 100 players from Kerry, Cork, Limerick, Clare & Tipperary took part in the event last year. On the day the title was won by Ray Murphy from St.Anne's club in Cork after a three hole play off, just edging out inter-county team mate Shane Murphy. There is also the intermediate cup which is club sponsored & the Lorna Looney-Brosnan junior cup which is kindly sponsored to the club by Paudie Looney & family in Lorna's memory.

Cards will be available from 8.30am & last card at 2.30pm. The final 18 will commence at 5pm approx. Thanks to everyone for their continued sponsorship & support & making it a magnificent display of pitch & putt





Kerry ETB Training Centre



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

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

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

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

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

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

Medical Administration Traineeship (TRS08) - Tralee.

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

Fibre Installation Technician (ET08632) - Tralee.

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

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

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

Business Administration (ET07061) - Tralee.

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

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

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

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

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

Food & Beverage Service (ETS8741) - Killarney.

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

Food Preparation and Cooking Course (ET20D) - Dingle.

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

Traditional Stone Wall Construction (ET4R8) - Tralee.

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

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

Kerry ETB Training Centre

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

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



An Riocht Health and Leisure Club is a fitness centre based in Castleisland, Co. Kerry. Boasting state of the art facilities including a large gym, fitness studio, relaxation suite and newly resurfaced 400m tartan athletics track, our membership base and general usage has grown in recent years to make us the premier facility for sporting and fitness activities in Co. Kerry.

We are recruiting for a NEW CENTRE MANAGER (25 hours) to organise and oversee all aspects of the business, and show leadership and direction for the club
Previous experience in the sports and leisure field is essential

Your responsibilities will include:

- The management, strategic direction and promotion of the centre
- Control of administration, funding, grants and sponsorship
- Developing partnerships with schools and community organisations
- Creating strong customer focused teams
- Maintaining impeccable standards of cleanliness over entire grounds
- Marketing to drive membership and general usage growth
- Member administration and staff recruitment
- Organising and Promoting a range of events throughout the year

Previous experience in the sports and leisure industry necessary

ALSO RECRUITING:

TRACK MANAGER (14 hours)

- Ensuring the track and grounds is maintained to the highest possible condition
- Preparing the track for bookings
- Set up for events
- Liaising with clients for events and rentals
- Maintenance and logging of equipment
- Staffing and daily co-ordination of maintenance employees

SECRETARY (10 hours)

Responsibilities

- Assisting the manager in day-to-day duties
- Manage facility reservations and class bookings
- Train, supervise and support office staff, including receptionists
- To ensure that service levels are maintained to the highest degree and particular attention is paid to client care to ensure that all visitors receive the highest quality of service and attention.

Apply for any of the above positions in writing with cover letter and curriculum vitae, before August 4th 2017, to

**Chairperson,
An Riocht Athletic Club,
Crageens, Castleisland, Co. Kerry.**



Masseytown Montessori, Macroom

Requires Childcare Worker

- Minimum qualification Level 5
- 15 hours per week.
- May lead to extra hours in January 2018.

Forward CV by Friday 11th August to
lehanejoan@hotmail.com

or post to
Joan Lehane,
Masseytown Montessori,
Macroom, Co. Cork.

Masseytown Montessori is an equal opportunity employer.

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Exciting Catering Franchise Opportunity at Killarney Golf and Fishing Club

Applications are invited from suitably qualified candidates to operate the clubhouse catering facility (restaurant and bar operation) at Killarney Golf and Fishing Club.

Applicants should include:

- . Details of your qualifications and experience
- . A proposal for operation of the franchise
- . Proposed price structure and sample menu

The closing date for applications is
Friday 4th August.

For additional information please contact
Cormac Flannery – General Manager
by email on cormac@killarneygolfclub.ie
or call the club on 064 663 1034

A FEW WAYS TO MAKE BIODEGRADABLE POTS FOR SEEDLINGS

If you are going to start seedlings, why not do it in little biodegradable pots? They can be planted out in the garden without having to remove them from their pots and disturb those fragile young roots. The pot will then decompose right in place, often attracting earthworms, and as the pot weakens in the ground, the plant's roots will be getting stronger and bust through the sides.

* The Newspaper Pot - Newspapers aren't around quite as much as they used to be; however, there are still plenty of flyers, free journals, and other paper products that can be rolled into plant pots. Cut the paper into strips around four or five inches wide and roughly a foot long. Then, use an old bottle to roll up the newspaper into cylinders and fold the one end to make the bottom of the pot. Fill it with a fine potting mix, and there you go.

* The Toilet Roll - Toilet rolls (or paper towel rolls) are even easier than newspapers, though it will require more time to collect enough for a full crop of stuff. Cut them in half (about three-inch sections) and then cut four one-inch slits in the bottom side of the roll. Fold the resulting tabs of paper as you would the top of a cardboard box. These are great for early spring planting and you can begin collecting them now.

* Egg Carton Pots - Cardboard egg cartons are easy plant pots. Cut up the side where the eggs sit into individual little pots and use the lid as a carrying tray for them. The pots can then be planted right in the ground, and the top can be composted.

* Fruit Rind Halves - With a little forethought, citrus fruits like mandarins and lemons (especially when juiced) can make perfect seedling cups. Just be sure to cut them in half so that the two pieces of rind are well suited to hold enough soil for seeds to get going. Then, by the time the rinds get a little questionable, the plants — pots and all — can go into the ground.

Homemade biodegradable pots make a lot of sense, they save gardeners a lot of money, and they make good use of waste. Ultimately, you get to eat the results.

WORLD'S FIRST BATTERY-FREE PHONE

By eliminating the need for phones to convert analog sound into digital data, researchers at the University of Washington were able to create a device that required little to no energy to perform basic functions. Additionally, the phone is only constructed out of cheap, off-the-shelf parts, and a circuitboard.

The phone is powered by a few microwatts of ambient radio signals and light that are harvested from the surrounding area. The team was also able to make Skype calls on the phone, proving that it could be used to contact a base station.

The current prototype only performs the basic functions of sending and receiving calls, and transmitting speech. The phone conveys speech by detecting the vibrations of the speaker's voice and translating the words into analog data, rather than digital. While the prototype currently needs a base station within 31 feet in order to operate, the team is next looking to integrate the technology into

WiFi infrastructure.

VET FIXED WILD TURTLE'S BROKEN SHELL, TURTLE ALIVE AND WELL IN THE WOODS YEARS LATER

Being a vet is such a difficult, yet amazing job. The things they do and have to see is so hard, but most of them love animals, and they push through it because it is one of the most rewarding jobs. And this veterinarian just found that out after taking a walk in the forest. Several years ago, a person had brought in a little box turtle that had been hit by a car to Hocking Hills Animal Clinic, asking the vet there to help him. And of course, she did what she could.

She used fiberglass to try and fix the broken shell. And luckily she succeeded. Afterward, she released him back into his natural habitat where he was safe and sound.

Now, several years later, the vet took a walk in the very same woods. But to her amazement, she saw something strange on the ground. As she got closer, she couldn't believe what she was seeing. It seemed almost impossible.

"Recently, while walking on my hillside, I spotted an odd pattern in the leaves. To my amazement, there was my old patient with the fiberglass still on...years later! Sometimes, being a vet is the best thing there is," said the vet.

She then added that if people ever see a turtle with a cracked shell, it's best if they seek veterinary assistance.

BEACHGOERS BANDED TOGETHER TO SAVE DROWNING CHILDREN

Robert Ursrey was with her family enjoying a fun and relaxing day on a Florida beach when she noticed that her sons were missing. She couldn't find them, and didn't know where they had gone. After looking for them for quite some time she heard the screaming. The boys were trapped by the current, and couldn't escape. Being a mom, she wanted to help her children and keep them safe. She was warned not to go in, but did anyway. She had 5 others join her, but they also then were trapped in the 15-feet of water. The odds were not looking good for any one of them.

Jessica Simmons had been out with her husband when she saw people pointing at the water. When she realized that it was children drowning, she grabbed a discarded boogie board, and ran to the water, doing her best to swim and get them out. While Ms. Simmons' swam out, her husband and other men got together and started forming a human chain, in an attempt to bring everyone back. And eventually, there were 80 people involved and before they knew it, everyone was back safe on shore.

Ms. Ursrey's mother had a major heart attack during the ordeal, and had to be hospitalised, along with a nephew who had a broken hand. But no one drowned, and everyone is still alive and well.

THE EXTRAORDINARY SEA WOLVES:

For thousands of years, wolves in Canada had a unique relationship with the coastal First Nations peoples, for whom the wolf was considered as a revered animal treated with

admiration and respect.

Sea wolves are a unique breed of wolf found in the Great Bear Rainforest along the Pacific Coast of Canada. Swimming between islands like fish, they are genetically distinct from their inland cousins or from wolves in any other part of the world and they're smaller in stature than gray wolves in other parts of Canada.

We associate wolf meals with meat, but Sea Wolves live on salmon for nearly a quarter of their diet and forage on barnacles, clams, herring eggs, seals, river otters, and whale carcasses for the remainder and when hunting for food they can swim miles between islands and rocky outcrops.

More populations reside in southeastern Alaska, though overall sea wolves have declined in number over time. They once roamed all the way down to California to its former temperate rain forests, now they only go down to just north of Vancouver.

British Columbia has a relatively low human population where sea wolves enjoy an isolated wilderness - an area of 21-million acres, often described as a "bastion of biodiversity and for now, these coastal wolves live mostly unmolested in a wild landscape. However, there are currently no regulations in British Columbia forbidding the hunting of wolves, and furthermore, over 60% of the Great Bear Rainforest's old growth which is also home to grizzly bears, black bears and spirit bears is currently open to extensive logging, with energy giants wanting to send huge oil and gas tankers through the coast's narrow and vulnerable winding channels.

QUOTE

"It is through this mysterious power that we too have our being, and we therefore yield to our neighbours, even to our animal neighbours, the same right as ourselves to inhabit this vast land" Chief Sitting Bull.

ON THIS DATE - JULY 21ST

1773 - Scottish settlers arrived at Pictou, Nova Scotia.

1817 - William Sadler made the first balloon crossing of the Irish Sea, from Dublin to Anglesey.

1831 - Belgium became independent with the crowning of Leopold I as King.

1850 - John Graves Shedd, president of Marshall Field and Company, was born. He was the first Chicago merchant to give his employees a half-day off on Saturdays.

1868 - The 1st use of tax stamps on cigarettes in the U.S.A.

1871 - British Columbia joined Confederation as a Canadian province. Canada's government promised BC a railroad link to the eastern provinces as it joined the nation.

1881 - Sioux Native American leader Sitting Bull, a fugitive since the Battle of the Little Big Horn (June 25th to 26th, 1876), surrendered to federal troops.

1898 - Author Ernest Hemingway (1899-1961) was born in Oak Park, Illinois.

1917 - The US draft lottery in World War I went into operation.

1938 - Diana Rigg, actress (Emma Peel-Avengers), was born in Doncaster, England.

RESCUE WORKERS MADE A HEARTBREAKING DISCOVERY UNDER PILE OF FILTH IN A DEAD



BHÍ CAMPÁ IONTACH AG RANNPHÁIRTITHE Ó CHIARRAÍ AGUS CORCAIGH I NGNÍOMH GO LEITH AGUS AG 'SPLASH SPORTS' I GCAISLEÁN UÍ GRAIRE. A BRILLIANT ÓGRAS CAMP WAS ENJOYED BY PARTICIPANTS AT GNEEVIGUILLA GAA HALL AND AT 'SPLASH SPORTS' IN CASTLEGREGORY.

MAN'S KITCHEN

The loss of a relative is always overwhelming, and not something that can be planned for or weathered easily, but despite having to cope with the pain of their loss, one family in particular had no excuse for what they did after their loved one passed away.

When Gore Zhdanov who lived in Russia passed away at the age of 79, his dog was, for the most part, left all alone. Gore's relatives gave the dog just enough food and water to survive, but otherwise, they completely ignored him, they didn't even know his name.

It wasn't until one horrible year later that a rescue organisation heard of the dogs dire situation and decided to step in. What they found when they arrived at the apartment, however, was beyond heartbreaking - his fur was so overgrown, matted, and heavy that he could barely breathe.

While everyone knows that dogs have evolved from their wild cousins, they are now very much domesticated animals. Not only are they tamer and the perfect companions for humans, but they literally need humans to care for them for their own survival. Grooming, for example, is more than just a cosmetic practice; dogs that are neglected can often become sick dimply from not being properly groomed after some time.

As an Old English sheepdog, he was part of a very special breed whose remarkably thick fur required constant grooming and attention. Left without care for so long, however, it was clear that he was suffering. It took six staff members more than three hours to remove all of the overgrown, matted fur which was not easy to remove by any means, a painful and excruciating process for both the poor dog and his rescuers. Underneath those layers of grime were infections, sores, and abscesses and he was in serious pain.

The rescuers renamed him Cocos and had him treated by a Vet, when his infections and sores had healed up Cocos was, luckily, adopted by a woman named Elena who was able to give him the love, affection, and attention he deserved. Everything was finally looking up for sweet Cocos, and he deserved nothing less, now he's as happy as can be in his forever home.

LUCKILY WE DO NOT NEED "CLOUD SEEDING" IN IRELAND

A popular Instagram/Twitter account from the

Emirates documents the extreme and stormy weather hitting the Gulf countries this summer. The page, called "Storm Center," publishes startling footage taken by local storm chasers, showing how the Middle Eastern desert deals with rainfalls, strong winds, and floods in what should be one of the driest months of the years. The gulf is witnessing a rare weather event and rainfall in peak summer due to a combination of cloud seeding (the process of spreading either dry ice, or more commonly, silver iodide aerosols, into the upper part of clouds to try to stimulate the precipitation process and form rain) and natural weather phenomena. According to a meteorologist at the UAE National Centre of Meteorology and Seismology NCMS, cloud seeding successfully brought rains over parts of the country. The rains were a result of the towering cloud formation brought about by winds coming from the mountains of Oman and the UAE, combined with high humidity from the seas and the prevalent high temperatures.

The rains come only a week after a brutal wave of heat scorched other parts in the region. Summers in the Gulf States can reach temperatures of around 54.5 degrees Celsius.

81-YEAR-OLD WOMAN IS INSPIRING A NATION TO RECYCLE

Zeinab Mokalled is making an effort to better her community through waste disposal. Based in Lebanon, she single handedly created a recycling system in her town and has made a huge impact on the cleanliness of her community. For nine months straight, rubbish piled up in Beirut because the country was lacking landfill sites. The country's response? Dump it into the ocean.

Ms. Mokalled went to the regional governor to ask for help. His response was "What do we care about looking nice? We aren't Paris". With that, Ms. Mokalled turned away disappointed, but certainly not any less motivated and decided that if you want a job done right, you have to do it yourself.

Ms. Mokalled reached out to the women in her community herself and her small group of friends and volunteers began going door to door, spreading the word of their project and recruiting new women to come and assist with the effort. Ms. Mokalled's friend Khadija Farhat bought a rubbish truck with her own savings.

Ms. Mokalled herself turned her back garden into a storage area for recyclable waste.

With an effort being made, soon the women had a great system going for sorting through recyclables and getting rid of rubbish. The volunteers began paying for rubbish removal themselves and the group has scraped together enough money to pay a researcher to try and find the most efficient way to compost in the arid environment of Lebanon. She named her programme Call of the Earth. After 10 years, they received a grant from the Italian embassy to build a warehouse, which is where Ms. Mokalled now receives visitors - schoolchildren, students and activists - who come to study how Call of the Earth works.

"You will face many challenges. But it's all about patience and determination," she tells everyone she can.

A CLOTHING LINE THAT IS DESIGNED TO STRETCH WITH CHILDREN AS THEY GROW

After a few wears and an ill-timed growth spurt, a baby's cute garments need to be swapped for clothing that's slightly bigger and just as expensive. Now a Royal College of Art graduate Ryan Mario Yasin has designed a practical alternative.

Items in Mr. Yasin's Petit Pli clothing line are built to grow at the same rate as their young wearers. In their initial form, the pleated shirts and pants are small enough to fit a 4-month-old child. As they get bigger the material can be unfolded, ultimately expanding to the size of a wearer who's 2-and-a-half years old.

Mr. Yasin was inspired to develop the concept after ordering clothes for his nephew that were too small by the time they arrived. When searching for a solution to this problem, he tapped into his background in aeronautical engineering. Petit Pli uses a similar design to the collapsible structures made for the outsides of small satellites. The material also has a space-age feel: It's windproof, waterproof, and breathable, which means it should survive a few years of toddler wear-and-tear.

Petit Pli is currently in the fundraising stage. When he's attracted the attention of investors, Mr Yasin plans to start manufacturing the product in Great Britain.

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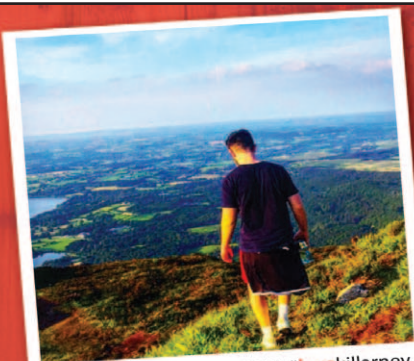
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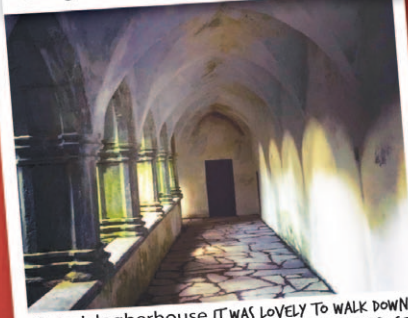
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We are heading into the holidays so it is an excellent time to spend time reflecting on things. This article can help with planning ahead, in whatever task we do, can help smooth the way and prevent problems from arising later on. Confucius, the Chinese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

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

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

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

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

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

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

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A WORD OF VICTORY

Welcome back dear reader "now faith is the substance of things hoped for the evidence of things not seen" (Hebrews 11:1) where does faith come from? "Faith comes by hearing and hearing by the Word of God" (Romans 10:17). We are all born with a measure of faith but that faith can be cultivated like a plant in the garden, being nourished, fed and watered by God's Word being taught to us. Someone once said you feed your body three hot meals a day and your spirit only one cold snack a week – how is faith supposed to thrive on that? Faith is also taught and modelled to us long before we are old enough to grasp the concept. God instructed fathers (and grandfathers) to teach their children His commands (Deuteronomy 6:7-8). This is an area that few address, and is the reason for breakdown in society at many levels. "Train up a child in the way he should go, and when is he old he will not depart from it" (Proverbs 22:6) is wisdom to live by. Parents have a tough job in today's world, where technology is moving so fast, and devices are in every child's hand filling them with knowledge both good and harmful. We look after our children to the best of our ability; feeding, clothing and educating them so that they can fly off on their own journey at the proper time. But one overlooked area is their spirit life – and I'm not talking about part-taking in one-off occasions to stop the neighbours talking! The greatest obstacle to a child growing in the knowledge of God has been the abdication of responsibility for nurturing their faith in God. This should not have to be taught to your child by anyone other than yourself. God bless the teachers who have taught it 'til now, but it is you who will be held accountable before God for this. Give your children the gift of a blessed life. Teach them the precepts of the Lord as laid out in the Bible. Start with the commandments Jesus called the greatest "Love the Lord your God with all your heart and with all your strength and love your neighbour as you love yourself" (Matthew 22:37). We are bombarded nowadays by methods on how to achieve happiness etc. But friend, neither you nor your children will have true happiness or peace without the Lord. He is coming back soon! Will He find faith on this earth, and if so what kind? (Luke 18:8) It's time for you to seek the Lord for your precious family. (Psalm 115:14-15). More next week....

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Three Our Father, three Hail Mary and three Glory Be.
St. Jude and all the Saints pray for us and all who invoke your aid. Amen. ✕

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.

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

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

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

Amen.

Say this prayer for three days. Publication of
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M.D

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J.H

LETS PRAY TOGETHER INTO THE WORD

Mark1(35) And in the morning, long before daylight, he
got up (Jesus) and went out to a deserted place,
and there he prayed.

We should abide (dwell endure be present remain)
in Jesus. Make time to be with Jesus / God. This will
result in knowing his plan for us, for that particular day.
Seek God for a fresh revelation, and this will lead to a
word in due season, which needs to be shared.

Father God, please let us imitate your Son Jesus, and
spend quality time with you, in your presence. And
by doing this you will reveal your plans for us. You
will make your revelation of wisdom clear to us, your
children, disciples, followers. And by your Holy Spirit
we will share this with your appointed people.

Amen

For Prayer Requests

comlaurencewoodley63@gmail.com

NOVENA TO THE SACRED HEART

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

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X

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