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KILLARNEY Outlook

To Advertise call **Des**: 087 659 3427 or **T**: 064 66 70000 Editor: Aisling Crosbie 086 0400 958 - editorial@outlookmags.com

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Friday 22nd - Thurs 28th July 2016

 JASON BOURNE <small>13A 130 min</small> WED / THURS 8:50	 BFG <small>PG 125 min</small> 7 DAYS 2:05 6:30 8:50	 NOW YOU SEE ME 2 <small>12A 120 min</small> 7 Days 6:30 8:50	 GHOSTBUSTERS <small>12A 130 min</small> 7 DAYS 2:05 4:25 6:15 8:45
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ALSO SHOWING

- 13A **CENTRAL INTELLIGENCE** 155m **7 DAYS** 9:00
- 6 **ICE AGE** 100m **7 DAYS** 2:15 4:15 **SAT/SUN** 12:15
- 12A **The Uncountable Laughter of the Sea** 60m **TUES** 7:00
- PG **SECRET LIFE OF PETS** 90m **SAT/SUN** 12:05
7 DAYS 2:05 4:05 6:45 (6:45 - not showing Tues or Fri)

Kids Club

- PG **ALICE THROUGH THE LOOKING GLASS** 155m **SAT/SUN** 12:05
- PG **ROBINSON CRUSOE** 100m **SAT/SUN** 12:10
- 6 **RATCHET & CLANK** 100m **SAT/SUN** 12:05



MARETTE CRONIN

INTERIOR DESIGN

FURNITURE

When it comes to picking out furniture, it may seem like an easy task. But, if you fail to prepare your design scheme, measurements and layout, you might have to prepare yourself for your choices to fail! The most important points to consider are:

Design Scheme: Before you even attempt to go looking for furniture, do up a design scheme. Take into account the pieces you need and your style of décor (traditional, contemporary, retro, etc.). You can certainly mix styles, but balance is 'key' here. Having this done before going to the store showroom will help you from becoming overwhelmed by the immense selection available.

Measurements: Measure everything!!! And then measure again. Measure the space the furniture will be in, measure your doorways (entrance & internal), then measure your choices at the store. You may think something in the store looks like it will fit, but, keep in mind the extra space and lighting that's there. It can be an unrealistic setting in that sense, so definitely don't forget to measure!

Layout: Having a layout prepared before buying your chosen furniture will ensure you have made the right choice. It also helps when having it delivered. It will make arranging everything so much easier, for you and the delivery team. You might change it around somewhat, but essentially you will have a good idea where you want most things to be placed. This is especially important for larger pieces that are more difficult to move without the help of the delivery team. Hope this has been helpful. If you need some more help, just contact me.

Every design journey starts with the concept of evolving the space into its very own unique masterpiece.

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As always the town of Killarney has come up trumps when it comes to supporting one of their own. This time its a young lady called Amy O'Connor who is currently battling cancer. Amy's family are involved in many aspects of life in Killarney and tonight sees many organisations and clubs in the town host one of many fundraisers for the brave nine year old

Mother nature was kind to us on a few occasions in the last seven days enabling everyone to enjoy a few hours in the sun. Members of the progressive Beaufort Youth Club were honoured at a national awards ceremony, local charities are looking for volunteers to take up the 5-4-3-2-1 challenge and Horans Healthfoods have been unveiled as the official health food partner to Kerry GAA.

There was a great turnout for the Killarney Valley Classic and Vintage Show, the family of Cian O'Donoghue are remembering him this weekend and Killarney is preparing itself for a visit from the Purple Flag judges.... all this and lots more in this week's Killarney Outlook.

*Aisling Crosbie,
Editor.*

FAMILY AND FRIENDS WALK TO REMEMBER CIAN

The family of a young Killarney man who lost his life in a drowning accident will gather for a walk in his memory this weekend.

Cian O'Donoghue was swimming in the lakes three years ago when he got into difficulty and drowned on Lough Lein.

His parents Billy and Joanie, along with his brother Keith and sister Klara will be joined by family and friends of Cian's to walk in his memory.

Meeting at the Demesne Gate, tomorrow, Saturday July 23rd at 4.30 the walk will take place in the National Park. Donations will be accepted on the day for the Killarney Water Search and Recovery Team who were involved in the recovery of Cian's body after the tragedy.



THE O'DONOGHUE FAMILY, PICTURED LAST YEAR AT THE ENTRANCE TO THE DEMESNE TO WALK IN REMEMBRANCE OF CIAN AND RAISE FUNDS FOR KILLARNEY WATER RESCUE L-R KEITH, JOANIE, BILLY & KLARA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

HELP US TO BUY A BUS



PICTURED WITH THE BUS THEY ARE HOPING TO PURCHASE WITH THE PROCEEDS OF THEIR UPCOMING GOLF CLASSIC ARE FROM LEFT: AGNES ROONEY, JACINTA O'CALLAGHAN, CATHLEEN HEALY, SHAUNA AHERN, MICHAEL DALY, AVRIL ROONEY, MARY O'BRIEN, MAIREAD CASEY, JAMES ROONEY AND TONY DARMODY. PICTURE: DES O'CONNOR.

Fundraisers who are hoping to purchase a wheelchair accessible bus gathered at Kerry Parents & Friends on the Port Road this week to launch their Buy A Bus Golf Classic.

The group were pictured with the bus they are hoping to purchase with the proceeds of the event. The bus will provide a vital service for home support, respite and everyday activities for people with intellectual disabilities all over Kerry. The "Buy A Bus" Golf Classic will be held at Beaufort Golf Club on Saturday October 1st

2016 and a team of 4 will cost €240 which will include refreshments and a meal.

There will be team prizes, long drive/near pin prizes and a raffle on the day.

"We appeal to everyone to support this event in any way possible. Your help will go the most vulnerable in our local community" organiser Agnes Rooney told the Killarney Outlook.

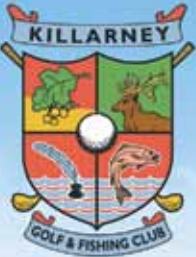
If you are unable to attend but would like to make a donation contact Agnes Rooney on 087-9865258

DON'T FORGET SHAVE FOR AMY

Tonight, Friday July 22nd, people from all sectors of the community will head to K-Town Bar to fundraise for 9 year old Amy O'Connor who is currently undergoing treatment for cancer. Members of An Post, Killarney Fire Brigade and Killarney Celtic will be joined by friends of the O'Connor family who under the guidance of award winning hairdresser Sean Taaffe will shave either their heads or faces.

There will also be an auction with some fantastic prizes on the night and tickets are €10 and will be available on the door. The event kicks off at 8pm.





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CARDIAC RESPONSE UNIT HOLD DEMO TO RAISE AWARENESS

The Killarney Cardiac Response Unit held a three hour demonstration at the Killarney Outlet Centre last weekend in an effort to raise awareness about the work that they do. The met with members of the public, answered questions and showed people how to perform CPR. The Killarney Cardiac Response Unit is a voluntary Unit of approximately 40 volunteers, from all sectors of society, who respond to 999/112 emergency Cardiac Phone calls. "We are activated once a Cardiac call is made to Ambulance control and cover an area of 6km from the centre of Killarney Town. The Responders have a Pager/Radio on them which is linked in with a control phone through the National Ambulance Service", a spokesperson for the organisation told the Killarney Outlook. "We work alongside and under the control of the National Ambulance Service. We are not here to replace the Ambulance Service but to complement them by providing care and utilising those vital few minutes as every second counts, until The National Ambulance Service arrive on scene. An out of Hospital Cardiac arrest has the worst possible outcome for survival, mainly because resuscitation is often delayed or not given. It is Vital that resuscitation is started as soon as possible following a cardiac arrest".

A sequence of steps has been developed to provide the best possible chance for survival for a patient with a cardiac arrest, these are described as the links in the chain of survival,



BERNIE NOLAN & EILISH COFFEY, PICTURED AT THE KILLARNEY OUTLET CENTRE EDUCATING THE LOCALS ON BEHALF OF THE KILLARNEY CARDIAC RESPONSE UNIT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

and like any chain, and the chain of survival is only as strong as the weakest link. And so each link is of equal value and importance.

The Chain of Survival

- Early Access: "If no one makes that phone call or delay in calling 999/112"
- Early CPR:
- Early Defibrillation:
- Early ALS (Advanced Life Support)
- Early Post Resuscitation:

As we are very much in our infancy we are

trying to find ourselves premises to help base our training centre and communications centre from. This will enable us to have a permanent "home" and will provide a relaxed environment for our responders to train in. The welfare of our responders is paramount to us so top class training and lots of tea will always be a priority for us.

The group are always looking for volunteers and if you are interested please contact them on **085-2330488** or **www.killarneycru.ie**

HORANS HEALTHSTORES UNVEILED AS OFFICIAL HEALTH FOOD PARTNERS TO KERRY GAA



MEMBERS OF THE KERRY TEAM AND THE KERRY COUNTY COMMITTEE PICTURED WITH DAN HORAN AT THE RECENT LAUNCH.

The value of eating nutritious foods and supplements was highlighted at the recent announcement by Kerry County Committee that Horans Healthstores have been named official Health Food partners to Kerry GAA for the next three years. Horans Healthstores are a major health food retailer with 13 stores across

Munster. Welcoming the news, Mr Patrick O'Sullivan, Chairman of the Kerry County Committee said; "Eating nutritious food and supplements is vital in all aspects of training and preparation for Gaelic games players. Our partnership with Horans Healthstores will allow players to optimally prepare for and recover

from training and competition, reduce the risk of illness as well as accelerate recovery from injury and illness. We look forward to using the extensive range of supplements and health foods from Horans over the coming three years to ensure continued success for Kerry GAA teams on the playing fields". Mr Dan Horan of Horans Healthstores said that they will work closely with the Kerry County Committee and team members to ensure that they have access to the full range of leading nutritional supplements. "Horans Healthstores are proud to be associated with Kerry GAA and look forward to a prosperous and rewarding partnership" he continued.

Among those present at the recent launch were Dan Horan, Sandra Breen, Deirdre Murphy and Mary McElligott from Horans Healthstores together with Patrick O'Sullivan, Chairman of the Kerry County Committee, Diarmuid Ó Sé, Vice Chairman, with current and former footballers including Donnchadh Walsh, Aidan O'Mahony, Paul Murphy, Marc Ó Sé, Padraig O'Connor, Mark Griffin, Peter Crowley, Darragh Ó Sé, Ogie Moran and Eoin "Bomber" Liston.

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ARE YOU UP FOR THE 5-4-3-2-1 CHALLENGE

The 54321 Challenge is all set for Year number 4 with the dates set for September 8th to the 11th. The challenge is about teams of 5 PEOPLE over 4 DAYS, 3 CYCLES, 2 MOUNTAINS for 1 CAUSE to raise much needed funds for a number of local charities. The Challenge is now entering its fourth year, in the first two years it was undertaken by one team of five people and last year saw three teams take to the roads and mountains. It has again this year been decided to open the challenge to multiple teams of five building on last year's success. This was decided to enable others to enjoy and take part in this epic challenge and also it will help increase the much needed funds as this year the 54321 challenge will raise money to support three Kerry Charities which are the Kerry Cancer Support Group, Glowhearts 4 Crumlin and the Killarney Cardiac response group. The challenge is considered to be an excellent team building exercise and organisers have said that one of the reasons people do it is because it ticks many boxes on a bucket list. The challenge also offers people the opportunity to give something back to their community as all funds raised stay locally and go directly to the cause.

The schedule for the challenge is:

Day 1 (Sept 8th) - Cycle the Ring of Kerry.

Day 2 (Sept 9th) - Climb Carrantuohill.

Day 3 (Sept 10th) - Cycle from Killarney to the foot of Mount Brandon and then climb Mt Brandon

Day 4 (Sept 11th) - Cycle from Dingle to Killarney.

This year's recipients are:

THE KERRY CANCER SUPPORT GROUP

STORY: The signature service the Kerry Cancer Support Group started in 2010 with a 14 seater minibus and as demand quickly grew so did this vital bus service. Now the bus (purchased in 2013) travels every day to Cork University Hospital (with the exception of Christmas Day,



PICTURED AT ROSS CASTLE FOR THE LAUNCH OF THE 54321 CHALLENGE WERE FRONT ROW L-R KERRY FOOTBALLERS BRIAN KELLY & BRIAN SHEEHAN. BACK ROW L-R MICHAELA O'RIORDAN, EMER O'NEILL, PADRAIG O'CONNOR, GILLIAN O'DONOGHUE WITH HER DAUGHTER ELLA, CAROLE MORAN, JAY GALVIN, AISLING O'CONNOR, FIONÁN O'CONNOR, SHAUNA O'CONNOR & KAYLA O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

St Stephens Day and Public Holidays). The route services Kerry and parts of Cork. This free service is offered on a confidential basis.

THE KILLARNEY CARDIAC RESPONSE UNIT:

The Killarney Cardiac Response Unit is a voluntary Unit of approximately 40 volunteers, from all sectors of society, who respond to 999/112 emergency Cardiac Phone calls. The group are activated once a Cardiac call is made to Ambulance control and cover an area of 6km from the centre of Killarney Town. The Responders have a Pager/Radio on them which is linked in with a control phone through the National Ambulance Service. The group work alongside and under the control of the National Ambulance Service. We are not here to replace the Ambulance Service but to complement them by providing care and utilising those vital few minutes as every second counts, until The National Ambulance Service arrive on scene.

GLOWHEARTS 4 CRUMLIN: These are a group of 6 Kerry mums all with children who had open heart surgery in Our Lady's Children's Hospital in Crumlin raising funds for Crumlin children's hospital and awareness of Congenital Heart Defects.

If you would like to donate to any of the charities you can do so on their individual Charities Facebook pages, by Direct Debit to Ulster Bank, Killarney. Sort code 98-58-86 Account No. 10824507, or if you know any of the participants you can contact them directly with a donation.

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

With your support and donations we can support all these deserving causes.

FANCY FOOTGOLF AT DUNLOE GC

If you fancy your chances at Footgolf then make your way to the Old Dunloe Golf Club this Sunday, the 24th of July where MEK United FC are hosting their first ever Footgolf Tournament. Footgolf is a top class game that blends two of the worlds most popular games - Golf and Football. Footgolf is played on the old Dunloe Golf Course, and instead of swinging golf clubs and hitting golf balls, players kick a standard size football from tee to pin! Footgolf is fun for all ages and abilities and we are asking everyone in the club and beyond to support this fundraiser for our club. A fun action packed

day is guaranteed for all the family!

Anyone interested in booking a tee should contact our club chairman Pa Murphy on 087-7943220. "We are also offering sponsorship opportunities where local businesses can sponsor a tee box for only €50. By sponsoring a tee box, businesses are supporting the club as well as getting their logo displayed at the tee box on the day", one of the organisers Liam Murphy told the Killarney Outlook.

To sponsor a tee, please contact Liam on **087-4145662**.



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STAFF GO 80'S STYLE FOR AMY

The staff at Sean Taaffe's took a trip back to the eighties on Saturday last - and it was all for a great cause.

Wearing 80's themed outfits, the staff sold tickets for a raffle with a beautiful pamper hamper supplied by the salon as the prize.

The event was held to help raise funds for local girl Amy O'Connor who is battling cancer.

All clients on the day donated to the fund which will go towards easing the financial strain on the family.

Another fundraiser will be held tonight, Friday 22nd July at KTown Bar when members of the Killarney Firebrigade, An Post, Dr. Crokes club members and friends of the O'Connor family will gather for "Shave for Amy".

The event begins at 8pm and tickets cost €10 each and are available at the door on the night.

BACK TO THE 1980'S AT SEAN TAAFFE'S HAIR SALON ON SATURDAY TO HELP IN RAISING FUNDS FOR LOCAL GIRL AMY O'CONNOR AND HER FAMILY. BACK ROW L-R MARTHA ELECHOWSKA, EMMA MILLIS, SEAN TAAFFE, NIKITA GAMBELL, CIARA DENNEHY & GRACE MADDEN. FRONT ROW L-R NORANN KEANE, CARA LINEHAN, COURTNEY GRIFFIN & LARISA O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GLAMOUR STAKES HIGH AT LADIES DAY APRÈS PARTY



THE BREHON WINNERS ON THE NIGHT WERE ANNETTE ROCHE CLIFFORD FOR THE BEST DRESSED LADY, BEST HAT GOING TO ANNE DRURY AND BEST DRESSED GENT GOING TO GARRY MOYNIHAN. THEY ARE PICTURED WITH LAURA MCSWEENEY, JUDGE AND BRIAN BOWLER, GENERAL MANAGER, THE BREHON. PICTURE: K PHOTOGRAPHY WWW.KPHOTOGRAPHY.IE

The glitz, glamour and party atmosphere synonymous with The Killarney Races' Ladies Day continued late into the evening at The Brehon Annual Ladies Day Après Party on Thursday, July 14.

Ladies and gents alike, boarded the Killarney Tourist Train and were brought to the hotel where they enjoyed a sumptuous buffet and live entertainment from Pat Fitz and his band.

Style guru, Laura MacSweeney judged the Best Dressed Categories with prizes including a €500 Brown Thomas Voucher, Spa Treats for two courtesy of Angsana Spa and Dinner for Two in the award-winning Danu Restaurant.

Winners on the night were Annette Roche Clifford for the Best Dressed Lady, Best Hat going to Anne Drury and Best Dressed Gent going to Garry Moynihan.

GREAT DAY OUT AT THE CLASSIC CAR SHOW

There was something for everyone at the Killarney Valley Classic & Vintage host Classic & Vintage Car Show at the Outlet Centre, Killarney on Sunday last.

Vintage car enthusiasts along with members of the public enjoyed the family show.

Funds raised on the day will go to local charities including Down Syndrome Kerry, Kerry Health link bus and the Kerry branch of the Irish Kidney Association and Irish Pilgrimage Trust.

Preparations are also underway for the South Kerry Ploughing Championship and Harvest Show which will take place in Fossa on Sunday

11th September. Owing to the brilliant success of last year's show, the organising committee are busy planning this year's event which promises to be bigger with extra attractions for all the family. Further details will be announced in the coming weeks. This year's beneficiaries are Down Syndrome Kerry, Kerry Health link bus and the Kerry branch of the Irish Kidney Association and Irish Pilgrimage Trust.

OWNER OF THE FORD POPULAR MICHAEL LESIE (RIGHT), PICTURED WITH HIS FRIEND EDWARD SHEEHAN (LEFT) AT THE VINTAGE CAR SHOW AT THE KILLARNEY OUTLET CENTRE ON SUNDAY. THE CAR HAS BEEN IN THE LESIE FAMILY SINCE 1953. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808





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Sunday July 31st Adult €35 U16s €25
- **Cobh & Spike Island Day Tour: August 6th €95**
- **Wicklow Wanderer & Glasnevin: August 11th & 12th €195pps**
- **Kilkenny & Rock of Cashel Day Tour: August 13th €85**
- **Tayto Park - August 19th Adult €60 Child €55**
- **Belfast & Dramatic Coast of Antrim: August 22nd- 25th €450pps**
- **England's Lake District: August 29th - Sept 2nd €725pps**
- **Climb Ben Nevis on a Walking Holiday in Scotland: September 15th - 19th €795pps**
- **National Ploughing Championships: Sept 20th/21st/22nd €55**
- **Paris, Normandy & Mont St Michel: Sept 29th - Oct 6th €995pps**

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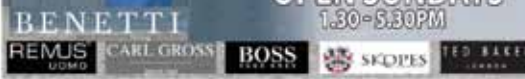
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BEAUFORT YOUTH CLUB SHOWCASE AT YOUTH AWARDS

Young people from Beaufort Youth Club were recognised for their participation at the Irish Cancer Society X-HALE Youth Awards 2016. The group's short film "Smoking Slows Us Down!" was showcased at the recent event in the Lighthouse Cinema in Smithfield. Over 300 young people came together to showcase their anti-tobacco films and projects which they have created to contribute towards establishing Ireland's first smoke-free generation.

Smoking rates among young people have plummeted to their lowest rate yet with only eight per cent of young people between the ages of 10 and 17 now smoking. The rate of smoking among young people in Ireland has seen continuous decline in recent years. X-HALE is an initiative of the Irish Cancer Society which aims to empower young people to work towards reducing smoking among their generation, by raising awareness about the dangers of smoking and encouraging their peers to be smoke free. Since its inception in 2011, the X-HALE Youth Awards has seen almost 1,200 young people attend the annual event, with over a quarter of a million views for the young people's smoking prevention short films and projects online.

Kevin O'Hagan, Cancer Prevention Manager at the Irish Cancer Society said: "I would like to congratulate Beaufort Youth Club for taking part and for making a positive impact on their health and that of their peers. We greatly



PICTURED AT THE YOUTH AWARDS ARE LEFT TO RIGHT: DARA SMITH, GRACE JOY, RÓISÍN KENNEDY, LOUISE KISSANE, WILLIAM JOY, JACK O'LEARY, AOIFE O'BRIEN, REBECCA MCHUGH, SAOIRSE CLIFFORD, JACK SWEENEY

appreciate the exceptional effort in their project. We need to look at what Beaufort Youth Club and the rest of the #theXgeneration are saying. They can be Ireland's first smoke-free generation and they are telling us in their own way that the time is up for the tobacco industry in this country. They are educated on the issue of smoking and are refusing to let their health be affected by tobacco."

This is the sixth year of the X-HALE Youth Awards which began in December 2010 when the Society invited applications from youth groups from all over Ireland for funding under the scheme. Since its inception, the Society has invested approximately €130,000 in support for youth groups across the country to tackle smoking.

2 MILES. 26 COUNTIES. 26 HOURS.



OLYMPIC HOPEFUL; MICHELLE FINN AND DR MARTIN BUCKLEY; CONSULTANT GASTROENTEROLOGIST; MERCY UNIVERSITY HOSPITAL; JOINED BACK 2 BACK ORGANISER; BRENDA DOODY FROM TRALEE; TO LAUNCH BACK 2 BACK; WHICH TAKES PLACE ON SATURDAY; SEPTEMBER 24TH. PIC DARRAGH KANE.

Many Killarney people are familiar with the Mercy Hospital in Cork having received treatment there either themselves or members of their family. Now a Tralee woman is hoping to raise funds for the hospital.

Back 2 Back is the action-packed challenge you've been waiting for – run two miles in each of the 26 counties in just 26 hours – in aid of the Mercy Hospital Foundation. Back 2 Back is the brainchild of Tralee woman, Brenda Doody, who last year ran 12 marathons in eight months

for the Mercy.

Join Brenda on the Back 2 Back team bus on Saturday, September 24th, and travel the length and breadth of Ireland, running two miles in each county, covering 52 miles on foot around the country. The challenge, which was officially launched by athlete and Rio Olympic hopeful Michelle Finn, will begin at the Mercy Hospital early on Saturday, September 24th and the aim is to arrive back to Cork within the 26 hours. This innovative endurance challenge will raise funds for a new Fluoroscopy X-ray Unit for the Regional Centre for Gastroenterology at the Mercy University Hospital, which will assist doctors in staging and treating patients with tumours in the oesophagus, stomach, bowel, pancreas and liver. Fluoroscopy is the method that provides real-time X-ray imaging that is especially useful for guiding a variety of diagnostic and interventional procedures.

To be part of Back 2 Back, participants must raise at least €350. The first €50 covers the registration fee, and the remaining €300 and anything further raised goes towards funding the new Fluoroscopy X-ray Unit. For more information please call (021) 4274076 or visit www.mercyfundraising.ie.

Belieffit

CrossFit Killarney

Belief Fit -CrossFit Killarney's 3rd Year Summer BBQ @ The Terrace Bar Killarney Park Hotel



Belief Fit members pictured at the Killarney Park Hotel having a whole lot of fun at their Summer Barbecue Party on Friday evening. Pictures Marie Carroll-O'Sullivan 087 391 4808



Pictured at the Killarney Park Hotel for the Belief Fit Summer Barbecue were L-R Frances Fitzgerald, Elaine Nagle & Lynn Swinburn.



Triona Brosnan (left) & Ruth Allen (right) enjoying the Belief Fit Summer Barbecue at the Killarney Park Hotel.



Pictured at the Killarney Park Hotel for the Belief Fit Summer Barbecue were L-R Niamh O'Shea, Emma Phillips, Mary Hartnett & Adam Campa.



Enjoying the Belief Fit Summer Barbecue Party at the Killarney Park Hotel were L-R Timmy O'Sullivan, Maria Warren, Tony Dunne, Simon Gallivan, Karina Gallivan-Green, Marie Wade, Co-Owner Josie Sugrue & Johnny Greene.



Pictured at the Killarney Park Hotel for the Belief Fit Summer Barbecue were L-R Kevin Lynch, Kevin McAllen, Co-Owner Eric McDonnell, TJ O'Sullivan & Cyril Stack



Eric & Josie "Hanging" out with their dedicated gym members celebrating in the fabulous Terrace bar with an added challenge to the night "bar hanging" (pull up bar) in the Garden Killarney Park Hotel.

1st Prize TJ O Sullivan 2nd Prize Kevin Lynch 3rd Prize Helen McCaulife

FUN NIGHT FOR ALL!

Thanks to all our members for their support and custom throughout the year!

For all enquires about joining classes and packages visit www.facebook.com/belieffit or contact 087 7925354 or 0874198013



OFFICIAL OVERNIGHT ASSESSMENT AS KILLARNEY VIES TO RETAIN ITS PURPLE FLAG



for a better night out

The Gold Standard for Early Night Time Destinations, The Purple Flag is due for renewal in Killarney with a visit planned by judges for early August. The Killarney Purple Flag Working Group has just finalised its renewal application to the Association of Town and City Management for retention of this prestigious Purple Flag. This is a 'gold standard' for Early Night Time Entertainment destinations. Like Blue Flags for beaches, towns that meet the stringent criteria can proudly fly the flag. Purple Flag aims to raise the standard and broaden the appeal of night-time destinations from 5pm to 5am. Town centres that achieve a Purple Flag are those which are vibrant and well managed in the evening and night-time. Over 65 town and city and town centres have been awarded Purple Flags in the UK and Ireland since the scheme was launched by ATCM in October 2009. The total number in the Republic of Ireland is 14. On Friday, 5th and 6th August independent assessors will visit Killarney to review the progress the town has made since its initial accreditation in 2014. Killarney's official assessment will take place overnight on Saturday 6th August between 4.00pm and 4.00am. The Killarney Purple Flag Working Group is seeking the support of all businesses in Killarney for the evening and night of the assessment, 6th August and indeed the previous night of the 5th. Businesses are being

asked to:

- Decorate windows etc., in purple; hotels and public buildings light up purple.
- Be vigorous on litter and glass especially from 10pm onwards.
- Security staff to pay particular attention and wear high-viz as encouraged by Killarney Purple Flag Working Group and communicate with the Gardai
- Welcome visitors and assessors.
- Be available to speak to assessors.
- Inform all of your staff, particularly front line staff, of the purple flag and assessment highlighting the two key elements of the awards 'vibrant' and 'well managed' in the evening and night.
- Be yourself and promote the town.

The judges will visit numerous venues around the town throughout the night and their itinerary includes:

Saturday, 6th August, 2016

5.00 p.m. to 8.00 p.m. **EARLY EVENING**

(observe late night shopping; patterns of arrival for a night out, early or pre-theatre dining, street events, entertainment and the condition of public realm)

4.00 p.m.: Pre-meeting of Working Group

Members at Municipal District Offices, Killarney

4.15 p.m: Killarney Gardens (via Golden Gates)

5.00 p.m: Walk via East Avenue Road to the Outlet Centre and Train/Bus Station

5.30 p.m. KDYS Walk down College St., down Glebe Lane and Milk Market Lane

6.20 p.m. Visit Christies Shop, TK Maxx, Penney's & Brícin

7.00 p.m, Walk down Fleming's Lane, past Stonechat Restaurant towards Dunnes Stores. Walk up New Street towards the Market Cross

7.30 p.m. Porterhouse

8.00 p.m. to 11.00 p.m.

LATE EVENING

The arrival of the late crowd, the opening of late night venues, departure of diners and cinema etc. goes, behaviour on the streets, inebriation, CCTV coverage, policing and customer care)

8.30 p.m. Drive to the INEC

9.30 p.m. Drive to Garda Station

10.00 p.m. Drop off at the Cinema

10.15 p.m. Plaza Hotel

10.30 p.m. Walk down Main Street turning onto New Street - Eviston House Hotel, Irish Whiskey Experience, proceeding on to Beech Road, Mission Road, proceeding to Plunkett St. Courtney's Bar, Scruffys/O'Donoghue's Bar, Arbutus Hotel and McSweeney Arms Hotel.

11.15 p.m. Park Hotel

11.00 p.m. to 2.00 a.m.

NIGHT

(People leaving venues, crowd behaviour, their journey homewards, public transport, policing, surveillance, overnight cleansing)

11.45 p.m. Walk up Scotts Street to Scotts Hotel Walk down Plunkett St., to the Grand.

12.30 a.m. Walk up Main Street, proceeding up Old Market Lane into Glebe Car Park. Walk down Church Lane to the Ross Hotel, up to the Kube/Crypt, out through O'Donoghue's Bar and onto College Square.

1.15 a.m. Speak with Taxi Drivers on Taxi Rank

1.30 a.m. McSorleys Night-club

2.00 a.m. - 3.30 a.m. LATE NIGHT Venues still open, movement between venues, takeaways, cleansing, transport, policing and customer care

2.00 a.m. Killarney Towers Residents Lounge

2.30 a.m. - 3.30 a.m.

Observe leaving night-clubs and late night bars & Fast Food Outlets near night-clubs (College Street, Plunkett St., New St., Beech Rd, Mission Road, Plunkett St.)

GREAT TURNOUT FOR RICKY KELLY TOURNAMENT

THE 25th anniversary staging of the popular Ricky Kelly Memorial Pitch & Putt Tournament (sponsored by the Tatler Jack Bar) took place at the weekend at Deerpark Pitch & Putt Club. Despite the inclement weather over the weekend, over 25 teams competed for the title in a Three Ball Scramble format which provided some great scoring over the weekend. For the second year-in-a-row James Fleming was on the winning team as he teamed up on this occasion with both Creagh Courtney and Phillip O'Connor to win the event with a magnificent score of 31 under par and a score of 63 Nett. That was one shot better than the team of Aidan and Kieran O'Keeffe along with Niall O'Mara who finished second on 64 Nett. The Overall Gross prize went to the Liebherr sponsored team of John McGrath, David Maloney and David McIndoe Jnr with a score of 82 (26 under par). The Mixed Nett saw more success for the Fleming family with James' brother Damien Fleming, Damien's wife Sharon

and brother-in-law David O'Donnell winning the prize with a score of 66 2/3. The Non-Members prize saw some high profile entries not least three Kerry senior players as Colm Cooper did battle with inter-county colleagues Brian Kelly and Jonathon Lyne (who played together on the same team) for the prize. In the end Colm teamed up with Jamie and Shane Doolan in a Tatler Jack Bar sponsored team to win the prize with a score of 64 1/3 Nett.

The prizes were presented at Deerpark on Monday night as part of a barbeque and evening of entertainment under the eventually arrived sunny weather. Traditional Music Group Meitheal along with singers, Jackie O'Mahony and Donal Shine performed on the night as Ricky's memory was once again honoured 25 years after his death in 1991 in the very tournament he was instrumental in starting. Deerpark would like to thank all who supported the event either by means of entering teams or by means of helping out which the festivities



PICTURED AT THE PRESENTATIONS OF PRIZES FOR THE 2016 RICKY KELLY MEMORIAL PITCH & PUTT TOURNAMENT IN DEERPARK PITCH & PUTT CLUB ON MONDAY NIGHT ARE L TO R: PATRICK O'SULLIVAN (TATLER JACK BAR, SPONSOR), PHILLIP O'CONNOR, DONIE KELLY (REPRESENTING THE KELLY FAMILY) CREAGH COURTNEY (WINNING TEAM CAPTAIN), JAMES FLEMING AND DERRY MCCARTHY (DEERPARK PITCH & PUTT CLUB CHAIRMAN). ALSO INCLUDED IN PHOTO ARE TJ O'SULLIVAN AND ROBBIE HARNETT.

on Monday night. We look forward to 2017's event with renewed vigour.

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REF 889 **BER C3**



AUGHALEEMORE, TWO MILE SCHOOL

Guide Price €270,000

3 bedroom dormer bungalow (approx 1,830 sq ft) on circa 0.5 acre site within 3 miles of Killarney Town Centre. Large floored open space on the first floor level. Oil fired central heating & PVC double glazed windows.

REF 923 **BER Pending**

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DUGGAN DOMINATES WALES - NICKY GRIST STAGES RALLY

A dominant display by Killarney and District Motor Club 23 year old Robert Duggan Ireland's Young Rally Driver of the Year and current DMACK Junior British Rally Championship leader, saw him take his third win of the series on a very challenging Nicky Grist Stages Rally. Undoubtedly the toughest event on the rally calendar contesting 18 special stages as a dual surface event, the rally provides a unique challenge with the stages of the opening day taking place on gravel before the cars are changed to tarmac specification for the second day. The crew faced the harsh elements of the Welsh countryside throughout the event including thunder showers rain, thick fog and shinny tar.

Duggan, despite still being somewhat of a gravel novice, produced a stunning performance on Saturday's wet, gravel stages in his R2 Vauxhall Adam to take an overnight lead of over 25 seconds from championship rival Sindre Furuseth of



GER CONWAY AND ROB DUGGAN.

his favoured surface and despite the fearsome reputation of the fast, flowing roads of the Epynt military ranges he managed his lead in impeccable fashion. Behind Rob, his team mate Mattias Adielsson reeled in Furuseth to take second but at the end of the event it was Duggan and co-driver Ger Conway who took the spoils by over half a minute, taking their third junior win from 4 events. The result now means that Duggan has a 25 point lead in the championship with his double points joker still in hand.

Speaking after the event a very pleased Rob commented; "This was one of our best performances in the championship to date and I'm delighted with the result. We pushed very hard on the opening day on the gravel on Saturday and managed our lead on the Sunday. Vauxhall Motorsport UK gave us a fantastic car

and for the team to get a 1-2 on the podium was brilliant. The stages were incredibly challenging and the stages on Epynt in particular were really difficult. It's great to see the hard work myself and Ger are putting in between events is now paying off. This win leaves us in a really good position in the championship heading to the Ulster Rally next month. The Ulster Rally this year will be another new rally for us as it has moved base and all the stages will be new to us but that's been the case on most rallies this year.

The 2016 John Mulholland Motors Ulster Rally moves to a new base in Derry City and plans to take in some classic stages to the south east of the city. The event will take place on the 19-20 of August and will have the added difficulty of stages held in darkness.



THE BOYS IN ACTION.

Norway. Duggan was also expecting pressure from Gus Greensmith but the young English driver suffered driveshaft failure on the way to stage 5. With the second day taking place on tarmac, Duggan immediately felt at home on

MAIREAD RECALLS AMAZING TRIP

Killarney student Mairead O'Sullivan from Lissivigeen recently returned from a trip to an orphanage in Kenya. Here she tells the Killarney Outlook about her trip.

'Sawa sawa, pole pole' was the first thing we were told on arrival at St. Paul's children's home, Nairobi, or as Simon and Garfunkel would put it 'slow down, you move too fast'. A slower pace of life was a rather positive cultural difference I encountered during my two weeks in Kenya (26th June to 10th July). There was however, plenty work to be done and I took on the task of organising the centre's library (to re-work a phrase - 'give a child a book, you teach them for a day, give them a library and you teach them for a lifetime'). I also helped other volunteers re-decorate the children's dormitories. Most importantly we spent time with the children who came from a variety of different backgrounds, some quite harrowing. There were nine Irish volunteers in total and collectively we bought the children new

blankets, sheets, toys and shoes. While St. Paul's sells some of the water from their well and produce from their small farm these orders are sporadic and they receive no government funding. Therefore our initial placement cost will help provide some of the centre's basic necessities such as food and clothing, as well as electricity.

Sincere thanks to everyone here in Killarney and beyond for their support, before, during and after my trip. I would also like to thank and congratulate my fellow volunteer and confidante Breda Daly, Headford who among many other things brought the babies' nursery much needed warmth by painting beautiful murals.

We did what we could with thought, care and heart using what talents we have.



MAIREAD PICTURED WITH SOME OF THE CHILDREN FROM THE ORPHANAGE.

I will certainly not forget my time spent in Kenya and in St. Paul's.



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GET YOUR GEAR ON AND COME ON DOWN FOR THE HOE DOWN

Stetson's and Stiletto's will be the dress code of the night when Killarney Celtic, the INEC and others come together to raise money for the St John's Ward in Crumlin Children's Hospital.

Trevor Smith, the top Garth Brooks tribute artist brings his 'Friends in Low Places' act to Killarney for the night. County music has been enjoying a huge renaissance over the last 12 months and fans of that genre, and indeed non country music fans, will gather for a great night in the INEC on Friday, 23rd of September.

Also featured will be appearances by local artists and will also include 'Amy's Hoe Down'. Amy is a young member of the soccer club who is battling illness and those behind the event wanted to give something back to the excellent staff in Crumlin.

On the night Stetson's will be on sale, there will be popcorn and hot stalls, prizes for the best dressed country guy, gal and child and some fantastic raffle prizes to be won.

Tickets are priced at €20 for adults and €10 for children / OAP's and are available from the: **INEC Box Office – 064 6671555**, Mary on **086 6485809**, Angie on **087 1311608** and Tim on **087 7584847**.



So Come on Down to the Hoe Down.

KERRY SUPPORTERS BUS

The Kerry Supporters Club will take coaches to the All Ireland quarter final on Sunday July 31st. All seats must be booked by Thursday

28th July. Bookings to the following Donie O Leary, John King and Martin Leane.



KERRY MACRA NEWS



Last week Kerry Macra members Pa Lucid county chairperson, Edel O'Connell joint P.R.O. and Christine Buckley Queen of the land 2015 were on Radio Kerry with Aisling O'Brien. They discussed all things Macra and plans for the year ahead. We would like to thank Aisling and all in Radio Kerry for this opportunity and look forward to our next interview next month. On Thursday the 14th of July members enjoyed our summer outing to Ladies Day at the

Killarney Races. Kerry Macra are also organising to climb Carrauntoohil on the 24th of July. If anyone is interested in attending would they contact Louise on 086-4561540. New members always welcome. For more information find us on Facebook.

Aileen Cullinane of Killeentierna Macra is this year representative for the county in Miss Macra Festival which will take place on the August bank holiday in Thurles. Aileen is a 21 year old student teacher. She was a founding member of Killeentierna Macra. Since joining Macra back in 2013. Aileen has participated in a wide variety of competitions such as public speaking, basketball and capers. She also represented the county in Blue Jeans County Queen Festival in 2014. During the course of the weekend Aileen along with the other contestants will tour Thurles town, head off on a mystery tour and take part in a sports competition. The contestants will also take part in a private interview on Saturday during the day before their on stage interview that night in "The Dome" Semple Stadium. Tickets for the three nights can be purchased on the door. Best wishes to Aileen from all in Kerry Macra.

LETTER TO THE EDITOR

Help free animal hostages.

A Chara,

The ISPCA is calling for a complete ban on the use of wild animals in circuses in Ireland but they seriously need our help. Animals are beaten, shocked and whipped endlessly to do painful, unnatural acts that they will never understand. Many of the animals were stolen from their mothers. These animals literally go insane. They try to cope with this mind blowing suffering with repetitive actions like head bobbing, pacing etc. These behaviours are only seen in captivity. Wild circus animals all roam vast areas in the wild. In the circus they are caged most of the time in cramped filthy cages or lorries where they eat, defecate and sleep all in one place. These animals all naturally have families yet in the circus they can be constantly alone. Usually no animal act lasts more than 10 minutes yet the negative affects last the animals a lifetime! Many countries have already banned circuses e.g. Greece.

Also peta are calling for a complete ban on fur farms in Ireland. Minks are also living the nightmare! Being surrounded constantly by other animals is horrifically stressful for them as minks are naturally solitary. They too go insane. They are killed at 6 months of age having never, never left their cage. They are thrown into a box filled with up to 70 other dead or dying mink and gassed. In other countries e.g. Netherlands fur farming is illegal. Please, please type into google "big stop campaign ISPCA" and sign their petition. For the PETA petition type into Google "PETA petition fur farms Ireland". You can also complain to your local TD and write to newspapers. When we know better we do better. An abused animal can call no one. We need to be their voices.

Thank you so much,
Frances Kelleher,
Killarney.

DEVELOPMENT GRANTS

Details of 2016 Munster Council Development Grants have been circulated to all clubs this week, 2016 Application forms for all categories of grants can be downloaded from the Munster Council website using the following link; <http://munster.gaa.ie/clubs/munstergaa-development-grants/>

Any club making an application for a grant will be required to send a short email to Development Officer, Tim Murphy (developmentofficer.kerry@gaa.ie) confirming that the club will be applying for a grant and under what category of grant on or before this Friday 29th July.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



HAVE YOU REVIEWED YOUR PENSION RECENTLY?

As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that you review your pension regularly. You may not be contributing to this pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension could substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you what income you need at retirement. So whether you are currently contributing to a pension or have a pension that you had in the past it is very important that your pension is reviewed by an independent advisor.

To discuss this or any other financial matter you can contact **Dermot Cronin QFA APA** (Pensions, Investments, Loans, Life Assurance) at **064 6622775** or **dermotcroninifa@gmail.com**

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Price Region: €500,000

BER D2

5 CASTLE FALLS COURT, ROSS ROAD, KILLARNEY

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Price Region: €135,000

BER C3

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Killarney

TOWN TALK



ENJOYING THE BELIEF FIT SUMMER BARBECUE AT THE KILLARNEY PARK HOTEL WERE L-R FIONA MACKESSEY, CO-OWNER JOSIE SUGRUE, FIONA COLLINS & MARY McMAHON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

THEY SAID "I DO"

Congratulations to Stephen O'Connor, Ballaugh, on his marriage to Sarah Gavin, Washington DC. And to Maria Spillane, Ballydesmond and Dylan Hayes Ballyspillane.

BIRTHDAY GREETINGS

Happy Birthday to Roisin O'Hare -Doherty who celebrates her 18th this weekend.

HEARTBEAT MEETING

Its all about your phone at this month's HeartBeat meeting.

Phone Expert Tony Taggart from Vodafone will be talking about the latest generation of phones; how to use them and to benefit from some of the amazing apps that are available to help people in their lives. Tony will be at the Serenity Centre, St. Annes Road, Killarney on Monday July 25th at 8pm. All are welcome to this free event.

CEMETERY MASSES

This Monday the annual cemetery Mass will take place in Aghadoe at 8pm. The New Cemetery Mass will take place the following Monday August 1st at 7pm.

VOLUNTEERS NEEDED

If you have an hour to spare, Barnardos are looking for volunteers to help collect funds

on their national collection day "Buckets for Barnardos" on September 16th.

If you can help contact Mary on **1850 217217** or email **buckets@barnardos.ie**

FREE CONCERT THIS WEEKEND

The fourth of seven **FREE** Concerts is this Saturday, July 23rd at Mary's Church of Ireland "In Concert" Killarney at 8pm. Micheal O'Se Farranfore (Uilleann Pipes and Flute) and Thomas O'Dálagih (Fiddle) Waterford - his mother is from West Kerry, will join Spraoi Chiarraí Producer/Director Tim O'Shea (Guitar/ Vocals /Bodhrán). There will also be a duo support to open proceedings. Everyone is welcome.

WEDDING BELLS

Congratulations to Noreen O'Sullivan Rathmore and Mike Fleming Gneeveguilla who were married recently as were John O'Sullivan Gneeveguilla and Leanne Riordan, Abbeyfeale.

CONCERT

Marina Cassidy will be playing her harp and singing and talking about its role in the culture and history of Ireland at a concert on Thursday next July 28th. The venue is St. Mary's Church of Ireland and tickets for the event are €10 with a retiring collection in aid of church repair fund.

MILLTOWN LISTRY COMHALTAS

The annual Failte is Feile Faha takes place in Killarney Country Club, Faha, on Sunday, July 31st with an outdoor ceili from 3 to 6p.m. Music by Jerry McCarthy and Autumn Gold, in what we expect to be glorious sunshine. There will also be a junior ceili with dance workshop for kids. Kids will be invited to join in a junior seisiún at 7 in Faha Court followed by the grown up's seisiún from 9 till late. Bígí ann agus scaoil amach é!

WRINKLE FREE PRODUCT LAUNCH

A 100% Organic Product Range which give optimal health & nutritional benefits working with the body both inside and out is being launched at the Cahernane Hotel next Monday night, July 25th.

Jouve is a 100% Organic skincare brand which has the power to transform the appearance of fine lines & wrinkles in 90 seconds with long-term benefits to the skin.

The demonstration is open to the public and organisers are exhibiting their range of products from 7.30pm -8.30pm.

BAKE SALE

Staff at Tesco in New Street in Killarney are holding a Bake Sale, tomorrow Saturday in aid of Temple Street Children's Hospital.

Lovely home baking will be available and there will also be a raffle.

Make sure you pop along to support this wonderful cause.



PICTURED AT LADIES DAY WEARING SHIRLEY CLIFFORD'S HEADPIECES, L:R: MARTHA HEALY WALSH, SHIRLEY CLIFFORD, AND JENNY HEALY.



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John Brassil TD

Killarney Constituency Office
Open Hours:
Thur 28th & Fri 29th 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 cillrjcculloty@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: **083 8541447**
Email: john.brassil@oireachtas.ie John mobile: **087 2362330**



Michael Healy-Rae TD

Will Attend Scott's Hotel, Killarney every Saturday at 3.00pm

Castleisland Clinic: River Island Hotel
Last Friday of every month at 9.30pm

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

Killarney

TOWN TALK



PICTURED ARE RECENT PARTICIPANTS RECEIVING THEIR CERTIFICATES ON TUESDAY FROM TONY TAGGART AND RION BUNYAN FROM VODAFONE IN KILLARNEY. LEFT TO RIGHT: RION BUNYAN VODAFONE KILLARNEY, ANNA THOMAS, MAI REIDY, EILEEN O'BRIEN, MARY RYAN, BETTY TWOMEY, KURT NEHER, SHIRLEY HARRIS & TONY TAGGART VODAFONE KILLARNEY.

FREE SMARTPHONE CLASSES

Vodafone, Killarney are running a Smartphone class to show older members of the community how to use their phones.

"In recent times we have seen internet usage on smartphones double year on year putting Ireland now in the top position for smartphone internet connectivity across all western nations", Jessica O'Connor told the Killarney Outlook.

"More than 70% of us now own smartphones and are choosing to use them more than any other device and this is only going to increase. However there is a substantial group of people particularly among older customers who are

struggling to use and adapt to smartphones", she added.

To support these people with this digital change, Vodafone Killarney are now running a 4 week weekly Smartphone Class free of charge and run by Vodafone employees for support and education purposes.

To date these classes have been a great success and will be commencing again at the end of August.

The classes are suitable for anyone who wishes to learn more on what they their smartphone offers and to connect them to a whole new world in an informal classroom environment.

NOREEN AT THE HELM AT THE HEIGHTS



NOREEN O'LEARY GENERAL MANAGER OF THE HEIGHTS HOTEL.

Noreen O'Leary has recently been appointed General Manager of the Heights Hotel Killarney. Having worked at the hotel since 2001 she has taken over the reigns from Collette Andre O'Riordan, Director and Proprietor of the hotel. Although Collette will remain involved in the business going forward, she has handed the general management of the hotel over to Noreen.

"It was an obvious choice for myself and my family", Collette told the Killarney outlook.

"Noreen has been with us for many years, she has proven herself as a loyal and progressive member of the team, with a strong focus on the business needs across the board. I wish her all the best in her new role and know that she will continue to bring care and attention to our customers and to our business alike".

Noreen, who has worked with all the members of the team for the past 15 years will continue to uphold the hotels strategy that has made it such a popular place in recent years. The owners of the hotel have made huge investments over the past 10 - 12 years and they have a strong vision of where they want the hotel to go.

"Being given this opportunity to manage a hotel such as this one is a privilege and an honour", says Noreen. "I intend to continue the hard work that has been put into making the Heights Hotel what it is today and to focus on our vision which is to continue to expand our ever growing food operation, our successful wedding business, and to bring the hotel to 4 star status by 2017". she added.

If you have any news for Killarney Town Talk - email Aisling at editorial@outlookmags.com or call 086-0400958



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (FOURTH FROM LEFT) PRESENTING THE KEYS OF THE TOYOTA YARIS TO WINNER OF THE KILLARNEY CREDIT UNION MEMBER'S DRAW NORA KELLIHER FOSSA WITH (FROM LEFT) CIARA; SHEILA; PATRICK AND KEVIN KELLIHER; BRIAN BOWLERS OF BOWLER'S TOYOTA GARAGE KILLARNEY; MARK MURPHY CEO KILLARNEY CREDIT UNION; SHANE FOLEY KILLARNEY CREDIT UNION AND DAVID O'CALLAGHAN BOWLER'S TOYOTA GARAGE KILLARNEY AT THE KILLARNEY CREDIT UNION.



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RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

THANK YOU: THE FRIENDS OF THE CHILDREN OF CHERNOBYL RATHMORE:

Thank you to everyone who baked, bought cakes, gave donations to our cake sale at the weekend. Thanks also to Hazel for the use of Teach Iosagain. This cake sale proved to be a very sociable occasion with many people stopping for the cup of tea and chat which made the whole event more enjoyable.

COLLECTION: The Irish Wheelchair Association held their Collection at all Masses last weekend Saturday 16th/Sunday 17th July in Rathmore, Gneeveguilla & Shrone. Your support was very much appreciated.

DANCE: Charity Dance in aid of Millstreet Hospital & Kanturk Hospital at Edel Quinn Hall Kanturk Friday night 12th August 2016. Music by Billy O'Brien & Shine Band, Premier Blue Boys Band, Sheila Mike & Heart to Heart, Barry O'Halloran Band, Peter Lane & The Black Water Sound, Ger Healy and Jarvey Band, Special Guest Mary Desmond & Laura Dunlea, MC Billy McCarthy of West Limmerick radio 0879735113, Door Open at 8pm. Dancing 8.30- 12.00

Admission €10. Follow us on Facebook, Kanturk & Millstreet Community Hospital Fundraiser

SCHEME: Rathmore C.E. Scheme is designed to help long term unemployed people by offering part-time [19.5 hours per week] temporary job placements within our Community.

There are a range of groups that we work with: St Joseph's Daycare Centre. Teach Iosagan, Gneeveguilla GAA. All offer different work opportunities depending on current vacancies. We will work with participants to up-skill and retrain by providing certified training in addition to work experience. Current vacancies are listed on Jobsireland.ie



THE BROSNANS PICTURED AT THE KILLARNEY OUTLET CENTRE WITH MARGUERITE HARTY, KILLARNEY CARDIAC RESPONSE UNIT ON THEIR DEMONSTRATION DAY L-R MARGUERITE HARTY, DANIELLE, RIA, SEAN & AMY BROSNAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

To qualify: You must be in receipt of a Social Welfare Payment for 12 months or more Contact; CE Supervisor Donal Kelleher 0872875821 Or email to sagfas@gmail.com From Rathmore Social Action Group.

WEDDING BELLS: Congratulations to Noreen O'Sullivan Rathmore who married Mike Fleming Gneeveguilla recently and also John O'Sullivan Gneeveguilla who married Leanne Riordan, Abbeyfeale we wish them all a happy long life together.

LOOKING FOR YOUR HELP! We are inviting and encouraging parishioners who would like to help in any way in our Churches such as reading, minister of Eucharist, collector, etc. to contact Fr. Pat or the parish office.

Also we are looking for photos for our 2017 Parish Calendar and if you have any of parish events, local scenery, nature, etc. we would be delighted to receive them. Again you can drop them into the Parish Office. Looking forward to

hearing from you.

RATHMORE GAA CLUB: Will host a Hurling Camp in Rathbeg on August 2nd - August 4th more information nearer the time.

RATHMORE LADIES GAA: U13 Qtr Final of County Championship, Legion: 4-6 Rathmore: 8-12. Rathmore Ladies GAA is sponsored by Donagh Hickey Centra Rathmore.

SYMPATHY: To the family and friends of the late Jeremiah Cronin, Rathmore, formerly Bleak House Rathmore who died last week.

May he rest in peace.

COUNTDOWN: Cullen and District Special Needs Association, countdown is on to the 18th annual harvest afternoon on Laitiarain this Sunday July 24th at 1.30pm.

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

LISTRY NOTES

CHURCH GATE COLLECTION: Down Syndrome Kerry wants to thank everyone who supported their recent Church gate collection in Milltown and Listry. Milltown collected €323.94. Listry collected €208.58.

ALL IRELAND FINAL: Congratulations to the Kerry U 16 girls who have qualified for another All Ireland Final. Special congratulations to Ciara Murphy who played so well and who represented Milltown Listry with pride. We

would like to wish Ciara a speedy recovery on her recent injury, Ciara will be a big loss for Kerry and to her own Club Milltown Listry.

SPA NOTES

MUNSTER FLEADH: Well done to all the competitors that took part in the Fleadh over the weekend in Listowel. Best of luck to everyone in Ennis in August including the coaches Triona Mangan, Mairead Mangan and Maureen Hegarty Vogels.

JOAN HERLIHY MEMORIAL CYCLE: Dave Herlihy and family would like to thank everyone who participated in the recent cycle fundraiser in honour of his wife Joan. Raising a whopping

€5,000 for the Oncology Department in for the University of Kerry Hospital (General). Thanks to all who volunteered, donated and participated on the day.

BEST WISHES: Are extended to former Spa footballer James Cahill, Ballycasheen, for a speedy recovery from a recent accident, James turned in many memorable performances with Spa in their O'Donoghue victories during the 1980's and also with the Killarney County

Championship team of that era.

DEATHS: Sympathy is extended to the Doherty family, Knocknahoe, on the recent passing of their sister Margaret and to Bernie O'Connor, Lissivigeen, and the Horgan families on the passing of Jeremiah Cronin, Rathmore. May They Rest In Peace.

WEDDING: Congratulations is extended to Stephen O'Connor, Ballaugh, on his marriage to Sarah Gavin, Washington DC.

KILCUMMIN NEWS

CEMETERY MASSES: Aghadoe - Monday 25th July; New Cemetery Killarney - Monday August 1st; Old Kilcummin - Wednesday August 3rd.

1916 MEMORABILIA OPEN DAY: 1916 Memorabilia Open Day Killarney Library, Saturday July 23rd, 12 noon to 4pm. Members of the public are welcome to bring memorabilia & medals etc. from that era. WWI memorabilia will also be on display. Contact: Conor Doolan 086-3096675.

SLIABH LUACHRA SUMMER SCHOOL: The annual Sliabh Luachra Summer School takes in Bruach Na Carraige, Rocklchapel from the 25 to the 29th of July, and will include master classes on traditional music and traditional step dancing. The master classes on traditional music will be on 27th, 28th, and 29th of July starting at 10am, and will be directed by Nickie McAuliffe. The traditional step dancing and Sean Nós dancing with dancing teacher

Maurice O'Keeffe will be from the 25th to the 29th of July starting each day at 2.30pm.

KILCUMMIN GAA

CREDIT UNION CO LEAGUE

KILCUMMIN 2-7 JOHN MITCHELLS 1-14.

Following our fine performance two weeks ago against Templenoe our senior team were brought back down to earth against Mitchells on Saturday last in Kilcummin. Eventually losing by four points, realistically, it could have been much more but for some fine goalkeeping by Tommy Brosnan and two superb goals from Noel Duggan and Shane McSweeney. We now face a tough test of character to maintain our Division 1 status for 2017 but it is certainly within our capabilities. That task starts this week-end when we are away to Kenmare on Sunday at 2pm.

GAA SUMMER CAMP: Kilcummin GAA Summer Camp for 5 to 12 year old boys

and girls will run this year on 2nd, 3rd and 4th August from 10.30am to 1pm each day. Registration 10am on 2nd. €20 per child. €35 for 2 Children. €50 for 3 Children.

GAA LOTTO: There was no winner on Sunday July 17th July 2016. Numbers drawn were 3, 14, 20, 26. Consolation prizes were €100 Marcella Doyle, Clydine. €60 Colm Brosnan, Lawlor's Cross. €60 Cian Clarke c/o Seanie Leary. €30 Gerard O'Connor, Knockancore. €30 Paul Cahill, Knocklebede. Next Draw Monday August 1st, 2016. Jackpot now €5,000.

MASTERGEEHA FC LOTTO: There was no winner on Friday 15th July 2016. Numbers drawn were 2, 16, 17, 19. Consolation prizes were €100 Katie Cahill, c/o Kilcummin Post Office. €60 Phil Ahern. €30 John Daly, Knockeendubh, Kilcummin. €30 John Cullinane, Cockhill, Kilcummin. €30 JD O'Sullivan, Milleen, Kilcummin. Jackpot now €7,950.

GLENFLESK NOTES

GLENFLESK SENIORS (Sponsored by the Jarveys Rest). Our Senior team gained 2 valuable Co. League points on Saturday last with a 2-12 to 1-14 away win over Beaufort. Lee O'Donoghue was in great form up front and in defence Sean McGrath made his first Co. League start and proved hugely influential scoring 2 points from wing back. We now have 6 points from 8 games and have 3 games to play starting with a home fixture against Waterville this Sunday July 24th at 2pm.

GLENFLESK U14S: Our U14s had a good win over Spa last Monday and now have 6 points with 2 games left to play.

GLENFLESK U16S: Our U16s were beaten in their opening Co. League fixture by Churchill

on a scoreline of 5-12 to 2-11.

They are at home to Glenbeigh/Glencar on Wednesday July 27th at 7pm.

GLENFLESK MINORS: Our minors are away to Kilcummin on Thursday July 28th at 7pm.

GLENFLESK SENIOR LADIES: Our Senior ladies team had a great win over Currow on a scoreline of 2-11 to 3-03.

KERRY JUNIORS: Best of Luck to Lee O'Donoghue and Darragh Roche and the Kerry Juniors in their All Ireland semi final in Manchester vs Lancashire on the 23rd of July.

RAHEEN N.S.: Congratulations to Geraldine O'Donoghue and Joan Warren who had the winning lotto no. 9 on Saturday 16th of July.

SUMMER CAMP AT BARRADUFF

COMMUNITY FIELD: Multi Sports summer camp in Barraduff Community field July 25th to 29th. Primary school children are all welcome. Monday to Fri 9:30 to 3pm. Registration forms in local shops and you can download from www.activekingdom.ie Fully Qualified staff.

GLENFLESK LOTTO: 13, 16, 18, 21 lotto numbers in Corner Bar 18/7/2016. Jackpot €2,200. No winner. €50 Donie Donovan, Dromcarbin (yearly ticket), Jimmy Kelly, Headford - Sellers prize Mary Kelly, Sophie Favier, Madeleine Kelly, Rathmore, Magdalene Gallivan.

Next Lotto Draw Monday 1st August in Kerry Way Bar. €2400



JOHN O'MAHONY CAPTAIN FOSSA GOLF SOCIETY (SEATED CENTRE) PRESENTING FIRST PRIZE IN HIS CAPTAIN'S PRIZE TO WINNER SEAMUS KELLY (LEFT TO RIGHT) DAN MOYNIHAN BACK NINE, BRENDAN FITZGERALD 3RD, HUMPHREY CURRAN PRESIDENT (BACK FROM LEFT) BRIAN FITZGERALD GALLIVAN, MURPHY, HOOPER AND DOOLAN (SPONSORS) MAURICE LYONS NEAREST TO THE PIN, BRENDAN COFFEY, TEDDY O'SULLIVAN AND GER MORONEY FRONT NINE AT THE PRESENTATION OF PRIZES IN THE CASTLEROSSE HOTEL, KILLARNEY ON SATURDAY.



MARY O'ROURKE LADY CAPTAIN KILLARNEY GOLF CLUB (RIGHT) PRESENTING HER LADY CAPTAIN'S PRIZE TO GET INTO GOLF WINNERS MARIE O'BRIEN, CATHERINE HARTNETT AND MARIE O'SULLIVAN AT KILLARNEY GOLF CLUB ON SUNDAY.

FOSSA NOTES

LOTTO: Numbers drawn were 10, 19, 20, 24. There was no jackpot winner and the €40 consolation prize winners were Catherine Flemming, c/o Angela Daly, Lino c/o Laurels, K Cremin, Beaufort, Noel Coffey, Barleymount and Michael Coffey, Curragh. Next weeks jackpot will be €8,850. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

SENIORS: The senior team played Churchill in Round 8 of the County league on Saturday evening. Fossa started brightly with points from Tadgh O'Shea and Fintan Coffey, Churchill pulled one back in the 4th minute but with Fossa dominating possession they picked off further scores from Donald O'Sullivan, Paudie Clifford (2) and Shane Malone. They lead 0-6 to 0-2 after 15 minutes and had registered three more scores from Donald O'Sullivan and

Kevin McCarthy before the half time whistle to lead 0-09 to 0-04 at the break. In the second half Fossa appeared a bit nervous before the eventually found their rhythm again in the 10th minute where a brace of points from Paudie Clifford and Tadgh O'Shea settled them. Churchill tried hard but could not breach a resolute and well organized Fossa defence and further scores from the aforementioned two players put the game beyond reach to leave Fossa comfortable winners on a score of 0-15 to 0-06. This was a solid performance where the win was all important to keep the momentum going, the players worked hard all through and now head to Moyvane next weekend where they know that a win will almost certainly mean promotion to Division 3 next year.

LADIES FOOTBALL: Well done to Anna O'Reilly, Erica McGlynn and Anna Clifford who helped Kerry U-16's defeat Mayo in the All-Ireland semifinal last Wednesday evening, they

now face Dublin in the final on Wednesday 27th July at a venue to be decided.

Our U-8'S and U-10'S played Kenmare in a challenge game in Fossa on Sunday morning, both teams did brilliantly with some outstanding performances, the future of ladies football in Fossa is bright with all this young talent coming through. Thanks to Peter and Mike for organising the game and looking after the players so well.

Hard luck to our U-14 girls who lost the Division 2 league final to a very strong Castleisland Desmonds side on Sunday evening in Listry. They gave it their all and never gave up right to the end but it just wasn't to be on the evening.

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

BEAUFORT NOTES

RING OF THE REEKS CYCLE: Registration has opened for Ring of the Reeks cycle which will be held this year on Saturday, 30th July.

2 routes: 110km Ring of the Reeks and 60km CaraghLakeLoop.You can get all information and register online at www.ringofthereekscycle.com or www.beaufortgaclub.com or www.killorglincycling.com. You can also register on morning of the Cycle at Beaufort GAA Clubhouse from 8am for Ring of the Reeks and 9.30am for shorter cycle.

LOTTO: Next Draw for a Jackpot of €5,200 will be held in Kate Kearneys Cottage on Sunday next. Tickets available from usual sellers, shops and bars. The Lotto can also be done online.

BEAUFORT U14S: Sponsored by Sean Coffey of Kate Kearneys Cottage welcomed Keel/Listry last Monday evening for yet another great display of football by both teams. Final score Beaufort 7 - 15, Keel/Listry 4 - 12.

BEAUFORT U16S: sponsored by Killarney Credit Union lost to Spa on Wednesday last in the County League. Final score: Spa 6-11 Beaufort 5-7.

BEAUFORT SENIOR LADIES: Sponsored by Tom Crowley of The Inn Between played Inbhear Sceine Gaels in Kenmare on Saturday

evening.

Beaufort began well and had 2 quick points from Sarah Houlihan before ISG had a point from play. Beaufort had a flurry of points from Sarah Houlihan, Hannah O'Donoghue, Fiadhna Tangney and Amy Foley before Hannah O'Donoghue set Sarah Houlihan in for Beaufort's first goal. Anna Marie O'Donoghue made a good save towards the end of the half before Fiadhna Tangney had the final score of the half. Half time score Beaufort 1-11 ISG 0-3. Beaufort again dominated the 2nd half with Fiadhna Tangney now at full-forward a great target and the hard working Bernie Breen and Sarah Houlihan running at the ISG defence. They had points from Fiadhna and Sarah before Fiadhna had Beaufort's 2nd goal. Again points from Amy Foley stretched Beaufort lead before ISG scored their goal and had 2 points in quick succession. Sarah Houlihan had the last scores of the game and Anna Maria O'Donoghue had a fine save before the final whistle.

Beaufort's defence was solid with Anna Maria O'Donoghue in goals, Aisling O'Sullivan, Mary Ann Doherty, Joanne Murphy, Tara Breen, Cliona Coffey, Sinead O'Connell all defending very well. They dominated the middle with Bernie Breen and Patrice Dennehy on top while up front Jodie Murphy, Amy Foley, Sarah Houlihan, Fiadhna Tangney, Hannah

O'Donoghue and Emma Breen all threatened going forward. Subs: Teresa Coffey, Maria O'Shea, Nicola Coffey, Aoife O'Brien, Shauna O'Connor, Ciara O'Sullivan.

BEAUFORT U13: Ladies beat Corcha Dhuibhne in the U13B Championship in Beaufort on Tuesday last. Final Score: 10-5 to 5-11.

WELL DONE: To Fiadhna, Hannah, Tara and the Kerry Ladies U16 Football team who beat Mayo in the All-Ireland semi-final on Wednesday last. They now play Dublin in the All Ireland Final on Wednesday 27th July. Venue to be confirmed.

WELL DONE: To Mid-Kerry Minors who had a good win over Austin Stacks on Friday last. Beaufort had Mike Breen, Jonathan Kissane, Cormac O'Connor, Ciaran Kennedy, Ian McGillicuddy and Luke Sweeney all involved.

BEAUFORT SENIORS: Sponsored by Maurice Foley of MF Decorating hosted Glenflesk on Saturday. Final score: Beaufort 1-14 Glenflesk 2-12.

FIXTURES: Round 2 Under 12 Boys home Laune Rangers White, Friday 22nd at 7pm in Round 3, Mid Kerry.

Senior men away Rathmore, Sunday 24th at 2pm in Round 9, Co League Junior men away Laune Rangers, Tuesday, 26th at 7pm in Mid Kerry, Round 2 Senior Ladies at home this weekend to Na Gaeil in Senior Division 1 County League. Date and time tbc.

KERRY SENIORS AND MINORS IN CROKE PARK DOUBLE BILL

The Kerry Senior and Minor football teams will be doubly engaged in All Ireland Quarter finals in Croke Park on Sunday July 31st. Provincial winners, both Kerry and Galway, both of whom will be part of a treble bill at HQ on that day, still await their opponents in the Senior Quarter Finals. Kerry and Galway will be paired against the winners of the final two games in Round 4A of the Qualifiers. Those games go ahead this Saturday as follows:

Clare V Roscommon in Pearse Stadium, Galway at 3pm.

Derry V Tipperary in Breffni Park at 5pm.

Preconditions for the Quarter Final Draws are as follows:

- Neither Kerry nor Galway can meet their Provincial Final opponents
- Repeat games are to be avoided where possible

All of that means that Kerry's opponents are limited to Roscommon, Derry and Clare (in the event that Tipperary and Clare both advance). It is good to see that Croke Park are able to accommodate some of the Minor Quarter

final games this year and Kerry Minors will put their All Ireland title on the line when they meet Ulster final runners-up Derry at 12 noon on Sunday week. The good news for Kerry followers wishing to take a weekend break in the capital on the Bank Holiday weekend is that there is a very attractive Qualifier fixture on the Saturday involving Donegal and Cork, who with Mayo and Westmeath will be fighting it out to meet provincial winners Dublin and Tyrone on August 6th.



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GETTING OUTDOORS ADDING IN SOME RESISTANCE OUTDOORS *CONTINUED...*

Tip 6: Stuff a lightweight resistance band in your pocket and pick intervals where you can stop bang out some band exercises to work the upper body. Such as

- Bicep curls
- Shoulder press
- Tricep kickbacks
- side arm raises.

Tip 6: Join in on an outdoor class. If you haven't the confidence or the knowledge to exercise safely on your own but still want to be in the outdoors, then Join into any of the local outdoor classes available. Many gyms and studios are now hitting the outdoors in the fine weather so keep an eye out as to whats coming up. "Fitness with Edele" even have an exciting outdoor BOOTCAMP coming soon so keep your eyes peeled.

Tip 7: Basketball, Tennis, & Golf are all great outdoor activities and have a certain amount of resistance in themselves, certainly if you haven't played tennis for a while and you go out whacking a ball for an hour you will certainly feel it.

Tip 8: Turning up the gears on your Bike and adding in some challenging hills is a great way of simply adding resistance for cyclists.

(check out my website www.fitnesswithedele.com) for some helpful stretches)

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION

IRONING OUT THE WRINKLES

Never put a garment on immediately after ironing, as this can actually cause new wrinkles to form. Instead, let it sit for five minutes to set the press



HEALTH TIP

EAT INTELLIGENTLY

The difference between man and beast is that we are driven by intelligence while beasts are driven by instinct. Don't just eat something because you feel like eating it. Ask your self whether your body really needs it.

Beauty tip Manicure



To make your manicure last, apply a thin layer of clear every two days. Pay particular attention to the free edge at the top of your nails, where chips usually happen, and apply extra clear polish there.



BECOME WHAT YOU BELIEVE...

As we move through our days there is a powerful energy that is shaping everything that we are experiencing in the moment. This power is the power of our own beliefs. The beliefs that we hold are often laid down early on in our childhood and we all receive different messages and ideas about who we are. However, these early childhood beliefs CAN be changed especially when they don't support your life or give you joy and fulfillment.

Adopt these three life affirming beliefs

1. **I AM WORTHY** – every time you put yourself down or don't feel that you deserve to be happy, just stop, take a deep breath and realise the real truth about who you are. From the moment you were born you were worthy. There has never been anything wrong with you – you are perfect, whole and magnificent just as you are!
2. **I AM SAFE** – As you read these words just become present in this moment. Is everything okay? Are you safe in this moment? When you truly embody the moment you begin to realise that you are always safe. It is only when we begin to worry about the future or ruminate over the past that we begin to feel anxious or unsafe.
3. **I AM LOVING & I AM LOVABLE** – This is probably the most powerful of all the beliefs. When you love yourself you appreciate who you are. When you stop fighting with what is wrong and focus on what is right you extend more love to yourself and others.

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

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Spiritual Intuitive Energy Healer

Trisha Moloney



Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry. She is holding workshops in Killarney this month.

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

Angels only philosophy is love.

Advice is also given on nutrition if required and Trisha also practices Cognitive Behavioural Therapy (CBT)

Monthly Clinics in Cork also.

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Call: Trisha 085 1625095



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Kerry ETB Training Centre



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

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

This course focuses on network infrastructure. It covers switching and routing, wireless access, security and connectivity used in local and wide Area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is a prerequisite for entry to this course. **Start Date:** 8th August 2016. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

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

This course is for CAD technicians who wish to develop contemporary 3D parametric modelling skills. **Start Date:** 15th August 2016. **Duration:** 31 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

Foundation in Media (TR08743) - Tralee.

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

Business Admin with Legal (ET07061) - Tralee.

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

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

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 5th September 2016. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring and Work Experience, plus Adobe Associate Certificate in Web Communication Using Adobe Dreamweaver.

Medical Administration Traineeship (TRS08) - Tralee.

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

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:** 12th September 2016. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

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

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

Food Preparation and Cooking (ET20D) - Dingle.

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

MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

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

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

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

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

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,
www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie





Lifelong Learning Programmes 2016/17

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The Institute of Technology Tralee is offering a wide range of programmes through its Lifelong Learning Department commencing this September.

School of Business, Computing & Humanities:

- Certificate in Culinary Skills *Springboard+ Funded*
- Certificate in Culinary Arts
- National Trainee Manager Development Programme - Bachelor of Arts in Hotel Management
- Foundations in Accountancy
- Higher Certificate in Science in Computing in Information Technology Support
- Bachelor of Science in Computer Services Management
- Higher Diploma in Science in Applied Computing *Springboard+ Funded*

School of Health & Social Sciences:

- Bachelor of Arts in Early Childhood Practice
- Certificate in Wound Management
- Diploma in Developing Safe Environments in Health & Social Care
- Diploma in Leadership
- Master of Science in Nursing
- Bachelor of Arts in Outdoor Learning

School of Science, Technology, Engineering & Mathematics:

- Certificate in Industrial Instrumentation and Automation *Springboard+ Funded*
- Certificate in Building Information Modelling (BIM)
- Certificate in Quality Management, Tools and Techniques in Practice
- Certificate in Environmental Science *Springboard+ Funded*
- Certificate in Biopharmaceutical Processes *Springboard+ Funded*
- Bachelor of Science in Agricultural Mechanisation

What Our Students Say:



"Springboard+ and IT Tralee have given me the confidence and skills needed to compete and engage in the real world. My work placement has now led to full time employment."

I also gained many treasured friendships and

feel very fortunate to have been taught by knowledgeable, professional and approachable lecturers. My experiences at IT Tralee have been very positive - friendly lecturers, state of the art facilities and a thoroughly enjoyable course".

Caroline Griffin

Certificate in Culinary Skills

What Our Graduates Say:



"After completing a Masters degree and heading out into the workforce I realised I hadn't enough knowledge to get the job I really wanted. I decided to go back to college to up skill and chose the Higher Diploma in Science in

Applied Computing. The course gave me the extra skills I required to become a Business Analyst. The opportunity of gaining work experience as part of the course was a real plus. I am currently carrying out my work placement with Aspen Grove Solutions as a Junior Business Analyst. I would highly recommend the course to anyone wishing to gain valuable computing capabilities and gain experience in working in their preferred field".

Ann Marie O'Flaherty

Higher Diploma in Science in Applied Computing



For eligible candidates fees do not apply to Springboard+ programmes and people currently in receipt of payments from the Department of Social Protection will retain their benefits.

For full eligibility criteria and information on these courses visit www.springboardcourses.ie or contact the Lifelong Learning Department Tel. 066 7191701.

T: (066) 719 1701 E: lifelonglearning@ittralee.ie visit www.ittralee.ie

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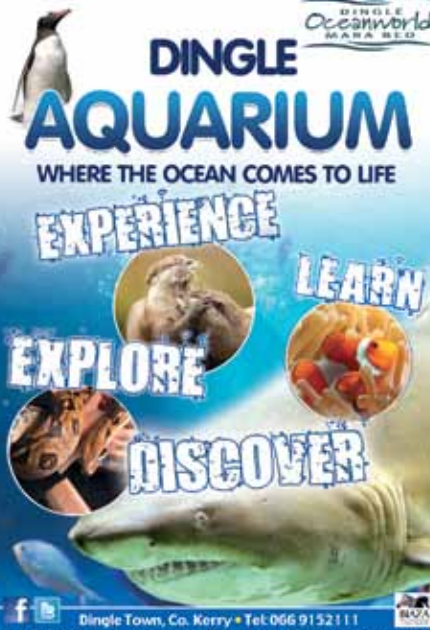
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KILLARNEY ATHLETIC A.F.C.

WOULD LIKE TO ANNOUNCE OUR SENIOR PRE SEASON START DATE FOR THE UPCOMING 2016/2017 SEASON.

Training will commence on Tuesday 2nd August

Time: 7pm - 8:30pm

Location: The clubs home pitch in Ferndale, Woodlawn Road.

Pre season will be taken by
Michael Lindsay B.Sc, NCSC. Michael will be doing the Strength & Conditioning plus screening all players pre and post pre season on their fitness and functional movement.

We would like to extend an invitation to all players past and new to come along and join the club for the exciting new season ahead playing in the Kerry Premier League.

We are also currently recruiting a new A & B team manager as well as other positions within the club. We look forward to seeing some old and new faces on the 2nd August.

For information please call
Michael O'Shea 087 2226185

#lovekillarney



@hazelnutsaboutvintage PLAN B WAS A GOOD PLAN! #brunch #lovekillarney

@pauliusk #killarney #lovekillarney

@thesadicecream AFTER A LONG MORNING AT WORK, A CATCH UP WITH THE GIRLS WAS SUCH A SURPRISE! #noelles #lovekillarney

@todayinireland ONE LADY SHOT OF THE LOVELY FLOWERS AT FLEMINGS WHITE BRIDGE CAMPGROUND. #lovekillarney

@jickky_ch #church #churchtime #lovekillarney

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MAUREEN O'BRIEN (NEE CORKERY) OF SCUNTHORPE UK AND FORMALLY OF LAUNE VIEW KILLORGLIN CELEBRATING HER 70TH BIRTHDAY IN THE FISHERY IN KILLORGLIN WITH FAMILY AND FRIENDS. PICTURE MICHAEL G KENNY.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (SEATED CENTRE) WHO PRESENTED THE KILLARNEY CREDIT UNION MEMBERS DRAW CHEQUES FOR €250 EACH TO NOREEN MULCAH, PATRICIA O'GRADY, BRIDIE BARTLETT, KATHLEEN BHUIYAN (BACK FROM LEFT) SHANE FOLEY KILLARNEY CREDIT UNION, TOM PENDERGAST, STEPHEN DARMODY KILLARNEY CREDIT UNION, HELEN O'SULLIVAN, MARY BUCKLEY, PADDY O'SULLIVAN, MARY KELLIHER, TIM BARTLETT, DENISE O'REGAN, MARK MURPHY CEO KILLARNEY CREDIT UNION AND LIAM WHARTON AT THE KILLARNEY CREDIT UNION.



ENJOYING THE VINTAGE CAR SHOW AT THE KILLARNEY OUTLET CENTRE, KRYSTAL KIERNAN WITH TADHG TIERNEY (LEFT) & JAMIE O'FLAHERTY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DAN KELLEHER, TOP OF COOM SHEEP SHEERING COMPETITION ON SUNDAY JULY 10TH. PICTURE: DIARMUID O'CONNELL.



MARY O'ROURKE LADY CAPTAIN WITH CORRINA GRIFFIN (LEFT) WINNER OF THE ILGU LEINSTER U19 WINNER WITH JENNIFER O'BRIEN ILGU U16 AT KILLARNEY GOLF CLUB.



CLODAGH O'SULLIVAN & JACK O'LEARY PICTURED AT THE KILLARNEY OUTLET CENTRE, ADMIRING SOME OF THE MORE EXPENSIVE CARS ON DISPLAY AT THE VINTAGE CAR SHOW ON SUNDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



A CHEQUE FOR €5,000 HAS BEEN PRESENTED TO THE ONCOLOGY WARD IN KERRY GENERAL HOSPITAL BY THE FAMILY OF JOAN HERLIHY FOLLOWING A RECENT FUNDRAISING CYCLE. DAVE HERLIHY AND FAMILY WOULD LIKE TO THANK EVERYONE WHO SUPPORTED THE CYCLE IN MEMORY OF JOAN EITHER BY CYCLING, DONATING OR VOLUNTEERING. THE COMMUNITY CAME TOGETHER TO REMEMBER AN AMAZING WOMAN AND IN SO DOING RAISED €5,000 FOR THE ONCOLOGY UNIT IN KUH. FROM LEFT TO RIGHT ONCOLOGY NURSE SANDRA MURPHY, NORA DENNEHY, PAUL HERLIHY, MARIE SHANNON, LAURA HERLIHY, DAVE HERLIHY, ONCOLOGY NURSE TERESA WALSH, MARY LEHANE AND ONCOLOGY NURSE ABBEY LYNCH.



DANNY HEALY RAE AND HIS WIFE EILEEN AT TOP OF COOM SHEEP SHEERING COMPETITION. PICTURE DIARMUID O'CONNELL.



REBECCA TAYLOR, BEAUFORT ADMIRING AN AUSTIN CAMBRIDGE AT THE VINTAGE CAR SHOW ON SUNDAY AT THE KILLARNEY OUTLET CENTRE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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FOCUS ON SUMMER GARDENING



with John O'Sullivan

LOOKING AFTER YOUR BEDDING PLANTS

Most composts for containers and baskets contain limited amounts of food. Within four to six weeks of planting, fast-growing, hungry bedding plants will have lost most of the goodness in the compost, especially with the Summer we are having this year.

So, you'll need to add more nutrients to improve your plants' flowering performance and encourage stronger growth. The best thing to use when feeding baskets, boxes or containers is a mixture of water and tomato food. Use this feed every three weeks and water every day. Make sure the water goes straight onto the compost and not onto the plants. If the tomato food does go onto the foliage – rinse it off with clear water.

After watering deadhead any of the plants that have gone.

Pick off old flower head as soon as they fade. Some bedding look after themselves dropping their old petals to keep displays looking clean. Just shake the basket or pot or brush over lightly to keep them tidy.

If any of your containers have a plant that is dead – take it out and replace it with something in season like a trailing ivy or whatever is looking good at your garden centre.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY
FOR MORE INFORMATION CALL: 087-2787160



AT THE PRESENTATION OF THE DR CROKES GAA CLUB GOLF SOCIETY CAPTAIN'S PRIZE OUTING AT THE KILLEEN COURSE, KILLARNEY ON FRIDAY WERE FRONT FROM LEFT, SHANE HORGAN (SECOND), PETER O'BRIEN (CAPTAIN), KAREN O'BRIEN, HARRY O'NEILL, WINNER, MIKE BUCKLEY, KERRY COACHES, SPONSOR, AND FRANK SHAW (THIRD). BACK FROM LEFT ARE BRIAN CLARKE, JOHN MCENERY, DENIS COLEMAN, JOHN O'LEARY, VINCENT CASEY, JAMES ARTHUR, BRENDAN KEOGH AND JOHN BROSNAN. PICTURE: EAMONN KEOGH.

KILLORGLIN GOLF CLUB

LADIES RESULTS: 18 HOLE SINGLES STABLEFORD SPONSORED BY THE BIANCONI INN.

1. Emma Daly (20) 39 pts. 2. Anne Kenny Foley (32) Lady Captain 34 pts. 3. Phil Anne Foley (36) 33 pts.

FIXTURE: 18 Hole Singles Stableford sponsored by Heartworks Gifts can be played Saturday 23rd, Sunday 24th or Tuesday 26th. Arrange own time and partners.

SILVER SWANS: 12 HOLE STABLEFORD 12/07/2016. 1. Mary Murphy Garvey (35) 31 pts. 2. Kathleen Houlihan (27) 22 pts (B9). 3. Phil Anne Foley (36) 22 pts.

Lady Captain Anne Kenny Foley's Prize Day sponsored by Wood Coatings Ireland, is on Saturday 30th July. Entry Sheet on Notice Board. Draw for partners. Please note that names must be in by Tuesday 26th July.

JUNIORS: KERRY GIRLS LEAGUE: 18 HOLE STABLEFORD: 1. Tyler O'Sullivan (36) Killorglin 49 pts. 2. Sorcha Keane (35) Ballybunion 44 pts. Gross: Kaylyn O'Keeffe 23 on count back. 3. Alicia Burke (33) Killarney 43 pts.

9 HOLE STABLEFORD: 1. Sarah Kennedy (36). 2. Jemma Key (36). 3. Niamh Dinham.

ROSS GOLF CLUB

GENTS CLUB

RESULTS: ON SUNDAY LAST WE HELD A SINGLE STABLEFORD COMPETITION.

The winners were:

1st - Ivo O'Sullivan (13) 40pts.

2nd - Peter Wickham (11) 40pts.

3rd - Donie Broderick (24) 39pts.

FIXTURES: On Sunday July 24th the Lady Captain's Prize to the Gents will be held. This will be a medal competition. The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

CLUB SINGLE MATCHPLAY: It is hoped that all outstanding matches in the Killarney Trophy & Medal Centre Club Single Matchplay championship will be completed immediately.

DR BILLY COMPETITION: The Ross GC Dr Billy team lost out narrowly on a score of 3 to 2 to their hosts, Killorglin in that competition recently.

9 HOLE WEEKLY OPEN COMPETITION: The Ross Golf Course weekly 9 hole open competition is continuing each week. It runs from Monday (am) to Saturday (pm).

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

BEAUFORT GOLF CLUB NEWS

For the upcoming Captain's Prize please note that there will be a draw for partners every half hour from 7:30am with a break between 10am and 11am. Ladies times between 11am and 11:30am with the last tee time being 3pm so book the slot that suits in advance.

The club meal is at 8pm, booking by Wednesday 27th July for this is essential. Presentation of prizes at 9:30pm and music, craic and dancing will commence at 10pm so please notify front desk to book. Please support our captains on the biggest day of the year. Please have you competition fees up to date.

RESULTS: 13TH JULY: SCRAMBLE, 1st Barry Woulfe, Gerry Collins & Gearoid Keating.

14TH JULY: OPEN SENIORS - Joint 1st Fred Kennedy & Gerry Collins.

15TH JULY: OPEN FRIDAY - 1st Mairead Rochford (36) 38pts.

16TH/17TH JULY: BILL MCDONNELL TROPHY SPONSORED BY RANGLES COURT HOTEL.

1st Joe Kennedy (4) 69 Nett.

2nd John F. O'Callaghan (17) 71 Nett.

3rd Micheal Quirke (14) 72 Nett.

FIXTURES:

22nd July: Open Friday, singles stableford, entry is €25 with a great prize for the best ladies or gents card.

23rd/24th July: 18 hole strokeplay, yellow tees, sponsored by Killarney Credit Union.

31st July: Captain's Prize, stroke, white tees,

there will be a draw for partners.

Prizegiving for all outstanding competitions will be on Wednesday 27th July after the scramble. 2nd round singles matchplay deadline is 31st July and 1st round doubles matchplay is the 24th July.

KILLORGLIN GOLF CLUB

MENS COMPETITION

17/07/2016 SPONSORED BY NEVADAS BOBS

1st Jason Foley 39 pts.

2nd Paul Twiss 38 pts.

3rd John McCarthy 37 pts.

Gross Aidan Spillane 80 gross.

4th Matt Keane 36 pts.

Senior Tommy Murphy 36 pts.

CASTLEROSSE GOLF CLUB

RESULTS

COMPETITION PLAYED ON SUNDAY 17TH JULY 18 HOLE STABLEFORD 1st

Ger O' Connor (17) 43 pts, Runner-up, Peter McGrath (22) 40 pts, 3rd place, Daniel Shine (07) 39 pts.

RESULT OF MIXED SCRAMBLE PLAYED ON TUESDAY 12TH JULY best net return, Steve Shine, Gintaras Bendaravicius & Peter McGrath.

FIXTURES: Weekend competition, 18 Hole Strokeplay.

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

BEAUFORT GOLF CLUB

16TH/17TH JULY 2016 - LADIES STABLEFORD SPONSORED BY JOSIE O'SHEA

1st Catherine Murphy (29) 36 pts.

2nd Karen Spence (22) 34 pts.

FIXTURES: 23rd/24th July - 18 Hole Stableford sponsored by Magic Touch Beauty Salon Killorglin

31st July - Lady Captains/Captains Day. Please ring clubhouse on 064-6644440 to book your tee time.

Presentation of outstanding prizes will take place on Wednesday 27th July after Scramble.

KILLARNEY GOLF AND FISHING CLUB

MEN'S CLUB

Club Captain Liam Hartnett can reflect on a week that produced some success for our Men's Club, when one of our teams progressed to the Munster final of The "J.B. Carr Diamond Trophy" competition, but it also saw the exit of two of our other teams in the latter stages of the Munster section of their respective competitions, and although both teams involved just lost by a whisker, they have represented us with pride and passion and a huge amount of talent, and we can, and must, use these experiences as a springboard for future success.

Thursday the 14th saw our seniors team play in the away leg of the "J.B. Carr Diamond Trophy" when they travelled to Raffeen Creek for that

leg, Killarney required only 2 points from the 5 matches to progress, and the team duly obliged when 3 of our pairings won their matches and the other 2 matches were called in, as the overall result had been determined. Brian Fitzgerald and Donie MacSweeney, won 4/2, Enda Curtayne and Dermot Roche won 3/2, John Hickey and Pdraig Griffin won 4/3. The matches with Derry O'Connor and John Clifford, and with Con Healy and John Wall were called in. Killarney are now in the Munster final in this competition for the very first time, when they will face Nenagh, again on a home and away basis, on dates to be confirmed. This is a fantastic achievement by our team.

Thursday the 14th also saw our team play in the west Munster final in the "Junior Cup", when they faced Tralee at Dooks, and after a tremendous tussle Killarney were beaten by the odd match, unfortunately going down by a margin of 3 matches to 2. Finbarr O'Mahony lost by 1 hole, Luke Walsh won 3/1, Darren Mulcahy lost 2/1, Niall McCarthy lost 2 down, and Mark Tuite won 3/1.

Sunday the 17th saw our team play in the Munster semi-final in the "Jimmy Bruen Shield", against Muskerry at Douglas Golf Course, the match was a ding-dong affair with Muskerry getting the earlier upper hand, then it swung Killarney's way, but it eventually hinged on the 4th match, which was the last match out on the course, and after a heroic struggle Enda Curtayne and Michael Maher eventually succumbed to their opponents on the 21st hole. The other results were as follows, Dermot Roche and Niall McCarthy won 2/1, Darren Mulcahy and Peter McEnery lost 4/2, Luke Walsh and Robert Cussen lost 2/1, and in the last match, the Father and Son combination of Tomas and Ryan Kelliher won by a margin of 5/3. Muskerry then went on to win the final when they defeated Spanish Point by a margin of 3 matches to 1 with the last match called in.

Sunday the 17th also saw the playing of Lady Captain Mary O'Rourke's prize to the Men's Club which was on a stableford basis, and played on Killeen, the results were as follows.

1st Ian Prendergast (17) 40 points, 2nd David O'Donoghue (5) 40 points, 3rd Mark Tuite (6) 40 points, best gross Eric Dunlea (3) 39 points, 4th Patrick Buckley Jnr. (12) 38 points, 5th Brian Looney (6) 38 points, 6th Fergus Houlihan (10) 38 points, 7th John Herlihy (8) 37 points, 8th Muiris Healy (16) 37 points, 9th Declan Glavin (8) 37 points 10th Sean Goulding (13) 37 points, standard scratch was 35 points.

Sunday the 24th is the away-day at Ballybunion on their Cashen course, entry will be via the club on-line system.

DEERPARK PITCH & PUTT NOTES

On welcoming the large attendance at Monday evening's barbeque and presentation of prizes for the 25th annual Ricky Kelly tournament club chairman Derry McCarthy stated that it was a source of consolation for both the club members and the Kelly family to have such a fine attendance present which included many of the late Rickys family. Derry thanked all who had played in the competition as well as the main sponsor The Tatler Jack, the business firms who had sponsored the teams, those who had made food available and the members of the course committee including the FAS workers who had the course in perfect condition for the event. The chairman also thanked the musicians present and wished James Cahill (a brother in law) to the Kelly family a speedy recovery from a recent accident. In reply Patrick O'Sullivan stated that he was glad to be associated with this annual event and Donie Kelly on behalf of the Kelly family thanked those who had played in the event in remembrance of his late brother

Ricky

RESULTS: Overall Nett James Fleming, Creagh Courtney, and Philip O'Connor (63), Gross John McGrath, David Moloney and David McIndoe (82). Second Nett Aidan O'Keeffe Kieran O'Keeffe and Niall O'Mara(64), Mixed Nett Damian Fleming, David O'Donnell and Sharon Fleming (66 2/3rd), Non Members Prize Colm Cooper, Jamie Doolan and Shane Doolan (64 1/3rd)

SUNDAY MORNING COMPETITION: A competition will be played on this Sunday morning. Details by text later in the week.

CAPTAINS PRIZE: Captains Sheila O'Donoghue and John McGrath have arranged to have their prize played on Saturday August 6th commencing at 5-30pm

SENIORS OUTING: Next seniors Outing will be to Deerpark on Wednesday August 3rd 10.15 am.

DR CROKES GAA CLUB GOLF SOCIETY

CAPTAINS PRIZE OUTING AT KILLEEN

Winner of Peter O'Brien's Prize Harry O'Neill (11) 37 Pts.

2nd Shane Horgan (3) 37 pts.

3rd Frank Shaw (5) 36 pts.

4th Steve McCarthy (12) 36 pts.

5th Brendan Keogh (8) 35 pts.

6th John Brosnan (5) 35 pts.

Category 1

1st Peter McEnery (11) 33 pts.

2nd Denis Coleman (7) 33 pts.

Category 2

1st Paul Downey (17) 33 pts.

2nd John O'Leary (16) 31 pts.

Past Captain Vince Casey (15) 29 pts.

Front Nine Brian Clarke (10) 18 pts.

Back Nine James Arthur (10) 19 pts.

Guest Prize Connie Moriarty (13) 39 pts.



MARY O'ROURKE LADY CAPTAIN KILLARNEY GOLF CLUB PRESENTING HER LADY CAPTAIN'S PRIZE TO MEN'S WINNER IAN PENDERGAST WITH (FRONT) MARK TUITE 3RD, LIAM HARTNETT CAPTAIN (BACK FROM LEFT) PRIZEWINNERS ERIC DUNLEA BEST GROSS, FERGUS HOULIHAN, MUIRIS HEALY, SEAN GOULDING AND ARTHUR HANLEY CLUB PRESIDENT AT KILLARNEY GOLF CLUB ON SUNDAY.



MARY O'ROURKE LADY CAPTAIN KILLARNEY GOLF CLUB (CENTRE) PRESENTING HER LADY CAPTAIN'S PRIZE TO WINNER MARGARET CURTIN WITH (FRONT FROM LEFT) KELLY BROTHERTON BEST GROSS, BRIDIE DOYLE 2ND, MARIAN O'REILLY 3RD, CORRINA GRIFFIN 4TH, BREDIA DUGGAN PAST LADY CAPTAIN (BACK FROM LEFT) NUALA MEADE 5TH, SHEILA CROWLEY 6TH, MAURA FITZGERALD 7TH, SIOBHAN BROSNAN 8TH, DEIRDRE PENDERGAST 9TH, ALICIA BURKE 11TH, KATHLEEN BROSNAN 13TH, HELEN HOWARD FRONT NINE, CLARE BOWLER BACK NINE AND CLAIRE COLEMAN BEST 36 AT KILLARNEY GOLF CLUB ON SUNDAY.



We have been looking at self-esteem for the past two weeks, and we spoke about the relationship between parents and children and how to build self-esteem. This article focuses on a crucial element involved in all relationships which is trust.

All of us have some idea of the meaning of trust in an emotional sense, I trust my mother meaning I can rely on her or my friend is trustworthy, I can share personal information and he does not tell everyone. In psychological terms trust is believing that the person who is trusted will do what is expected, and this starts in the family and grows to others. Erik Erikson, a developmental psychologist, helped understand human behaviour by describing trust as the very first relationship building block that develops over the first two years of life. If this is successfully done by the primary caretakers of a child by being consistent, reliable and caring then security, trust and optimism develop in the child. If this is not done successfully it can lead to children feeling insecure and mistrustful making it difficult for the child to bond with family members and later in life with friends and intimate relationships. Barbara Miztal, in her book *Trust in Modern Societies*, points out three basic things that trust does in the lives of people. It makes social life predictable, it creates a sense of community, and it makes it easier for people to work together.

As a counselling centre we are witness to the breakdown of trust in relationships, sometimes from early childhood due to a number of reasons often in circumstances outside of their control, sometimes the trust was broken in later life in an adult relationship, and at times people experience a breakdown of trust with financial situations. The Centre offers a trusting space to explore these feelings and to work through the trust being broken. In order for a good working relationship to ensue trust is at the core of the counselling process. We ask that you trust us as a charity as well.

As a Charity we are appalled by the recent revelations relating to the abuse of charitable funds and lack of governance in evidence in the high profile case currently in the media. Charities have been let down badly by the dreadful actions of a few individuals. We would like to take this opportunity to state that we strive to apply the highest standards of governance in our work, and we have committed to adopting the Governance Code for Community, Voluntary and Charitable Organisations. In addition, we publish our fully audited annual accounts and annual report on our website. We profoundly value the trust placed in us by our clients and the community.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie.

Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com



To make an appointment call 064 6636416/064 66364100

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



Know Your Rights: PRE-SCHOOL EDUCATION FOR CHILDREN WITH DISABILITIES

QUESTION

My child is almost three years old and has a disability. Will he be able to access the free Early Childhood Care and Education (ECCE) year?

ANSWER

Yes, he will. A new programme – the Access and Inclusion Model (AIM) – was launched on 15 June 2016 for enrolments in September 2016. AIM ensures that supports are available for children with special needs so they can fully benefit from the free pre-school year in mainstream pre-schools.

AIM is a child-centred model, involving seven levels of progressive support which offer tailored, practical supports based on the needs of the child and the pre-school provider. It does not require a formal diagnosis of disability.

Levels 1–3 provide universal supports designed to promote and support an inclusive culture in pre-schools. If a pre-school provider and a parent think that additional support may be needed to meet the needs of a particular child, they can apply for additional targeted supports under levels 4–7 of the model. These targeted supports include expert early childhood care and educational advice and mentoring (level 4), specialised equipment, appliances and minor alterations (level 5), therapeutic supports (level 6) or additional capitation to fund extra assistance in the ECCE pre-school room (level 7).

You access AIM supports through your pre-school service provider. If you have not identified a suitable pre-school for your child, your local City or County Childcare Committee will be able to help you. When you have identified a pre-school for your child, your service provider will consider, in consultation with you, what supports may be needed to ensure that your child can participate fully in pre-school. Applications for supports under AIM are made by the service provider via the Pobal website. Pobal are the current administrators of the ECCE programme so your service provider will be familiar with the Pobal website. The application process is now open and will remain open throughout the year.

For advice and support from the Early Years Specialist Service (Access and Inclusion) you can contact (01) 511 7222 or e-mail: onlinesupport@pobal.ie

Further information is available from the Citizens Information Centre below.

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

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



LEGION GAA NOTES

SENIORS: COUNTY LEAGUE:
MILLTOWN-CASTLEMAINE 0-10
KILLARNEY LEGION 0-9.

LADIES FINAL: Many thanks to the Kerry Ladies County Board for their kind words following the Munster Final, which was played in Derreen two weeks ago. It was a great honour to host such a big game and we wish both Cork and Kerry all the best for the rest of the season.

U-14 BOYS: Well done to our U-14 boys who qualified for the final of Division 1 of the East Kerry League with a great win over Firies. Final score: Killarney Legion 4-14 Firies 3-12.

LADIES: Congratulations to the senior ladies who beat Fossa in the County League and also to the U-13 team who had a good win over Laune Rangers in the Club Championship.

KERRY U-16 LADIES: Well done to Ciara Randles and the Kerry U-16 girls who have once again qualified for the All-Ireland Final following a comprehensive win over Mayo in Birr.

SUMMER CAMP: With just two weeks to go until our summer camp places are still available and can be booked with Maura in the club shop on Saturday mornings.

The Saturday morning Academy will continue to run until July 30th.

GARDA VETTING: Anyone who still needs to be vetted can contact Christina Tangney

via email at christina.tangney@mycit.ie or alternatively at 086 1925549.

LOTTO: Winning numbers: 4, 12, 19, 24. No winner. Lucky Dip (€50): Brendan Kissane (c/o Nora), Pide Nofla, Ena & Mary (c/o Mike Murphy), Dermot O'Connor (47 O'Kelly's Villas), Donie O'Leary (21 St Brendan's).

If you're interested in selling some lotto tickets to help raise vital funds for the club, please contact Seánie Culloty at 087 2225325. Also if you'd like to avail of our Easy Pay system to automatically enter your lotto numbers every week, forms are available from Seánie, Maura McCarthy, Paul Trant, Dan Murphy, Kevin Griffin or any lotto committee member.

LISTRY GAA

WEEKLY LOTTO: Results: Sunday 17th July, 2016. Winning Numbers 4, 13, 14, 17.

Jackpot €5,150 Not Won

Draw Entrant Eamon Courtney, Coolbane

Jackpot next week Sunday 24th July €5,300

SENIOR COUNTY LEAGUE: Next weekend Listry Seniors are away v St Michaels Foilmore in County League. All support welcome.

O'SULLIVAN CUP SEMI FINAL: This will take place on Tuesday July 26th at home v winners of Glenfesk and Firies at 7pm. Please support.

U10S: Listry U10s travelled to Glencar last Friday to take on Glenbeigh Glencar in Lickeen Pitch. We fielded 2 teams. Both acquitted

themselves very well and all enjoyed the trip to Glencar. Well done to all concerned.

U16S: On Wednesday the 13th July in Willie Walsh park in Knocknagoshel, Keel/Listry U-16s played Knocknagoshel/Brosna/Duagh in the first round of the Co. league. The score at half time was Keel/Listry 0-7 Knock/B/Duagh 1-5. A point down at half time and our boys knew they were in a battle. All the team responded well in the second half, we were more tenacious in the tackle and supported each other going forward. The final score was Knock/Brosna/Duagh 1-9 Keel/Listry 1-10. Hard luck to K/B/D and best of luck in the rest of the league. Well done to our boys, good team play and good discipline. We were missing Seán Evans (injured), Colin Foley (injured) and Gearóid Murphy (holidays), a lot of boys ended up in different positions and everybody reacted well to the new surroundings. Thanks boys and thank you to all the parents for supporting the boys.

LISTRY GAA SUMMER CAMP: This year's Summer Camp kindly sponsored by the Dungeon Bookshop will run from Tuesday August 2nd to Friday August 5th from 10am to 1pm. Children must have a year done in school in order to attend the camp. For further details contact Fergus Clifford on 087 970 3274.

FAILTE IS FEILE: Open Air Ceili will take place on Sunday 31st July from 3pm to 6pm at Killarney Country Club, Faha with music by Jerry McCarthy & Autumn Gold.

KEANES SUPERVALU KILLORGLIN MINOR FOOTBALL CHAMPIONSHIP

Three Round 2 (Losers Round) games were played on Tuesday evening of last week with the following results:

Firies 2-10 Shannon Rgs 2-8

Feale Rangers 3-12 St Kierans 1-10

Kenmare Dist 3-15 South Kerry 3-14

Two games in Round 3 were then played on Thursday and Friday of last week.

West Kerry defeated Kerins O'Rahillys by 1-17 to 1-6 and Mid Kerry defeated Austin Stacks 4-10 to 1-11. The third game, between Dingle and Firies was postponed due to a bereavement. The Draw for the Quarter Finals was made on Radio Kerry's Terrace Talk programme on Monday evening in the presence of sponsor, Peter Keane of Keanes Supervalu Killorglin, and Christy Kileen, Runaí of the County CCC. The Draw resulted in the following pairings with first named having home venue: Mid Kerry V Kenmare District; East Kerry V Dr Crokes; St Brendans V Feale Rangers and West Kerry V Dingle or Firies. The Round 3 back-game between Dingle and Firies will be played on Tuesday August 2nd in Dingle and three of the remaining quarter finals will be played on Wednesday August 3rd. The fourth quarter final between West Kerry and the winners of the Dingle/Firies game will be played on Friday August 5th.

ACORN LIFE UNDER 21 CHAMPIONSHIP

SEMI FINAL: On a night borrowed from winter, a physically stronger Dingle outfit overcame a youthful Dr Crokes fifteen to advance to the Acorn Life Under 21 Championship final at Strand Road on Thursday evening of last week on a 1-12 to 0-5 scoreline. The winners, with wind advantage, got into their stride right from the throw-in, were seven points to the good at half time, and once they got the only goal of the game soon after the restart courtesy of their top scorer Cathal Bambury, there was only going to be one winner. Dingle, with a side built on the successful minor county title winning sides of the past two years have a strong outfit with players such as Barry O'Sullivan, the two Tom O'Sullivans, Mark O'Connor, Conor Geaney and Cathal Bambury, to name but a few, available to them. Their opponents in the final will be either St Kierans or Kenmare District who meet in the other semi final on Wednesday 27th July next in Killorglin at 7pm. St Kierans defeated Kenmare District by 1-17 to 2-9 in a delayed Round 2 game on Thursday last.

CREDIT UNION SENIOR FOOTBALL LEAGUE: A full round of fixtures took place in Round 8 of the Credit Union Senior Football League last weekend although unfortunately the Listry v Emmets game was brought to a premature end due to a serious injury received by Listry player Gary O'Sullivan. We all wish Gary a full and

speedy recovery. Round 9 of the League takes place this coming weekend and there is no doubt but the positions at the top and bottom of the League tables are hotting up given that Round 10 of the League on August 14 will be the penultimate Round of the competition. Indeed the next few weeks are going to be pretty busy ones for some clubs who are involved in back games. For some reason or other, some clubs have more than one back game to play and of course, ideally, all back games should be played before Round 10 but that will not be possible in all instances. Among the back games fixed are the following; In Division 1 Austin Stacks and Kerins O'Rahillys on August 6th; In Division 2, An Ghaeltacht V Listry on 5th August, An Ghaeltacht V Emmets on August 20th, Emmets V Finuge on August 24th and Spa V Finuge a revised Round 9 game that has yet to be rescheduled; In Division 3 Annascaul and Dromid Pearses on July 29th, Gneeveguilla V St Pats on July 30th, and Gneeveguilla V Dromid Pearses on August 20th; In Division 4, Lispolie V Valentia on July 30th, Valentia V Renard on August 6th, Scartaglen V Valentia on August 20th; and finally in Division 5, Rathmore V Ballylongford on July 31st, Sneem/Derrynane V Knocknagoshel on August 20th and finally Sneem/Derrynane and Ballyduff which has yet to be scheduled.



GNEEVGUILLA GAA

GNEEVGUILLA GAA LOTTO NUMBERS: 2, 15, 18, 28. No jackpot winner next weeks jackpot €12,400.

WELL DONE: To all those who took part and organised the Dylan Crowley Tournament last weekend.

Gneeveguilla gaa are launching a first of a kind fundraising event next Tuesday at 7.30 in Gneeveguilla Gaa grounds. We will be raffling of a cow box trailer valued at over €3000. We are doing serious upgrades to our field our car park and fencing all around the field. Tickets for the trailer are priced at €5 for 1 and €20 for a book of 5.

We will be holding our very successful yearly carnival weeknd on the first weekend in September.

GNEEVGUILLA SENIORS: At home to Ardferth this weekend.

Gneeveguilla seniors were defeated by a point against Keel on Sunday.

Thanks to everyone who travelled in such large numbers.

FIRIES COISTE NA NÓG NOTES

U11 BOYS: Firies U11 team made the journey to Gneeveguilla for the annual Dylan Crowley Memorial Tournament. Firies were drawn in a tough group that included Killarney Legion, Currow, Glenflesk and Rathmore with the top three teams qualifying for their respective finals. The first game saw Firies take on Legion. After a bright start, Firies stormed ahead but 2 goals before half time brought Legion level. At the start of the second half Legion pushed a further 4 points ahead but Firies never gave up and a goal and a point near the end saw both teams share the points.

Firies were up against local rivals Currow in the next match. Playing against a strong breeze, Firies found themselves trailing by 3 at half time but a strong second half performance and good use of the wind saw Firies winning by 6 points. After a long break and a few creamy buns, Firies restarted their mission with a tough game against Glenflesk. This was a tough match in very wet and windy conditions. Aided by the strong wind Firies probably didn't make enough use of it and the teams were level at half time. Faced with an uphill struggle our lads tried very hard but eventually fell short by 5 points.

Our final group game was against a much-fancied Rathmore team who had beaten all other teams in the group. Firies had to get a result in this game to qualify out of the group. A loss would mean a play-off with Legion who watched the game eagerly. Fair play to our boys who played their best football of the tournament. They moved the ball fast and wide against a much more physical side. There was never a doubt who was going to win this match as Firies led by 7 at half time and eventually

won by 9. What a great win when their backs were against the wall.

Firies finished 3rd in their group just a point behind both Rathmore and Glenflesk qualifying for the division 3 final against Dromtariff. Firies got onto their stride very fast and led by 1-05 to 0-03 at half time. This lead was cut to 2 points shortly after the break as the momentum swung the Cork boy's way. Firies dug deep and lifted the bar again and despite conceding a last minute goal, Firies won by 2-09 to 2-05.

Well done to all for a magnificent team performance, with a noteworthy thanks to our coaches and mentors.

SATURDAY MORNING TRAINING

ACADEMY U6, U8 AND U10: Despite the recent abysmal conditions, our academy is still very much operational on Saturdays mornings. We are hoping that the July sun will make a welcome return. The Academy is scheduled to take place this Saturday, 23rd July at 10:30am in Pairc Eamonn. If it is a case that conditions are not favourable, every effort will be made to notify the groups. Check out our Facebook page or twitter handle.

CUL CAMPS: Well done to all the boys and girls from Firies GAA who took part in the recent Cul Camps in Pairc Eamonn, Farranfore. What a week of activity and fun was had, while helping to make superstars of the future.

CONDOLENCES: On behalf of Firies GAA club and Firies Coiste na nÓg and, we would like to offer our sincere sympathies and condolences to the family of the late Denis O'Sullivan, Rathbeg, Firies. Ar dheis Dé go raibh a h'anam, may he rest in peace.

EAST KERRY NOTES

AQUILA CLUB FR GALVIN CUP, INTERMEDIATE CHAMPIONSHIP

FOSSA 2-14 SCARTAGLEN 1-3: Fossa progressed to the Final of the Fr Galvin Cup, Intermediate Championship, sponsored by the Aquila Club, Gleneagle Hotel, with victory against Scartaglen, in Fossa. Fossa opened strongly, when Tadhg O'Shea took a precision pass from Mikey O'Shea and rattled the net three minutes into the game. The home side dominated and were denied a goal when the Scartaglen keeper made a great save from a point blank range. Scartaglen settled, scoring a pointed free before Brian Hanrahan rounded the keeper to goal on the twelfth minute. However, Fossa equalised with a Mike O'Keeffe point from play fourteen minutes into the game, 1-1 a piece. The home side pulled ahead in the second quarter with six unanswered points, 4 frees by Tadhg O'Shea and 2 by captain Domnhaill O'Sullivan. Half time score: Fossa 1-7 Scartaglen 1-1.

Fossa dominated the scoring in second half, notched up two points without reply and put the result beyond doubt when Tadhg O'Shea converted a penalty on the sixth minute, 2-9 to 1-1. Scartaglen pressed forward repeatedly, but the Fossa defence was strong. There were

a scatter of points, with Tadhg O'Shea pointing frees from distance and difficult angles, Domnhaill O'Sullivan and Kevin McCarthy on target for the home side. Mike Horan and Denis Lenihan pointed frees for Scartaglen and the visitors keeper made a great save, again denying the home side a goal. Fossa ran out winners on a final score of Fossa 2-14 Scartaglen 1-3. The man of the match award was presented to Fossa's Daniel O'Keeffe by East Kerry Committee Chairman Tim Ryan.

Referee: Tom Moriarty (Killarney Legion)

KILLARNEY FURNITURE & CARPET CENTRE O'SULLIVAN CUP, JUNIOR CHAMPIONSHIP

SPA 2-17 GNEEVGUILLA 2-11: A most entertaining quarter final sees Spa through to the semi final of the Killarney Furniture & Carpet Centre East Kerry Junior Championship, O'Sullivan Cup competition. Only 3 points separated the teams at the quarter, half and three quarters stages but a stronger scoring finish saw Spa six points clear at full time. Gneeveguilla will rue their inaccuracy in front of goals, putting 9 balls wide to Spa's 2. During the first quarter, Spa's Jamie and David Spillane, Shane Fenton, Evan and Cormac Cronin registered 0-5 while Padraig Doyle and Con Buckley kept Gneeveguilla in touch with 0-2. The second quarter saw the pace and intensity increase featuring 3 goals. Centre-forward Jamie Spillane set up centre-back David Spillane for the game's first goal. Within 2 minutes, a great passing movement had Ciaran Spillane and Evan Cronin provide the foundation for a great goal by David Spillane which saw Spa lead 2-6 to 0-5. However, the Gneeveguilla response was immediate. From the Spa kickoff, Mike S. Murphy took possession, Shane O'Sullivan carried down the left wing and slipped a neat pass to the in rushing Mike B. Murphy, who send a rasper to the net - 3 great goals in the space of 3 minutes. Mike S Murphy landed the final point to leave the half time score Spa 2-6 Gneeveguilla 1-6. The gap oscillated between 2 and 4 points for most of the third quarter by which time Spa led 2-11 to 2-8 - the Gneeveguilla goal started by Mike S Murphy and finished to the net by Donal Murphy. That goal inspired Gneeveguilla. Con Buckley and Padraig Doyle added points, 2-11 to 2-10 in Spa's favour with 10 minutes left. However, Spa found another gear and shot over 6 unanswered points from Evan Cronin (0-2), Ayden Mulvaney, Jamie Spillane (0-2) and Ryan O'Carroll. Gneeveguilla's Con Buckley had a consolation point to leave the score at the end Spa 2-17 Gneeveguilla 2-11.

THE TATLER JACK EAST REGION MINOR LEAGUE

SPA 2-09 RATHMORE 0-09: Spa hosted Rathmore in round 3 of the Tatler Jack East Region Minor League, Division 2. Played in wet and windy conditions last Thursday, the homeside secured their league victory with a late goal. Spa had the better start to the game and with Eoin Carroll, David Spillane, Micheál



Kearney (2), Mikey Aherne and Dion Marcos on target, they led 0-6 to 0-3 at the break. The Rathmore points from Trevor Cremin, Cian Jenkins and Donal Moynihan. On the restart, Rathmore were attacking right from the off and Spa's Colm Hickey in goals pulled off a super save, to deny the visitors. Mikey Moynihan pointed for Spa but then Rathmore's Donal Moynihan hit over 3 in a row and Anthony Darmody pointed to draw level at the end of the third quarter 0-7 each. Gary Vaughan rattled the net for Spa followed by points from David Spillane and Mikey Moynihan. However, Rathmore kept chasing and two points from Sean Cronin made it 1-9 to 0-9 as the game was coming to a close. A late goal from Dion Marcos secured the Spa victory. Final score: Spa 2-9 Rathmore 0-9.

EAST REGION U14 LEAGUE: The MD O'Shea East Region U14 League Finals, are on Sunday and Monday, with Killarney Legion (Division 1), Furies (Division 2), Fossa (Division 3) and Beaufort (Division 4) through to the finals. There are two play offs to determine the remaining finalists - Rathmore V Dr Crokes, for Division 1 and 2 finals. There is a three way play off for the Division 3 and 4 finals, involving Kenmare, Kilcummin and Currow. Currow won their game against Kenmare who play Kilcummin. Winners of advance to the finals. Results from the group phase will be used, if necessary, to determine finalists. The Division 1 and 3 finals are on Sunday; Division 2 and 4 finals are on Monday. Venue: Fitzgerald Stadium.

EAST REGION U11 GO GAMES: The MD O'Shea East Region U11 Go Games, start on Sunday at 12 noon. The groups are: Division 1: Fossa, Kilcummin, Kenmare, Glenflesk, Rathmore. Division 2: Legion, Dr Crokes, Furies, Spa, Beaufort. Division 3: Currow, Gneeveguilla, Kilgarvan, Cordal/Scartaglen, Listry/Keel.

EAST KERRY COMMITTEE (DELEGATES) MEETING: The July meeting of the East Kerry Committee (Delegates) is on Tuesday, 26th July at 9pm in the Killarney Heights Hotel.

SYMPATHY: We extend sympathy on the passing away of Denis O'Sullivan, Furies, to his wife Noreen, son James O'Sullivan, East Kerry Referee and formerly delegate, all the family, relatives and friends and Furies C.L.G. Ar dheis Dé go raibh a anam dílis.

FIXTURES: Tuesday 26th July 2016 at 7pm Killarney Carpet & Furniture Centre O'Sullivan Cup East Kerry Junior Championship Semi Final, Spa V Dr Crokes, Listry V winners Glenflesk/Furies. Extra time if necessary MD O'Shea East Region U14 League Monday 25th July 2016 at 7pm. First named team has home venue. Round 7 – Group C Glenflesk V Dr Crokes B, Kilgarvan-Tuosist V Spa Cordal-scartaglen V Furies B, Beaufort B - Bye



THE UNDER 16 KEEL LISTRY TEAM WHO PLAYED KNOCKNAGOSHEL BROSNA DUAGH ON JULY 13TH.

DR. CROKES GAA NOTES COUNTY LEAGUE ROUND 8 DIVISION 1 GLENBEIGH/GLENCAR 0-11 DR CROKES

0-10: In a game in which we failed for the most part to break down a well marshalled Glenbeigh/Glencar defence we ended up with our first defeat in this years competition. We had more wides in this game than we usually have but some of them resulted in poor shot selection. I do however feel that the home team deserved to win even though we could have got a draw out of it as the teams were level going into injury time. We have however everything to play for in the competition as we are still joint leaders.

The teams exchanged points on several occasions in the first half and were level after 20 minutes at five points each. Our opponents had a great last ten minutes to the half, scoring three points without reply. This put them 0-8 to 0-5 in front at half time. Glenbeigh went a further point ahead in the 35th minute. We were well on top in the next fifteen minutes and four points without reply gave us equality with ten minutes to go. The locals went a point ahead in the 53rd minute. A few minutes later our keeper Shane Murphy had the point of the game to equalise, a free from well outside the opposition fifty hard line. Glenbeigh/Glencar however struck for the winning point in injury time from a few by Gavin O'Grady who was unerringly accurate throughout the game.

All is still to play for as we face the last three games in the competition. I'm sure every effort will be made to ensure that we reach the Final of this League and retain the Trophy. The old cliché that you learn more from defeat than victory might be relevant to us as we prepare for the remainder of this competition and the other Championships we are engaged in.

UNDER 11 LEAGUE: Next game will be played Sunday 24th of July at 12 noon against Furies.

UNDER 16 COUNTY LEAGUE: The Under 16's had an impressive win over Furies on Wednesday evening in Lewis Road. A goal

separated the sides in the end, 1-12 to 1-9.

JUVENILE HURLING - UNDER 8'S: A number of Go Games Blitzes for Under 8's in the South Kerry region have been scheduled over the summer. These games are a great way for the juveniles to put the skills they've learned in the Academies into practice.

SHAVE FOR AMY: Amy is a 9 year old Dr Crokes Footballer who is currently battling against a serious illness. Her dad, Brendan, is a very active coach at underage and senior football in the ladies section of our club. Brendan works in the post office and in the Killarney Fire Station. A fundraiser, to assist Amy and her family with ongoing expenses associated with her treatment programme, will take place on Friday next July 22nd in Kieran O'Leary's K-Town Bar at 8.00 p.m. This fundraiser, run by members of the Fire Station, members of the Post Office, members of Dr Crokes and other friends will require our club to sell tickets for the night (€10), provide a number (6) of our members who will volunteer to have their head shaved, beard shaved (or maybe ladies to have their legs waxed), and provide a number of spot prizes for the night. Tickets are available from the Kerry GAA Store, the Tatler Jack, from team managers and from the Club Secretary Paul or Chairperson Denis. This is a cause that everybody needs to row in behind. Please buy a ticket (even if you have no interest in going) or sell a ticket – our club has 500 tickets to sell over the next few days – time to #GetBehindTheBus.

AT THE RACES WITH DR. CROKES: Last Tuesday at Killarney Races was a night full of fun, frills and flocks!! The event kicked off with a champagne reception enjoyed by all, followed by a delicious buffet and a few winners thrown in for good measure. We were delighted to welcome Fashion Blogger, Laura MacSweeney, and Local DJ, Gavin O'Leary, who judged Best Dressed Lady (sponsored by MacBees) and Best Dressed Man (sponsored by Brian James) respectively. Laura chose the gorgeous Tatyana McGough as Best Dressed Lady while Gavin selected dapper corner back David O'Leary as Best Dressed Man. Once the races finished, the



entertainment started and guests danced the night away. Many thanks to all who came out and supported At The Races with Dr Crokes and a huge thank you all our sponsors for the runner up prizes.

RESULTS FROM BRITISH OPEN CHALLENGE:

1st Michael O'Shea, 2nd Peter O'Brien, 3rd Tony and Karl Mc Mahon, 4th David Moloney.

Best card 1 player missing Mike O'Connor.

Thanks to all who participated and looking forward to 2017 majors.

PETER O'BRIENS CAPTAINS DAY

The winners of today's Captains Prize outing in Killeen were as follows

1st Harry O'Neill (11) 37 Pts.

2nd Shane Horgan (3) 37pts.

3rd Frank Shaw (5) 36 Pts.

4th Steve McCarthy (12) 36 Pts.

5th Brendan Keogh (8) 35pts.

6th John Brosnan (5) 35 Pts.

Category 1

1st Peter McEnery (11) 33 Pts.

2nd Denis Coleman (7) 33pts.

Category 2

1st Paul Downey (17) 33 Pts.

2nd John O'Leary (16) 31 Pts.

Past Captain Vince Casey (15) 29 Pts.

Front Nine Brian Clarke (10) 18 Pts.

Back Nine James Arthur's (10) 19 Pts.

Guest Prize Connie Moriarty (13) 39 Pts.

DEEPEST SYMPATHIES:

Deepest Sympathies to Don Keogh former Dr Crokes player and his family on the death of his wife Máire RIP.

LOTTO: Lotto numbers on Sunday 17th of July 1, 8, 20, 22. Jackpot €6000 not won match 3 6 by €70. Next draw Sunday 24th of July in Speakeasy. Jackpot €6300.

DR. CROKES JUVENILE ACADEMY:

Dr. Crokes Boys U.11a (born 2005) commence the East Kerry U. 11 League this Sunday v Firies in the Crokes pitch. Could all Boys please be at the Crokes pitch for 11 A.M. The other teams in the group are Beaufort Legion and Spa. The main focus in this league is to give all the Boys game time and the Boys have fun playing with their friends.

Crokes U.6s, U.8s and U.10 boys continue their training for the next 2 Saturdays. We are trying to arrange an away game and bus trip for Saturday, July 30th. U. 8s and U. 10s boys details to follow; hope to see you all this Saturday. The Saturday Morning Academy will finish on July 30th and will resume in early September. The annual popular Dr. Crokes summer camp takes place in August. Details to follow.

SPA CLUB NOTES

SENIOR CO LEAGUE: SPA 3-12 ST MARY'S 1-17:

This was a cracking game from start to finish and a brilliant win for our senior team. Mike Stam O'Donoghue and Michael Foley opened the scoring before a St Mary's goal in the 6th minute. Evan Cronin replied in style when he buried the ball in the back of the



THE KERRY JUNIOR TEAM CELEBRATING THEIR MUNSTER FINAL VICTORY OVER CORK WILL BE HOPING TO CONTINUE ON THEIR WINNING WAYS WHEN THEY TAKE ON LANCASHIRE IN MANCHESTER AT THE WEEKEND.

net after a great move between Jamie Spillane and Mike Stam. Mike Stam tapped over another point before hitting a long high ball in towards the small square and Cormac Cronin knocked it down over the St Mary's keeper to make it 2-3 to 1-4 at the end of the first quarter. Mike Stam hit over another superb score before the break and at half time Spa led by the minimum Spa 2-4 St Mary's 1-6, with Spa clearing the goal line twice in the closing moments of the half. Mike Stam and Michael Foley swapped scores with St Mary's before the Caherciveen side started to dominate and by the end of the third quarter Spa were trailing 2-6 to 1-12. Two fine points from Mike Stam and Shane Cronin kept Spa fighting for scores before Shane Cronin worked the ball in to Mike McCarthy who blasted it to the back of the net to make it 3-8 to 1-13 with twelve minutes remaining. It was anyone's game in the final minutes but Spa held on to win out by the narrowest of margins. Final score Spa 3-12 St Mary's 1-17. Wishing our injured players a speedy recovery.

O'SULLIVAN CUP JUNIOR CHAMPIONSHIP QF: SPA 2-17 GNEEVIGUILLA 2-11:

Spa had the better play in the first half and with points from Jamie Spillane, David Spillane, Evan Cronin, Shane Fenton and Cormac Cronin (2), they raced into an early 0-6 to 0-4 lead. Jamie Spillane set up Ciaran Spillane for our first goal before Evan Cronin passed in to David Spillane for a second green flag, and by half time our juniors were ahead 2-6 to 1-6. Spa dominated play in the third quarter with Evan Cronin (3), Eoin Fitzgerald and Cormac Cronin all on target. Gneeviguilla however brought the game to within a point but Spa held on with points from Evan Cronin (2), Aydan Mulvaney, Jamie Spillane (2) and Ryan O'Carroll to finish 2-17 to 2-11. We now meet Dr Crokes in the semi finals.

EAST KERRY MINOR LEAGUE RD 2:

SPA 2-9 RATHMORE 0-9: Wet and windy conditions in Spa as the homeside secured their league victory with a late goal. Spa had the better start to the game and with Eoin Carroll, David Spillane, Micheál Kearney (2), Mikey Aherne and Dion Marcos on target, they led 0-6 to 0-3 at the break. Rathmore were on the attack right from the restart and Colm Hickey in goals had to pull off a super save. Mikey Moynihan pointed for Spa but Rathmore drew level at the end of the third quarter 0-7 each. Gary Vaughan rattled the net for Spa followed by points from David Spillane and Mikey Moynihan making it 1-9 to 0-9 as the game was coming to a close. A late goal from Dion Marcos secured the Spa victory.

COISTE NA NOG

Training times

U6/8 Boys Saturday 11.30am.

U10 Boys Saturday 11.30am.

U12 Boys Saturday 11.30am.

U14 Boys-no training this week.

U6/8/10 Girls Wednesday 5-6pm.

U12/U14 Wednesday 6-7pm.

U14 BOYS: Spa were at home against a physically stronger Glenflesk team on Monday night, where the visitors to the initiative from the throw in. Spa were missing a couple of regulars in the guise of Diarmuid Cahill and Oisín Walsh and took a while to settle. However, the home side fought back with Josh Moore working hard in defence. The industrious Ethan O'Neill covered a lot of ground in midfield picking out some nice passes for the inside forwards including being involved in the movement that led to a peach of a goal being scored by Craig McKensie Vass. However on the night Glenflesk closed the game out well and were well worth their win on the night. Spa play Beaufort away next Monday away.



U16 CO LEAGUE RD 1:

SPA 6-11 BEAUFORT 5-7: Spa played Beaufort at home last Wednesday night in the 1st Round of the County League. The boys in blue got off to a great start with a well taken goal by Cian Fahy. Evan Jones converted a penalty before the industrious Stephen McKenna scored a wonderful goal. The full back line of Jordan Leahy, James Lynch and Alan O'Sullivan were well on top in defence to ensure that Spa went in at half time leading by 4-6 to 1-2. On the resumption man of the match Gary Vaughan covered huge amounts of ground and continued to drive the team on by setting up some wonderful scores. Beaufort fought back bravely to narrow the gap but the Spa finished strongly on a winning score of 6-11 to 5-7. Spa play Beale away next Wednesday evening.

SENIOR LADIES CO LEAGUE

SPA 2-8 AUSTIN STACKS 5-12: Played in Connolly Park.

SENIOR LADIES JUNIOR B CHAMPIONSHIP:

SPA2-7 ANNASCAUL/CASTLEGREGORY

0-2: Played away last Saturday in Annascaul. Claire Moynihan had a great game scoring 1-3. Niamh Kearney was equally impressive with 1-1. A mixture of youth with experience proved a winning formula to reach the semi final stage. Cassandra Buckley 0-2 and Michaela O'Connor 0-1 finished off the scoring for Spa. Excellent on the night was Karol Fleming, Elizabeth Stack, Mairead Bennett and Saoirse Holland.

UPCOMING FIXTURES: O'Sullivan Cup East Kerry Junior Championship QF Spa v Dr Crokes fixed for Tuesday July 26th (time & venue tbc). Senior Ladies: Co League V Milltown Listry Sunday 24th at 12noon in Spa.

LOTTO: Numbers drawn in the Arbutus were 1, 9, 13, 22. No jackpot winner. Lucky dips Grainne O'Connor, Whitebridge Manor, Paul and Deirdre Mcentaggart, Ashgrove. Ann Mac, Tiernaboul. Karen Leane, Aghadoue. Next weeks draw in the Heights will be for €7200.

MILLTOWN CASTLEMAINE GAA NOTES

GAA LOTTO DRAW: The Lotto Jackpot Draw for €10,000 (generously sponsored by Mike O'Shea and sons - Builders - Farran) was held on Sunday night last - marking the 20th Anniversary of the lotto. The drawn numbers were 13, 14, 23(Match 3) and the bonus ball was 18. The jackpot was not won but we had 6 lucky consolation prize winners.

€50 each to: Tim O'Connor, Ross, Castlemaine and Arnold Castroverdi-Millbrook, Milltown.

€25 each to: James Courtney - Lissivane West, Ita O'Connor, Milltown, Patricia Foley, Beaufort, Paddy Bradley, Gortalea (Yearly Ticket).

Former Kerry footballer Darragh Ó Sé dropped by and signed jerseys - much to the delight of the young boys and girls. Gura míle to Darragh for taking time out of his busy schedule to

join us. Special thanks to Larkin's Bar and Restaurant - especially James and Caitriona, for their wonderful hospitality.

In appreciation for all their tremendous work and dedication to the GAA Lotto, presentations were made to Willie Hanafin - most successful ticket seller and to Timmy Teahan and Mike Carroll for their long standing service to both the lotto and the Milltown Castlemaine GAA Club.

SENIOR COUNTY LEAGUE: A pointed free in injury time secured Milltown Castlemaine's position in Division 1 of the County League for 2017. MC lined out without some of their regular team who were absent due to injury or other commitments. Equally their opponents Legion were without their county players - so the playing pitch was relatively level from the start. Legion were first out of the blocks with a pointed free from their number 7- Alan Moriarty in the 3rd minute. This was quickly followed by another point from their half forward- Billy McGuire. MC replied with a point from Cathal Moriarty in the 6th minute. Cathal O'Connor who started in place of Alan Looney, picked up from the kick out and placed a clever ball to Jeremiah Hayes who pointed off the left boot - leaving the sides level at two points each - after seven minutes of play. Legion replied immediately with a point from Jamie O'Sullivan and MC levelled matters again when Brendan Delaney set up a move with Shane Murphy who was then fouled. Cathal Moriarty slotted it between the posts. Both sides were guilty of many errors and turnovers - with MC losing out on two certain goal opportunities in the 15th and 16th minute, despite the tremendous efforts of Dónal Kelliher and Gavin Horan.

Legion were next to register a score by the way of 2 points(1 from play and 1 from a free) from David O'Sullivan. MC's goal scorer from last week's game was unlucky to slot a point wide of the posts in the 24th minute but the team continued to graft hard with David Roche, Mike Burke, Eoin O'Brien and Eoin O'Mahony playing some great football. Alas nothing was converted to a score. Legion had a chance of a score from a free just before half time but that went wide. The sides went in at the short whistle with Legion having a three point advantage .

Legion: six points, MC: three points. MC started the second half with great vigour and determination with the young Eoin O'Brien - continuing his impressive first half performance, slotting over a classy point off his left leg. Legion had a chance of a score from a free -but David O'Sullivan sent it wide. MC's free taker - Cathal Moriarty was in super form and split the posts with two pointed frees to level matters at six points all-after seven minutes of the second half. Some terrific defence by Damian Murphy, Paul Carroll and the Roche brothers kept the Legion forwards at bay. Legion introduced Mike O'Sullivan and Thomas Moriarty to boost their team but it was Cathal Moriarty who was next to score from a place kick - for a foul on David Roche. Legion/sub-

Thomas Moriarty levelled matters once again with a great point from play- quickly followed by another superb point from Legion's Jamie O'Sullivan. A pointed free from Cathal Moriarty levelled matters once again for the fourth time -at eight points all. Jeremiah Hayes made way for Pa Wrenn -as MC attempted to try and secure their Division One status. Heading into the last five minutes and the teams level - excitement and tension was building, with neither side wanting to concede a score. However MC were awarded a free for a foul on Paul Carroll. Cathal Moriarty stepped up but it dropped short and a goal was on -which would surely seal the day for MC. A point from Gavin Horan was the final outcome. Score now MC- 9 points , Legion -8 points and just 3 minutes left. A free to Legion was converted by Shaun Keane and matters were level once again in the 29th minute. Would there be another score in either team? Would it be Legion or MC for relegation ? In injury now, MC's Shane Murphy was awarded a free for a foul by Damien O' Sullivan. Cathal Moriarty kept his nerve and made no mistake -as he pointed to give MC a one point victory.

Final score: MC - 10 points, Legion-9 points. Well done to the MC panel and to Mike Hickey and his management team. Commiserations to Legion who fought right to the end.

Our seniors are at home on this Friday July 22nd to Kerins O'Rahilly's at 8 pm.

UNDER 16'S: Our under 16's had a victory over An Ghaeltacht last Wednesday. A last minute point saw Milltown Castlemaine win on a score line of 10 pts to 1-6. Well done to all.

RESULTS OF U12 ROUND 2: 'A' Competition - Milltown/Castlemaine 3-09 Laune Rangers Blue 5-15

'B' Competition- Glenbeigh/Glencar 0-05 Milltown/Castlemaine 3-06

Under 12's are away on Friday next with the 'A' playing Glenbeigh and the 'B' team taking on Laune Rangers .

MID KERRY JUNIOR LEAGUE FIXTURES: Tuesday 26th July in Rd 2, Glenbeigh/Glencar entertain Milltown/Castlemaine at 7 pm.

MID KERRY MINORS: Mid Kerry Minors had an victory over Austin Stacks on Friday evening - in the 'Keane's Supervalu' Minor County Football Championship. The final score was: Mid Kerry 4-10, Austin Stacks 1-1.

Well done to the Captain - Cormac Leane, Pádraig O'Brien, Ciarán O'Connor, Cain Bradley and Craig Counihan from our club and the entire panel of players .

KERRY U 16 GIRLS: Congratulations to Ciara Murphy, from our ladies club, who was part of the Kerry girls who qualified for the All Ireland Final. They had a comprehensive victory over Mayo on Wednesday last.

DEBUTANTES: Wishing all our footballers a wonderful time at their forthcoming debts.

SPEEDY RECOVERY: Our good wishes are extended to neighbouring club senior player -Gary O'Sullivan, who sustained a serious injury at a home game on Saturday evening last. We wish you a full and speedy recovery Gary.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 15/07/2016, numbers drawn were 15, 17, 28 & 30. Sellers prize winner: Shelia O'Donoghue, €50 Y/T prize winner: Timmie O'Connor Forge, €50 to Adam Warren Scrahanaville, €40 each to Denis Sheehan Killarney, Bertie Hickey Knocknagree & Seamus O'Brien Gneeveguilla. Bonus not won numbers drawn were 4, 10, 21 & 30. Next week's jackpot €12,800 plus €1,000 bonus.

SUMMER 1 MILER SERIES: The third leg of 1 mile series held in Knocknagree on Wednesday last again a big turnout. The following were winners in the categories **MEN:** John Barrett, Robert Purcell Snr, Eamonn O'Keeffe, Tim Long, Pat Cronin, Francis Cronin, Andrew Purcell, Jack O'Leary, Anthony Buckley, Donal Daly, Donal Burke, Pat Cronin, Oisín O'Leary, Jack Buckley, **FEMALE:** Shona O'Brien, Siobhan Daly, Caroline McCarthy, Katie Buckley, Caroline Murphy, Sadhbh O'Connor, Delia Foley, Clara O'Connor, Phyllis Carroll, Maeve Buckley, Una Thompson, Siobhan O'Connor, Kate Culloty. The fourth leg of the series is Wednesday 20th July in Ballydesmond, registration from 7.00 pm in Bobs Bar Ballydesmond.

NATIONAL LEAGUE DIV. 1: Held in Cork C.I.T, Mairead O'Neill won the hammer

NATIONAL CHAMPIONSHIPS: Day 2 & 3 of the U13 - U19 National Championships are on in Tullamore 23 & 24th July, best of luck to those from the club who are competing.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

Round two of the National League Track & Field Championships took place on Sunday 17th July in Cork. The Kerry Ladies team were in action in Division 1. The team which is made up of athletes from numerous clubs earned a total of 112 points adding to their 116 from the first round. This puts them in a great position going into finals which will be held in August. We had four from our club representing Kerry. Emma Prendiville in the 1500m Race Walk was 1st in a time of 5:51.21. Niamh de Hora in the 1500m distance finished 2nd in a time of 4:51.62. Leanne Cronin in the Discus finished in 2nd place with a throw of 25.36m and Elaina Norris in the Shot Putt finished in 4th place with a throw of 6.75m. We wish the Kerry ladies Team all the best in the finals.

ATHLETIC'S FIXTURES:

Saturday 23rd July - National Juvenile Track & Field C'ships Day2, Tullamore.

Sunday 24th July - National Juvenile Track & Field C'ships Day3, Tullamore.

Saturday 30th July - Munster Juvenile "B" Track & Field C'ships, Waterford RSC.

Sunday 31st July - Munster Senior & Masters Track & Field C'ships, Waterford RSC

Full details in Munster Athletics website.

Please contact club secretary in advance for registration

WORKMEN'S ROWING CLUB

TRAINING NEWS: Training continues as per coach's texts. Beginners rowing, U14 and U15 takes place at Reen Pier, Ross Castle every Saturday at 10am. With so many events taking place at this time of year, times are subject to change, but your coaches will advise of same. For further information regarding Beginners Rowing you can call Mary Burns on 086 8098182.

IRISH ROWING CHAMPIONSHIPS: This three day event took place all last weekend, from 15th to 17th July, at the National Rowing Centre, Iniscarra, Co. Cork. 52 clubs were represented with a total of 917 crews from all over Ireland. Thanks to everyone who helped out in any way... events like these don't just happen by accident and we thank all gave of their time & energy to make it possible.

All seventeen of our rowers participating, represented themselves and their club 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!

KENMARE GIG REGATTA: This event takes place this Sunday, starting 10am and we look forward to a great day out with plenty of races.

Irish Coastal Rowing Championships, Ballyshannon, August 10-15th

Training and preparations are in full swing for this upcoming event. Please make sure you have registered your availability to travel & compete, with Pauline.

BIRTHDAY GREETINGS: A very Happy Birthday to Roisin O'Hare - Doherty who celebrates her 18th this weekend.

FUNDRAISING 'BAG PACKING': Is on this Saturday 23rd July, at Tesco, Deerpark. Your support is greatly appreciated.

For a full list of upcoming rowing events and other information about the sport of rowing, please visit www.rowingireland.ie

Why not keep in touch with us by liking us on facebook: 'Workmen's Rowing Club'.

ST. BRENDAN'S ROWING CLUB

CLUB MEMBERS LOTTO: Congratulations to our winners of this weeks club lotto 1st place No.7 Fiona Dunne and 2nd place No.6 David Cahill

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

CONTACT: Any enquiries please contact Ciarán Cronin 086 038 0272. Nicola Morgan 086 079 8507.

Ciaran Sheehan 085 148 7743.

or email stbrendansrowingclub@gmail.com

FLESK VALLEY ROWING CLUB

With the dust finally settled on the Killarney Regatta. A great night was had at the Regatta Dance where the prize giving took place and the Novice Ladies collected a very special cup, The Patrick Fleming cup, named after our late great club man. The Club would like to thank the Victoria House Hotel and the Killarney Oaks Hotel for their support and sponsorship during the year.

The club are now turning its attention to the Gig and One Design with plenty of costal regattas ahead in the coming weeks. First up is the Kenmare Gig Regatta hosted by Kenmare Rowing and Boat club this Sunday 24th July commencing at 10am at The Pier in Kenmare. Best of luck to all crews.

SYMPATHY: Deepest Sympathies to the Leane family on the recent passing of Tess Leane (nee Evans), Tralee. Ar dheis Dé go raibh a h-anam

FOSSA ROWING CLUB

KILLARNEY REGATTA: Another very enjoyable day was had at the annual Killarney Regatta held at O'Mahoney's Point, Killarney Golf and Fishing Club. Well done to all crews that participated on the day as they did their club proud especially our Juvenile ladies- Ciara Griffin, Ellen Sheehan, Beth Coffey, Laura Whelton, Aoife and Sarah Doody coxed by Donal Daly and also our Senior Men - Mark Dennehy, Paddy Sheehan, Vincent Griffin, Paudie McCarthy, David Blennerhassett and John Allman coxed by Pat Tangney who bought home gold on the day. To our veteran ladies who bought home the third gold for Fossa which consisted of Teresa Wharton, Martina Counihan, Alison Coffey, Fiona Whelton, Kathleen and Eleanor O'Donoghue coxed by the one and only Raymond Coffey. The club would like to thank everyone who helped out on the day in anyway. Thanks to all those homebakers and sandwichmakers for the wide range of food available which was greatly appreciated. We would like to thank all the trainers for being on the water each evening with the crews on the run up to the regatta and to all our coxes on the day. A special word of thanks goes to all our supporters who came on the day to cheer us on and finally to Golden Nugget, Fossa for making us welcome afterwards.

BEST WISHES: The club would like to wish our club treasurer Angela a speedy recovery and hope to see you back with us very soon as you were sadly missed at this years Killarney Regatta

TRAINING: Training continues for the County Championship and the All Ireland Coastal Rowing Championships which will take place on August 12th-14th in Ballyshannon, Co. Donegal.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



ACORN LIFE U21 FOOTBALL CHAMPIONSHIP



ACORN LIFE UNDER 21 CHAMPIONSHIP SEMI FINAL

DR. CROKES 1-12

DINGLE 0-05

On a night borrowed from winter, a physically stronger Dingle outfit overcame a youthful Dr Crokes fifteen to advance to the Acorn Life Under 21 Championship final at Strand Road on Thursday evening of last week on a 1-12 to 0-5 scoreline. The winners, with wind advantage, got into their stride right from the throw-in, were seven points to the good at half time, and once they got the only goal of the

game soon after the restart courtesy of their top scorer Cathal Bambury, there was only going to be one winner. Dingle, with a side built on the successful minor county title winning sides of the past two years have a strong outfit with players such as Barry O'Sullivan, the two Tom O'Sullivans, Mark O'Connor, Conor Geaney and Cathal Bambury, to name but a few, available to them. Their opponents in the final will be either St Kierans or Kenmare District who meet in the other semi final on Wednesday 27th July next in Killorglin at 7pm. St Kierans defeated Kenmare District by 1-17 to 2-9 in a delayed Round 2 game on Thursday last.



JACK LINEHAN (DR CROKES) IN ACTION IN THE ACORN LIFE UNDER 21 FOOTBALL CHAMPIONSHIP SEMI FINAL AT KERINS O'RAHILLY'S.

EDUCATE.IE U14 COUNTY LEAGUE DIVISION 1 FINAL

RATHMORE 2-08

SOUTHERN GAELS 1-09

This game was dominated by the exceptional workrate of 7 county U14 players. It was Rathmore's Mary Collins opened the scoring in the 3rd minute from play and both of Ava O'Sullivan of Southern Gaels efforts went wide on their first attempt. Southern Gaels had several efforts thwarted by the Rathmore backs who were solid in defence in the opening quarter. The Gaels were very unlucky as Rachael Devane almost one on one with the Rathmore keeper and was blown for overcarrying and a Siofra O'Shea effort went just wide as the the Gaels were coming into the game, having plenty of possession, but couldn't convert. In the 10th minutes the Gaels Rachael Dwyer had her point blank shot stopped by Rathmore keeper for a 45 and nothing came from that. It was in the 16th minute that Southern gaels registered their first of the afternoon as Siofra O'Shea pointed from play. 3 more efforts from the Gaels were dealt with by the Rathmore keeper and it was in the 20th minutes that Southern Gaels went ahead as Maria O'Sullivan's effort sailed over. But Mary Collins cancelled out that lead as she pointed from a free and again she put Rathmore ahead 3 points to 2 with 5 remaining in the opening half. Southern gaels were again dealt a blow as Ava O'Sullivan was blown for overcarrying. Rathmore had 2 points and Southern gaels had one more before the short whistle and Rathmore lead 5 to 3 at half time. At the restart Rathmore's Danielle O'Leary worked her way through the Gaels defence and raised the green flag to now lead by 4. Rathmore applied pressure but 2 efforts from Maura O'Keefe and Alice O'Leary failed to extend their lead and Southern Gaels Siofra O'Shea and Maria O'Sullivan replied with 4 in as many minutes to level the game as they now have the wind advantage as are using it well. All square at the end of the third qtr 1-8

to 8.

Southern Gaels were using wind advantage as the found Ava O'Sullivan free who drilled it low to the net and Southern Gaels now lead by 3. But Rathmore from the kick out worked it well into an attacking formation and dropped it into the small square, and the Gaels keeper was dispossessed and a goal from a hand flick of Rathmore's Katie Galvin raised both the green flag and the tempo of the games, as the side were level with 10 remaining on the clock. Rathmore's Aoife Nagle and Caoimhe Dineen extended the Rathmore lead by two and Southern Gaels had two efforts go just wide of the posts.

Siofra O'Shea reduced the deficit to one as the Gaels went in search of an equalizer, but couldn't find the mark as Rathmore's defence stood solid. With time running out, Rathmore's Maura O'Keefe worked a ball out to Danielle O'Leary who pointed from a near impossible angle to register the last score of the game and Rathmore's 2 points advantage to win on a scoreline of Rathmore 2-08 Southern Gaels 1-9.



THE U14 EDUCATE.IE COUNTY LEAGUE DIVISION 1 FINAL CUP THE "DONAL CURTIN MEMORIAL CUP" WAS PRESENTED TO THE RATHMORE CAPTAIN MARY COLLINS BY HIS DONALS WIFE SHIELA, DAUGHTER MARIAH AND CHAIRMAN OF KERRY LADIES PADDY WHITE.

The U14 Educate.ie County league Division 1 Final Cup "Donal Curtin Memorial Cup" which was kindly donated in memory of the late Donal Curtin, (Former Chairman of Kerry Ladies Football LGFA) by his family and the Castleisland Desmonds LGFA club.



THE U14 EDUCATE.IE COUNTY LEAGUE DIVISION 1 CUP FINAL WINNERS RATHMORE CELEBRATE THEIR VICTORY OVER SOUTHERN GAELS

KERRY PLAYERS CALL UP

The Kerry Schoolboys Girls League is celebrating the call up of another two players to pull on the green of Ireland.

Sean Kennedy from Tralee Dynamos and Sean McGrath from The Park have been selected for the Irish squad that will take part in the Hibernian Cup in Dublin from August 14th.

They will face the Northern Ireland Dev Squad, Sunderland, Norwich, Glasgow, Nottingham Forest and the host club St Joseph's Boys.

KILLARNEY CELTIC NOTES

FAMILY FUN DAY: Killarney Celtic hosted a hugely successful Family Fun Day for Amy on Sunday. This included presentation of medals, barbecue, bouncing castle, bumper soccer.... loads of fun and games and plenty of sustenance! There was big applause for the U9 blitz as part of the day. A huge thank you to all participants.

RAFFLE WINNER: The raffle was magnificently supported and the winning ticket is orange ticket no. 386-390, would the owner contact an executive member or pm our facebook page to claim their prize?

STETSONS AND STILETTOS: Killarney Celtic in conjunction with the INEC are pleased to announce 'Stetsons and Stilettos' in the INEC on Friday, September 23rd, the ultimate Garth Brooks Experience featuring Trevor Smith and local artists. Tickets will shortly be available from all club members.



THE TATLER TOFFEE'S TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.

KILLARNEY CELTIC FOOTBALL FOR ALL

ALL: Killarney Celtic Football For All, Ireland's second best sports club, are currently selling tickets for the Irish Football National Draw, with over 2000 prizes including 4 new Ford Fiestas. Tickets are €10 each and available from any FFA club member; please support.

SOCCER TOTS: Our Soccer Tots Programme continues on Wednesdays at Celtic Park. All welcome.

LOTTO: Numbers drawn 4, 6, 7, 13. No winner, four x match 3, Donal O'Donoghue, Leibherr,

Lyno, Meg McCarthy, Robbie Ryan, €40 each. Next week's jackpot €2800, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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



THE MD O'SHEAS PARK ROAD TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.



THE MACKEY'S CREW 2 O-35 TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.



THE CRONIN'S TYRES, CASTLEMAINE TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.



THE FLESK RESTAURANT TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.

KILLARNEY ATHLETIC AFC 40TH ANNIVERSARY 7 A SIDE COMPETITION SPONSORED BY KILLARNEY CREDIT UNION

RESULTS

KILLARNEY CREDIT UNION KILLARNEY ATHLETIC 7 A SIDE

UNDERAGE TOURNAMENT

Under 10 & 12 Tournament

A great morning's soccer was had in Woodlawn on Saturday morning despite the weather. We had a thrilling final at under 10 level and equally as thrilling a final at under 12 level.

In the under 10's final we had Dab United v Kerryonians which went all the way to penalties. It was nil all after extra time and then on to penalties where the Kerryonians took the spoils on a 3 to 1 score line. The goalie for the Kerryonians Callum Cronin received man of the match award for his outstanding performance.

In the under 12's final we had JR Spares v Flesk Flyers in what can be only be described as a thriller. It was nil all at half time and just in to the second half Dyllan Roche had a screamer of a goal to put JR Spares in the lead. They kept on to the lead to the finish and the game ended 1 0 to JR Spares, with Dyllan Roche getting man of the match.

Well done to all the underage players who took part in the 7 A Side. You were a credit to your clubs, mentors and parents and the level of underage soccer was outstanding by all teams who participated. Thanks to our referees Liam & Kieran and to Lorraine & Toni who as always catered to our culinary needs. Also a big thank you to Pat Delaney from Killarney Credit Union who was on hand to present the medals to the winners and runner ups.



THE CHARLIE'S ANGELS TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.

RESULTS

Monday 18th July

U16 Beaufort GC Tim Jones Butchers

U16 Beaufort GC Killarney Wolves

Senior ¼ Final 15 Mins B The Speakeasy Charlie's Angels

Senior ¼ Final 15 Mins A Tattler Toffees The Failte

U16 Benteke Fried Chicken Killarney Wolves

U16 Benteke Fried Chicken Tim Jones Butchers
Senior ¼ Final 15 Mins D Flesk Restaurant M.D O'Sheas

Senior ¼ Final 15 Mins C Corcoran's Furniture Cronin's Tyres Castlemaine

Over 35 Semi Final Fleming's Taxis Mackey's

Crew 2

Tuesday 19th July

Premier Semi Final 20 Mins Tatler Toffees 1 Charlie's Angels 2.

Reserve Semi Final 15 Mins M.D. O'Sheas 0 The Fáilte 2.

U14 Semi Final Scotts Hammers 0

AC Me Rolling 1.

U16 Semi Final Boo Radley FC 0 Benteke Fried Chicken 2.

U16 Semi Final Beaufort GC 1 Freda's Boys FC 0.
Over 35 Semi Final Mackey's Crew 0 Tim Jones Butchers 1.

Wednesday 20th July

Reserve Semi Final 15 Mins Corcoran's Furniture 1 The Speakeasy-EZ 4.

Premier Semi Final 20 Mins Cronin's Tyres Castlemaine 6 Flesk Restaurant 1.

U14 Semi Final Banterlona 5 Bombers 0.

FIXTURES

Monday 25th July 2016

7.30 Premier Final (25 Mins) Cronin's Tyres Castlemaine v Charlie's Angels.

8.25 Reserve Final (20 Min) The Failte v The Speakeasy-EZ.

Tuesday 26th July 2016

6.45 U14 Final A C Rolling FC v Banterlona.

7.10 U16 Final Beaufort GC v Benteke Fried Chicken.

Wednesday 27th July 2016

7.00 Over 35 Final (12 min Fleming's Taxi v Tim Jones Butcher.



THE FAILTE TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.

Their Special Day



VALERIE TWOMEY AND BARRY LORDAN WHO GOT MARRIED IN CHRIST THE KING CHURCH, KNOCKNAGREE ON JULY 9TH AND HELD THEIR RECEPTION IN THE MALTON HOTEL, KILLARNEY.



PICTURED ARE LISA DOHERTY & JOSEPH MCCARTHY, WHO WERE MARRIED ON FRIDAY JULY 15TH IN GLENFLESK CHURCH AND HELD THEIR WEDDING RECEPTION AT THE DROMHALL HOTEL, KILLARNEY.

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PAY AND FILE EXTENSION DEADLINE FOR 2015 INCOME TAX RETURNS



Income tax returns for 2015 are due for filing by 31 October 2016. Taxpayers, who file their Form 11 income tax return for 2015 and make the appropriate payment for preliminary tax for 2016, and income tax balance due for 2015 through ROS, can avail of the extended deadline of 10 November 2016.

PAYE taxpayers who are required by Revenue to file a Form 12 for 2015 and who opt to use the 'e' version, the due date is also extended to 10 November 2016.

Beneficiaries who received gifts or inheritances with valuation dates in the year ended 31 August 2016 who make a CAT return and the appropriate payment through ROS, the due date is also extended to 10 November 2016.

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



THE ONE TO WATCH: EMMERDALE

It's a huge week in Emmerdale as the White family go to war with each other. With his marriage crumbling, Lawrence is hitting out while Bernice deals with her marriage break-down by hitting the bottle and bedding Andy. However, Chrissie learns about Andy's indiscretion and decides to use it against him when something unexpected occurs.

A shock shooting is set to rock the village later in the week as Lachlan shoots his own grandfather but it's Chrissie who steps up to protect her son and sets Andy up for the crime.

Elsewhere, Marlon and Carly sleep together, Gabby causes chaos and Moria confronts Holly's dealer.

THE BEST OF THE REST CORONATION STREET

Leanne has stomach pains leading to her being rushed to hospital by Michelle. Meanwhile Steve has a major dilemma. Later, in the week, Michelle tells Steve she wants to try for a baby.

EASTENDERS

The fallout from the shock death leads to Louise stepping up for her family. Billy receives a shock and the Mitchell family reach boiling pint.

HOME AND AWAY

Ricky and Nate call time on their marriage as Brax returns. With her true love back, Ricky decides to leave the Bay with him and baby Casey. Meanwhile, the Morgan family arrive in town made up of Tori's brothers Justin, Mason and Brody.



WISHING GOOD HEALTH TO KRIS KRISTOFFERSON

Kris Kristofferson, still singing and gorgeous at 80, is a Country Music Hall of Famer who ranks among the most versatile of American talents. He's been a Golden Gloves boxer, a Rhodes scholar, a college football player, an acclaimed actor, a military officer, a helicopter pilot, a Grammy-winner, a self-described screw-up and an icon. Kris and his wife Lisa were on tour in Great Britain and Ireland when they got the good news that he had been diagnosed with the disease. To say that being told that you have Lyme Disease is good news may seem strange and insensitive, but it was for the Kristofferson's as Kris had been misdiagnosed on several occasions over the past 12 years and treated for Fibromyalgia, moderate to severe sleep apnoea, having to take so much Advil for headaches that he got anaemic and was finally misdiagnosed with Alzheimer's by two different neurologists in the final three years before the correct diagnosis was made. Now with the proper treatment, the legendary country musician, singer and songwriter born on June 22, 1936 in Brownsville, Texas who has also acted in almost 100 different movies is back on the road, doing all the things he loves, and being his blazing, irreverent self again.

ADVICE FROM 104 YEAR OLD DOCTOR - CONTINUED FROM LAST WEEK

Dr. Shigeaki Hinohara was born in 1911, and is probably the world's oldest and longest-serving physician and educator. After World War II, he had the vision to establish a world class hospital and college, and today his St. Luke's International Hospital (Seiroka International Hospital) Tokyo and St. Luke's College of Nursing are the top medical organisations in Japan. The following is just some of Dr. Hinohara's advice:

- Always plan ahead, keep busy - There is no need to ever retire, but if one must, it should be a lot later than 65 - The current retirement age was set at 65 half a century ago, when the average life-expectancy in Japan was 68 years and only 125 Japanese people were over 100 years old. Now Japanese women live to be

around 86 and men 80, and 10 years ago we had 36,000 centenarians in our country Dr. Shigeaki Hinohara said.

- Share what you know. At the age of 94 Dr. Hinohara was giving 150 lectures a year, some for 100 elementary-school children, others for 4,500 business people. He usually spoke for 60 to 90 minutes, standing, to stay strong. At 104 he was still treating patients and teaching medical students.

- When a doctor recommends you take a test or have some surgery, ask whether the doctor would suggest that his or her spouse or children go through such a procedure. Dr. Hinohara added "Contrary to popular belief, doctors can't cure everyone. So why cause unnecessary pain with surgery? I think music and animal therapy can help more than most doctors imagine"

- To stay healthy, always take the stairs and carry your own stuff.

- Pain is mysterious, and having fun is the best way to forget it. "If a child has a toothache, and you start playing a game together, he or she immediately forgets the pain. Hospitals must cater to the basic need of patients: we all want to have fun. At St. Luke's we have music and animal therapies, and art classes.

- Don't be crazy about amassing material things. Remember: you don't know when your number is up, and you can't take it with you to the next place.

- Hospitals must be designed and prepared for major disasters, and they must accept every patient who appears at their doors.

"We designed St. Luke's so we can operate anywhere: in the basement, in the corridors, in the chapel. Most people thought I was crazy to prepare for a catastrophe, but on March 20, 1995, I was unfortunately proven right when members of the Aum Shinrikyu religious cult launched a terrorist attack in the Tokyo subway. We accepted 740 victims and in two hours figured out that it was sarin gas that had hit them. Sadly we lost one person, but we saved 739 lives. (Continued next week).

QUOTE

"You wouldn't worry so much about how others think of you if you realised how seldom they do" -Eleanor Roosevelt.

ON THIS DATE – 22ND JULY

1825 - Colonial Secretary Lord Bathurst wrote to Sir Peregrine Maitland, Lt Gov. of Upper Canada, authorising him to erect a parsonage in every parish, and to endow it with a land grant proportionate to its importance.

1890 - Rose Fitzgerald Kennedy, mother of President John F. Kennedy and senators Robert and Edward Kennedy, was born.

1917 - British bombed German lines at Ypres with 4,250,000 grenades.

1933 - American aviator Wiley Post completed the first solo flight around the world as he returned to New York's Floyd Bennett Field after traveling for 7 days, 18 and 3/4 hours.

1937 - The Fianna Fail party led by Eamon de Valera won the General election.

1944 - The 'Bretton Woods' conference of the United Nations created the World Bank and the IMF.

1957 - Walter "Fred" Morrison applied for a patent for a "flying toy" which became known as the Frisbee.

1981 - Strike by Halifax police ended after 53-days.

1981 - Québec licensed taverns required to post notice saying that women were allowed to enter; taverns licensed before 1979 not affected.

1987 - New Zealand Lotto went on sale for the first time Outlets opened to long queues, with the first division prize in the inaugural draw worth \$360,000. In the first year New Zealanders 'invested' nearly \$249 million in the new lottery, which was based on a weekly draw of six numbers.

HAPPY ANIMALS CLUB

9-year-old Ken from the Philippines, fulfilled a wish he's had since he was 8 - to open and run a no-kill dog shelter. Most dogs are put down because only 20 to 30% of owners claim their dogs, and because no animal welfare organisation is doing something about it, Ken's goal is to save as many dogs as he can from being killed for no reason. Upon posting photos of himself feeding stray dogs online, strangers from all over the world expressed their support and helped him achieve his dream, alongside his father who also supports his son's project.

EVERYTHING IN NATURE IS INTERCONNECTED

Much of New England is suffering from a gypsy moth infestation that has denuded trees of leaves on about 150,000 acres in Massachusetts alone. Their population exploded this spring across large areas of Massachusetts, Connecticut, and Rhode Island after drought conditions impeded the spread of a fungus that usually keeps the number of gypsy moth caterpillars under control. Removing the forest canopy can make it too hot for nesting birds, which abandon their nests, and it eliminates habitat for insects that

feed many bird species. Exposed nests are also subject to infiltration by cowbirds, which, like cuckoos, lay their eggs in the nests of other species. When cowbird hatchlings emerge, they force the other chicks from the nest.

Gypsy moth caterpillars also devour oak pollen that produces acorns, an important food source for wild turkeys, deer, bears, and other animals. Acorn shortages can eradicate large numbers of white-footed mice, which depend on the nuts to get through the winter. In springtime, the mice feed on gypsy moth caterpillars, helping to control their population. Two years of gypsy moth infestation have caused trees to weaken because of vast defoliation, the leaves can grow back the same year if the trees are healthy, but they are stressed out from not getting enough moisture and if it continues for a couple of more years there is going to be a lot of tree mortality a spokesperson for forest health programme said. The last big gypsy moth outbreak was in 1981, when 3 million acres in Massachusetts and 15 million acres in New England were affected. In 1989, a fungus from Japan was accidentally introduced that proved highly lethal to the caterpillars, it can kill 50% of caterpillars and 80 to 100% in high-density areas as long as there's some rain in May and June, which hasn't happened in the past two years. Gypsy moths were introduced to Massachusetts in the 1860s by a French immigrant who wanted to crossbreed the moth with silkworms to create a species that would not be dependent on mulberry trees. The experiment failed, and the moths quickly spread, infesting much of the Northeast and Midwest. The gypsy moth caterpillar is also susceptible to a certain virus and Labs are now producing the virus to use in aerial spraying on affected areas.

MAINE COON CAT BECOMES DEAF SAILOR'S EARS AND HELPS HIM NAVIGATE AT SEA

Paul J. Thompson is deaf and has been since he was a small boy. Paul is a computer programmer who lives in Auckland, New Zealand. He adopted Skatty when the cat was just a few months old, and the two of them went out on La Chica, Paul's 32-foot boat to cross the Southern Atlantic! Paul uses Skatty as his ears – on the boat or dry land. Since Skatty, like all cats, have a remarkable sense of hearing, Paul can tell if Skatty hears something by watching which way his ear swivel. Skatty will let Paul know if people come to the door (ashore) by putting his paw on Paul's knee and then leading Paul to the door. If there is an incoming phone call, Skatty puts his paws on the phone and they have several other ways of communicating with each other as well as the fact that Skatty has also trained Paul to refill his bowl on demand! Paul and Skatty are inseparable; Skatty goes wherever Paul goes – they even sleep all curled up next to each

other!

DID YOU KNOW?

- In 2006, an Australian man tried to sell New Zealand on eBay. The price rose to \$3,000 before eBay shut it down.
- Google's founders were willing to sell to Excite for under \$1 million in 1999—but Excite turned them down.
- There was a third Apple founder. Ronald Wayne who sold his 10% stake for \$800 in 1976.
- In America during WWI, German measles were called "liberty measles" and dachshunds became "liberty hounds."

MEXICO CITY TO PLANT 18 MILLION TREES

Many people are waking up to the reality that we cannot live healthy, sustainable lives without the help of trees and are taking action to restore formerly destroyed forests. Most recently, Mexico City announced plans to plant 18 million trees around the city bounds and surrounding suburbs. The primary goal of this reforestation is to reduce the air pollution in the region. This past spring, air quality had become so poor that authorities were forced to restrict the traffic of the usual 5.4 million vehicles in the city. Adding more trees to the environment can help "scrub" the pollution from the air – but it won't necessarily solve the pollution crisis all together. The city also plans to replace 1,000 taxis that are more than 10 years old with hybrid cars and step up a program to renew cargo and passenger transport vehicles.

RUSSIA MAY INTRODUCE LIE DETECTOR TESTS FOR POLITICIANS

Russian President Vladimir Putin may approve new laws that will require all politicians in Russia to undergo "anti-corruption" polygraph tests in order to weed out liars. The Russian public chamber has proposed the scheme in which all civil servants and politicians will undergo the lie detector tests in order to purge anybody connected to corrupt schemes. "We propose that these tests are taken by all candidates for positions in the civil service before they are officially employed and also by any public figures, as well as Lower House MPs" the deputy head of the Public Chamber's commission for public control and expertise said. Another important part of the plan is that the specialists who run the tests will not know in advance who they are testing, in order to prevent corruption in the polygraph system. During the police reform that took place in 2011-2012 the Russian Interior Ministry issued an order stipulating that anyone who wanted to join the police should undergo a lie detector test for illegal drug use and alcohol abuse. The tests were done with the candidates' written consent, and submitted together with their

requests to join the police force. The results of the test were considered by the psychological selection commission that either approved or barred the candidates. To rule out technical mistakes the rejected candidates were allowed to appeal the commission's decisions.

BUDDHIST MONKS PURCHASED HUNDREDS OF LIVE LOBSTERS IN ORDER TO RELEASE THEM

Hundreds of lobsters avoided being boiled alive thanks to a group of Buddhist monks from Prince Edward Island. The monks, who are from the Great Enlightenment Buddhist Institute Society, bought the 534 lobsters solely with the intention of returning them to their rightful home in the ocean. Venerable Dan, a spokesman for the monks who were involved in the mission said the purpose of the effort was to demonstrate the ease in which a collective group might "cultivate compassion" on Earth for all living beings. It doesn't have to be lobsters he continued, it can be worms, flies, any animals, we can show compassion by driving slower so we don't run over little creatures on the street and by being just a little bit kinder to animals and others around us. Venerable Dan concluded his interview by saying "This whole purpose for us is to cultivate this compassion toward others and to promote the idea of respecting all creatures on Earth. After acquiring the lobsters from a local market, the monks held a ceremony with a prayer and chant to the Buddha of compassion and before the release; they blessed the lobsters with purified water and later gently removed the bands that bound their claws. Their liberation project has been positively received by most of the community and even fishermen helped the monks find better locations to release the lobsters so they won't be captured again.

FINALLY THIS WEEK

If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water, but is still fat. A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

Now that I'm older here's what I've discovered:

- I started out with nothing, and I still have most of it.
- I finally got my head together, and now my body is falling apart.
- If all is not lost, then where the heck is it?
- It was a whole lot easier to get older than to get wiser.
- The early bird gets the worm, but the second mouse gets the cheese.
- I wish the buck really did stop here. I sure could use a few of them.
- It's hard to make a comeback when you haven't been anywhere.
- It's not hard to meet expenses . . . they're everywhere.



SAFE CAR PARKING TIPS FOR DRIVERS

Stay safe when parking alone

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

SAFE CAR PARKING TIPS TO DRIVERS:

- Drivers should choose their car parks carefully - Opt for ones that are well lit, have plenty of traffic and are monitored by CCTV or security personnel.
- Drivers shouldn't leave anything on the back seat of the car while parked in a car park that might attract unwanted attention. Female motorists in particular, should inspect their car

for tell tales signs that their car is driven by a woman. Any giveaway items should be placed in the car boot.

- During winter time, drivers should keep a can of de-icer and a scraper in their car to minimize time spent clearing the vehicle's windows.
- Drivers should consider parking their car as close as possible to the car park lift area as there'll be more people circulating in this area of the car park.
- Drivers should also where possible, choose a well lit car parking space.
- Drivers should take note of where they park their vehicle to avoid needlessly wandering around the car park when they return.
- Drivers returning to their car should keep both hands free amalgamating everything into a shoulder bag if possible before entering the car park. Drivers juggling bags are an easier target for attackers.
- Drivers should always have their car keys to hand before entering the car park.
- Drivers who feel unsafe should ask the car park security guard to walk them to their

vehicle.

- Drivers should check around and under their car followed by the vehicle's back seats before getting in.
- If feeling intimidated drivers should get into their car as quickly as possible, lock the car doors and exit the car park without delay.
- If a transit van with side sliding door parked on the driver's side of their vehicle, drivers should consider entering their car from the passenger side just in case.
- Drivers should think twice before responding to another motorist who is looking for assistance in a car park. If you have any reservations refer them to the car park security guard.
- Drivers who find you have a flat tyre or your vehicle won't start in a car park shouldn't hang around the car park.
- Drivers who find their vehicle has been broken into should immediately go to the car park security guard for help, call the Gardaí and inform the car park management. Don't hang around the car park alone waiting for them to arrive.

HAZARDS OF SUMMER DRIVING

SAFETY ADVICE FOR DRIVING DURING GOOD WEATHER!

The good weather does not always mean good driving conditions as the sunshine can melt the road surface making it extremely slippery. Also, rain at the end of a long dry spell can mix with dust, oil and rubber, producing a road surface like an ice rink.

DRIVING TIPS FOR SUMMER MOTERING

Servicing: A full service is necessary at least one full week before a long journey.

Last Minute Checks: Engine, oil, brake and clutch fluids, battery electrolyte, tyre pressure and the windscreen washer reservoir should be rechecked just before the journey starts.

Spare Kit: Delays caused by minor faults can be reduced by taking a small spares kit comprising of a fan belt, radiator hoses, bulbs, points, a condenser, pair of spark plugs and a roll of insulating tape.

Balance: The load should be balanced, that is,

heavy articles should be placed as near to the centre of the car as possible. Heavy articles must never be concentrated on one side of the vehicle, neither must luggage impede the drivers vision or prevent seat belts from being used.

Inside The Car: Loose or heavy items in the passenger compartment can move under braking or cornering - this can distract the driver or jam against the control.

Outside The Car: Roof racks must be firmly and loaded with as low a profile as possible to minimise the wind resistance and maintain stability. Also, make sure every-thing carried on the roof rack is securely tied down.

Care In The Country: Many city drivers feel free driving in the country - less restricted, however, you must remember, care and attention is still needed at all times - there may just be a herd of cows around the next corner!

Farm animals must be treated with patience.



Drivers meeting them should slow down well in advance and leave as much space as possible between the car and the herd.

Fast driving past a horse and rider can also be dangerous - it may cause the horse and rider to shy and throw its rider. They should be overtaken very slowly, with as much space as possible between it and its rider.



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MUNICIPAL AREA NEWS

SURVEY OF FOOTPATHS CALLED FOR



At the recent Killarney Municipal District Meeting, John Joe Culloty again requested that Kerry County Council begin a full survey of the footpaths, paving and kerbing in Killarney town. As Killarney is the top

tourist town in the country with the majority of employment being tourist related, the current standard of footpaths etc is totally unacceptable. Disability access needs serious consideration in this survey. Due to great efforts made by Kerry County Council staff and voluntary groups, Killarney continues to feature at the top of Tidy Towns and IBAL competitions.

Replacing this infrastructure would greatly assist all involved in these competitions in the future.

"I want to thank our Municipal Manager, Ms. Angela McAllen and Killarney Town Engineer, Kieran O'Halloran for accompanying me through the streets of the town recently, where the Manager observed the extent of the work which needs to be undertaken. I received an assurance from Ms. McAllen that she would give serious consideration to providing funding for this work. I also pointed out that in excess of nine million euro is paid out each year in Killarney by businesses, through rates and by the public, through parking fees. I will continue to advocate for this very necessary and comprehensive improvement works to be carried out at the earliest possible date," he said.

FARMING CONDITIONS IN 2016

Danny Healy Rae recently spoke in Dail Eireann about farming conditions, Here is what he had to say.

My question is on behalf of the farming community in Ireland. It was never worse off and I hope the new Minister for Agriculture, Food and the Marine is aware of that. There are many issues at present. The first is the price of milk. Never before has a community had to work for an amount below what it costs to produce a product. People are getting less than what it costs them to produce it.

Another issue is that if the blue card of an animal states that the animal moved more

than four times into four different herds, one will get €50 or €60 less for that animal in the factory. This is simply because there were more than four movements for that animal. Then there is the price of fertiliser, plastic, tyres and batteries, even though oil has never been at a lower price. We were always told that the price of oil dictated the price of these items. Why is it that the costs have gone beyond the beyond? Farmers are being driven down into the ground. They are in a desperate state. They do not have a bob or a copper, and the new Minister should know that.

CLLR. CRONIN CALLS FOR ACTION ON TOMIES WOOD

Cllr Brendan Cronin is calling on the National Parks and Wildlife Service to begin construction of the 1km new western access road to the Killarney National Park at Tomies, Beaufort as a matter of urgency. Tomies wood is very popular with walkers as it has spectacular views of the lower lake and is widely advertised in tourist information booklets but is currently not accessible which is causing confusion and disappointment to visitors to our County. In January 2015 the Elected members of Killarney Municipal District voted in favour of a Material contravention of the County Development

plan to allow this access road proceed, An Bord Pleannala rejected third party appeals and upheld the Council's decision granting permission. It is now time for the NPWS to construct this access road into our National Park so that the general public and tourist can once again enjoy the natural beauty of Tomies Wood and O' Sullivan cascade. "I will be bringing this before the July County Council Meeting to highlight the importance of providing this western access to the National Park", he said.

CONCERNS OVER RIVER FLESK

"At the recent Municipal area meeting, Councillor Michael Gleeson asked that, as the Council has recently become the riparian owner of a portion of river bank west of the Flesk Bridge it would do everything possible to ensure that the Flesk river can flow as freely as possible from the bridge towards the Killarney lakes.

The Council replied that this stretch of river is located in a Special Area of Conservation and that discussions are ongoing with the NPWS and Inland Fisheries in regard to what In-Stream works will be allowed. Kerry County Council will carry out allowable river-bank clearing and allowable clearing works on the island during August.

Councillor Gleeson welcomed the positive response and hopes that the work when completed will ensure reduced flood levels east of the bridge."

"IRISH AIRPORTS WIDE OPEN",

Healy-Rae calls for further security in Irish Airports.

First of all, I would like to deeply sympathise with the people of Nice following on from the horrific attack last night on innocent people at a time of celebration and joy.

I do believe that considering the attacks that have been carried out recently all over Europe and I refer to an attack carried out in Ataturk International Airport, Turkey that not just Ireland but all over the world our airports are too wide open to attacks like the one carried out in Turkey.

The check-in area of an airport terminal is accessible to all who wish to enter and I do believe this to be wrong, that is why I will be calling on the Taoiseach and Minister for Defence to initiate a plan to introduce security measures at the entrance to all of our airports in Ireland to absolutely limit and act as a deterrent to attacks like the one carried out in Turkey's capital recently.


I will also be calling for the Defence Forces to have a presence at our nation's airports again for additional security, I believe that Europe is under attack at present and I do believe that we are not exempt from this and we need to do everything we can to ensure we limit the chance of anything like this happening in our country and I believe that this would be a good place to start.



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Contact Mairead: **087-7808106**

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WANTED

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WANTED

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- A positive, passionate, can do work ethic with excellent organisational skills.
- Minimum of two years' experience in a similar role in a four-star hotel.
- Flexibility and the ability to innovate.
- Experience in a sales and marketing role also essential in order to take on all sales and marketing for wedding and events sales
- Ability to multi-task in a fast-paced, high volume environment.
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- Strong leadership skills.
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Tel: 064 6631158
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A WORD OF VICTORY

Welcome back dear reader following on from last week and the promise God gave of a man to crush the Devil's head – this head was not Satan's physical head but the authority that he carried which was stolen from Adam. In government the person running a country is known as the 'head of state'. He or she is the one who has the power and authority to rule that nation. The Scripture tells us that when Jesus came out of the tomb raised from the dead he disarmed principalities and powers in the heavenly realms i.e. Satan and his evil spirits – He stripped them of their power openly making a public spectacle of them (Colossians 2:15). This signalled the end of Satan's reign on earth. His eventual fate is he will be cast into a lake of fire with his evil spirits and unfortunately a lot of the human race who refuse to submit to God's will to repent of their sins and acknowledge Jesus the Son of God as Lord. The road to Heaven is narrow and few people find it, but the road to Hell and destruction is wide and many, many people find that (Mathew 7:13-14). Friend, this is reality. Jesus said the hardest day of His life will be at the final Judgement when He will have to tell so many people that He came to save to depart with the evil spirits into Hell's fire for eternity. It's a terrible thing to reject Jesus and His Gospel thinking that everything will be alright. No, it will not be alright for those people. Jesus said that today if you hear His voice do not harden your heart (Hebrews 3:7-15). Friend, you are hearing the Lord's voice right now – we've all sinned and fallen short of the glory of God (Acts 3:23) the only One who never sinned was Jesus, but the Good News is Jesus has made provision for us to be saved; if we humble ourselves and admit we need His Salvation and accept it gratefully. More next week....

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

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THE MIRACLE PRAYER

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

NOVENA TO THE SACRED HEART

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

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Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
M.M.

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha.
Never know to fail.

PRAY TO ST. EXPEDITE

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

THE MIRACLE PRAYER

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Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.
C.W.

ST THERESE

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.
Three Our Father, three Hail Mary and three Glory Be.
St. Jude and all the Saints pray for us and all who invoke your aid. Amen.

ST. THERESE OF THE LITTLE FLOWER

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

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Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

PRAYER TO ST. ANTHONY

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

NOVENA TO THE HOLY SPIRIT

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

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Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.

PRAYER TO ST. EXPEDITE

When you are in urgent need...
Pray to Saint Expedite
Our dear martyr and protector, Saint Expedite, you who know what is necessary and what is urgently needed. I beg you to intercede before the Holy Trinity, that by your grace my request will be granted.
(Clearly express what you want, and ask him to find a way to get it to you)
May I receive your blessings and favours. In the name of our lord Jesus Christ, Amen.
If Saint Expedite grants your request, place an ad in the newspaper thanking Saint Expedite, so that his name and fame will grow.
B.O.M

NOVENA TO THE SACRED HEART

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