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Awaiting the camera crew for “Up for the Match” with the fans at Fossa GAA Club L-R Cillian Naughton, Ava Kelly, Éanna Myers, Caolán Myers & Fionn Naughton. Picture Marie Carroll-O’Sullivan

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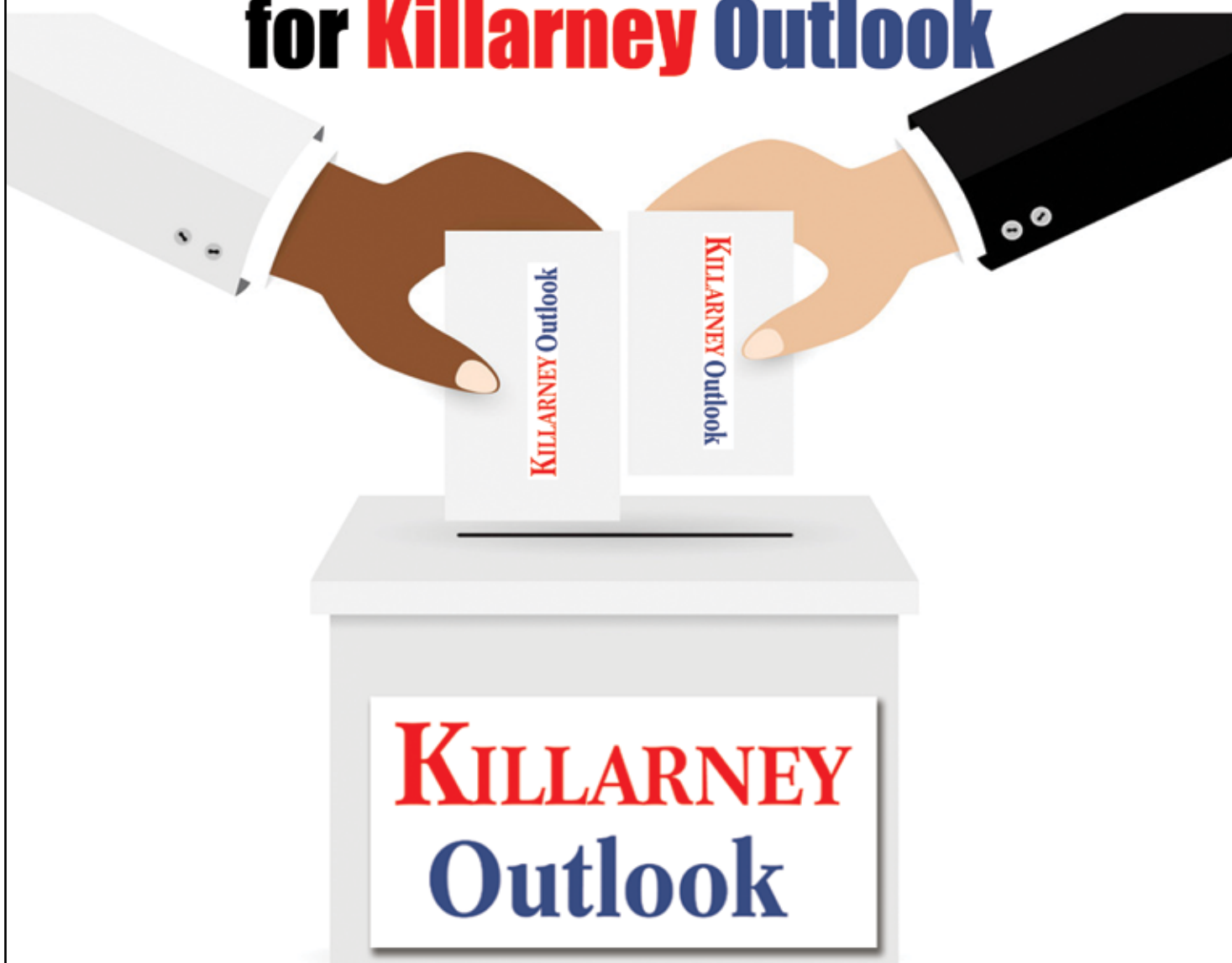
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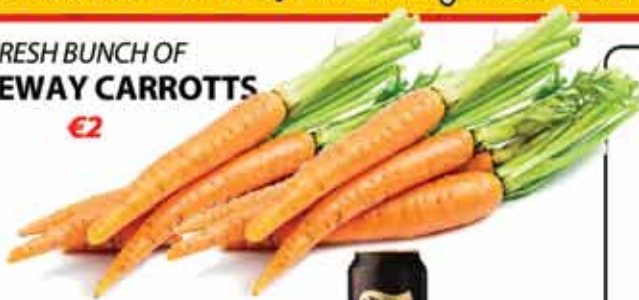
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EDITOR'S NOTE

T

he countdown is on for the All Ireland Football Final between Kerry and Dublin and as fans around the county display their green and gold, Killarney Outlook are planning a special supplement in next week's magazine.

The Kerry Team greeted fans at Fitzgerald Stadium, Fossa GAA

Club welcomed RTE cameras this week and the last race meeting of 2019 is currently taking place at Killarney Race Course.

Rowers took to the choppy waters of Dingle Bay for the All Ireland Coastal Rowing Championships, students from the three Killarney

Schools donned their finest Ball this week and Legion both hosted and won the inaugural Niall MacGillycuddy memorial cup.

Hope you enjoy this week's Killarney Outlook.

Aisling Crosbie, Editor.



Aisling Crosbie | EDITOR

IF YOU HAVE A STORY...Contact Aisling on: 086 0400 958 | Email: news@outlookmags.com

Fossa to feature on Up for the Match

RTE crews arrived in Fossa yesterday morning, Thursday, to film a piece for next weekend's Up for the Match special.

At the home club of Kerry footballer, David Clifford, preparations were taking place all week to welcome the national broadcaster to the club grounds.

Up for the match is hosted by Jacqui Hurley and Des Cahill and will feature a night of music, craic and banter live in front of a lively audience of fans from Kerry and Dublin on the eve of the All Ireland Football final meeting of the great rivals.

The hosts will be joined by GAA legends past and present plus a few surprise guests and will look back at the highs and lows of the football championship and captures the intense rivalry as fans and experts look forward to the hard fought contest to come.

The show will be broadcast on RTE 1 on Saturday night August 31st, the evening before the long awaited All Ireland Football Final clash between Kerry and Dublin.



Fan filming as 'Up for the Match' film the children of Fossa GAA, home ground to their hero David Clifford. Picture Marie Carroll-O'Sullivan

FINAL CALL

For Killarney Tidy Towns

It's the final countdown as the last outing for the Tidy Towns volunteers takes place this Monday, 26th August.

This will be the 45th outing from these amazing volunteers who strive weekly to keep Killarney looking its best ahead of the final judging of the annual Tidy Towns Competition.

The Muckross Road area will be the focus for the final clean up with volunteers meeting at 6.30pm at the entrance to the Cahernane Hotel.

"We would like to thank all the volunteers, businesses and residents who have made a tremendous effort to help maintain our town to a very high standard, with great co-ordination and leadership from our Municipal Authority", Johnny Maguire from the Tidy Towns Committee told the Killarney Outlook.

"As this is our final clean up, it would be great to see businesses and residents in the Muckross Road area joining in this huge voluntary effort - all help is greatly appreciated", he added.



AUG FESTIVAL KILLARNEY

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Mixed Race Day

FIRST RACE 4.35PM

FRI
23rd

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24th

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Timmy recognised for his dedication to rowing

Honoured by his peers...Timmy Moynihan, Chairman of Workmen's Rowing Club, Killarney, proved to be a very popular winner of the Irish Coastal Rowing Federations annual award for dedication and contribution to rowing both with his own club, as well as locally and nationally. Timmy has been Chairman of the multi-award winning club for 20 years, and a member since 1984. The Club will celebrate its 100th anniversary in 2020. The Presentation by Victor Bridges, Chairman ICRF and President Bill Deasy, took place at the All Ireland Coastal Rowing Championships at Dingle Harbour at the weekend.

PHOTO: VALERIE O'SULLIVAN

Amidst a busy weekend for all those involved in the Coastal Rowing Championships which took place at Dingle, a lovely sidebar story to the great wins, powerful rowing displays and fantastic colour that the event brought was the news that Workmen's Rowing Club Chairman Timmy Moynihan picked up

the Irish Coastal Rowing Federation's annual award for dedication and contribution to rowing.

Timmy has been chairperson of the Workman's club in Killarney for 20 years and a member since 1984. The presentation, made by Irish Coastal Rowing Federation Chairman, Victor Bridges,

and President, Bill Deasy, took place on Dingle Harbour at the weekend.

The club will celebrate its 100th anniversary in 2020 but for now, it is time to celebrate Timmy's national award as thoughts turn to next season already.

Hoteliers urge young people to check out a career in tourism

Its decision time for thousands of school leavers and college graduates as they consider their next steps in future education and training or onto the job market.

With hospitality and tourism businesses around the country including in Kerry looking to recruit over 6,000 entry-level employees each year across all areas of their operation, the Irish Hotels Federation (IHF) is encouraging them to consider a career in the industry.

"School leavers can choose from a wide selection of specialist courses on offer in colleges throughout the country, as well as 'earn and learn' chef programmes for those who may not want to commit to a full time college course. There are plenty of opportunities too for graduates as well as school leavers who wish to start working straight away, offering a variety of options for career paths that support professional development with skills that are

transferrable internationally",

Bernadette Randles, Chair of the Kerry branch of the Irish Hotels Federation told the Killarney Outlook. Opportunities are available in areas such as food and beverage; catering; accommodation services; reception; leisure centre and spa facility management; sales and marketing; human resources; IT; management and finance. The IHF has a dedicated website, www.getalifeintourism.ie Get a Life in Tourism, supported by Fáilte Ireland, which offers comprehensive information on the many careers available in the industry and how to get started. The website also includes personal stories that offer a realistic picture of what to expect from a career in the tourism and hospitality sector as well as some of the many courses and training schemes that are available, providing young people with valuable first-hand information to help them make

their course or career choice.

Ms Randles added: "Tourism

is Ireland's

largest indigenous

industry, providing employment in Kerry and every county in Ireland. If you're looking for an exciting challenge with endless career possibilities at home and abroad, check out what hospitality and tourism have to offer."

Tourism and hospitality supports 15,700 jobs in Kerry and some 266,000 jobs nationally, equivalent to 11% of total employment, with more than 60,000 of these jobs in the hotels sector alone. Over 94,000 new jobs have been created since 2011.



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LEGION WIN

THE COVETED NIALL MAC CUP



The National Anthem with Garda Mike Milner, at the Niall McGillicuddy Memorial as Kenmare & Legion are lead onto the pitch for the final. PICTURES: MARIE CARROLL-O'SULLIVAN



The McGillicuddy family, pictured at Legion GAA for the Niall McGillicuddy Tournament on Saturday L-R Ellen, Dáithí, Sheila & Jane.



L-R Lara O'Brien, Enda Curtayne, Mary Regan, Joan Fogarty, Joan Culloty & Tommy Regan pictured at Legion GAA for the Niall McGillicuddy Memorial Tournament.

In a thrilling final played out before hundreds of supporters, Legion Under 16 team claimed the coveted Niall McGillicuddy Tournament 2019 in memory of their much loved team mate.

The young footballers put their heart and soul into the game, ensuring that the Niall MacGillicuddy Cup would stay in the club he loved so much. Everyone in the club pulled together to ensure that the day was a memorable one that marked the love of sport of the late Niall MacGillicuddy.

"We would as a club like to thank everyone who made the Niall McGillicuddy Tournament a huge success, Pat Moynihan and his team, Peter Keane, Maurice Fitzgerald, Tim Murphy and Tommy Griffin who attended on Saturday from the Kerry Camp, Eddie Walsh, John O'Neill, Tom Moriarty, Christy Crowley & Sean (The Bear) who officiated, Kay Doona and all the ladies who did a super job, Connie

Carroll and his crew on a very tasty BBQ, Mike Milner on the bagpipes, The Order Of Malta, Tommy Regan on the camera and our neighbours at Killarney Celtic and of course, all the teams and mentors who contributed to making it the success that it was", PRO for the Club Elaine O'Donoghue told the Killarney Outlook.

"Club is family and this was never more evident on Saturday where young and old gathered to celebrate Niall's Love of football and it was a testament to the wonderful talented young man Niall was that everyone pulled out all the stops to ensure the day was a success one that will grow each year", she added.

Killarney Legion fittingly took home the Cup on the day in a thrilling encounter against Kenmare that went into extra time which was presented by Sheila McGillicuddy to Captain Matthew Horgan. Austin Stacks won the Shield Final against Glenflesk.



Daniel Gaine, Kenmare Captain & Matthew Horgan, Legion Captain (Winning Team), finalists at the Niall McGillicuddy Memorial Tournament at Legion GAA on Saturday. L-R Jane McGillicuddy, Sheila McGillicuddy, Daniel Gaine (Kenmare), Referee Eddie Walsh, Matthew Horgan (Legion), Dáithí McGillicuddy & Ellen McGillicuddy.

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Love Island

WINNER GREG

joins style queen at Killarney Races



HOT on the heels of the high-profile visit of racing superstar Frankie Dettori to the track in July, the team at Killarney Racecourse has pulled off another major coup for this week's festival of racing.

Dapper Love Island winner Greg O'Shea and glamorous model and TV personality Yvonne Connolly will be the celebrity judges for the best dressed lady and man competitions on Saturday which will guarantee another bumper attendance on the final day of the four-day festival which got underway on Wednesday.

Handsome Limerick lad and rugby star Greg (24) became a major media star when millions of viewers watched as he won the smash hit

reality TV series with Amber Gill. The Love Island sensation, who has a law degree, shared the winner's prize of £50,000 with Amber and they have struck up a very close relationship.

Sports ace Greg made the Ireland squad for the 2019 Hong Kong Sevens qualifier and helped the team to win the tournament and qualify for the World Rugby Sevens Series. In June 2019 he played on the Paris 7s team and he is part of Ireland's squad currently training for the 2020 Summer Olympics in Tokyo.

Yvonne Connolly – is a winner of the VIP Most Stylish Woman award and the stunning mum-of-three is widely acknowledged as one of the most glamorous women in Ireland.

She is also an enthusiastic amateur jockey and she recently rode 'Neverrushacon' to victory at the Corinthian Challenge for Irish Injured Jockeys at The Curragh.

Celebrity cook and columnist Yvonne said: "I'm very much looking forward to returning to Killarney Races to judge the best dressed on Ladies Day. Stylish ladies who will stand out for me will wear their outfits with confidence and elegance".

She added: "I'm looking for individual flair, someone who puts their own stamp on a look without trying too hard".

Yvonne said she is looking forward to working with Love Island star Greg.

"On the show, he showed us what a gentleman he was and what great taste he has. He has a keen eye and I've no doubt he will make a great

judge while enjoying what Killarney has to offer," Yvonne remarked.

Sensational prizes await the winners of the best dressed lady and best dressed man competitions on Saturday with the lucky lady receiving diamond jewellery valued at €1,000 and sponsored by Keane's Jewellers of Cork, Limerick and Killarney.

A fabulous wrist watch worth €600 – also sponsored by Keane's – will be presented to the man with the best dress sense and there will be super prizes also for the runners-up in both competitions.

Saturday afternoon's action will bring the curtain down on a memorable summer of racing in Killarney with an all flat card starting at 1.20pm with the feature race being the Vincent O'Brien Ruby Stakes worth €50,000 at 3.05pm.

Admission prices, deals and details – as well as a ticket-booking portal – are available at www.killarneyraces.ie. The hospitality suite is fully booked out for the charity event this Wednesday and Ladies Day but there is still limited availability for Thursday and Friday.



STARS DANCE THEIR WAY TO THE INEC

Dancing with the Stars is heading for Killarney and will sashay its way into the public domain as it makes its way to the INEC, Killarney, on Friday 1st and Saturday 2nd of November 2019. Spanning over two days, these bombastic, glittertastic live shows will feature five celebrities and pro-dancers from the past three series.

With 3 live shows over two days, the celebrities and professional dancers will be working extra hard to ensure they get 10 points for their routines during the live tour.

Leading the returning celebrities is reigning champion Mairead Farrell and her pro-dance partner John Nolan. Following in her footsteps are Johnny Ward and Emily Barker, Jake Carter

and Karen Byrne, Cliona O Hagan and Robert Rowinski and Thalia Heffernan will partner with pro-dancer and her partner in real life Ryan McShane.

Audiences at these live events will have the opportunity to vote for who they would like to see lift the Glitterball Trophy at the end of each show, and experience all the glitz, glamour, music, dance, fun and entertainment, of one of Ireland's most popular T.V. shows live and in person.

Tickets for Dancing with the Stars Live are available on presale from Wednesday August 21st through Ticketmaster or by visiting the INEC website. www.INEC.ie

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BER C2

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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


It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

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All smiles at the Kerry Team Open Day at the Fitzgerald Stadium.
Photographs: Marie Carroll O'Sullivan.



The family of Kerry Captain Gavin White pose for the camera at the Kerry Team Open Day at the Fitzgerald Stadium.



KEANE DELIGHTED with fans at Fitzgerald Stadium

Kerry manager has said he was “delighted at the amazing turnout” at Fitzgerald Stadium last Saturday for the official meet and greet with the Kerry senior team ahead of their final preparations for the upcoming All Ireland Final with Dublin in Croke Park on September 1st.

“It was fantastic, the players enjoyed themselves and it was great to see so many people on the field when he arrived. It will give us a great boost,” he added

There were queues as early as 10.30am, with the gates open shortly before 11am as eager fans, young and not so, young picked up their Kerry GAA autograph books for the big task that lay ahead.

The team arrived after noon and were greeted warmly as Fitzgerald Stadium entertained the waiting numbers as people took advantage of

the freedom to take test the Stadiums crossbars and post as shots reigned in on goal from all ages. First out was Kerry corner back Jason Foley as he led the trickle of Kerry players but in less than ten minutes, they were all out - standing station in different parts of the pitch as people clambered to get their autograph, photo or for some it was just to depart a good wish.

David Clifford certainly was not as marked as tight all year as people, 10 deep fought for the attention of the Fossa star and in a true man of the match performance; he ensured that everyone who wanted attention got it.

There were queue too for some old favourites as Kerry selector Maurice Fitzgerald was last to leave the pitch enjoying the occasion as well.

Kerry will now go into training and the next time they will be seen together is for the trip to Croke Park as the hunt for tickets begin in earnest.

The O'Donoghue Family at the Kerry Team Open Day at the Fitzgerald Stadium.



All smiles at the Kerry Team Open Day at the Fitzgerald Stadium.



Thumbs up at the Kerry Team Open Day at the Fitzgerald Stadium.



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MAGNIFICENT MAIRÉAD BREAKS NEW RECORD



A record breaking 11 under par 63 was recorded by Killarney Golf & Fishing Club honorary member Mairéad Martin at a recent open day hosted on Killarney's Irish Open Killeen Course.

The 19 year old, who took up golf at the age of 11 is currently on a scholarship at the University of Louisville in Kentucky and is aiming to follow her dreams of becoming a professional golfer by the end of her four years. She enters year 2 at the end of August.

On bank holiday Monday 5 August, the now +3 handicapper shot an incredible 10 birdies, 1 eagle and 1 bogey for a superb 45 stableford points to win the competition which was open to visitors and members, male and female with an official ILGU/GUI handicap.

Mairéad has had a very decorated career to date and owes much of her success to her parents, her coach Killarney Golf & Fishing Club's Mark Heinemann, her junior coach who was David Keating and her physiotherapist Ailish Mulcahy.

Killarney Golf & Fishing Club's Head PGA professional and Mairéad's coach, who is based at the newly revamped Killarney Golf Academy at Lackabane outlined about his superstar student:

"Mairéad is a tremendous talent and works extremely hard on her game. She is very diligent in her practice and always gives 100% effort even when things aren't going her way. She is very ambitious and is willing to leave no stone unturned in order to get to the next level."

The new General Manager at Killarney Golf & Fishing Club Garrett Donnelly was delighted to present the young star with a certificate to acknowledge her incredible achievement of an 11 under par winning 1st prize and lowest gross score at the recent open day.

"We are delighted to attract golfers of Mairéad's calibre to Killarney. It was a truly incredible score and everyone at Killarney wishes her the very best for the future." "We have taken a lot of feedback from members and visitors this year and made tweaks to our open days, including rewarding players who shoot the lowest gross score on the day. This has been well received by everyone and the courses are in superb condition and continuously improving". Mr. Donnelly said. When asked about advice for up and coming golfers, Mairéad noted that golfers should always try to persevere through the bad days because the good days are just around the corner.

Before returning Stateside, Mairéad will compete for Killarney ladies in the upcoming All Ireland Senior Cup match play which is being hosted at Killarney Golf & Fishing Club, an event that Mairéad and her Killarney team mates won most recently in 2017.

SPORTING GREATS ATTEND KILLARNEY RACE FESTIVAL FUNDRAISING EVENT

A galaxy of sporting greats attended a very special fundraising event at the Killarney Race Festival on Wednesday, August 21st with all proceeds going to Kerry Hospice / Palliative Care.

Amongst those attending from the world of Horse Racing and GAA were Barry Geraghty, Pat Smullen, Colm 'Gooch' Cooper, Kieran

Donaghy, Tomás Ó Sé, Darragh Ó Sé, Darran O'Sullivan, Billy Morgan, Colman Corrigan, Dinny Allen, Stephen O'Brien and Micheál Donoghue. Special guest will be Kerry legend Mick O'Dwyer who guided Kerry to 8 All Ireland senior football titles between 1975 - 1986 and is regarded as the greatest football manager of all time. RTE Racing presenter Brian Gleeson

will host the event.

The afternoon included a trackside dining and premium hospitality in the main suite overlooking one of the most scenic race courses in Ireland. There was also a number of sporting panels, expert racing tips, a brilliant auction and raffle and lot's more.



Mike, Catherina and James McCarthy and Shane O'Sullivan Milltown pictured at the Kerry Hospice / Palliative Care Day at Killarney Races on Wednesday. Photo: Don MacMonagle



RTE's Michael Lyster, jockey Barry Geraghty, Legendary Kerry Team trainer Mick O'Dwyer, Mike McCarthy and Colm Gooch Cooper pictured at the Kerry Hospice / Palliative Care Day at Killarney Races on Wednesday. Photo: Don MacMonagle



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L-R Alana McCarthy, Kate O'Brien, Mia Brennan, Emily Egan, Alison Cronin, Leah McMonagle, Ciara Moynihan, Emma Finn, Georgina Wharton, Shona Collins & Michaela Ashe.



Debutantes out in Style and Glamour

PICTURES: MARIE CARROLL-O'SULLIVAN



Adam Kissane & Jenny Horvathova, pictured at Killarney Community College.



Marc Woodard & Rebecca O'Sullivan.



Evan Mannix & Juliana Gherman.



Ciara McCarthy & Michael Brosnan.



Catching up with friends before the Killarney Debs 2019 L-R Ciara Moynihan, Rebecca Osbourne, Ciara Kenneally, Saoirse Regan, Fiona Galvin & Shauna Moynihan.



Jack Duggan & Leah Moynihan, pictured at Killarney Community College



L-R Ruari Counihan, Rachel Punch, Melissa McBeth, Eadaoin Murphy & local musician Donal Lucey ahead of the Killarney Debs 2019 which took place in Tralee on Monday evening.



Ian O'Shea & Dayna Courtney.



Killarney Debs 2019 - L-R Aoife O'Riordan, John O'Donoghue, Aisling Doyle, Kianan O'Doherty, Grace O'Connor & Cathal Healy.



L-R Grace O'Callaghan, David Culloty, Óisín O'Connor & Zara Blackwell.



Siona Moynihan & Liam Spillane.



Killarney Debs 2019 L-R Ronan Galvin, Luke O'Callaghan & Jordan O'Shea.

KILLARNEY CYCLING CLUB CLAIM ALL IRELAND TITLE

For the third year in a row, Killarney Cycling Club's under-16 team has won the overall team prize at the All-Ireland cycling championships.

Held in Co. Monaghan over the weekend, the team of Stefan Caulfield-Dreier, Lorcan Daly and Patrick Galvin performed the best over three stages that included a road-race, a criterium circuit race, and an 8 km. time-trial. Stefan also won gold at the individual time-trial, and Patrick was second in the road-race, but it was their overall consistency and teamwork that won the day.

The club's other four riders also did extremely well, each getting a top-10 placing in their individual events. They were under-13 Callum Steadman-Murphy; under-14s Louise Steadman Murphy and Shane Galvin; and under-15 Adam Lenihan.

Three years of consecutive success at All-Ireland level results from the emphasis the club has been putting on Youth development over the last few years and, of course, the hard work of the riders. The All-Irelands finished off a great year for them; just two weekends ago their under-16 rider, Patrick Galvin, also helped the Irish team take overall victory in the Errigal International Youth Tour.

Stephen Daly, who managed the Killarney at the All-Irelands, said that he was delighted for all the riders and the club: "We have been working very hard with young riders over the last number of years and three consecutive All-Ireland titles is testament to that effort and the commitment of the riders: they all did very well and are very proud of every single one of them". Along with Stephen, the other Killarney mentors who made the journey to Monaghan to support the team were Kerry Steadman, Heiko Dreier, and Linda and Patrick Galvin.

'Youth Nationals 2019 3' (race): Killarney under-16 riders leading the field at All-Ireland Youth Cycling Championships: Patrick Galvin,



'Youth Nationals 2019 3' (race): Killarney under-16 riders leading the field at All-Ireland Youth Cycling Championships: Patrick Galvin, Lorcan Daly and Stefan Caulfield-Dreier.

Lorcan Daly and Stefan Caulfield-Dreier.

'Youth Nationals 2019 4 (podium): The Killarney Cycling Club under-16 team who won the All-Ireland Team Championship: Stefan Caulfield-Dreier, Lorcan Daly and Patrick Galvin.



The Killarney Cycling Club under-16 team who won the All-Ireland Team Championship: Stefan Caulfield-Dreier, Lorcan Daly and Patrick Galvin.

Free training for job seekers

South Kerry Skillnet is launching a course for jobseekers to gain skills in hairdressing. The course is a 'classics mastered' course and would be suited to jobseekers with previous hairdressing experience. Beginning on the 16th September, the free course will consist of five classroom days in Sean Taaffe Education, Tralee, as well as three additional days' work experience.

"We have worked with leaders in the hairdressing industry to identify skills gaps which has resulted in the creation of this course. The course covers classic haircutting techniques over five days, the course which teaches all the fundamental basics of hair cutting, covering five core techniques. This course is a must for anyone that is either wanting to upskill their previous cutting

qualifications or for a stylist returning to the industry" said Aoife O'Reilly, Network Manager of South Kerry Skillnet.

The classics mastered course will be delivered by Award Winning Hairstylist Sean Taaffe. This five-day course will also include three additional days of valuable work experience which will be extremely beneficial to anyone looking for work in this area."

The Employment Activation Programme (EAP) is a public funded initiative through Skillnet Ireland, the national agency for workforce development, and completely free to jobseekers. It provides skills which are in demand by industry, combined with direct access to employers through securing a work placement.

To find out more about this programme or to

view South Kerry Skillnet's full catalogue of programmes, please visit www.kerryskillnet.ie or call Kerry on on 066 9762477.





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KERRY CREWS RULE

the rocky waters in Dingle



Fossa Rowing Club's U16 Girls, Killarney. PICTURES: VALERIE O'SULLIVAN

Rowers from all over Ireland descended upon Dingle Harbour at the Weekend, for the All Ireland Coastal Rowing Championships 2019 and Dingle Regatta. 600 crews competed in the event, which was hosted by the Irish Coastal Rowing Federation (ICRF) with the kind assistance of Dingle Rowing Club. Killarney crews did exceptionally well at the event which enjoyed totally unpredictable weather, making for testing conditions on the water, with no room for error. With wind and rain and sunny spells the order

of the day, visiting crews were treated to sightings of Fungie who was within easy reach at the mouth of the harbour. "The roughing conditions were tough in Dingle this weekend, but we wouldn't have it any other way. Our coastal communities rallied together and made this unique event of rowing possible", Speaking after the event Mary B. Teahan, ICRF PRO said. "Coastal rowing is very important for rural coastal towns and villages throughout the Island of Ireland. The Irish Coastal Rowing

Federation would like to express our sincere gratitude to the Committee and Members of Dingle Rowing Club for opening up their magnificent venue to us on their biggest weekend of the year. The Dingle Regatta is one of the oldest and most famous regattas in the country and is known around the world and the Dingle Regatta Committee and Dingle Rowing Club have graciously and enthusiastically agreed to share their big weekend with us. We Thank them most sincerely and wish them nothing but success for the future."



Callinafercy Rowing Club Winners of the U21's in action.



Callinafercy Girls U16's getting ready for their race, from left, Avril Murphy, Savanagh Knightly, Orla McCarthy and Charlotte Orme.



John Fleming, Flesk Valley Rowing Club, preparing his crew for their race



Aisling O'Sullivan, Flesk Valley Rowing Club.



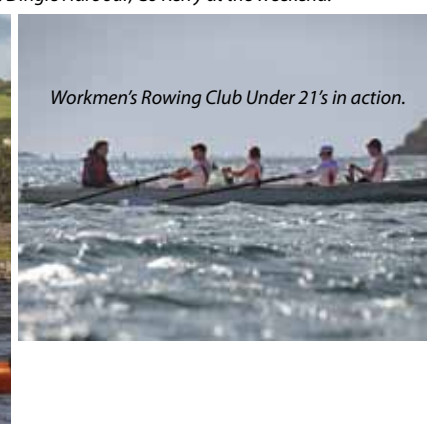
Johanna King, ICRF, Bill Deasy, President ICRF and Mary B Teahan, ICRF, the All Ireland Coastal Rowing Championships 2019, at Dingle Harbour, Co Kerry at the weekend.



Cromane Rowing Club mixed U16 race, react after winning gold.



a Jubilant Fossa Rowing Club winners of the Killarney '6's in action.



Workmen's Rowing Club Under 21's in action.



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KILLARNEY TOWN TALK

KAY PULLS HER LAST PINT

After 21 years service in Murphy's Bar, Kay Doona pulled her last pint on Wednesday. Kay was an outstanding staff member and a friend to all and both customers and staff will miss her friendly face and fun personality in the popular Killarney pub.

KERRY HOSPICE FASHION SHOW

It's that time of year again and the annual Modals in Recovery fashion show is coming up on the 25th of September.

A fantastic night is promised as always and the Killarney Branch are doing huge work in the organising of this event.

Tickets are on sale now and always sell out fast and we will have more in this in next week's magazine.

HEARTBEAT MEETING

Asthmacare Practitioner Eoin Burns is HeartBeat's Speaker this month. Eoin will talk about Breathing Properly and you can learn how to stop snoring, Ease Asthma and Hayfever. You can improve your blood oxygen levels, enhance your rest, and have better quality sleep. Eoin will be at the Serenity Centre, St. Anne's Road, Killarney on Monday August 26th at 8pm. REMEMBER breathing better and freer eases strain on your heart. ALL ARE WELCOME to this free event.

YOUNG ADULTS CONFERENCE

YOUNG ADULTS CONFERENCE; is being held in Dublin from 31 August to 1st Sept titled "Seek Beauty; Find Truth". It is a weekend of speakers, workshops and craic aimed at the 18-40 age group. The Legion of Mary in Kerry would like to sponsor 2 young adults to attend. Contact Patricia 0879048659.

TIDY TOWNS CLEAN UP

This week's clean up will take place Monday, August 26th in the Muckcross Road area, meeting at 6.30pm at the entrance to the Cahernane Hotel – all volunteers welcome.



SHOIHAN BROSANAN, SEATED CENTRE, PICTURED AT THE CENTRAL BAR IN KNOCKNAGREE FOR HER PRE WEDDING CELEBRATIONS WITH FAMILY AND FRIENDS. PICTURE MARIE CARROLL-OSULLIVAN

SPINATHON:

A spinathon in aid of the Irish Pilgrimage Trust takes place at the Market Cross on Saturday 24th August. The IPT brings young people with special needs to Lourdes at Easter time. All Welcome

BINGO

In St Mary's Parish Hall every Thurs at 9pm

FOSSA BRIDGE CLUB

Results for the week of 15th of August 2019 North/South

1. Phyllis O'Regan and Don O'Sullivan
2. Ger Foley and Joan Lenihan

East/West

1. Peggy Barrett and Maire O'Sullivan
2. Mai and Tim Corcoran



KAY DOONA PICTURED WITH HER FAMILY, COLLEAGUES AND CUSTOMERS ON HER FINAL NIGHT IN MURPHY'S BAR AFTER 21 YEARS SERVICE.



PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

BOOTS STAFF RAISE FUNDS

Staff members and customers of Boots Pharmacy held a night walk this week to raise vital funds for the Irish Cancer Society Night Nursing. The group raised raised €305 on Tuesday evening and had great support from everyone.

Irish Cancer Society Night Nurses provide end of life care for cancer patients and their families in their own home, providing extra support to patients and their loved ones during what can be a difficult and anxious time. The service ensures patients and their loved ones receive nursing care, practical support and reassurance, keeping the patient comfortable and free of pain.



STAFF AND CUSTOMERS AT BOOTS PHARMACY IN DEERPARK WHO TOOK PART IN A NIGHT WALK TO RAISE FUNDS FOR THE IRISH CANCER SOCIETY NIGHT NURSE SERVICE.

JM REIDY'S SCOOP TOP AWARDS

Congratulations to the staff and owners of JM Reidy's on Main Street who won awards for their premises this week.

Members of the Sheehan Family travelled to Dublin on Tuesday for the Bar of the Year awards and scooped two prizes at the prestigious ceremony - the Best designed Bar/Best Inside Space and also Best Newcomer!



and stop the drive for 5! Dublin supporters also welcome!

RAINBOWS

Maine Valley Family Centre Castlemaine will run a 9 week Rainbows Programme in October 2019. Rainbows offer a listening and support programme for children who have had a loss through a Bereavement and a programme for loss through Parental Separation. Suitable for ages 7-12 years and this service is free. For further information or to book a place phone Helen/Maine Valley Centre on 066 9767833 or 086 0580019.

STEVEN CROWNED ALL IRELAND CHAMP

Talented musician Steven O'Leary is the All Ireland Fleadh over 18s melodeon champion for 2019 last Sunday in Drogheda. Steven who hails from Kilcummin emerged as the champion following an intense competition. Currently studying at the University of Limerick, Steven is also an accomplished accordion player and a member of Kilcummin CCE. It was a win that was made even more poignant as his grandfather Donie Dan O'Leary had recently passed away. As a musician, Steven is immersed in Irish Music and performs with Celtic Steps and a member of the trad band, The Rising.

MIAMI SHOWBAND MUSICAL

Due to unforeseen circumstances The Miami Showband Story at the INEC on August 28th has been cancelled. Customers are entitled to a full refund from the point of purchase.



STEVEN O'LEARY, IRELAND FLEADH OVER 18S MELODEON CHAMPION

ALL IRELAND FAMILY FUN DAY AT THE INEC KILLARNEY

"Rarer than hen's teeth!" "They are like gold-dust!" Sick of hearing these answers when it comes to tickets All Ireland tickets? Don't worry - for those of us not lucky enough to be travelling to Croker on All-Ireland Final Sunday the INEC, Gleneagle, Killarney has the next best thing! The INEC will screen the All-Ireland Final between Kerry and Dublin on Munster's biggest TV screen. Admission is FREE for the whole family! With bouncy castles and face painters for the kids along with DJ Donal Kids Entertainment, it's the perfect place to roar on the Green and Gold

CCE CILL AIRNE DANCE THEIR WAY TO ALL IRELAND SUCCESS

CCE Cill Airne danced their way to success over the weekend at the All Ireland Fleadh in Drogheda winning three Céilí and nine set titles.

The group had huge support from their coaches, excellent dancers, supportive parents and supporters.

The All Ireland winning coaches, Triona and Mairead Mangan competed winning the double in Senior Ladies and mixed sets. They also coached their winning teams and not an easy task in two different venues and trying to get their teams competition ready along with their own practice. The musicians Sean O Laoithe and Damien Mullane were top class. Ann Mangan was also on hand to help with her watchful expert eye and secretary of CCE Cill Airne.

Sharon O'Connor was on her feet all day as our professional hairdresser. In fact the Comhaltas Kerry Branch brought huge success back to the Kingdom with a record total of seventeen titles in gold, silver and bronze in the ceili/set dancing competitions (Kilcummin, Sliabh Luachra and Ballydonoghue). Well done to all involved.

U12 Mixed Set: Silver

Darragh Brosnan, Colm O Connor, Diarmuid O Donovan and Oisín O Sullivan.

Lauren Carey, Aine O Sullivan, Ciara O Donoghue and Dara Lisa McCarthy

U15 Mixed Set : Winners Gold

Darragh Brosnan, Darragh O Donovan, Cian Lynch and Padraic Moynihan

Aoife O Donoghue, Laura O Carroll, Isabel Waters and Tegan O Sullivan.

U18 Ladies Set : Winners Gold

Erin Holland, Shona Murphy, Meghann Cronin, Karis Koschan, Kate Lawlor, Elena O Donoghue, Siona Moynihan and Orlaith Spillane.

U18 Mixed Set: Bronze

Liam Spillane, Gary O Sullivan, Cian O Sullivan and Darren Lehane.

Erin Holland, Shona Murphy, Meghann Cronin and Siona Moynihan.

U18 Half Set Mixed: Silver

Cian O Sullivan, Gearoid Mulvihill, Elena O Donoghue and Ciara Moynihan

U18 Ceili 8 Hand: Silver

Erin Holland, Laura Buckley, Lia Murphy and Niamh Kelly, Ailbhe Gallagher, Aislinn O Donovan, Kate Lawlor and Alice O Donoghue

U18 Ceili 4 Hand: Winners Gold

Ailbhe Gallagher, Aislinn O Donovan, Kate Lawlor and Alice O Donoghue

U18 Céili 4 Hand: Silver

Erin Holland, Laura Buckley, Lia Murphy and Niamh Kelly

Over 18 Ladies Set: Winners Gold

Triona Mangan, Mairead Mangan, Aine Brosnan, Trish Murphy, Claire Moynihan, Sarah Jane Taylor, Shona Koschan and Anna O Connor.

Over 18 Mixed Set : Winners Gold

Liam Spillane, Gearóid Joy, Gavin O Leary and Anthony Casey.

Triona Mangan, Mairead Mangan, Trish Murphy and Sarah Jane Taylor

Over 18 Half Set Mixed: Silver

Anthony Casey, Kianan O Doherty, Anna O Connor and Aine Brosnan

Over 35 Mixed Set: Winners Gold

Charlie O Connor, Tom Kearney, Thomas O Sullivan and Ultan Mulcahy.

Noreen O Sullivan, Margaret O Sullivan, Josie Murphy and Patsy O Brien.



Double champs ladies and mixed 2019 winners.



U18 ladies set all ireland champs 2019.



All-ireland champs with coach and musicians.



U15 mixed set all ireland champs.

PICTURES: ANNE HOLLAND

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ANOTHER ACCOLADE FOR BRIAN DE STAIC JEWELLERY

Brian de Staic Jewellery which is based in Dingle and Killarney has won The Irish Independent Jewellery Store of the Year Award 2019.

The event was held at The Crowne Plaza, Dublin - Blanchardstown, on Wednesday August 14th and was a celebration of the Irish retail industry.

The awards acknowledged the contributions of the country's independent retailers to the overall economy as well as the wide range of diversity that is present in this sector. They also recognised the business acumen and entrepreneurial spirit of individuals that own smaller chains, whose work is often overshadowed in the bigger landscape.

Hosted by the best-selling author and presenter, Andrea Hayes, the competition

was very competitive and there was huge delight when Brian de Staic Jewellery won The Irish Independent Jewellery Store of the Year Award and took the trophy home. Brian and Máiréad are humbled and honoured to receive this award.

"This award is a great recognition of our contribution to the jewellery business for nearly 40 years", Brian said.

"We would also like to thank our tremendous Brian de Staic team and all our local, national and International customers.

Brian de Staic exports to 68 countries worldwide. and as three shops in Kerry, two in Dingle and one in Killarney.

Brian and Máiréad De Staic with their award.



KILCUMMIN DANCERS CELEBRATE



There were jubilant scenes at the All Ireland Fleadh Cheoil in Drogheda at the weekend when Kilcummin set dancers achieved both gold and silver medals.

Under the watchful eye of tutor Adrian Moriarty, pride of place went to the U12 Mixed Set who was crowned All Ireland Champions when they emerged victorious from a highly competitive final. The U18 and 0.35 sets were just pipped for Gold in their respective competitions and were well deserving of their Silver medals. Trainer Adrian Moriarty would like to thank all the dancers who competed at County, Munster and All Ireland

for their huge commitment and dedication throughout the year. Huge thanks must also go to the parents and supporters who have travelled near and far in support of the teams.

"We also extend a thank you to the GAA, Recreational Hall Committee and a special thanks to Marion Collins, the Devane family and the management of the Village Inn for providing top class venues for practice. Last but by no means least to our Musicians Conor Moriarty and Sean Kelliher for providing fantastic music and helped in no small way to our success", Adrian told the Killarney Outlook.

Adrian Moriarty pictured with his dancers following their All Ireland success.

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Kerry's CAO applicants sweep the board in Round One of College Offers



By Billy Ryle

HIGH ACHIEVERS

Kerry's young people are high achievers and swept up a copious supply of offers in last Thursday's CAO Round One of offers. Any remaining self-doubt turned to unconfined joy as a large majority of CAO applicants received a college offer. Kerry's 1,858 Leaving Cert candidates (926 females and 932 males) achieved outstanding results that paved the path to college. On a pro rata population basis, Kerry's CAO applicants are top of the class in securing college places. More than 70% of Kerry's 2019 Leaving Cert cohort will progress to higher education.

TRENDS

The overriding conclusion from the points' trends is that CAO applicants were totally focussed on the jobs market. They applied in large numbers for courses with strong employment growth, especially STEM (Science, Technology, Engineering and Mathematics) courses, which are regarded as job friendly. UCC's flagship Biological and Chemical Sciences degree hit the heady heights of 498 points which UL's Engineering degree increased to 434 points.

DEMAND

There was strong demand for Business, Psychology and Environmental Science with IT Tralee's Honours Business degree increasing to 307 points and UCD's Economics and Finance degree crashing the 600 points' barrier. Courses in the build environment, construction and architecture are in demand again this year. Points' requirements for teaching held steady while some nursing and law degrees saw a slight decrease in points.

ARTS

HASS (Humanities, Arts, Social Science) courses continue to be offered at modest point's levels as applicants have lost total confidence in the employment value of the liberal and creative arts. The Arts Degrees at UCC, MICE Limerick and NUIG were each offered at a comfortable 300 points.

HEALTH

Most Health Science courses continue to be available only to those who can reach 500 plus points. Dentistry at UCC, for example, requires a staggering 590 points this year – almost a perfect Leaving Cert exam result! There was a significant decline in agriculture, dairy, nutrition and food-based courses. The uncertainty around Brexit could be a factor here.

RUSH TO COLLEGE

School leavers continue to rush to college in unprecedented numbers. Despite the economic recovery, applications for college remain high. The steady flow also of mature and non-traditional applications is a very healthy development as everybody deserves a second chance. A quota of places was reserved by CAO for the 8,943 mature applicants and the 12,403 applicants from the QQI/PLC sector.

OFFERS

51,513 CAO applicants received at least one of the 74,657 offers, which were issued on Thursday afternoon. The offers consisted of 43,851 at Level 8 (Honours Bachelor Degrees) where demand is strong and 30,806 at Level 7/6 (Ordinary Bachelor Degrees/Higher Certificates) where interest continues to decline. CAO always issues more offers than there are places available in anticipation of a level of refusal by applicants. Offers are issued independently in respect of the two lists (Level 8 and Level 7/6), so that 23,144 applicants received an offer from each list on Thursday.

PREFERENCES

53% of the 43,851 applicants, who were offered a Level 8 course, received their first preference, while 81% received one of their top three preferences. A phenomenal 89% of the 30,806, who were offered a Level 7/6 course, received one their first preference, while 98% received one of their top three preferences. About 60,500 can expect to receive at least one offer of a college place before the end of the offers' season. Last year, out of a total of 77,425 applicants to CAO, 46,603 accepted a college place. Significantly, 30,822 applicants to CAO last year either refused the course

offered or failed to get any course offer at all. That worrying statistic isn't going to change anytime soon.

ACCOMMODATION

The focus now turns to finding accommodation and the money to pay for it. It seems that many students may have to make a daily return commute from Kerry to Limerick or Cork if they can't afford to meet the spiralling unregulated cost of student accommodation.

In the next article: Why families are struggling to finance their children's college education.

CHECKLIST

- ✓ Kerry's 1858 candidates highly achieved in the Leaving Cert exam
- ✓ Kerry's CAO applicants did extremely well in Thursday's Round One offers
- ✓ An applicant was offered the highest course preference/s to which s/he was entitled
- ✓ When an applicant was offered a course preference, s/he was excluded from any course preference lower than the one offered.
- ✓ In the second or subsequent rounds of offers, an applicant won't be considered for a preference lower than that already offered.
- ✓ An applicant who was offered a preference, which is not her/his first preference, may subsequently be offered a higher preference
- ✓ It's not necessary to accept an offer in order to be considered for a higher preference
- ✓ An applicant who has accepted an offer is not obliged to accept any subsequent offer.
- ✓ CAO available place facility opened at noon on Tues, 20th Aug
- ✓ Leaving Cert results appeal application closes at 5pm today, Thurs, 22nd Aug
- ✓ Accept CAO Round one offers by 5.15pm tomorrow, Fri, 23rd Aug
- ✓ CAO Round Two offers and points are available from 10am, Wed, 28th Aug
- ✓ Accept CAO Round Two offer by Fri, 30th Aug

*Billy Ryle is a Career Guidance Counsellor, author and freelance writer
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Tel: 0879808979*

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**POINTS 2019
BROOKFIELD COLLEGE VS NATIONAL AVERAGE**

:: 26% of our students got over 500 points (National Figure 13.3%)

:: 70% of our students got over 400 points (National Figure 37.4%)

:: 87% of our students got over 300 points (National Figure 62.8%)

OPEN NIGHT THURSDAY 22ND AUGUST 5PM-8.30PM

REPEATS IMPROVE DRAMATICALLY

Name	Points 2018	Points 2019	Increase
S.M.	543	589	46
S.G.	473	564	91
E.F.	444	552	108
A.K.	377	506	129
A.L.	347	462	115
G.S.	287	445	158
C.H.	269	419	150

Average Increase for our repeat students 89 points



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Web: www.brookfieldcollege.ie





KERRY COLLEGE

of Further Education & Training

Kerry College of Further Education & Training is the largest provider of further education and training in the County. It is formed from the integration of Kerry ETB Training Centre and Kerry College of Further Education (KCFE) in Tralee with North Kerry College (NKC) in Listowel.

We offer a range of further education and training programmes in three areas: **courses for employment**, **courses for progression** and **apprenticeships**.

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- Stonecutting & Stonemasonry
- Motor Mechanic

COURSES FOR EMPLOYMENT

BECOME JOB-READY BY BUILDING KNOWLEDGE, SKILL AND ABILITY FOR CLEARLY DEFINED JOBS.

	CAMPUS	START DATE
Beauty Therapy	Clash Road	2 September
Hairdressing	Monavalley & Listowel	2 September
Office Administration	Clash Road & Listowel	2 September
Legal Administration	Clash Road & Listowel	2 September
Medical Administration	Monavalley & Listowel	2 September
Healthcare Support Level 6	Listowel	2 September
Healthcare Support Level 5	Monavalley	9 September
Accounting Technician Year 1	Monavalley	9 September
Traditional Stonewall & General Construction	Monavalley	16 September
Digital Media Production	Monavalley	23 September
Fibre Installation Technician	Monavalley	30 September
Digital Marketing & Sales	Monavalley	7 October
Regional Tour Guiding	Caherciveen	14 October
Overhead Lines Operative	Abbeydorney	14 October
Software Development Diploma with Code Institute	Monavalley	21 October
National Tour Guiding	Monavalley	21 October
Reception & Clerical Skills	Killarney	4 November
Food Preparation & Cooking - Culinary Arts	Dingle	11 November
Marine Angling Guiding	Dingle	11 November
Inland Angling Guiding	Killarney	11 November
Surf Instructor & Beach Lifeguard	Monavalley	11 November
Digital Journalist & Radio Producer	Monavalley	18 November
Wind Turbine Maintenance Technician	Monavalley	18 November
HGV Driver - C Licence	Monavalley	25 November
Broadcast Production Skills - Film & TV	Monavalley	25 November



I've applied for a course already. Do I need to do anything?

For now, all queries, applications and enrolments to Kerry ETB Training Centre, KCFE and North Kerry College operate via usual phone numbers, emails, social channels and websites.

4 Locations. 180 Programmes. Unlimited Opportunities.

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Clash Road | Denny Street | Listowel | Monavalley
Campus | Campus | Campus | Campus



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COURSES FOR PROGRESSION

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LEVEL 5	CAMPUS	START DATE	CAMPUS	START DATE
BUSINESS, BEAUTY & FASHION				
Administration	Clash Road	2 September	Denny Street	2 September
Reception & Call Centre Operative	Clash Road	2 September	Denny Street	2 September
Business Studies	Clash Road	2 September	Denny Street & Listowel	2 September
Business Studies Pre-Teaching	Clash Road	2 September	Denny Street	2 September
Fashion Retail	Clash Road	2 September	Denny Street & Listowel	2 September
Pre-Garda Studies	Clash Road	2 September	Denny Street	2 September
Pre-University Law	Clash Road	2 September	Denny Street	2 September
TEACHING, EDUCATION & CHILDCARE				
Childhood Education with Montessori	Clash Road	2 September		
Early Childhood Education	Clash Road	2 September		
Early Childhood Care & Education - Special Needs	Listowel	4 September		
Early Childhood Care & Education - Childcare with Montessori	Listowel	4 September		
Pre-Teaching & Education Studies	Clash Road	2 September		
Special Needs Assistant/Classroom Assistant	Clash Road	2 September		
Sports and PE Pre-Teaching	Clash Road	2 September		
CONSTRUCTION & ENGINEERING				
Building Construction (Pre-Apprenticeship)	Clash Road	2 September		
Carpentry & Joinery (Pre-Apprenticeship)	Clash Road	2 September		
Engineering & Electronic Technology	Clash Road	2 September		
Engineering Technology	Listowel	4 September		
Furniture Design & Making	Clash Road	2 September		
CREATIVE ARTS & MEDIA				
Animation	Clash Road	2 September		
Art, Craft & Design (Portfolio Preparation)	Clash Road	2 September		
Art, Design & Portfolio Preparation	Listowel	4 September		
Pre-University Art	Listowel	4 September		
Dance Studies	Clash Road	2 September		
Games Art	Clash Road	2 September		
Software Development	Clash Road	2 September		
Computer Games Design & Development	Clash Road	2 September		
Journalism for the Digital Age	Clash Road	2 September		
Multimedia with Graphic Design	Clash Road	2 September		
Music & Theatre Studies	Clash Road	2 September		
Music Performance	Clash Road	2 September		
Music Technology	Clash Road	2 September		
Tattoo Artistry	Clash Road	2 September		
Introduction to Radio Broadcasting	Monavalley	9 September		
TOURISM & HOSPITALITY				
Hotel & Catering	Clash Road	2 September		
Professional Cookery	Clash Road	2 September		
HUMANITIES AND HEALTH CARE				
Applied Social Studies with Psychology			Denny Street	2 September
Applied Social Studies			Denny Street	2 September
Health Care Assistant (Carers)			Denny Street & Listowel	2 September
Emergency Care Services			Denny Street	2 September
Nursing Studies			Denny Street & Listowel	2 September
Nursing Studies with Maternity Care Skills			Denny Street	2 September
Youth Work			Denny Street	2 September
SCIENCE				
Applied Science			Clash Road	2 September
Food Nutrition & Science			Clash Road	2 September
Laboratory Assistant			Clash Road	2 September
Medicine Counter Pharmacy Assistant			Clash Road	2 September
Veterinary Assisting Studies			Clash Road	2 September
Animal Care			Listowel	4 September
SPORTS & NUTRITION				
GAA Coaching & Sports Development			Clash Road	2 September
Personal Training, Strength & Conditioning			Clash Road	2 September
Physiotherapy Assistant Studies (Year 1)			Denny Street	2 September
Sport, Recreation & Exercise			Clash Road	2 September
Sports Nutrition			Clash Road	2 September
Sports Therapy			Denny Street	2 September
LEVEL 6				
BUSINESS				
Office Management			Clash Road	2 September
Business with Marketing/Administration			Listowel	4 September
Business Management			Clash Road	2 September
HEALTHCARE & BEAUTY				
Advanced Disability Studies with Special Needs			Clash Road	2 September
Special Needs Awareness & Assisting			Listowel	4 September
Advanced Montessori & Childcare Management			Clash Road	2 September
Advanced Supervision in Childcare Management			Clash Road	2 September
Advanced Social Care with Counselling Studies			Denny Street	2 September
Health Services Supervisory Management			Denny Street	2 September
Advanced Beauty Therapy			Clash Road	2 September
CREATIVE ARTS & MEDIA				
Advanced Art, Craft & Design			Clash Road	2 September

CLASH ROAD CAMPUS, Tralee 066 7121 741 | DENNY STREET CAMPUS, Tralee 066 7121 741
LISTOWEL CAMPUS 068 21023 | MONAVALLEY CAMPUS, Tralee 066 7149 600

info@kerrycollege.ie



Pavers Foundation help Kerry Cancer Support Group in their bid to "Drive your Recovery"

Members of Kerry Cancer Support Group-Health Link Transport were presented with a cheque for £2,000 by Norma Burke, Assistant Manager of Pavers in the Outlet Centre in Killarney on Wednesday. Founded by Catherine Paver in 1971, Pavers established The Foundation in 2018 to enable charity giving by the business and its 1700 staff. Through the Foundation, the amount pledged to good causes by Pavers has risen to £2.5m, which includes employee grant applications, Charities of the Year and donations on behalf of the family.

Each staff member can put forward causes close to their heart which relate to health, education, or community. A total of £44,900 has been awarded to the second round of 34 applications, with donations ranging from £400 to £5,000.

The donation will be used to complement and enhance the existing services that Kerry Cancer Support Group provide. This includes the Health Link Transport services which include buses to hospitals in Cork and Limerick transporting service users for their cancer treatment daily, delivery of awareness programmes to schools and groups in the region and provision of their emergency driving service which transports service users where no other service can help them.

Kerry Cancer Support Group was established in 2007 and has been transporting the people of Kerry and West Cork to hospitals in Cork for their cancer treatment since 2010. In the



Pictured at a recent presentation of a donation received from the Pavers Foundation to the Kerry Cancer Support Group were from left: Breda Dyland (Kerry Cancer Support Group) Norma Burke (Pavers) Trish Kelly (Kerry Cancer Support Group)

past year they have started a similar service to Limerick looking after North Kerry and West Limerick. Their motto is that "No one should face their cancer journey alone" and having covered up to 21,000 appointments in the past nine years they hope that they are living up to that. They also provide information and support to families experiencing cancer and to schools and groups in the region with their different campaigns.

Norma Burke, Assistant Manager at Pavers in Killarney said:

"I chose to support the Kerry Cancer Support Group as while I was on maternity leave my baby

and often met the bus on our early morning walks. I would see people going from their own cars, leaving their loved ones to get on the bus. The people always had a smile on their face when getting on the bus, which I thought was amazing because of what they knew was ahead of them that day.

The Kerry Cork link bus offers such a valuable service for people, but also for their families, as it gives them ease and peace of mind to know that they are safe and able to speak to people to similar situations. The very generous donation will help to keep the buses going."

DAIRYMASTER RECRUITING FOR NEW APPRENTICESHIPS...

Dairymaster are delighted to announce the introduction of apprenticeship programmes at their Global Headquarters in Causeway, Co. Kerry. The apprenticeship programme offers positions in mechanical automation & maintenance fitting, electrical, toolmaking and refrigeration & air conditioning. The programme is designed around on-the-job & off-the-job training, giving the apprentices the opportunity to work with state-of-the-art equipment and cutting-edge technology here in Dairymaster and leads to a nationally recognised qualification upon completion. John Harty, Director of Operations, Dairymaster comments "we recognise the value that apprenticeships can bring and with the strong focus on learning new skills and development, we feel it is something that can contribute greatly to the continued success of our business. The great thing about apprenticeships is it



gives the individuals the opportunity to have hands on experience in a supportive work environment and they put the skills they learn into practice while getting paid at the same time."

The company is growing from strength to strength and with the introduction of this programme, the aim is to further broaden the diversity of the employee base and bring new

skills and talent to the workforce.

Dairymaster aim to fill these positions immediately.

Closing date for all applications is Friday 30th August 2019. For more information, please visit <https://www.dairymaster.com/ie/careers/internship-programmes/>

KILCUMMIN NEWS

Written by: John Moriarty Email: info@kilcumminparish.com

MUSIC CLASSES

Conor Moriarty is now enrolling for one to one button accordion classes which will commence in September. All levels and age groups welcome. Further info. Contact Conor on 087-9698063 or email conorbox@live.ie

SYMPATHY

Sympathy is extended to the families of the late Kathleen Howard, Ballinamanagh and Donie O'Leary, Inch who died recently. May they rest in peace.

VACANCY

A Vacancy is available on the Kilcummin Community Employment Scheme. The position involves the maintenance/caretaker work based in the village and is for 19.5 hours per week. This is a development opportunity and no experience is necessary as full training will be provided. Contact your local Intreo Office to check your eligibility. If interested please forward your CV to the Supervisor at the Rural Development Office by post/email; info@kilcumminparish.com. For further information contact John on 086-1579381.

MORIARTY SCHOOL OF DANCING

We would like to congratulate our U12 Mixed Set (Gold), U18 Mixed Set (Silver) and O.35 Set (Silver) for bringing home one gold and two silver in their respective competitions at the All Ireland Fleadh Cheoil in Drogheda last weekend.



Michael Healy Kilcummin Won under 12 melodeon and under 12 accordion at the All Ireland Fleadh Cheoil in Drogheda.

KILCUMMIN SPORTS

LOTTO

There was no winner of the Lotto on Saturday 17th August 2019. Numbers drawn, 22,23,25,26. Consolation prizes, €100 Teresa Smart, c/o Kilcummin Post Office, €30 Evan O'Connor, c/o Eoin Moriarty. €30 Seamus Darcy, c/o Patie Nagle. €30 Margaret Lenihan, Inchicullane. Next draw Friday 23rd August. Jackpot €12,600.

MASTERGEEHA FC

SCHOOLBOYS & GIRLS TRAINING

In preparation for the commencement of the new underage season training will commence soon for schoolboys and schoolgirls teams. New players welcome for all ages. For further information contact: Tadhg Brosnan: Ph. 086-4098405.

COACHES - VOLUNTEERS

Anybody interested in volunteering, coaching, managing or helping out with the club or a team for the forthcoming season please contact 086-4098405.

KILCUMMIN GAA

SYMPATHY

The club extends its condolences to the family of Donie O Leary on their recent bereavement. Donie and his family have been over many years ingrained in the sporting and cultural life of the parish. May he rest in peace.

EAST KERRY GAA

Many of our players are involved with East Kerry divisional sides and we wish them and their mentors success as we await the date and venue for our Division 2 E.K. Minor final against Glenflesk.

WELL DONE

Well done to our U-16 and U 14 teams and mentors who had fantastic success during the last week, followed up by Munster and All Ireland wins for our representatives on Kerry South teams Dara O Callaghan, Mark O Shea, Cian Foley, Jack Fogarty, Padraigh Moynihan and James Williams.

MILLTOWN | CASTLEMAINE NEWS

Written by: Deirdre O'Sullivan

NEW BEGINNINGS!

Best of luck to all our members who are starting a new chapter in their educational journey. We hope you will have many happy fun filled days in your new settings.

EXAM RESULTS

Congratulations to all those who received their Leaving Certificate results last Tuesday. We wish you well in your chosen field.

PROMOTION

Comhghairdeas to our neighbours Listry seniors football team on their promotion to Division 2 at the weekend. A fantastic achievement for players and management alike. Best of luck to you all for the coming season.

MILLTOWN/CASTLEMAINE GAA MEMBERS DRAW FOR ALL IRELAND TICKETS

Any current member of Milltown/Castlemaine GAA club who wish to be included in this draw must inform the club secretary by email at secretary.milltowncastlemaine.kerry@gaa.ie or by text to 087/2256548 by 8pm on Thursday 22nd August. Take note that due to the large membership and the limited number of tickets,

only those who have made contact by then will be included in the draw. Draw will take place on Monday evening 26th August at 8pm in the clubhouse.

FIELD DEVELOPMENT FUNDRAISING DRAW WINNERS

Many congratulations to Colm Cronin of Cronin's Car Sales in Milltown, winner of two All Ireland Hurling Final Tickets in our Field Development Project Fundraising Draw for our Platinum Business Contributors. We hope Colm had a great day out in Croke last Sunday.

Marian Burke, Kiltallagh was the winner of 2 All Ireland Football tickets in our €10 household draw, Peter Clendennen won himself 2 All Ireland football tickets in the €10 Gold business package whilst Alan O' Connor, Almas Takeaway, won 2 All Ireland football tickets in the €20 Platinum package draw.

If you wish to sign your business up to contribute to the biggest project in our club's history, please contact us on Facebook via the contact number on our brochures. Sincere thanks to all those who have already signed up. We appreciate your support very much.

COMMUNITY GAMES

Well done to all involved in the U.13 Futsal team in winning gold at the Community Games All Ireland competition this weekend past.

Congratulations to one of our under age footballers- Donnacha Lynch who won gold in the under 10 60 metre hurdles. We also had Jack Clifford who came 6th in his under 8 60 metres final and to Ellen and Eabha McCarthy who came 4th in their final. What a fantastic achievement by you all!

RAINBOWS

Maine Valley Family Centre Castlemaine will run a 9 week Rainbows Programme in October 2019. Rainbows offer a listening and support programme for children who have had a loss through a Bereavement and a programme for loss through Parental Separation. Suitable for ages 7-12 years and this service is free. For further information or to book a place phone Helen/Maine Valley Centre on 066 9767833 or 086 0580019.

RATHMORE | GNEEVEGUILLA NEWS

Written by: Michael O'Mahony | Email: momahony14@gmail.com



Coveted tickets for the All Ireland Football final are up for grabs in Rathmore. All Split the Pot tickets bought between August 15th and August 26th will be entered in a draw for an All Ireland ticket. Split the Pot is run in association with Rathmore Community Council with Rathmore Ravens, Sliabh Luachra Cycling Club & Sliabh Luachra Men's Shed. Tickets available from ticket sellers & in local businesses. Tickets €2 each or 3 for €5. Yearly Ticket €90. 3 Yearly Tickets €250. Draw held weekly at 9pm in local Pubs. Last week's draw was held in the Old Chapel Bar. The winner was Mary Houlihan and she scooped €226.00.

CLOTHES COLLECTION

Rathmore panto Group are doing clothes collection on September 19th at community Hall Rathmore clean clothes, Blankets, Sheets, Curtains, hand bags, shoes in Pairs. Contact Elish 086-1048112 Breda 087-2974431, Mary 087-124-7373

THE GNEEVEGUILLA COMMUNITY

Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 26/8/2019. The jackpot was €180.

and our winner was Nora Keane Congratulations Nora. Guaranteed winner every week, go to our Facebook page to find out how and where you can play

<https://www.facebook.com/gneeveguilla/>

Draw takes place every Friday night @9pm on Facebook live.

DIOCESAN COLLECTION

for Pastoral and Retreat Centres taken up last year came to €1155.

Thank you for your generosity. John Buckley, late of Scartaglen and Ballydesmond who died last April recorded a CD of 6 songs in late 2018. This CD will go on sale at €5 from Star Trax Studio Knocknagree. All proceeds will go to the Palliative Care Unit of University Hospital Kerry as a token of appreciation for the wonderful care John received there during his final illness. Gneeveguilla carnival weekend takes place this weekend with Lord Mayor election on Friday night music by DJ Keane and band. Saturday evening senior parish league with music Saturday night by The Rebel Hearts. Sunday has parade from 1pm with plenty of fun activities in club grounds through the afternoon followed by a trad session in club bar Sunday evening. Amusements in car park all weekend. Many more football games through the weekend.

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

Irish Dancing Classes with the Aine Murphy Academy of Irish Dancing will recommence on Tuesday the 03rd of September in Teach Failte in Gneeveguilla at 5.15pm. All New and existing pupils are welcome and more details can be got by contacting Aine on 087 9182293

GLENFLESK NEWS

Written by: Seamus Healy Email: pro.glenflesk.kerry.gaa.ie

GLENFLESK LOTTO

No winner of the lotto which took place in the Kerry Way on 12/08/19 Jackpot €9,800. Numbers were 3, 13, 17, 24.

Winners: 1. Pat Healy Headford

2. Pat Healy seller

3. Joan Bowler Annagh

4. Michaela A O Shea

Next Draw will take place in John Dan's 26/08/19 Jackpot €10,000

O'DONOGHUE CUP PRELIMINARY ROUND

Glenflesk comfortably advanced from the preliminary round of the O'Donoghue Cup after a convincing win over Cordal in Glenflesk on Saturday evening. Glenflesk were playing in a mostly black jersey as Cordal's colours are similar which meant a change had to be made. It was strange not to see Glenflesk in the Blue and Gold!!

Cordal opened the scoring inside a minute with a lovely point from full forward Brian Reidy. Glenflesk responded immediately with fine scores from Darragh Roche and Jeff O Donoghue, and they scored six points without reply. Centre forward Kieran O'Donoghue then kicked a great point for Cordal with his left foot out near the sideline. Cordal's goalie, Sean Og O'Clardubhain, added another as he struck over a long range free and he was hardly back in his goal when he had to head forward again as his side were awarded a penalty. He dispatched the penalty right in the corner and this left the scores level at one three to six after fifteen minutes.

Wing back Johnny O'Connor then broke forward to give Cordal the lead before the score that would prove crucial in giving Glenflesk the eventual victory. A ball landed thirty meters from the Cordal goal and Jeff O Donoghue's lovely flick of the wrist saw the ball break free to Mike O'Shea who had ghosted in unattended behind the Cordal defense. He then showed great composure in picking the precise moment to place the ball underneath the goalie to give Glenflesk the initiative back. O'Shea added another point as Glenflesk gained a commanding lead at half time of one twelve to one five. Reidy repeated his trick in the second half of scoring early as Cordal tried to mount a comeback. Glenflesk replied with Darragh Roche scoring three points. The second goal then arrived from substitute Brian O'Donoghue who found space in the Cordal defense before blasting the ball to the roof of the net. Glenflesk were comfortable at this juncture as they held the lead by two fifteen to one six.

The game was over as a contest at this stage as Glenflesk were repelling the limited Cordal attacks with ease. They added a third goal from Dara Fleming who fisted the ball to the net after a smart save from the goalie. Ian Roche also scored a point before Reidy had the last word for Cordal as time expired. Cordal, then, exit the O'Donoghue Cup early with a performance they will be disappointed with. For Glenflesk it is job done as they advance to the first round proper. The defense was again outstanding with the full back line keeping the Cordal inside forwards out of the game and the half backs attacking well. The big difference to earlier in the year is the scoring production has increased in the last few outings. From averaging just ten points a game a few weeks ago it has now gone up to closer to twenty as all the forwards and midfielders scored. This improvement will be needed as tougher tasks lie ahead.

GLENFLESK 3 - 19 CORDAL 1 - 9

NIALL MCGILLICUDDY MEMORIAL TOURNAMENT

Very well done to Legion GAA and the McGillicuddy family for a superbly organised and very enjoyable tournament which was a fitting tribute to Niall. We were delighted to participate today and well done to our young team and coaches who were runners-up in the Shield competition.

KERRY SOUTH U15 Huge congratulations to the Kerry South U15 team who won the All-Ireland U15 Adam Mangan Cup final today in Tullamore. Glenflesk have six players in the panel this year - Luke Crowley, John Kelleher, Jack Kenneally, Cian Lynch, Jack O'Donoghue and Dylan Roche. Very well done and a great achievement to all involved.

RAHEEN N.S. Congratulations to Dan Murphy who had the winning lotto no. 46 on Saturday the 17th August, to Lorena O' Connor who had no. 40 on the 10th and Norissa O'Donoghue who had no 34 on the 3rd.

KILLARNEY LIBRARY

Killarney Library: Afternoon storytime for children will take place on Saturday 24th August at a new time of 2.30pm. Free admission.

BEAUFORT NEWS

Written by: Cliona Coffey

LOTTO

Lotto results of Sunday, 18th August for jackpot of €10,200.

Numbers drawn: 7, 12, 23, 28.

Congratulations to Gerard Doyle, Carnahone who was lotto jackpot winner. Next draw for a jackpot of €2,200 will be held in Galvin's Bar on Sunday, 1st September.

FIXTURES

Junior Cups will begin on Friday, 23rd Aug with Beaufort home to Kerins O'Rahillys.

Under 14 Boys home Milltown/Castlemaire, Tues, 27th at 7pm in rnd, 2 Mid Kerry.

The Senior Ladies will play Spa in the Intermediate championship semifinal on Wednesday night at 7.30pm in Spa.

LOST PROPERTY

A number of items of lost property are stored in Clubhouse.

Please contact Club at 087 9975737.

COMMUNITY GAMES

Congratulations to the Tag Rugby team who are All Ireland Champions in the Community Games and to the Mixed Relay team who placed 5th after a great race.



Colm Gooch Cooper and his partner Céitilís Ní Bheaglaioich pictured at the Kerry Hospice / Palliative Care Day at Killarney Races on Wednesday.

Photo: Don MacMonagle

LISTRY NEWS

Written by: Anne Sugrue O'Brien



ALL IRELAND CHAMPS: Congratulations to the Milltown/Listry Under 13 Futsal team who won a gold medal in the National Finals in UL at the weekend. They are pictured with their coaches Fergus Clifford and Tim Fitzgerald.



Citizens Information

Know Your Rights:

QUESTION

What is the One-Parent Family Payment?

ANSWER

An emergency medical card is a temporary medical card that is issued without a means test in certain emergency situations and is valid for 6 months. For example, you could be issued an emergency medical card in an acute medical crisis where you need urgent treatment that you cannot afford without a medical card.

Only a healthcare professional (for example, a doctor or consultant) can apply for an emergency medical card for you. They must include a detailed medical report with the application.

The application will be reviewed by a Health Service Executive (HSE) medical officer.

If your application is approved, it can take 7 to 10 days to get your emergency medical card in the post. However, your card will be active straight away so you can get the care you need. You will need to complete a means assessment before your emergency medical card expires. The HSE will write to you when you need to do this. The means assessment is for a full medical card for you and your family.

In some cases, the medical officer may recommend a terminal illness card. These are given to people who are getting 'end of life' treatment. This means a prognosis of less than 12 months to live.

If you get a terminal illness card it will never be reviewed and will not expire.

Further information is available from the National Medical Card Unit on (051) 595 129, or Lo-call 1890 252 919, or from the Citizens Information Centre below.

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 on Tel: 0761 07 7860 Killarney 0761 07 7820, Listowel 0761 07 7840 Kenmare 0761 07 7810, & Caheriveen 0761 07 7780 - Outreach Services; Killorglin weekly, Dingle monthly, please call Tralee for more information. Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service: 0761 07 4000

FOSSA NEWS

Notes for inclusion Email: pro.fossa.kerry.gaa.ie

Fossa Five ensure Kerry Victory

There were five representatives from Fossa involved in the Kerry Under 15 victory over Laois at the weekend. Four of the players, Rian, Cian ,Harry, Ryan and Selector Adrian Sheehan celebrated the win with Kerry coming out on top on a scoreline of Kerry 2-15 v Laois 0-06 Well done to the Fossa five involved - fantastic achievement by all!



Pictured at the U15 All Ireland final are Harry Kelly, Ryan O'Leary, Adrian Sheehan, Cian Doyle and Rian Collieran.

KERRY U15

Victory for Kerry v Laois kerry 2-15 to Laois 0-06 well done to the Fossa five involved Fantastic achievement by Rian, Cian ,Harry, Ryan and Adrian Sheehan and the Kerry u15 team.

FOSSA SENIOR LADIES

A hard fought win in Fossa last week over a strong Dingle outfit. Fossa behind by 3 points at half time put in a sterling performance across the field in the second half to hold on for a one point win 0-12,2-05. Congratulations to the girls and management . Final v Clonmacnois/ MOYVANE

Ciara Griffin, Amy Moriarty, Katie Talbot, Fiona Kissane, Kate Murphy, Anna O Reilly, Aoife Kissane, Keelie O Connor, Orlagh Dineen, Anna Clifford, Erica McGlynn (Capt), Jodie Sheehan, Rebecca O 'Sullivan, Julie Cronin, Shelly Clifford. Subs: Ellen Clifford, Sarah Sheehan, Grace Cahillane, Sadie Myers, Anna Bellew.

Fossa/Kilcummin/Glenflesk hard luck to the Ladies who lost their Kerry Ladies Gaelic Football Senior Ch'ship game V Mid Kerry.

FOSSA U16 BOYS

Fossa Boys U16 have made it to the semi-final of Niall McGillicuddy cup. A huge Thanks to Killarney Legion and especially the McGillicuddy family in a brilliantly run tournament.

KILLARNEY LIBRARY

Afternoon story-time for children will take place on Saturday 24th August at a new time of 2.30pm. Free admission.

Tel: 064-6632655

Email: killarney@kerrylibrary.ie www.kerrylibrary.ie

EAST KERRY

Congratulations to East Kerrys Emmett O'Shea(Fossa) Man of the Match Keanes SuperValu @Kerry_Official County Minor Championship Semi Final

TUESDAY 20 AUGUST 2019

Full time: East Kerry GAA: 1-16(19)

Austin Stacks CLG: 2-8(14)

3 Fossa players on the team - Ruairi Doyle, Eoin Talbot and Emmett O'Shea.

3 Subs - Killian Buckley came on in the 2nd Half and also we have Harry Buckley and Colm Talbot on the subs bench

Best of luck to both management and players.



New cadets from the Killarney Order of Malta, Aoibhe O'Sullivan, Faye O'Carroll, Chloe O'Callaghan, Hayley O'Callaghan and Katie Shine pictured 'on duty' at the Kerry Hospice / Palliative Care Day at Killarney Races on Wednesday. Photo: Don MacMonagle



Eddie Tatler O'Sullivan, Frances O'Sullivan, Patricia and Sean Walsh, John Quinn and Patrick O'Sullivan, Killarney pictured at the Kerry Hospice / Palliative Care Day at Killarney Races on Wednesday. Photo: Don MacMonagle

Freephone: 1800 71 4040
www.killarneyoutlook.com



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Killarney Clinic:
Scott's Hotel, Killarney
Every Saturday 11.00am

PASSPORTS:
If you are planning a trip abroad and your passport has expired contact Eileen 087 9975419 / 064 6685315 for advice before you apply to ensure you get your passport on time.

BUSES TO BELFAST FOR: CATARACT AND TONSIL REMOVAL, HIP AND KNEE REPLACEMENT CONSULTATIONS full refund of procedure cost under the Cross Border Directive Due to increased demand there are **NOW EXTRA BUSES TRAVELLING PLACES AVAILABLE AUGUST 23RD AND SEPTEMBER 20TH & 23RD.** For more information call me directly 087 2316055 or call my office 064 6685315



CLLR MAURA HEALY-RAE
CONTACT: maurahealyrae@gmail.com
T: 087 7816432

CONTACT DANNY DIRECTLY:
danny.healyrae@oireachtas.ie
T: 087 2316055 / 064-6685315



FIANNA FAIL
THE REPUBLICAN PARTY

John Brassil TD

Killarney Constituency Office Open Hours:
Wednesday 28th,
Thursday 29th & Friday 30th August 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
Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

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


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Astrid Longhurst
Life & Body Confidence Coach

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I can't ever imagine retiring! At sixty, many of my friends are looking forward to the days I am so excited as I am bringing my RetroFIT workout to Killarney! This class is literally a blast from the past as we will be moving and grooving to the sounds of the 70's, 80's and 90's! It's not just a super fun workout but it also helps you to turn back the hands of time. Research shows that when we remember the music and the times we enjoyed from the past, we reconnect back into that emotion and feeling as if it were happening in the present! The result is that we can literally tap into our youth, vitality, energy and feel good emotions of that era!

My top three secrets for moving into health & wellbeing!

- Make a playlist of all of the songs you absolutely LOVED from your past and play them at home or in your car every day!
- Do a different type of movement every day. It doesn't have to be difficult – try skipping, hopping, stretching, hula hooping, belly dancing, walking backwards, turning in circles. Different movements keep the brain active and awake, promoting new neural connections for greater learning, memory and increased conscious awareness.
- Start every day by opening your arms wide into a high "V" shape above your head. Look up and smile and make an intention to embrace and receive all the goodness that life brings you today!

RetroFIT (six-week course) starts Tuesday 10th September at 7.30pm at the Innisfallen hotel, Killarney. Cost is 70.00 euros. Book your place now by calling Astrid on 066 9766374

T: 066 9766374
E: life_coachingunlimited@yahoo.ie



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**TIPS TO HELP
YOU STAY MOTIVATED**

**B WELL
FITNESS CLUB**

Working out consistently can be tough, especially if you've let your routine become stale. Here are 5 great tips for making sure you stick to your workout.

4.) Keep changing it up

Boredom is dangerous. It can easily turn a great routine into a loathed chore. Best way to avoid this is to keep changing up your workout every 6-8 weeks. If your primary goal was always strength related, and now your primary goal has switched to building muscle or losing fat or anything else (or vice-versa), changes should be made to your workout to reflect the changes in your goals.

5.) Keeping a journal

Writing down your food, exercise and mood can help keep you accountable and reveal the unhealthy habits that are stopping you from losing weight. Whether your goal is to lose weight, manage a health condition or simply maintain a healthier diet, investing time and effort in a food diary will help you achieve your personal goals successfully.

B WELL FITNESS CLUB: 087-7643449
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AN EYE EXAMINATION SHOULD MAKE THE BACK TO SCHOOL CHECKLIST

A comprehensive eye examination is as essential for back-to-school success as supplies for learning. Studies have consistently linked school performance to poor vision and visual disorders. More than one in 10 children in every classroom is estimated to have an undiagnosed common vision problem that affects their learning and development. Some eye conditions do not display any signs or symptoms, so the only way to know for sure is to take your child for a sight test. Signs which may show there is a problem with a child's sight include:

- an eye appearing to drift inwards or outwards;
- difficulty concentrating;
- headaches;
- sitting too close to the television; or
- rubbing their eyes a lot.

The condition 'lazy eye' can run in the family, so if someone in your family has either an eye turn ('squint') or suffers from reduced vision in one or both eyes ('amblyopia'), it's a good idea to take any related children for a sight test.

both eyes. If a problem is suspected, children will usually be referred for a full sight test.

WHAT IS A SIGHT TEST?

A sight test is a comprehensive check which can pick up many conditions, including colour vision defects, problems with the development of 3D vision and any need for glasses. Taking children for sight tests from an early age helps to build good eye health habits into adulthood.

WHAT CAN I DO IF I DON'T WANT MY CHILD TO WEAR GLASSES?

Some parents avoid taking their children for a sight test, because they do not want them to wear glasses. It's important to understand that some children do need visual correction so their vision can develop normally and to achieve their full potential. The good news is there is now a much wider range of attractive frames to choose from and less stigma attached to wearing glasses. Many children are also suitable for contact lenses. This is particularly helpful for children who take part in regular sports activities and they can be successfully worn from an earlier age than most parents expect.

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CONTACT DES: 087 6593427

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

West Cork Adventure for Spa Girls

Members of the Spa Ladies U12 & U14 teams were treated to a fun day out in West Cork last week.

Coaches Emma, Susan and Claire took both the U12 and U14 Girls teams on a fun filled activity day out last Monday in Kilbrittan, Co. Cork. Both the coaches and the girls participated in many

team building games such as orienteering, puzzle games, go karting, they even trailed over a 2km mucky obstacle course and finished with a large water slide at the end – which was the highlight of the day. The girls thoroughly enjoyed the outing and look forward to the next one.

**SPORTS HALL AND MEETING ROOM HIRE**

Meeting Rooms and Sports Hall available for hire. For enquiries contact Eileen on 087 6577312 (after 6pm only) or Ann on 087 9403508

U12 & U14 Girls go to "West Cork Secret"

Coaches Emma, Susan and Claire took both the U12 and U14 Girls teams on a fun filled activity day out last Monday in Kilbrittan, Co. Cork. Both the coaches and the girls participated in many team building games such as orienteering, puzzle games, go karting, they even trailed over a 2km mucky obstacle course and finished with a large water slide at the end – which was the highlight of the day.

Senior Ladies Intermediate Championship Quarter-Final: Spa 4-8 Listowel 3-7

The senior ladies played their first game ever in the Intermediate Championship at home in Spa this week. The visitors started very strong registering two goals in the first fifteen minutes. They clawed their way back taking their scores. The second half our seniors opened up with Saoirse Kelly scoring two goals and Loretta Maher one more to pull away. The forward line all scored and Listowel couldn't bridge the gap. Scorers: Kerry Holland 0-2, Liadh Tobin 1-0, Loretta Maher 1-1, Saoirse Kelly 2-3 and Micheala O'Connor 0-2

NIALL MCGILLYCUDDY TOURNAMENT

Spa took part in the Niall McGillicuddy Tournament in Legion GAA grounds last Saturday August 17th. This was a wonderful event and well done and thank you to Legion GAA for the invite.

UPCOMING FIXTURES

Friday August 23rd: Junior Co Championship preliminary round Spa v Knocknagoshel (away at 6.45pm)

Date TBC: O'Donoghue Cup Spa v Glenflesk (away)

ALL IRELAND FINAL TICKET ARRANGEMENTS

Any members (that were registered before the March 31st deadline) that would like to be included in the draw for All Ireland Final tickets contact club Secretary Patrick Regan on 0876332773 before 5pm on Saturday August 24th. Tickets are intended for club members only that are travelling to the Final and members can only submit their own name for the draw.

CONGRATULATIONS

Congratulations to senior player Andrew Garnett and Aisling Sheehan who were married last weekend.

LOTTO RESULTS 12/08/2019

Numbers drawn: 1, 10, 15, 28. No winner and €50 lucky dips going to Grainne Cronin, Assumpta O'Donoghue, William Herlihy, Mary & John O'Keeffe. Next draw on Monday August 19th in McSweeneys and Jackpot is €7,400! Play online spagaa.com or tickets available at the following locations: Clubhouse Reception; Dalys Supervalu; Centra Muckcross Rd; Killarney Heights Hotel; Torc Hotel; Killarney Oaks Hotel; McSweeney Arms; Arbutus Hotel; Royal Hotel; Jimmy Briens

MERCHANDISE

The Spa Merchandise Shop is now located at the top of the stairs in the main reception. For enquiries contact Mathilda on 087 6487356.

All Ireland Fleadh 2019 in Drogheda 16th - 17th August 2019 CCE Cill Airne was very successful at the All Ireland Fleadh in Drogheda over the weekend. Winning three Céilí and nine set titles. This was all possible with great coaches, excellent dancers, supportive parents and supporters. Our All Ireland winning coaches, Triona and Mairead Mangan competed winning the double in Senior Ladies and mixed sets. They also coached their winning teams and not an easy task in two different venues and trying to get their teams competition ready along with their own practice. Our musicians Sean O Laoithe and Damien Mullane were top class. Ann Mangan was also on hand to help with her watchful expert eye and secretary of CCE Cill Airne. Sharon O Connor was on her feet all day as our professional hairdresser. In fact the Comhaltas Kerry Branch brought huge success back to the Kingdom with a record total of seventeen titles in gold, silver and bronze in the ceili/set dancing competitions (Kilcummin, Sliabh Luachra and Ballydonoghue). Well done to all involved.

U12 Mixed Set: Silver

Darragh Brosnan, Colm O Connor, Diarmuid O Donovan and Oisín O Sullivan.

Lauren Carey, Aine O Sullivan, Ciara O Donoghue and Dara Lisa McCarthy

U15 Mixed Set : Winners Gold

Darragh Brosnan, Darragh O Donovan, Cian Lynch and Padraic Moynihan Aoife O Donoghue, Laura O Carroll, Isabel Waters and Tegan O Sullivan.

U18 Ladies Set : Winners Gold

Erin Holland, Shona Murphy, Meghann Cronin, Karis Koschan, Kate Lawlor, Elena O Donoghue, Siona Moynihan and Orlaith Spillane.

U18 Mixed Set: Bronze

Liam Spillane, Gary O Sullivan, Cian O Sullivan and Darren Lehane.

Erin Holland, Shona Murphy, Meghann Cronin and Siona Moynihan.

U18 Half Set Mixed: Silver

Cian O Sullivan, Gearoid Mulvihill, Elena O Donoghue and Ciara Moynihan

U18 Ceili 8 Hand: Silver

Erin Holland, Laura Buckley, Lia Murphy and Niamh Kelly, Ailbhe Gallagher, Aislinn O Donovan, Kate Lawlor and Alice O Donoghue

U18 Ceili 4 Hand: Winners Gold

Ailbhe Gallagher, Aislinn O Donovan, Kate Lawlor and Alice O Donoghue

U18 Céili 4 Hand: Silver

Erin Holland, Laura Buckley, Lia Murphy and Niamh Kelly

Over 18 Ladies Set: Winners Gold

Triona Mangan, Mairead Mangan, Aine Brosnan, Trish Murphy, Claire Moynihan, Sarah Jane Taylor, Shona Koschan and Anna O Connor.

Over 18 Mixed Set : Winners Gold

Liam Spillane, Gearóid Joy, Gavin O Leary and Anthony Casey.

Triona Mangan, Mairead Mangan, Trish Murphy and Sarah Jane Taylor

Over 18 Half Set Mixed: Silver

Anthony Casey, Kianan O Doherty, Anna O Connor and Aine Brosnan

Over 35 Mixed Set: Winners Gold

Charlie O Connor, Tom Kearney, Thomas O Sullivan and Ultan Mulcahy.

Noreen O Sullivan, Margaret O Sullivan, Josie Murphy and Patsy O Brien.

CLUB NOTES

Any items for the club notes please contact Deirdre at pro.spa.kerry@gaa.ie or 085 1216359 before 8pm on Sundays.



DR CROKES CLUB NOTES

UNDER 15 GIRLS COUNTY B CHAMPIONSHIP FINAL DR CROKES 5-15 BEAUFORT 3-9

Our U15 girls had a tremendous victory on Tuesday evening last in the County B Championship Final v Beaufort which was played in the Centre of Excellence in Currans.

Beaufort started brighter, taking an early 2 point lead but once our two Laura's - Laura O'Carroll (Captain) & Laura O'Shea took control at midfield, they fed some excellent ball in to our forwards, who took their opportunities well in the early stages. With Katie McCarthy raising two green flags & Leah McMahon contributing one goal in this first period, we went in at half time with a commanding lead of 3-8 to 1-4. However, Beaufort took complete control over the next twenty minutes, coming at us at full force bringing the deficit to only 4 points at one stage. Our backs held their own, & led by Emma Kelly, who had a superb performance on the night, our girls turned it completely around again for the last 10 minutes.

With Pia Hickey & Leah McMahon picking off their points and two great goals in this period from Eimear Cronin, our girls eventually pulled away to win comfortably in the end. Great Credit is due to the management team of Karena O'Leary, Brendan O'Connor & Karl McMahon and to the girls themselves as they had to overcome very tough battles to win this competition. Many thanks to the club members for the huge support on the night & it was also great to see Sarra Neher back to her best after her recent injury.

Team & Scorers: Natalia Maj, Debbie Maye, Rocha Clifford, Teagan O'Sullivan, Sarra Neher, Emma Kelly, Jean Foley, Laura O'Carroll (0-1), Laura O'Shea (0-1), Katie McCarthy (2-0), Pia Hickey (0-3), Sarah O'Sullivan, Eimear Cronin (2-1), Leah McMahon (1-8), Sinead Oliver (0-1), Aisling Crowe, Ella Galvin, Ali O'Donoghue, Cara O'Sullivan, Selina Thawiset-Collins.

CONGRATULATIONS

Congratulations to our coach James Fleming who was Assistant Coach to the Irish U20 Ladies Basketball team who won Bronze medal in the European Championships held in Kosova last week.

BALLYHAR-FIRIES GAA CLUB

CLUB 600 FUNDRAISING DRAW

The 2nd Club 600 draw will place in Sherwoods Bar Farranfore on Thursday 29th of August.

A huge Thank You to all that supported our Club 600 draw and continue to do so.

All Ireland Senior Football Final:

Let's get the Green & Gold out in the next 2 weeks in support of Jack and all the Kerry Senior panel and management in the All Ireland Final on Sept 1st.

COISTE NA NOG

Academy Training continues on the pitch in Farranfore this Saturday at 10.30 to 11.30 for U6, U8 and U10. Bring €2, a drink and gumshields. All new player welcome.

The annual Jerry Foley U11 memorial tournament will take place in Farranfore on Saturday 7th September.



Glenflesk Senior Team played host to Cordal in the Preliminary round of the Dr. O'Donoghue Cup on Saturday 17th August. PHOTO: NORA FEALEY



Kieran Enright, Cordal Captain and Chris O'Donoghue Glenflesk Captain with Referee Donal Casey before the start of the preliminary round of the Dr. O'Donoghue. PHOTO: NORA FEALEY

ALL IRELAND UNDER 15

Congratulations to Stephen Palmer and Brian McCarthy on winning the U15 All Ireland final in Tullamore at the weekend with South Kerry. They beat Laois in the final on a score line of 2-15 to 1-06

Niall McGillicuddy U16 Invitational Tournament Firies Under 16 footballers took part in the inaugural Niall McGillicuddy Invitational Tournament on Saturday last at the Legion grounds in Killarney. Firies qualified from the group stages for the Cup Semi Final, by way of victories over Dr Crokes and Austin Stacks, and a draw with Fossa.

In the Semi Final, Firies were defeated by Kenmare on a score line of Firies 1-02 Kenmare 3-02.

Firies GAA would like to thank the McGillicuddy family and Killarney Legion GAA club for co-ordinating an excellent tournament and for their fantastic hospitality to players, mentors and parents on the day.

LOTTO

Last weeks' number were 5, 9, 15 & 26

No Jackpot Winner

€30 winners were

Mairead McMahon, Castlefarm

Jonathan O'Callaghan c/o Sherwoods

J O Callaghan, Kilcummin West

Colette Bateman, Farranfore

Margaret Crowley, Farranfore,

The draw for next weeks Jackpot of €2,800 will

take place in the Airport Bar, Farranfore on Friday night, 23rd August. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore. Thank you all for your continued support.

HURLING

Well done to the Firies U11 hurlers who competed in the Kerry South U11 Finals in the Kerry GAA centre of excellence last week.

Hurling academy Training continues in Farranfore on Thursdays at 19.00. All new player welcome.

EAST KERRY GAA NEWS

By Michael O'Mahony

East Kerry Senior Championship Dr. O'Donoghue Cup 2019

PRELIMINARY ROUND

Glenflesk 3.19

Cordal. 1.08

Cordal were missing Kerry junior star & Capt Philip O' Connor injured Played in Glenflesk on Saturday evening it was the visitors who opened the scoring with a point from Brian Reidy.

Both teams enjoyed periods of dominance during the first half.

Firstly Glenflesk kitted out in a changed strip of Black, with Blue and gold trim to avoid a colour clash hit a purple patch.

Jeff O'Donoghue(1), Darragh Roche(2) and Patrick Darcy (2) all had points before the tenth minute.

Cordal then responded in fine style, Kieran O Donoghue pointed from play before Sean Óg Ó Ciarduibhain pointed a long range free.

Cordal were then awarded a penalty after a high ball caught out the Glenflesk defence and goalkeeper Sean Óg Ó Ciarduibhain stepped up to blast the ball to the net.

The same player then pointed another free and wing back Johnny O Connor added a point to leave Cordal ahead 1.05 to 0.06 after 20 mins.

Glenflesk then made an astute switch by placing centre forward Micheal O Shea to full forward swapping with Dara Roche. This move immediately paid dividends as O Shea quickly bagged a goal and three points.

Dara Roche also notched two points in this



period as well as a point from midfielder Kieran Murphy from distance.

Half time
Glenflesk 1.12 Cordal 1.05.

Cordal opened the scoring in the second half immediately from the restart, a point from Brian Reidy. However they were to struggle for most of the rest of this game.

Glenflesk were to take over, Dara Roche hit five points in quick succession interrupted only by a Brian O Donoghue goal on 46th minute.

Dara Fleming then got on the end of a move to palm the ball to the net for Glenflesk.

Before Donal Casey (Scartaglen) blew the final whistle the sides traded two points each late in the game Ian and Dara Roche for Glenflesk, Brian Reidy and Michael Flynn in reply for Cordal.

On the night Sean Óg Ó Ciarduibhain, Johnny O Connor, Michael Flynn, Brian Reidy did best for Cordal.

Glenflesk's best were Jeff O Donoghue, Micheal O Shea and Dara Roche

Division 4 East region U14 football final.

Gneeveguilla 4.11 Legion 4.05

Gneeveguilla got a late goal to win this Division 4 East Region league final by six points. Both teams scored four goals but it was the ability of Gneeveguilla to keep recording points that saw them win the final.

Gneeveguilla were first off the mark through Sean Finnegan with a goal in the first minute. Legion got a goal back through Josh Bowler after six minutes. The sides were level at the mid way point at 1.02 each. Josh Bowler got his second goal for Legion but so did Sean Finnegan for Gneeveguilla when he goaled from a close in free. Josh Bowler had his hat trick of goals on the twenty second minute. Sean Finnegan had his sides fifth point to tie the score 2.05 v 3.02 at half time. Gneeveguilla dominated the early part of the second half and kicked four unanswered points. James Doyle hit a goal and a point around the tenth minute, however Legion got a goal back from their wing back James O'Reilly to leave four points between the sides. However Sean Finnegan was the top scorer for Gneeveguilla and he completed his hat trick of goals just before the final whistle to win the tie by six points.

Chairman Sean O'Keeffe presented the cup to the captain Sean Hurley the Gneeveguilla number six. He thanked the sponsors MD O'Shea. The referee James Brosnan from Currow was also thanked with his full complement of officials.

Gneeveguilla U-14 Team

1. Darragh Dennehy, 2. Stephen Dalton, 3. Adam O Connor, 4. Sean O Keffe, 5. Tomas Brosnan, 6. Sean Hurley Captain, 7. Jayden McCarthy, 8. Cian O'Leary, 9. Sean Finnegan, 10. James Doyle, 11.

David O'Leary, 12. Gavin Barry, 13. Alex O Leary, 14. Jonathon Del Tori, 15. Dylan O Brien, 16. Oisin Hurley. Mentors: Aeneas O'Leary, Fergus McAuliffe, Mike O Keffe

Legion Team

1. Oliver Pilch, 2. John O' Grady, 3. Brian Doody, 4. Daniel Fleming, 5. Jason O' Reilly, 6. Brian O' Sullivan, 7. Alex O' Callaghan, 8. Ryan McCarthy, 9. Matthew Fogarty, 10. Josh Bowler, 11. Tom Benson, 12. Jason O'Sullivan, 13. Nathan Cox, 14. Eoghan Crowley, 15. Darragh Murphy, 16. Ryan Kerns, 17. Eoin Carroll, 18. Stephen Walsh, 19. David O' Brien, 20. Liam Cronin

Mentors are Paddy Osbourne and John Bowler. Captain is Matthew Fogarty.

EXTRA TIME IF NECESSARY IN ALL ABOVE GAMES
This "Pain to Performance" Workshop will take place on Thursday 3rd October 2019, 6.30pm – 9.30pm, Lecture Room, at the new Kerry Sports Academy building located in the North Campus at IT Tralee.

The cost to attend is €50

To book a place, register at the following link:

Pain to Performance Tickets.

For further information, please email derekgriffinphysio@gmail.com or jmc_gahan@hotmail.com

Kilcummin victorious after epic battle

Kilcummin 1-11 Ardfert 3-4 | U16 County League Div 2 Final

Ablustery Austin Stack Park was the Avenue for the County League finals on Wednesday night last and Kilcummin emerged deserved winners in Division 2 after a massive battle with Ardfert.

Playing with the strong wind, Kilcummin got off to a disastrous start as the opposition rattled off 1-1 in the opening minutes and they were grateful to full back Cian Murphy for a superb blockdown and to goalkeeper Jaden Tynan for a great save to prevent further damage.

However with good team play, excellent points from wing forwards Colin O'Leary and Adam O'Sullivan got Kilcummin off the mark and despite a number of wides 3 points in a row from centre forward Cian Foley had the teams on level terms. With Oran Dwyer winning good ball in defence, Colm Kelliher impacting the game in midfield and corner forwards Micheal Sweeney and Oisin O'Leary working hard for possession and tackling deep, another good point from the flying Colin O'Leary had Kilcummin 0-6 to 1-2 up at the break.

With Andrew Lowin and Turlough O' Connor driving on from defence, Kilcummin stretched further ahead on the resumption with fine points from substitute Jack Fogarty and corner back Killian O'Brien. However Ardfert struck the net again to lead 2-3 to 0-8 with a Cian Foley free soon levelling matters again.

Ardfert pressed for home and a point, followed by a deflected goal, saw them lead 3-4 to 0-9 with the wind at their backs and less than 10 minutes remaining. It was now that Kilcummin showed true heart, and with Cian Murphy



and Dara O'Callaghan defending stoutly, Jack McClain fielding strongly in midfield and Cian Foley leading the attack with purpose, they took over from here to the end of the 4 minutes of additional injury time.

Evan O' Sullivan, Brandon Griffin and Padraic Moynihan all made a big impact off the bench with the latter kicking a great score coming in off the right wing. When Mark O' Shea finished superbly to the top of the net after great teamwork the teams were level at 3-4 to 1-10 with time almost up. Cian Foley kicked over from a free with the last score and Kilcummin retained possession excellently in injury time to emerge victorious after a mighty battle.

Well done to the entire panel- this win was just

reward for all the outstanding commitment to training right through the Spring and Summer.

Team: Jaden Tynan, Andrew Lowin, Cian Murphy (c), Killian O' Brien (0-1); Oran Dwyer, Dara O'Callaghan, Turlough O'Connor; Jack McClain & Colm Kelliher; Colin O'Leary (0-2), Cian Foley (0-5, 0-2f), Adam O' Sullivan (0-1); Oisin O'Leary, Mark O Shea (1-0), Micheal Sweeney.

Subs: Evan O'Sullivan, Brandon Griffin, Dara O'Shea, Cathal Brosnan, Gearoid Mulvihill, Kirill Healy, Daniel Horgan, Robbie Moynihan, Jack Fogarty (0-1), Padraic Moynihan (0-1), James Williams.

Management: James Foley, Diarmuid O'Callaghan, Dave Kearney, Kevin O'Riordan, Michael O'Callaghan.



Niall McGillcuddy Tournament 2019



The National Anthem with Garda Mike Milner, at the Niall McGillcuddy Memorial as Kenmare & Legion are lead onto the pitch for the final. PICTURE: MARIE CARROLL-O'SULLIVAN

LEGION GAA

We would as a club like to thank everyone who made the Niall McGillcuddy Tournament a huge success, Pat Moynihan and his team, Peter Keane, Maurice Fitzgerald, Tim Murphy & Tommy Griffin who attended on Saturday from the Kerry Camp, Eddie Walsh, John O'Neill, Tom Moriarty, Christy Crowley & Sean (The Bear) who officiated, Kay Doona & all the Ladies who did a super job, Connie Carroll and his crew on a very tasty BBQ, Mike Milner on the bagpipes, The Order Of Malta, Tommy Regan on the camera and our neighbours at Killarney Celtic and all the teams & mentors who contributed to making it the success that it was. Club is family and this was never more evident on Saturday where young and old gathered to celebrate Niall's Love of football and it was a testament to the wonderful talented young man Niall was that everyone pulled out all the stops to ensure the day was a success one that will grow each year. Killarney Legion fittingly took home the Cup on the day in a thrilling encounter against Kenmare that went into extra time which was presented by Shiela McGillcuddy to Captain Matthew Horgan. Austin Stacks won the Shield Final against Glenflesk.

County League Div 1 Final

Austin Stacks 2-08

Killarney Legion 0-08

Hard luck to Alan and all the lads who travelled to Connolly Park in Tralee on Wednesday night, the lads started well putting up some great scores on the board going in at half time on a scoreline of 0-05 to 0-01. The second half saw Stacks come back and get an early goal which set them up to kick on and take the spoils scoring a massive 2-07 in this half. Alan and his team have had a great campaign with only positives to take on and work with for the future with great talent moving up the ranks the future is very bright for this team.

Legion Div 5 Group B

Killarney Legion 4-13

John Mitchell's 1-12

Legion finished off what must be considered a very effective first year in Division 5 with their

final game against John Mitchell's in Direen this Sunday. By the final whistle Legion had a comprehensive 4-13 to 1-12 win over the visitors in a very competitive game with all players contributing to a very entertaining game. Legion now look forward to participating in the Molyneux Cup with their first game away to Kenmare this Sunday.

AL IRELAND TICKETS

Any member who wishes to be included in the draw for this years Al-Ireland Final tickets please send a letter or email to Secretary.legion.kerry@gaa.ie. Deadline is Friday the 23rd August.

KERRY NEWS

Congrats to Conor Gammel and Sam Benson who lined out with the U-15 Kerry Development Squad who won the Al Ireland on Saturday. Well done lads.

MOTHERS4OTHERS

Are you looking for fun and exercise, Join us every Wednesday night at 7:30pm at Direen. We play other ladies teams from around the county and beyond a good social outing with a great

gang of women. Get involved!!

LEGION STREET LEAGUE

Can you send out a club text pls:

Legion street league is back, Friday the 23rd between 5pm - 7pm, All our U-10 & 12 boys and girls. It will be an evening of fun, football and treats b4 back to school. The mothers and others group are fundraising on the day by holding a Bake Sale. Also on the day Face Painting, Guessing Sweet Jar, popcorn, teas, coffees and hot chocolate. It promises to be an enjoyable evening, All welcome.

LEGION LOTTO RESULTS

1,5,21,23

Bonus ball 28

Match 3's

Tim Healy Homestead

Noreen mcGillicuddy

John Cronin Killorglin

Lara o Brien bridgefield

Anne o Shes & family c/o Darren o Shea

Jackpot €11,700 plus Bonus €10,000, Draw next

Sunday 25th August @Murphys Bar



Legion U14 team who were defeated by Gneeveguilla in Eastkerry Coiste na nOg



KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO



COUNTDOWN TO THE BIG DAY!

This is a very exciting time for Kerry fans at home and all over the world. It is wonderful to see the Green and Gold bunting going up all over the county. We encourage all workplaces, schools and homes to decorate their premises in the coming days. Imagine how the players and management will feel seeing all the colour on display! This is a young team taking to the field on Sunday week and it is important that they know that we are all behind them.

The players and management were delighted with the turnout at the 'Open Day Meet & Greet' held last Saturday in Fitzgerald Stadium. It was great to see all the young people kicking a ball around the field. We are very thankful to all those who purchased our specially produced Autograph Book on the day. The last few remaining copies are on sale in the Kerry GAA Store, Killarney.

The demand for match tickets is extremely high according to County Secretary Peter Twiss. The allocation process begins this week. The public office in Austin Stack Park reopens on Thursday and clubs, delegates, district boards and those in the 5 year ticket scheme are asked to collect their tickets on Thursday between 4 and 7 pm or on Friday between 2 and 4pm.

Details have been announced for the post match function. The party will be held in the D-Two Night Club in the Harcourt Hotel, Dublin. Tickets are limited and will go on sale later this week.

Tickets are priced at 20 Euro each. The Kerry team will be in attendance and entertainment will be provided by a band and a DJ. This is the official post match function with all money raised going to the Team Training Fund.

THE KERRY GAA SUPPORTERS CLUB

The Kerry GAA Supporters Club are organising coaches to the All Ireland final. All seats must be booked and paid for on Monday night 26th august. Payment can be made at the Listowel Arms hotel and in the Ballygarry House Hotel on that night at 8 30pm. All persons traveling must have a valid 2019 membership card.

The Kerry Supporters Club will raffle 6 All Ireland final tickets for all paid up members in 2019. The supporters club are also organising a ticket raffle for the Kerry Team Training Fund. Raffle cards are being distributed around the county and the draw will take place on Wednesday night 28th of august in Ballygarry house hotel at 8pm. There are 10 tickets to the Final to be won along with vouchers for the Kerry GAA store. Tickets are 5 Euro each.

GOLF CLASSIC IN KILLARNEY

Being in All Ireland Final is an immense achievement but it is expensive! Therefore, it is necessary for us to hold a number of fundraising initiatives between now and Sunday week.

We are asking for your support for our upcoming

Golf Classic in Killarney on Friday 23rd August. Entry fee for a Team of Four is €1200 which includes:

Golf for four in one of the best parkland courses in the country

- Attractive selection of team and individual prizes

- Dinner after golf in the clubhouse

- Two free tickets and the right to purchase two more for the 2019 All-Ireland Football

Please contact the County Board Treasurer Tom Keane if you are interested in participating.

CO. JUNIOR CUPS (FOOTBALL) 2019

The Round 1 Games are scheduled for Friday 23rd August at 6.45 pm, Games are to be played to a conclusion on the fixture date. All Teams get a minimum of two games. The Round 1 fixture is a "qualifier" and knockout thereafter.

Format; Pool A - Rd. 1 Winners qualify for the Molyneux Cup competition with defeated teams qualifying for the McElligott Cup Competition.

Pool B - Rd.1 Winners qualify for the Barrett Cup competition, while the defeated teams qualify for the Cahill Cup competition.

Please contact coordinator Christy Killeen for further information

Keanes SuperValu County Minor Semi Finals

East Kerry look forward to county final as Rathmore end their campaign

It was very much advantage district boards last Tuesday evening as East Kerry and St. Brendan's Board got the better of Austin Stacks and Rathmore respectively in the Keane SuperValu County semi-finals played at Castleisland and Fitzgerald Stadium.

A man of the match performance by Fossa's Emmett O'Shea helped pull East Kerry through, what turned out to be a tighter affair than the 1-16 to 2-18 final score line suggested as the Rockies were attempting to overturn last season's defeat at the same stage to East Kerry. Level on no fewer than 5 occasions and level with just 7 minutes on the clock; it was East Kerry's grater finishing power that ultimately decided the tie.

East Kerry made the most of their wind advantage having retired at the break level on 1-6 apiece and hit five points unanswered to take control, however Austin Stacks hit back and with

a Jordan Kissane goal which helped them back to parity, but it was East Kerry that settle the issue hitting another five unanswered points.

Meanwhile in Fitzgerald Stadium Rathmore were attempting their own bit of history by trying to reach the county final and despite a spirited opening 22 minutes in which they were level at 0-6 apiece it was St Brendan's with a devastating 2-4 inside just 8 minutes really settled the issue with the Tralee side ahead 2-10 to 0-6 at the break.

A strong second half showing by Rathmore's David Dineen who scored five points kept Rathmore in the contest but Brendan's would again finish the contest strong and despite a fine goal by Ben O'Connor, Rathmore would finish up on the wrong end of a 3-18 to 1-13 score line.

The final is fixed for Tuesday 27th with no venue announced prior to print.

Fossa's Emmett O'Shea receiving his Man of the Match award from Barry Keane of Keane's SuperValu, sponsor, in County Minor Semi Final v Austin Stacks.





Gneeveguilla U14 Who won East Kerry Coiste na nOg.



A great view for this young supporter at the Kerry Team Open Day. Picture: Marie Carroll O'Sullivan.



Niamh, Clodagh And Padraig O'Sullivan presenting New Jersey's for Furies U12 boys to Peter Costello



All smiles from this young supporter at the Kerry Team Open Day. Picture: Marie Carroll O'Sullivan.

OUTLOOK GOLF

BEAUFORT GOLF CLUB (LADIES BRANCH)

RESULTS

17th/18th August - 18 Hole Stableford - Sponsored by Karen Spence

1st Laura Furlong (18) 33 pts

2nd Lady Captain Noreen Kinsella (28) 29 pts

3rd Noeleen Mackessy (23) 23 pts

12th August - Open 9 Hole Competition - Sponsored by Cliffords Groudcare Ltd

Winner: Marie Fitzpatrick (18) 19 pts

FIXTURES

24th/25th August - Round 5 Golfer Of The Year (Stroke) - Sponsored by KUS Ltd.

Club Scramble - Wednesday 21st August - Meet at clubhouse at 6pm for 6.30pm start

23rd August - Open Friday (18 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time. 26th August - Open Monday (9 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time.

BEAUFORT GOLF CLUB (GENTS BRANCH)

RESULTS

18th August - Round 6 Golfer Of The Year (Stroke - Yellow Tees) - Sponsored by Eddie Slattery.

1st Timothy O'Carroll (23) 68 Nett

2nd Padraig Coffey (13) 69 Nett

3rd President Pat Quill (19) 72 Nett

16th August - Open Friday (18 Hole Stableford - White Tees) - Sponsored by Clifford's Groundcare Ltd

Winner: Patrick Devane (15) 37 pts

FIXTURES

25th August - Round 7 Golfer Of The Year/ Round 1 Gleasure Cup - Stableford (White Tees)

- Sponsored by Gleasure Funeral Home, Tralee Club Scramble - Wednesday 21st August - Meet at clubhouse at 6pm for 6.30pm start

23rd August - Open Friday (18 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time. 26th August - Open Monday (9 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford

(Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time

CAPTAINS CHARITY RUMBLE - 3 Person Team - Yellow Tees - Sponsored by John O'Callaghan. Competition is a re-entry (play any day) and will run until 20th October.

ROSS GC, KILLARNEY (GENTS CLUB)

RESULTS

On August 17th/18th we held an Open 55 competition kindly sponsored by Sean Daly Construction.

- The winners were -
- 1.....Johnny Brosnan (14) 39
- 2....Ivo O'Sullivan (14) 39.
- 3....Gianfranco Ghidini (16) 38

FIXTURES

On Saturday August 31st our Captain John Cushkelly will hold his Captain's Prize. This will be a stroke-play competition and the entrysheets will be available in the Clubhouse from Monday August 26th with the draw for playing partners taking place at 5pm on Friday Aug 30th.

KILLORGLIN MEMBERS GOLF CLUB

Ladies Results: 18 Hole Stableford sponsored by Beauty Boutique, Killarney: 1. Anne Myers Foley (35) 34 pts. 2. Betty Griffin (30) 30 pts. Silver Swans 12 Hole Stableford: 1. Maura Kennedy (37) 20 pts. 2. Maire Ni Loinsigh (23) 21-3=18 pts. **FIXTURES:** Dooks Exchange Day Saturday 24th August 18 Hole Stableford sponsored by Star Gifts. Time Sheet in Pro Shop.

KILLORGLIN MEMBERS GC (MEN'S SECTION)

RESULTS

Winners of Puck Fair Open Re-entry Singles finishing on 16 August were as follows: 1st Place - Mikey McKenna (12) 44 Points, 2nd Place - Mike J. O'Sullivan (8) 40 Points, 3rd Place - Vincent Darby (12) 39 Points

Winner of 9 Hole Open Singles on 7th August 2019 was Dermot Kelly (21) with 16 Points.

Winners of Dungeel Motors V-Par held on 17th and 18th August were as follows:

1st Place - Dermot McKenna (11) 2 Up, 2nd Place - Joe Kennedy (5) 1 Up, 3rd Place - Jim Mc Carthy (15) All Square (CB), 4th Place - Mike Lawlor (14) All Square, Senior; Brendan Campbell (21) 1 Downj.

FIXTURES

9 Hole open Singles this Wednesday 21st August Members €5 and visitors €12.

Next Saturday 24th August is the Exchange Day with Dooks. Timesheet is in the shop. A Stableford Singles Competition.

Saturday 24th and Sunday 25th August is the Fexco sponsored Stableford Singles.

BEAUFORT GOLF CLUB (LADIES BRANCH)

17th/18th August - 18 Hole Stableford - Sponsored by Karen Spence

1st Laura Furlong (18) 33 pts

2nd Lady Captain Noreen Kinsella (28) 29 pts

3rd Noleen Mackessy (23) 23 pts
12th August - Open 9 Hole Competition - Sponsored by Cliffords Groudcare Ltd
Winner: Marie Fitzpatrick (18) 19 pts

FIXTURES

24th/25th August - Round 5 Golfer Of The Year (Stroke) - Sponsored by KUS Ltd.

CLUB SCRAMBLE Wednesday 21st August - Meet at clubhouse at 6pm for 6.30pm start
23rd August - Open Friday (18 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time.

26th August - Open Monday (9 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time.

KERRY PITCH & PUTT NOTES

Although there was no county fixture at the weekend, John McGrath of Deerpark was competing in the European Strokeplay Championships in Dagenham, England where he finished outside the Top 50 with a tournament total of two under par with Cork's John Cahill the tournament winner on 18 under. Separately both Deerpark's Robbie Harnett and Listowel's Jake Shine competed in the National Finals of the Community Games in Limerick where they finished second and fourth respectively.

The previous Tuesday evening in Deerpark saw the Danny Nolan Memorial Two Ball Scramble take place with Tadhg Walsh of Castleisland and Timmy McCarthy of Newmarket the Overall Nett winners with a score of 34. The Gross prize went down to countback between Deerpark duo Gearóid Cronin & Brian Moloney along with Castleisland's Mike Browne and Deerpark's John Murphy after both shot 12 under par with Gearóid and Brian claiming the prize on a better back nine. Second Nett in the event went to

Tralee's David Hobbert and Newmarket's Timmy McCarthy on 36.

A reminder that County Matchplay entries must be with Competition Secretary Tim Scannell by this Sunday in advance of the event the following Saturday, August 31st in Listowel. This weekend sees the National Youth Championships take place in Glenville, Dublin with plenty of interest from a Kerry perspective. One-third of the entries for the U-16 on Sunday are made up of players from both Deerpark and Listowel as there are also players from both clubs entered into the U-20 event on Sunday. Deerpark are donating a Cup this year in memory of former Pitch & Putt Ireland Youth Officer Helen McMorrow which will be presented to the winner of the Boys 10-13 category.

Also on Sunday the Kerry U-16 team will be defending the National Inter-County title with three of last year's side, Cillian Courtney, Robbie Harnett and Eoin O'Riordan Looney joined by Listowel duo Jake Shine and Bobby McCarron along with Deerpark's Ryan Neeson in defence of the title.

We wish all the youngsters travelling to Glenville the very best of luck as we would like to thank Sewell's Pharmacy, Killarney for their support of the team once more.

KILLARNEY GOLF AND FISHING CLUB LADIES CLUB

RESULTS

Dano Dennehy Invitational Mixed Foursomes. 1st Maureen Creedon (14) and Shane Horgan (3) 41 pts

2nd Amy Arthur (6) and Donal Considine (1) 40 b9

3rd: Bernie Nolan (19) Mike Dwyer (15) 40 pts.

Prizegiving for this competition will be held on Friday September 13th



Last month prior to their hosting of the National U-16 Matchplay Championships, Deerpark Pitch & Putt Club donated a Cup in memory of the late Helen McMorrow, Lakeside, former Pitch & Putt Ireland National Youth Officer for presentation at the National Boys Strokeplay in Glenville, Dublin this weekend to the winner of the Boys 10-13 category. Pictured at the presentation on the night of Friday July 26th were L to R: Mervyn Cooney (Pitch & Putt Ireland President), Noah Sexton (Deerpark), Myles McMorrow (Pitch & Putt Ireland National Competition Co-Ordinator and husband of Helen), Tom Cronin (Deerpark U-16 Captain), Noel Moynihan (Deerpark Vice-Chairman), Liam Leahy (Pitch & Putt Ireland Youth Officer) and David Hobbert (Kerry County Board PPI Chairman).

Sales: Des 087 659 3427 ✉ des@outlookmags.com

KILLARNEY GOLF CLUB MENS' CLUB

Results of the EBS sponsored Single Stroke competition held on Mahony's Point on the 17th and 18th of August.

- 1st Harry O'Neill 68 (79-11)
- 2nd David O'Donovan 69 (87-18)
- 3rd Alan Macsweeney 70 (75-05)
- 4th Ewan Macindoe 70 (76-06)
- 5th Eoin O'Donoghue 70 (77-07)
- 6th Tim Healy 71 (77-07)
- 7th John Curtin 71 (89-18)
- Category 1 Ian Cronin 72 (77-05)
- Category 2 Cillian Courtney 73 (83-10)
- Category 3 Patrick Leahy 71 (85-14)
- Category 4 Con O'Connor 74 (93-19)

DEERPARK PITCH & PUTT

CAPTAINS PRIZE

Changeable conditions last Sunday morning but a great spread of refreshments from our Captain Aidan O'Keeffe was enjoyed by all as there was another great win for a certain Mike 'Seve' O'Leary! Results: Overall Nett: Mike 'Seve' O'Leary 90, Overall Gross: Damien Fleming 98, Second Nett: Sean Ashe 94, Third Nett: James Fleming 95, Ladies Nett: Eileen Switzer 99, 18 Nett: David O'Donnell 44, 18 Gross: Sean Kelly 48. Presentation of prizes will be with Damien Fleming's Chairman's Prize

on the weekend of September 22nd.

COMMUNITY GAMES: Robbie Harnett finished second overall at the National Finals in Murroe, Co Limerick last Sunday.

Wednesday Scramble: August 14th Results- Nett: Eileen Switzer, Brian McCarthy & Ryan Downing 29 1/3 and Gross: Gearoid Cronin, Tom Cronin & Luke Doolan 42.

TRIP TO ROCKLODGE: Great trip on Monday to the Cork County Board John O'Riordan Memorial U-16 Scratch Cup in Rocklodge where Brian McCarthy and Noah Sexton finished first and third respectively in the 10-13 section and Jamie Downing was Runner-Up in the U-10 category.

NATIONAL YOUTH CHAMPIONSHIPS:

We have a large contingent travelling again this weekend to Glenville in Dublin for the U-20 and U-16 Championships over the weekend as well as the Kerry Inter-County team where Cillian Courtney, Robbie Harnett, Eoin O'Riordan Looney and Ryan Neeson join Listowel duo Jake Shine and Bobby McCarron in representing the county and looking to successfully defend the title. Safe journey to all. Ricky Kelly: Weekend of September 15th in aid of John 'Sully' O'Sullivan.

LISTRY TO HOST ANNUAL GOLF CLASSIC

The annual Listry GAA Club Golf Classic in memory of Shane Courtney will take place in Killorglin Golf Club on Saturday September 7th.

This important fundraiser for the club is held every year in memory of the late Shane Courtney who died tragically in 2011.

Teams of four cost 120 playing a 4 person scramble (Max handicap for Gents is 20 and for Ladies - 30).

Tee times are from 7.30am to 2pm with Tee Boxes available at 50.

Main sponsors for the classic is Sean O'Mahony from Faha Court Bar & Restaurant.

To book a tee time contact John Wrenn on 087-1273702, Anthony Clifford 087-2215059 or Noel O'Sullivan on 085-1743351

LISTRY G.A.A. CLUB ANNUAL Golf Classic IN MEMORY OF Shane Courtney
 Saturday 7th September 2019
 Venue: Killorglin Golf Club
 Teams of 4: €120 (4 Person scramble)
 (Max Handicap Gents 20, Ladies 30)
 Tee Times: 7.30am to 2.00pm
FAHA COURT BAR & RESTAURANT
 Main Sponsors: Sean O'Mahony, Faha Court
To Book A Tee-Time Please Contact:
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CAPTAIN TOM'S PRIZE DAY A HUGE SUCCESS



Captain Tom Cronin, with his family presenting First Prize to Noah Sexton from his Captains Day at Deer Park Pitch & Putt Club. Back Row L-R Denis, Bernie & Aoife Cronin. Front Row L-R Molly Cronin, Noah Sexton & Tom Cronin. Picture Marie Carroll-O'Sullivan



Tom Cronin (Captain Deerpark Pitch & Putt Club), pictured at the prize giving for his Captains Day on Wednesday. Front Row L-R Nathan Cronin, Captain Tom Cronin, First Place Winner Noah Sexton & Brian McCarthy. Back Row L-R Jake Downing, Cillian Courtney, Kieran Fitzpatrick U16's Manager at Deer Park Pitch & Putt Club & Luke Doolan. Picture Marie Carroll-O'Sullivan

With 27 players vying for the title of Tom Cronin's Under 16 Captain's Prize on Wednesday at Deerpark Pitch & Putt Club, the overall winner on the day was Noah Sexton with a score of 97. It was a busy day at the club and Tom and his family, Bernie and Denis, along with his sisters Niamh, Aoife and Molly ensured that everyone was looked after and provided some great refreshments after the players finished their 36 holes of golf. Tom was also helped by club members Kieran

Fitzpatrick, Gearoid Cronin & Declan Kelly who did the cards after the competition. As well as the Captains Prize the prizes for last week's Doubles Matchplay were also played as despite the inclement weather we managed to get the usual Wednesday Scramble played.

RESULTS OF ALL COMPETITIONS AS FOLLOWS:

U-16 Captain's Prize
Overall Nett: Noah Sexton 97
Overall Gross: Cillian Courtney 104

Second Nett: Brian McCarthy 100
Third Nett: Luke Doolan 104
18 Nett: Nathan Cronin 47
Hole-In-One: Jake Downing (10th Hole)

Doubles Matchplay

Winners: Jack O'Sullivan & Róiri O'Connor
Runners-Up: Noah Sexton & Ryan McCarthy

Wednesday Scramble

Nett: Mike Foley, Tom Cronin & Nathan Cronin 35
Gross: Denis Looney, Ryan Neeson & Joey McCarthy 43

OUTLOOK SPORTS

FOSSA ROWING CLUB

RESULTS

Thank you to the organizers of the All Ireland Coastal Rowing championships in Dingle last weekend for a perfect venue despite the wind. oarsmen and oarswomen competing in U14, U16, U18, U21, junior, intermediate, senior, pre-veteran and veteran categories represented themselves well with Gold in Killarney 6's Men and Intermediate Ladies, Silver in Senior Mixed, PreVeteran ladies and Killarney 6's Ladies and Bronze in U21 Ladies. Thank you to all of the coaches, coxes, boat and equipment transporters and supporters who made this weekend a success.

Congratulations also to all of the crews of our host clubs this summer, Cromane RC and Workmen RC, who did so well.

WORKMEN'S ROWING CLUB NOTES

Seven All-Ireland Gold Medals!!! Also Seven Silver and Nine Bronze!!!!

That's our proud tally from last weekend's All Ireland Coastal Rowing Championships, held in Dingle, competing against over 600 crews from all around Ireland.

Gold: U14 Girls, U16 Girls, U18 Ladies; U21 Ladies; Ladies Sprint, Senior Mixed, Masters Ladies.

Silver: U16 Boys, U18 Men, Intermediate Ladies, Junior Men, Vet Men, Vet Ladies, Ladies Gig.

Bronze: Killarney 6s Ladies, Masters Mixed, Killarney 6s Men, U21 Men, Pre-Vet Men, Vet Mixed, Senior Mixed, Pre-Vet Mixed, Senior



Robbie Hartnett, who won silver medal in pitch and putt in the Community Games.

Ladies.

A very proud day for our club, coaches, crews, families and supporters who all travelled to this prestigious event for the weekend. We had some super races, with windy conditions all weekend. A huge congratulation to our competitors who narrowly missed out on placings but rowed so well on the day. They should be so proud of their races and how nail bitingly close they came

to All-Ireland glory. To our Novices and Junior members for whom this was a first All-Ireland. We're glad you enjoyed your weekend and the sheer thrill of this highly competitive event.

A very special mention to our coxes over the two days; Joe Rudden, Luke Ryan, Kieran Kennedy and Michael O'Donoghue who guided their crews home safely. Also to coaches, assistants, boat handlers, parents and supporters who all helped in so many ways and to Dingle Regatta Committee the Irish Coastal Rowing Federation for their smooth running of this event.

Irish Coastal Rowing Federation's Annual Award for dedication and contribution to rowing with our club as well as National Level, went to our own Timmy Moynihan. A well deserved recognition to this Stallworth of Coastal Rowing.

FUNDRAISING

Our annual street collection takes place this Monday. Thanks to all of our volunteers & supporters of our club.

FLESK VALLEY ROWING CLUB NOTES

Dingle 2019: Last weekend the club travelled in force to the 2019 All-Ireland Coastal Rowing Championships in Dingle. With almost 80 rowers in 35 crews across all categories from U12 Beginners to Veteran, this was probably the largest Valley contingent to ever wear navy blue and a proud occasion for our club. As ever the best craic was had in the tent and there were lots of laughs between the sunshine, gales and

torrential rain!

Weather: The weather over the weekend was very challenging for all crews, with a strong wind blowing down the course and heavy downpours making it difficult to start and row races. Well done to everyone who mastered these conditions especially those who only started rowing this year.

Results: We had some brilliant performances over the weekend, with pride of place going to our under 14 boys (gold) and girls (silver), our ladies who won the Killarney Six race and bronze in the Intermediate race and our men who had success in the Novice (silver), Sprint (silver) and Intermediate (bronze) races.

Thank you: There are so many people behind the scenes who made this weekend possible that it is risky to name anyone but... here goes. Firstly thanks to Richie Leane, Brian O'Sullivan and John Fleming for towing the boats to and from Dingle. Thanks to all of our wonderful coaches and coxes who have given so much of their time to prepare crews over the past 12 months: Tadhg Kelly, Paul Burke, Colm O'Suilleabhain, Neil Horgan, John Fleming, Yvonne O'Leary, Nicola Fleming, Jillian O'Neill, Richie Leane, Wiebke Maguire, Mike Fleming, Sean O'Connell and Donal Kelly. Thanks to Catherine O'Sullivan for

regatta preparations and Leah Burke for looking after all of the ID cards in Dingle. Important also to mention all the parents who have assisted us with supervision at training sessions over the last year.

Supporters: A special mention for all of the enthusiastic Valley supporters who came to Dingle in such numbers over the weekend. Sunday was a very very long day with no end in sight and it left everyone completely frazzled. Sometimes being a supporter on the day of a regatta can be a bit like attending A&E with a loved one: you need to be there, but you just wish someone would tell you what is happening and when you can go home! Thanks so much for your patience and encouragement, it means a lot. Thanks also to Muckross Rowing Club for the use of their boat and trailer.

Birthday wishes: Happy birthday to Chloe McCarthy who celebrated her 18th birthday at the regatta on Sunday.

New arrival: Congratulations from all at the Valley to our PRO (we gave him this week off) and recently retired oarsman Karol Kelly and his wife Aileen on the birth of their son Shay last week, and a little brother for Ollie.

What next?: One of our young rowers asked on Sunday as we made our way back to shore

through wind and rain after a race, 'when we were going to start training again?! Apparently the thought of a week without rowing is depressing! Nonetheless, we are definitely taking a break for a few weeks! We'll be back soon!

FIRIES COMMUNITY GAMES

Last weekend saw the end to a very enjoyable and satisfying Community Games year for Furies. It has a tremendous year with achievements across the board for loads of our children at county, provincial and of course national level. Thanks to all those who were involved this year from children to parents to the volunteers.

Well done to the four children who represented Kerry and of course Furies in last weekend's National All Ireland Athletic Finals at the University of Limerick. Simon O'Leary, who participated in the U14 Boys Shot Putt, Doireann O'Shea in the Girls U14 Javelin and Katie Doe in the Girls U14 Long Puck. They all did extremely well in at times very testing and competitive conditions. Finally, Mairead Walsh competing in the Girls U12 600m ran a tremendous race in the Final winning a well deserved silver medal, a fantastic result all round.

Randles Brothers Kerry Ladies Senior Football Club Championship

Desmond returns as Rathmore into last 4 of Ladies Championship

Rathmore 5-10 Castleisland/Ballymac 2-5

Rathmore negotiated their Randles Brothers Senior Ladies Championship Quarter Final in style with a 14-point win over Castleisland/Ballymac on Sunday last at Rathbeg.

Noreen Murphy fired Colin O'Leary's side to victory with 1-9 with Katie Buckley, Laoise Coughlan, Katie Mahony and Danielle O'Leary all chipping in with goals.

However it the Castleisland side the controlled the opening stages and led 0-3 to no score after just 8 minutes with former All Star Lorraine Scanlon firing over two long range scores with another effort from Sinead Murphy.

Noreen Murphy hit back with a brace of frees before it was the visitors that struck for the opening goal. A long cross field ball delivered into the box by Scanlon had Rathmore all at sea with Lilly Cox getting the final touch to raise a green flag.

It was to be their last score for another 15 minutes as Rathmore hit back with a goal from Katie Buckley before she chipped over a fine point in her next move.. Another goal followed shortly afterwards from the boot of Katie Mahoney and with Noreen Murphy raising the white flags at ease they led 2-6 to 1-4.

A late Murphy goal in added time gave them a 3-7 to 1-4 half time lead with the wind conditions to come.

In the second period, Rathmore introduced Aislinn Desmond who played her first match since being injured with Kerry in the opening round of the Munster Senior championship and



The Rathmore team that defeated Castleisland/Ballymac in the quarter final of the Randles Brothers Senior Ladies Football County Championship last Sunday at Rathbeg

she almost made an immediate impact when Robin White denied her a goal.

Still more goals did arrive from Laoise Coughlan and Danielle O'Leary. Desmonds were rewarded for their efforts late on with a converted penalty from the boot of Jessie Cahill with Kerry midfielder Lorraine Scanlon to end the day with 0-4.

There was no joy for the Fossa/Glenflesk/Kilcummin outfit who were defeated by Mid Kerry 6-14 to 1-8 and East Kerry's other side Spa/Dr.Crokes conceded their game to Austin Stacks. The semi Finals are down for September 8th.

Meanwhile there Beaufort made it into the next round of the Intermediate Championship with a 5-16 to 1-4 win over Finuge/St.Senans where they will set up a local derby with Spa. The Killarney side had a tough 4-8 to 3-7 win over Listowel Emmets.

Corca Dhuibhne or Inbhear Scéine Gaels await the winners.

Dr. Crokes and Killarney Legion had wins in the Junior championship with Crokes now at home to Kilcummin in the semi final. Millitown/Listry will host Killarney Legion for a place in the final.



Four Farranfore/Maine Valley athletes who competed in the Aldi National Community Games. Shauna McCarthy, Eabha McCarthy, Ellen Kelliher & Mairead Walsh.

FARRANFORE MAINE VALLEY AC

NATIONAL MASTERS T&F C'SHIPS

The National Masters Championships took place in Tullamore, on Sunday 18th August. Jerome Foley (M55) was third in the 400m & 800m distances. Sean O'Shea (M50) was third in Shot.

ALDI NATIONAL COMMUNITY GAMES ATHLETICS

The Aldi Community Games was held over two days in University of Limerick. The atmosphere was overwhelming with many competitive and entertaining races to be seen. We had a eight athletes who made it through to represent Kerry. Each and everyone did very well over their individual events. Mairead Walsh had an outstanding U12 600m where she fought hard over the last 80m to come from fourth place to win silver. This is added to the silver team medal when she competed in the XC Relays back in May. Ellen Kelliher advanced through all her heats in the U14 100m sprint to reach the Final. Here she got everything right to finish in fourth place. Eabha McCarthy competing in the U14 80m Hurdles had a busy weekend where she too qualified for the Finals. Again under strong competition Eabha hurdled very well to finish fourth place. Doireann O'Shea did very well in the U14 Javelin where she was placed in 6th position with some fine throwing. Shauna McCarthy reached the final of the U16 1500m distance race. She gave it her all and finished in 6th place. This was Shauna's final race competing in the Community Games. She has been involved since the age of eight and has competed at national level on 4 occasions, most recently winning the 7K Marathon back in May. Well done. Liath Lenihan was unfortunate to compete in the U16 High Jump due to injury. Like Shauna, Liath represented Kerry in many occasions over the years. We all wish her a speedy recovery and look forward to seeing her back doing what she loves best. Others who competed on the day were Katie Doe in the Long Puck and Simon O'Leary in the U14 Shot Putt. A special recognition must go to Maria McCarthy

who was coaching four of these athletes over the last few months.

JUVENILE OPEN SPORTS DAY

The Club will be hosting their Annual Juvenile Open Sports Day on Sunday 22nd September. This year it will have a combined events Sports Day. As we are close to Cross Country Season we will also have changes in the middle distances. Full information will be posted next week.

Club Training

Autumn / Winter training in preparation for Cross Country Season will start with Juveniles (age 8 to 15) on Tuesday 27th August GAA Grounds Farranfore, starting at 6pm. All training sessions are €2 each. New Members welcome to participate in training.

ATHLETIC'S FIXTURES

Fri 30th Aug: An Ríocht 5K Series Race 1, Castleisland @7:15pm

Fri 6th Sept: An Ríocht 5K Series Race 2, Castleisland @7:15pm

Fri 13th Sept: An Ríocht 5K Series Race 3, Castleisland @7:15pm

Sun 29th Sept.: County Novice, U23 & Juvenile Even Ages XC, Killarney

Sun 6th Oct: County Intermediate & Juv. Uneven Ages, Venue TBD

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance See Kerry & Munster Athletics website for full fixture lists & timetable for event.

GNEEVGUILLA BASKETBALL CLUB

SHARE THE BUCKET

In association with Gneeveguilla Community Development Council. Well done to Nora Keane who won this week's jackpot of 180 euro.

Please support this valuable fundraiser at local businesses or online @member.clubforce.com/ tickets.

KRFC NEWS

MINIS BACK NEXT WEEK

Our Minis section return to training from Saturday 31st of August at our pitches in Aghadoe, between 10:30am and 12pm. Minis rugby is open to boys and girls aged born between 2008 and 2014. If you would like more information please contact our Minis Coordinator Liam Murphy on 087-4145662.

U14 GIRLS

We will have an U14 girls team training this season and taking part in the league. If you have a daughter who would like to play or train with us please contact Fiona Landers on 087-2304689 for details.

FLAG DAY

Thanks to everyone who supported our flag day last Wednesday and to Rose McKenzie Vass for organizing the volunteers.

MEMBERSHIP

Membership for the new season can be paid online using the clubzap app. We will be sharing club news, information, fixtures etc via the app so download the app to keep up to date with all things Killarney RFC

COMMUNITY GAMES

Many congrats to our senior coach Diarmuid O'Malley who guided the Beaufort U11's to all Ireland glory in the U11 tag rugby community games last weekend in Limerick. Many of the kids play with KRFC and we are very proud of them all.

YOUTHS OPEN TRAINING SESSION

Our youths section will hold an open Training Session for our U14, U16 and U18.5 at Aghadoe on the 29th of August at 7pm. For details contact John on 086-8525116.

GNEEVGUILLA ATHLETIC CLUB

Lotto: No winner of our lotto draw 16/08/2019, numbers drawn were 11, 19, 27 & 29. Sellers prize winner Aeneas O' Leary, €50 Y/t prize winner Mike Fleming Knocknagree, €50 to Aileen O' Sullivan Canada, €40 each to Declan Keane Millstreet, Michelle Smyth & Grace Spillane Barradubh & Moire Murphy Maule Boherbue. Bonus not won numbers drawn were 5, 11, 26 & 29. Next week's jackpot €4,800 plus €1,000 bonus.

National Championships: Held in Tullamore last weekend, pride of place goes to Eileen O' Riordan who won the Hammer, Discus & WOF and was 2nd in the shot. A great finish to a great track & field season for an outstanding athlete and coach.

COMMUNITY GAMES

Held in Limerick on Saturday & Sunday last Jack O' Leary was 5th in 500m U16, 1 place outside of medals. Saoirse Tompkins was unlucky not to qualify for the final, she finished in 7th place with 6 to qualify. Saoirse has next year again in U16 age category.

Gneeveguilla GAA Carnival Fancy Dress: The club will be participating in The Fancy Dress on next Sunday 25th at 1.00 pm, calling all athletes, coaches and supporters to come along and join with your club.

Club Training: Club training and fixtures will be announced shortly for the forthcoming season. Keep an eye out for details.



Beaufort U11's who won gold at U11 All Ireland finals of the community games with coach Diarmuid O'Malley.

KILLARNEY COMMUNITY GAMES

Another successful community games weekend for the Killarney area at the All Ireland Finals in Limerick with Robbie Hartnett silver in pitch and putt and Fionn Spellman, pewter (4th) medal for the U8 80 metres. A brilliant round from Robbie secured the silver medal, just one shot behind the winner. Robbie is under age again next year for this competition but again huge congrats for a superb performance. Fionn Spellman ran terrific all weekend and in an exciting final secured the pewter medal for 4th place. Fionn gained huge experience competing at this level and we are sure this will stand to him for future competitions. Jason Lee competed in the U16 100mts and performed excellently to reach the semi-final

but an unfortunate injury prevented him from competing on the Sunday. Unfortunately due to unavailability our U16 did not compete which was disappointing as they were going for 3 in a row National Titles. This brings an end to community games achieved for another very successful year. There will be fundraising activities planned for the end of the year and we are appealing that all parents of children who competed in the area in any activity to please help with these vital fundraisers as without funding we will be unable to compete in the wide range of community games events. If any parent would like to get involved in community games in the area please contact 087-2354416 and we would be delighted to get new members involved.

CALLINAFERCY ROWING CLUB

Last week the club traveled to Dingle for the All Ireland Coastal Rowing Championships it was a great weekend of rowing we had a lot of crews out on the very rough water all did exceptionally well .But especially the crews that got the medals 1st u18 girls heritage 1st u21 men 1st u12 heritage... 2nd were u18 men heritage. U16 girls. U18 ladies.... 3rd were U18 girls heritage 2nd crew. Heritage Senior ladies. U12 girls. Heritage u14 boys. Heritage u14 girls. Heritage intermediate men. Heritage u16 girls. well done to everyone involved.

KILLARNEY CELTIC NOTES

Killarney Celtic Annual Golf Classic at Beaufort Golf Club on Saturday September 7th. Tee times 7am - 4pm. Team of 4 costs €200 and Tee Box costs €50.Contact Tim Jones 087 977 1302 or Michael O Doherty 087 640 3209 for details. Registration fees for the 2019/20 season can now be paid online through Clubforce. Also there will be a registration night on Friday September 7th from 6pm - 8pm at the clubhouse. The registration fee this season includes a kit.

Congrats to Katie Doe and Ellie Mae Nugent who have gained places on the u13 Munster Centre of Excellence training panel.

Well done to Naoishe O'Donoghue who won gold at the recent community games final with Milltown/Listry u13 Futsal team.

Our senior A team continued their preparation for the upcoming season with a game against Classic FC last weekend. Training continues on Tuesday and Friday.

CELTIC LOTTO

Numbers drawn 16,18,19,28. No jackpot winner. Match 3 receives €150. Next jackpot €9,400.

Flesk Valley Rowing Club enjoy success at the All-Ireland Coastal Rowing Championships in Dingle



Flesk Valley Novice Men Silver medals winners: L-R: Peter O'Sullivan, Alan O'Sullivan, Tadhg Kelly (cox), Conor O'Callaghan, Ger Sweeney.



Flesk Valley Killarney Six Ladies Winners: L-R: Yvonne O'Leary, Roisin Rea, Eileen Murphy, Tadhg Kelly (cox), Nicola Fleming, Norma Jean Leane, Esther Brosnan and Richie Leane (coach).



Left; Flesk Valley Girls Under 14 Silver medal winners: L-R: Eilis Mullane, Danielle O'Shea, Kiera McCarthy, Danielle O'Shea and Paul Burke (cox).

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- Copies of any other documents such as training certs, references, project details, awards etc. that you feel will enhance your application

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The logo for Outlook Magazines features a stylized white leaf icon above the word "Outlook" in a large, bold, white serif font. Below "Outlook" is the word "MAGAZINES" in a smaller, white, all-caps sans-serif font.



ONE CAT'S OBSESSION WITH HUNTING BIRDS LED TO INVENTION THAT HAS SAVED HUNDREDS OF THOUSANDS:

Cats kill a staggering number of birds every year—estimated to be in the billions—but one feline's affinity for hunting them has inadvertently led to the salvation of hundreds of thousands of other feathered prey.

Back in 2008, Nancy Brennan was sick and tired of her cat George bringing dead birds into her home, it was also heartbreaking for the enthusiastic birdwatcher. She recalled reading an article about how birds notice bright colours, so she grabbed some rainbow fabric and sewed up a bright collar that fitted over a quick release collar that he could wear around his neck as an early warning system for the birds and after one month knew her little invention actually worked.

She also knew that she wasn't the only pet owner who was tired of finding dead birds on their doorstep, so Brennan launched a website called "Birds Be Safe" and crafted 500 colourful collars to sell online from her website birdsbesafe to her fellow cat lovers and for the next six years, sold the quick-release collars from her home to hundreds of customers describing similar success with the product.

Then in 2015, an ornithologist and St. Lawrence University professor named S.K. Willson conducted a 12-week studies, divided between Spring and Fall which showed that the cats donning the colourful Birds Be Safe collars were, in fact, killing 19 times fewer birds than those who did not.

While George passed away some years ago, his antics have saved hundreds of thousands of birds so far.

Readers please be aware that I do not under any circumstances recommend normal collars for cats but the Birdsbesafe cat collar cover is on a tube with breakaway buckles as has the cat collar inside it, so both release for your cat's safety, the collar also has stretch elastic to help with cat comfort and easy use, your cat can eat, drink, or even catch a cat nap and wear it when going outdoors or all the time,

on the Birdsbesafe® website the collar has to be bought separately to the cover - both together cost around \$18 (€7 + P. & P) and if anybody knows if they can be purchased in Ireland I will be very grateful if they will let me know.

MISSING CHILD RESCUED THANKS TO HIS LOVE OF HORSES:

2 year old Courtlund Barrington-Moss went missing during a family reunion in Aneroid, Alberta recently. When his mother noticed that he had disappeared, over 400 people were recruited for the search and rescue mission, from volunteers and family members to emergency crews and a search plane.

After 12 Hours, the Search and Rescue Crew finally found the trapped toddler in a neck deep hole by following his giggles through the woods - the youngster wasn't giggling over his predicament, however—he was giggling with delight at the sight of the Royal Canadian Mounted Police riding horses to his rescue as he was just able to see the rescuers and laughing at the sight of the horses he wanted to pet. Upon being taken to the hospital, the boy was found to be sunburnt and scratched, but in generally good health.

ON THIS DATE - August 23rd:

1989 - The Baltic independence movement, reached a peak when Latvians, Estonians and Lithuanians joined to form a 373-mile human chain (600km) connecting the three capitols, with 2 million people united in a call for democracy and an end to Soviet control

1990 - Armenia declared Independence from the Soviet Union

1990 - East and West Germany announced that they would unite on October 3rd

1991 - The World Wide Web opened to the public when Tim Berners-Lee, a 36 year-old English computer scientist, opened his WWW protocol to new users at no cost.

1995 - RTÉ reported on the closure of the Irish Press newspaper.

2005 - Hurricane Katrina formed over the Bahamas

2017 - A Dutch court sentenced a 47-year-old woman to 40 hours of community service for threatening the country's prime minister in a Facebook post. The woman from Leiden posted an image of PM Mark Rutte with a noose around his neck.

2018 - Chechnya's leader Ramzan Kadyrov pledged to ban human rights activists from the Russian region, after being repeatedly accused of overseeing systematic rights abuses.

2018 - The European Court of Human Rights (ECHR) said Hungary must provide food to asylum seekers held in detention camps on its border with Serbia whose applications have been rejected by Budapest but who are appealing the decision.

2018 - Europol the European law enforcement agency said Spanish police had shut down what they believed to be Europe's biggest illegal turtle farm, selling endangered species worth 10,000 euros each.

A COMPASSIONATE BANK:

After spending a little over a decade in the Canadian credit card market, US-based Chase Bank opted to retire their Amazon.ca Rewards Visa and their Marriott Rewards Premier Visa in March 2018.

Up to a couple of weeks ago there were still

Canadian cardholders who were making payments on their outstanding card debt—but Chase, rather than selling the debt to third party-collectors, sent letters to all of their Canadian customers explaining that their debt had been forgiven.

Though Chase declined to say how much debt had collectively been wiped out by their decision, their former Amazon credit card boasted a 19.9% interest rate—and some Canadian cardholders said that they had been forgiven for as much as \$6,000 in debt.

"Ultimately, we felt it was a better decision for all parties, particularly our customers," Chase spokesperson Maria Martinez said.

SENIOR CITIZENS DELIGHT IN GIVING AWAY ADVICE:

For years, a group of old-timers had been meeting at their local coffee shop in order to chat, joke, and discuss the world's problems and then the elderly pranksters decided to open a booth at the farmer's market in Salt Lake City, Utah so they could share their wisdom with the world. The gang then set up a table with a sign reading "Old Coots Giving Advice: It's probably bad advice, but it's free." To their surprise, a line of people quickly formed in front of their table, eager for advice and conversation.

The Old Coots have now been setting up shop at the farmer's market every summer Saturday for the last several years and it looks like they won't be running out of people seeking advice any time soon.

THIS PLANTER DISPLAYS YOUR HOUSEPLANT'S NEEDS AND FEELINGS ON A SCREEN:

The Lua planter is embedded with various sensors that can measure soil moisture, temperature, and sun exposure. If the plant is too hot, the cute little face on the screen will start to sweat. If it's thirsty, it will start to pant. If it isn't being exposed to enough sunlight, it will turn into a vampire.

In addition to having 15 universal "moods", the planter also has motion sensors so that it can be entertained by activities.

Furthermore, the planter is connected to an app that allows the user to identify exactly what kind of plant it's carrying. This way, it can adjust its sensors to the plant's specific needs.

The anthropomorphic Lua planter was designed by Belgian designer Vivien Mueller of Mu Design. Since he launched an Indiegogo campaign to raise funds for the planter, it has successfully raised more than three times its original financing goal. The planters are expected to be shipped out to backers in December of this year.

DID YOU KNOW?

The Oscar statuette was designed by Dublin born Cedric Gibbons, an art director with Metro-Goldwyn-Mayer, who also became Ireland's first winner. Although his first Oscar (for art direction on The Bridge of San Luis Rey) was the only award he received individually, he was nominated for 38 Academy Awards and received 11 Oscars.

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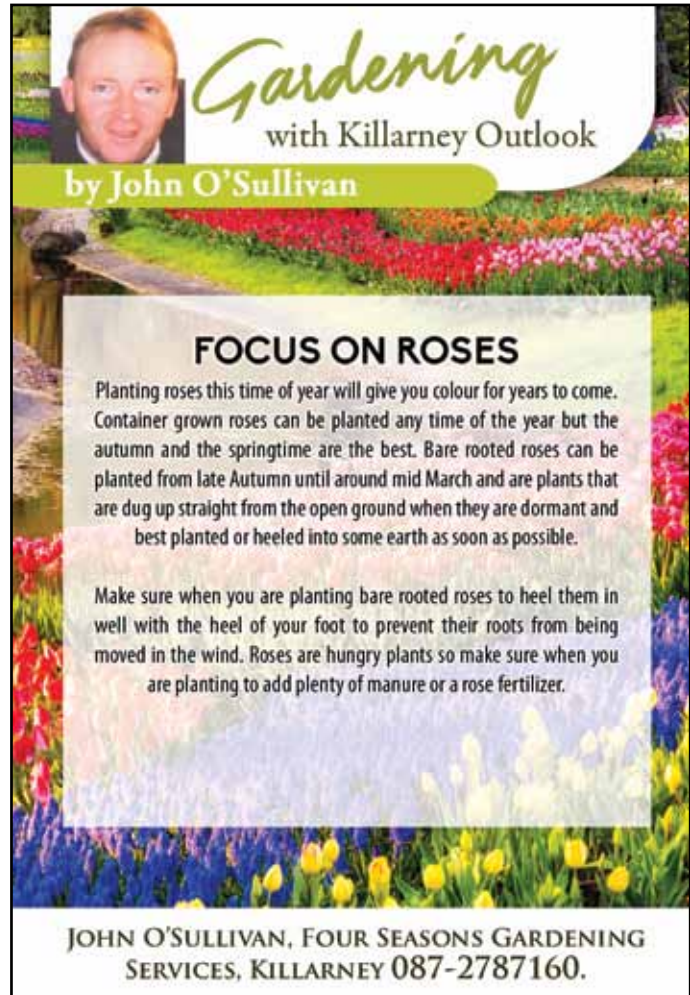
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Gardening
with Killarney Outlook
by John O'Sullivan

FOCUS ON ROSES

Planting roses this time of year will give you colour for years to come. Container grown roses can be planted any time of the year but the autumn and the springtime are the best. Bare rooted roses can be planted from late Autumn until around mid March and are plants that are dug up straight from the open ground when they are dormant and best planted or heeled into some earth as soon as possible.

Make sure when you are planting bare rooted roses to heel them in well with the heel of your foot to prevent their roots from being moved in the wind. Roses are hungry plants so make sure when you are planting to add plenty of manure or a rose fertilizer.

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



Transition from Primary to Secondary School *What can parents do?*

The transition from Primary to Secondary school can be a difficult one for many children. The change from being the most senior student to suddenly becoming a junior again may bring many challenges for your child. They are leaving behind a familiar world and entering a whole new domain with new teachers, subjects, classrooms, class mates, an increased workload and a longer day. As this change also tends to coincide with the onset of puberty, is it any wonder that it can be so daunting for your child? This can also be a difficult time for parents. The school day is longer and your child will be taking on more subjects. Some of these subjects are ones you may not be familiar with which may mean you won't be able to help out with homework. There are also more teachers involved in your child's schooling. Your child's social circle is widening and you may not know who their friends are.

As your child moves through this transition, your job as parent is to support them to negotiate the challenges posed. First and foremost it is important not to pass on your own fears to your child. Remember, children are extremely resilient and adaptable and before long these new surroundings will be familiar and comfortable for them.

When talking to your child about the expected transition let them know that you have trust and confidence in their ability to master these changes. Tell them about your own experiences and ways that helped you to cope. Talk to them about the change in routine and the possible change of classroom and teacher every 40 minutes. To make this transition as smooth as possible, particularly in the early days, try to be as supportive and encouraging as possible.

Ensure they eat well, sleep well and stay tuned for any signs of distress or difficulty. Listen to them when they relay stories from school and show an active interest in their friendships, the school, their teachers, their activities and their subjects.

As parents, we can often feel a little helpless – our role is to be supportive, interested and encouraging. Always keep the lines of communication open and if you have any concerns please contact the school. No one knows your child better than you. As your child moves through their teens remember they are involved in a major life change. Your job as a parent is to nurture their confidence and enable them to become well-adjusted and fully functioning adults.

If you are struggling with any aspect of parenting your teen, SouthWest Counselling Centre plan to run a course on Supporting Parents to Support their Teens – this autumn. Call 064 6636416 for more information.

Next week we will focus on what young people can do to help make this transition easier.

SouthWest Counselling Centre, Killarney provides affordable professional counselling to children, adolescents adults and couples at its Killarney Centre (Lewis Road). To make an appointment call: 064 6636416/064 6636100 E: info@southwestcounselling.ie

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



A Word of Victory

Welcome back dear reader "the Lord hears His people when they call to Him for help. He rescues them from all their troubles. The Lord is close to the broken-hearted and rescues those whose spirits are crushed" (Psalm 34:17-18). "Who can bear a crushed spirit?" Proverbs 18:14 asks. Scripture reasons that the difference between one who has a personal experience with God's love and power and one who hasn't, is a life broken - resembling crushed powder. A lot of people are in this position today. God's power has been removed from families, from society, and from church and we are reaping the results. Peter warned us to 'be sober and vigilant for your enemy the devil roams about seeking whom he may devour' (1 Peter 5:6-9). As we humble ourselves and bring our burdens to the Lord in faith and obedience, God will work out every issue that is troubling us. Our greatest difficulty can be the place of God's blessing and reveal the very purpose you were created by God for - to help others be delivered by your testimony. That is why the devil is doing everything in his power to oppose and crush you there. This will continue as long as you remain oblivious to his devices, and ignorant of God's love for you demonstrated in the life, death and resurrection of His Son Jesus, through the power of His Holy Spirit. We are much like the ants in Pixar's movie 'A Bug's Life'. The grasshoppers oppress and steal from the little ants and make their life a misery because they are big bullies. But it suddenly dawns on one little ant that the power of many ants is greater than their oppressors, and of course, he eventually leads them to a great defeat of their enemy. We are no different friend. When people get a hold of the power of God revealed to us in the sacrifice and love of Jesus through studying His Word, everything changes! Healing, peace, restoration and deliverance come from a personal relationship with Jesus. The world is literally starving because of a lack of the knowledge of God's love and power, because they are binge eating the devil's food instead. Religion has nullified the power of God through tradition (Mark 7:6-15). Many people hate God and are sick, crushed and fed up of powerless rituals that offer no hope and demonstrates nothing of His power. It's time for the restoration of the truth of God's Power! (Revelation 12:10-11).

See more on wordofvictory.net

More next week... @WOVKillarney 🐦

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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.

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.

4TH & 26TH ANNIVERSARY

CHERISHED MEMORIES OF OUR DEAR PARENTS

JOAN & PADDY MURPHY



LATE OF SCARTAGLIN VILLAGE, JOAN DIED ON 22ND AUGUST 2015 AND HER HUSBAND PADDY DIED ON 23RD FEBRUARY, 1993

*Ye always had a smile to share,
A laugh, a joke, a time to care.
Each of us in our own way,
Hold special memories everyday.*

LOVINGLY REMEMBERED & MISSED BY THEIR FAMILY

**Anniversary Mass Scartaglin Church
Sunday 25th August at 10.30 am.**

8TH ANNIVERSARY



COURTNEY

Cherished memories of a loving nephew and cousin, Shane, of Fahá East, Killarney, who died on 26th August 2011

*We hold you close within our hearts
And there you shall remain
To walk with us throughout our lives
Until we meet again.*



**Sadly missed and never forgotten by
Tom, Mary, Christina and Seán.**

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

JOHN BRODERICK



LATE OF REAVAUN, CURROW, KILLARNEY WHO PASSED AWAY ON 28TH AUGUST 2018

On the first anniversary of Johns death, the Broderick family wish to express our heartfelt thanks to all who sympathised with us on our sad loss. Your support and kindness has been greatly appreciated. Thanks to those who sent mass cards, letters of sympathy or in any way supported us during this difficult time.

Many thanks to our families, friends and great neighbours who supported us through very difficult days. To all who lit candles, had masses offered and who prayed for John and still do. We thank you from the bottom of our hearts. This means so much to us that he remains so deeply in your thoughts and prayers.

A special thanks to Fr John Buckley for the sincere and thoughtful ceremony and to Deacon Patrick Coffey for his support and prayers on the days following Johns passing. Thanks to all who participated in Johns funeral mass making it very special, the church music and singing by Lily McMonagle and indeed the beautiful tribute Johns friends provided with the guard of honour. We know how immensely proud all of this would have made John, watching on from his peaceful new home in heaven.

Our heartfelt thanks to Dr Emer Gill of Brooklands Medical Practise Castleisland for all the care and support she showed John over the years and who is still showing the same care and support to our family following his sad loss. A very sincere thank you to Bernard Tangney of Tangney's Funeral Home Castleisland for his kindness and sensitivity during the difficult few days we endured having to say goodbye to our amazing John. His guidance and support with all aspects of the funeral arrangements was out of this world and helped us to give John the very best send off to his final resting place.

As it is impossible to thank everyone individually, please accept this acknowledgment as a token of gratitude. Mass has been offered for all your intentions.

*'To the best husband and daddy in the whole world, we are lost without you.
Not a day goes by that we don't talk about you and relive happy memories we shared with you.
Every morning before we leave each other for school and work we say our prayer together to God asking him to look after you until all three of us are together again in our eternal home.'*

Gods Garden

*God looked around his garden
And found an empty place.
He then looked down upon the earth,
And saw your tired face.
He put his arms around you
and lifted you to rest.
Gods garden must be beautiful
He always takes the best.
He knew that you were suffering.*

*He knew you were in pain, he knew that you
would never get well on earth again.
He saw the road was getting rough,
And the hills were hard to climb.
So he closed your weary eyelids,
And whispered "Peace be Thine".
It broke our hearts to lose you
But you didn't go alone
For part of us went with you
The day God called you home.*

Graces Morning Prayer

*Angel sent by god to guide me
Be my light and walk beside me
Be my guardian and protect me
On the path of life direct me
Holy God, mind daddy,*

Keep him safe and tell him that I love him, And make sure that he's happy

**WE WILL LOVE YOU FOREVER JOHN, REST IN PEACE.
LOVE FROM YOUR WIFE SANDRA AND DAUGHTER GRACE. XX**

NOVENA TO THE SCARED HEART

Dear Heart of Jesus, in the past I have asked you 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.

L.M.S.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine.
Amen.

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

C.L.

NOVENA TO THE SCARED HEART

Dear Heart of Jesus, in the past I have asked you many favours. This time I ask you this special one.
(Mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your father sees it.

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

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