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 WAR FOR THE PLANET OF THE APES 140 minutes 7 DAYS 6:10 8:45 FRI-TUES 2:05 G	 DESPICABLE ME 3 110 minutes 7 DAYS 2:15 4:15 6:15 SAT/SUN 12:15 G

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With the tourist season in full swing, there are high hopes that a fifth day of racing will be added to the July festival next year. Family and friends of the late Cian O'Donoghue came together to raise funds for the Killarney Water Rescue group, 2,500 athletes competed in Run Killarney and there is a number of free concerts taking place over the coming weeks.

The hugely strong community spirit in Glenflesk is to the fore again this week with the launch of Glenfest, Kerry Mountain Rescue team have been accorded a civic reception and there was a great turnout at the Killarney Valley Classic Car Show.

With lots of pictures and news, a preview of Sunday's game and some fantastic offers from our advertisers, sit back, relax and enjoy this week's Killarney Outlook - Out first every Friday!

*Aisling Crosbie,
Editor.*



FABULOUS FIVE.... KILLARNEY OPTIMISTIC FOR FIFTH DAY OF JULY RACING

Optimism is high that Killarney Race Company can add a fifth day of racing to its flagship July Festival.

The company has confirmed that it is working towards the goal following one of the most successful ever four-day July meetings last week. Huge crowds attended on all four days with course records confirming that the Dawn Milk Ladies Day, on Thursday, was the second best ever in terms of attendance.

"We are now striving for a fifth day of racing in July and we are very hopeful of achieving that, based on this year's success," said Race Company Chairman Gerard Coughlan.

"My main aim is to secure extra racing for the town, whether it's by adding on days to the three festivals we have already or opting for a new stand-alone festival," he added.

Mr Coughlan noted that the races contribute enormously to Killarney's economy with the three annual festivals, as they stand already, ensuring 80 races over a total of 11 days. To cater for the expected increase in racing days, a new 54-unit stable barn, built at a cost of €350,000, was recently opened.

"The conservative estimate is that the races are worth in the region of €6.2 million to Killarney with an additional €1.42 million in prizemoney," he said.

He added that the July meeting was a great boost for the town, particularly as it came so



THE JULY RACES IN FULL SWING AT KILLARNEY RACECOURSE. INSET: GER COUGHLAN.

soon after the successful Munster Final, the Ring of Kerry charity cycle and the Fourth of July celebrations.

Meanwhile Mr Coughlan has expressed his gratitude to all those who provided assistance following the fall jockey Ana O'Brien suffered on the second day of the July meeting and he said he was delighted that she is making a great recovery.

"Our deepest and sincere thanks to Dr McGolderick, the local Order of Malta, medical personnel, vets, Clerk of the Course Val O'Connell and all the other stewards and Turf

Club officials for their help.

"We also wish to thank An Garda Siochana, ambulance crews and the coast guard air ambulance as well as the owners, trainers, jockeys and the general public for their patience and understanding while the matter was being seen to," Mr Coughlan said.

The traffic management plan this year worked extremely well and Mr Coughlan has thanked Chief Superintendent, Flor Murphy, Gardaí and Kerry County Council for their efficiency as well as local residents and landowners for their assistance.

HOME ARE THE HEROES...



Ciara Browne and Ciara Moynihan, from Workmen's Rowing Club, Killarney, secured bronze for Ireland in the Junior Women's Double at the Home Internationals in Strathclyde, Scotland. The Workmen's duo were part of the Junior Women sculling team for Ireland at the weekend. Their trainer was Mikey Joe Burns, Head Trainer at the Rowing Club, is no stranger to training crews for All Irelands and International events down through the years. Photo: Valerie O'Sullivan

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2,500 ATHLETES...WHAT AN EVENT...WHAT A LOCATION 'RUN KILLARNEY' HALF MARATHON AND 10KM RACE

On Saturday 22nd July, 2,500 runners and walkers braved an early start to compete in 'the world's most beautiful road race'.

Half marathon participants started their event in Molls Gap, with a route that encompassed Ladies Views, the National Park, Muckcross House and Abbey. Competitors enjoyed stunning views of the Lakes of Killarney and the unspoiled beauty of the Park. In the half marathon, the first male was Niall O'Riordan, of An Bru AC Limerick, coming in at a time of 1hr 12m 10sec. In 2nd place was Derek Griffin (1hr 12mins 39sec) and 3rd place went to James Doran (1hr 12mins 50sec). The first female home in the half marathon was Killarney local Sinead Tangney coming home in 1hr 19mins 59sec followed closely by Dolores Duffy in 1hr 26mins 35sec and Sorcha Daly 1hr 30min 06sec.

The 10k race got underway from the Gleneagle Hotel at 10.00am. First across the line in the 10K was Sean O'Sullivan in 34mins 12sec, first female to come in was Niamh Clifford at 40mins 50sec.

The Gleneagle Hotel was the centre of activity where competitors were treated to a well-earned massage, Japanese hot tubs, custom made medals, yoga and hot food at the finish line. Spectators and participants basked in the summer sunshine when it showed its face at the finish area.

Now in its 8th year the event saw competitors from all over Ireland and more than 100 international athletes from 15 countries, including America, Singapore, Qatar, Finland, France and the UK, compete in a competitive field. Michael Healy Rae TD, officiated at the start of the half marathon in Molls Gap with Brendan Griffin TD, getting the

10k underway at Muckcross Rd. The event sold out weeks in advance, with next year's event already in planning and open for registration.

Event organizer Oliver Kirwan said, "We are really pleased the event went so well, we have 600 more participants than last year and it's great for the town in promoting a healthy lifestyle and showcasing the best that the Killarney has to offer. Events of this size are not possible without huge support of the Killarney National Park and all those who facilitate the running of this event. Many thanks to all involved."

The Gleneagle Run Killarney 10km and half marathon 2018 will take place on 28th July next year. Registration is now open with a 30% discount on standard entry for the first 50 people to register for either the 10km or half marathon.

Half Marathon Results

1. Niall O'Riordan 01:12:10
2. Derek Griffin 01:12:39
3. James Doran 01:12:50

Woman

1. Sinead Tangney 01:19:59
2. Dolores Duffy 01:26:35
3. Sorcha Daly 01:30:06

10KM Results

1. Sean O'Sullivan 00:34:12
2. Aodh O'Curraín 00:34:24
3. Gary Egan 00:34:30

Woman

1. Niamh Clifford 00:40:50
2. Emma Leahy 00:41:06
3. Nita McLoughlin 00:41:20

PICTURES: VALERIE O'SULLIVAN



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GLENFEST SET TO BRING THE COMMUNITY TOGETHER

One of the most progressive parishes in Killarney are set to hold a day long celebration to mark 40 years of Glenflesk GAA's pitch.

In what will be a fun filled family day, Kerry's M.E.P., T.D.s and Senators are togging off and going head-to-head in a three-legged race and a wheelbarrow challenge on August 13th as part of GlenFest.

"It's going to be far from fun and games for the county's top politicians when they are drawn with partners to race over 100 yards in a three-legged race and in a wheelbarrow challenge in the last great sporting event to be held on Glenflesk's 40-year old GAA pitch", Derry Healy, Chairman of Glenflesk GAA Club told the Killarney Outlook. GlenFest is being organised to mark the end of the current pitch in Glenflesk which is about to be dug up and redeveloped for future generations.

The pitch represents much more than the GAA club's focal point - it also stores a wealth of treasured memories and local history.

Hundreds are expected to attend the events throughout Sunday, August 13th - including many who have been closely linked with the parish over the field's 40-year history.

A huge programme of events and entertainment is planned for kids, teenagers and adults - and it's all free!

Throw-in for the celebrations is at 2pm when open-air Mass will be celebrated on the field with many former priests of the parish and former club chairpersons in attendance.



PICTURED AT THE LAUNCH OF "GLENFEST", A 'FUN DAY' ORGANISED BY GLENFLESK GAA TO CELEBRATE 40 YEARS OF THEIR PITCH WERE BACK ROW L-R MICHELLE MORRIS, JAMES FURLONG, CLLR JOHN BRASSILL, DERRY HEALY, TD DANNY HEALY RAE, MARIE QUIRKE-O'CONNOR & PEGGY HORAN. FRONT ROW L-R DANIELLE FAVIER, TD MICHAEL HEALY RAE, BREDIA LYNCH & MEP SEAN KELLY. PICTURE MARIE CARROLL-O'SULLIVAN

There's Zumba and Face-painting for the kids, a Marquee, a Gig-rig, Barb-B-Que, entertainment from the Clonkeen Youth Choir, Wellington and Horseshoe throwing, Hole-in-one Golf and a Historical Section that will paint a picture of Glenflesk over the decades.

The entertainment also moves inside to the local hall where three films will be shown on a large screen. The teenagers' film is being chosen by an online vote. The premiere of the official DVD of the hit drama 'Patrick' - filmed live at the INEC and featuring numerous local performers - will be screened at 8pm.

"We wanted to do something to mark the end of the current field as we know it. It's much more than the end of pitch - the field holds so many memories and is a key part of Glenflesk's story over the last 40 years," Club Chairman Derry added.

"It's a way of saying 'thank you' to so many people who have got us to where we are today. I'm sure there will be mixed feelings as we say goodbye to one chapter and look forward to the next with great enthusiasm," he said.

"ANOTHER SKIN TOO FEW" - FREE CONCERT THIS WEEKEND

An Irish Folk and Traditional music concert will take place at St. Mary's Church of Ireland Killarney this Saturday night, July 29th at 8pm, July 29th.

Enjoy a great night of local Traditional Irish Music and Song with local musicians in the fantastic environs of St Mary's Church of Ireland, Main St. Killarney. The Concert will feature Tim O'Shea and Friends. Tim's musical "friends" are Mike Kelliher: (Fossa)- Accordion/Harmonica/Melodeon and Rosie Healy: (Headford)- Flute/Whistle/Vocal), and will feature new music recently recorded and released on their new Cd "another skin too few" which remembers some of our finest Kerry musicians, sadly no longer with us. Their settings and arrangements of these tunes are now preserved, some well known, and some not so well known traditional melodies. The Musicians remembered are: Con Durham (Dublin & Dingle) who lived most of his life on the Dingle peninsula and played Uilleann Pipes and Whistles. John Cronin (Aghadoe & New York), a fine

accordion player, and Stephen Carroll (Maulykevane) who also played accordion. The legend fiddler Paddy Cronin of (Kiskeam & Boston) spent over forty years in America, also contributes a tune to the collection. There is an original poem and spoken word piece, recounting a visit to Kerry from Belfast poet Adrian Fox, set to the music of Sigerson Clifford. Tim O'Shea contributes and original song in honour of Con Durham, and also, two Scottish songs picked up by Tim on his travels. So all in all a great local night, of local music, played by local musicians, spanning the generations, in one of Killarney's most iconic and historic, beautiful acoustic spaces. Everyone welcome. Don't miss it. Gigs at St. James in Listowel Aug 4th, Puck Fair Aug 11th, St. Mary's Killarney Church of Ireland again for Culture night Sept 22nd, Waterville Tech Amergin Sept 23rd, are also part of their "Mini World Tour Of Kerry". Bí gí linn.

MUSICIANS AND SISTERS, L-R FIONA & MIRAM FELL PICTURED AT ST MARY'S CHURCH PERFORMING FOR THE SPRAOI CHIARRAI. PICTURE MARIE CARROLL-O'SULLIVAN



MUSICIANS FOR 'SPRAOI CHIARRAI' PICTURED AT ST MARY'S CHURCH L-R CONCHUBHAR O LUASA, MAIGHREAD NI LUASA & TIM O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN



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KERRY MOUNTAIN RESCUE TEAM HONOURED



MAYOR OF KERRY CLLR JOHN SHEAHAN AND KERRY COUNTY COUNCIL HELD A CIVIC RECEPTION FOR KERRY MOUNTAIN RESCUE IN RECOGNITION OF 50 YEARS OF EXCELLENT VOLUNTARY SERVICE AT THE COUNCIL CHAMBERS THIS WEEK. PICTURED – MAYOR OF KERRY CLLR JOHN SHEAHAN PRESENTS A MAYOR'S SCROLL TO JIMMY LAIDE CHAIRMAN OF KERRY MOUNTAIN RESCUE IN THE CHAMBERS. ALSO IN PICTURE L/R MIKE WARD, DERMOT REEN, TIM MURPHY, MARGARET GRIFFIN, JOHN CRONIN, CATHAL CUDDEN, CHRISTY MCCARTHY, TIM LONG, MICK LONG, COLM BURKE, JOHN O'SULLIVAN, GERRY CHRISTIE, MIKE FINN, MIKE SLATTERY BRENDAN COFFEY JIMMY LAIDE CHAIRMAN OF KERRY MOUNTAIN RESCUE (MEMBERS OF KERRY MOUNTAIN RESCUE) AND CEO KERRY COUNTY COUNCIL MOIRA MURRELL. PHOTO BY: DOMINICK WALSH ©

The members of Kerry Mountain Rescue team, made up of 35 volunteers, were accorded a civic reception recently which is the highest honour Kerry County Council can bestow. The reception marks over 50 years of existence of the Kerry Mountain Rescue team. Hundreds of people have been rescued by the group which was established in 1966. The group was established following the deaths of 2 climbers; a student from University College Dublin and a teenage member of an English school party were killed in separate incidents on Carrauntoohil, Ireland's highest peak. It was as a direct result of these two tragedies that the Kerry Mountain Rescue Team was formed in July of that same year. The Team at that stage

consisted of a group of concerned people, not expert rock climbers, but men and women who knew the mountains and were prepared to set their own lives at risk to help others in distress. Although shortage of funding, and therefore equipment, has always been a problem for the Team, the efforts that Team Members have put in over the years have gradually built up the Team's resources. The Team's current base at Killarney Garda Station was opened in 2004. Team members come from all walks of life, but all are active and accomplished walkers and mountaineers in their own right. Their area of operations covers the entire south west of the country – principally the peninsulas of Beara, Iveragh and Dingle – which boasts fifteen

of Ireland's twenty highest peaks, including Carrauntoohil (the country's highest, at 1039 metres). Approximately 50% of the annual budget is met through grants from the Irish Coast Guard and Kerry County Council and the remaining 50% is raised through private donations and the Team's own fundraising efforts. The team of volunteers are called out to an average 40 incidents every year. In 2015, they were tasked to 48 incidents, taking up over 1,300 rescue hours, with the same amount of time spent on training. A huge thank you to all the members and their families who do so much and give so much of their time to help others.

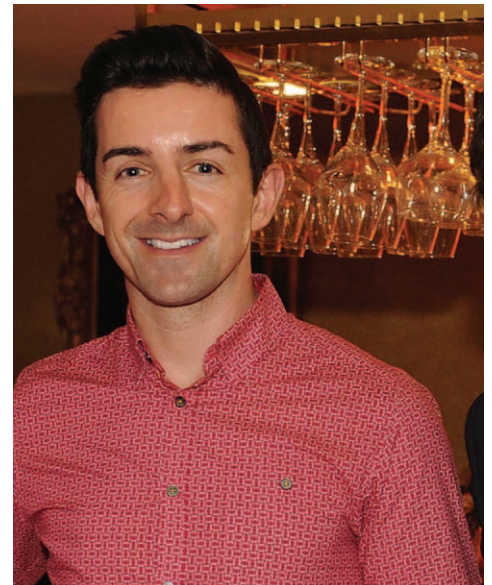
AIDAN TO SET CATWALK ALIGHT AT ROSE OF TRALEE FASHION SHOW

RTÉ's Dancing with the Stars winner and former Kerry footballer, Aidan O'Mahony, will set the catwalk alight in the Festival Dome next month as the special guest at this year's Rose of Tralee Fashion Show on Sunday 20th August.

But you'll have to be there on the night to find out exactly what Aidan will do when he takes to the catwalk during Ireland's biggest Autumn Winter Fashion Show. Earlier this year the Rathmore man successfully swapped his football boots for dancing shoes to win the Dancing with the Stars series on TV and now he's looking forward to making an appearance at Ireland's biggest annual fashion extravaganza. This year's fashion show, which was launched at Ballyroe Heights Hotel, Tralee, will feature all the top boutiques and stores from the Munster region, including top Irish milliners presented by The Holman Lee Agency. The style on the night won't be confined to the catwalk as one lucky woman in the audience will win a magnificent prize worth €1000 for being the Best Dressed Lady. The winner will receive €500

worth of jewellery from Tipperary Crystal, lead sponsor to the Rose of Tralee International Festival and a two-night Serenity Escape at The Rose Hotel, official home to the Roses during the festival. The Serenity Escape packages will include: 2 nights' accommodation, Dinner on one night of your choice in the Park Restaurant, Breakfast each morning in the Park Restaurant and at Serenity Spa enjoy a 55-minute ELEMIS facial, chosen specifically for your skin after consultation with your Spa therapist, and a deeply relaxing full body Swedish Massage, providing a sense of well-being. Make-up for the show will be applied by the skilled team at CH The Mall Tralee, while Cathriona's Hair Group, Castlegregory, Tralee and Dingle will style the models' hair on the night.

The evening will commence with a Wine Reception, while tickets to the 2017 Rose of Tralee Autumn Winter Fashion Show are available from www.roseoftralee.ie for only €35.



FORMER KERRY FOOTBALLER AND DANCING WITH THE STARS WINNER AIDAN O'MAHONY IS SPECIAL GUEST AT THIS YEAR'S ROSE OF TRALEE FASHION SHOW.

OPEN GARDEN EVENT IN KENMARE FOR CORK SIMON COMMUNITY

An opportunity to explore the private, beautiful gardens of The Water Margin, Kenmare.

The Water Margin Garden in Cappanacush East, Kenmare, will open to the public in aid of Cork Simon Community during the August Bank Holiday weekend, from August 05 to 07, between 2.00pm – 5.00pm each day. The gardens feature a river, waterfall and cascades along with informal planting with acers,

azaleas, rhododendrons, hostas and astilbes to the fore. Plants and ceramics will be for sale and refreshments will be served throughout the weekend. Entry is by donation to Cork Simon, at the gardens. Cork Simon Community provides support to people who are homeless in the Cork and Kerry region. Directions: 4.5 miles/7km from Kenmare, look for signs at Templenoe on N70. Parking nearby.



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DID KILLARNEY CAMERA CLUB SNAP YOU ON THIS YEAR'S RING OF KERRY?

The Killarney Camera Club were out in force for the 34th Annual Ring Of Kerry Charity Cycle which took place on 1st July. Members were out and about to help capture the excitement, anticipation and relief at the finish line. The photos of all the participants have now all been sorted and are now available online to download from the club website. This means that there are 13,000 photos online for cyclists to download for free. Killarney Camera Club member, Keith Johnson, was out early to capture the anticipation of cyclists from the start line and during the first couple of hours which saw cyclists hitting the road from 6am. Over 9000 cyclists took part in the 170km cycle raising

much needed funds for charity. From 11am onwards Killarney Camera Club Members were positioned on the Finish Line where they captured all the excitement as the competitors passed by. More of the Camera Club members were circulating in the refreshments area and around the Podium photographing competitors as they proudly lifted their 2017 medals up to the camera. The photos, which are available on the Camera Club website, are organised into three different catalogues of albums, the start line, finish line and podium/entertainment area. The albums are organised based on the time of the day the photo was taken. So if you finished at 4:33pm then

look in the album "1630-1634 Finish Line 2017", the same applies for the start line and podium photos. The photographs are named based on the time they were taken so you can quickly find your photo. Thanks to all the club photographers who took photos on the day and special thanks to both Terry MacSweeney and Christopher Fitzgerald for giving their time in uploading all 13,000+ photos to the Killarney Camera Club flicker account. A lovely gesture from the Killarney Camera Club to provide you with a memento from the occasion that was The Ring Of Kerry Charity Cycle 2017. Visit www.killarneycameraclub.ie to find the photos.



GREAT TURNOUT FOR CLASSIC CAR SHOW



OVER 100 CARS ON DISPLAY AT KILLARNEY VALLEY CLASSIC AND VINTAGE CAR SHOW



SEAN O'DONOGHUE PICTURED AT THE KILLARNEY VALLEY CLASSIC AND VINTAGE CAR SHOW

Killarney Valley Classic and Vintage Club held a Classic and Vintage Car Show at the Killarney Racecourse on Sunday 23rd July. The Club invited all car enthusiasts to bring their classic or vintage car to the Show, with a particular emphasis on Ford Cars to celebrate 100 years of Ford. The day was a great success with over 100 cars on display. The large attendance enjoyed food stalls, a children's area and a barbeque. Tom Leslie from the Killarney Valley Classic and Vintage Club would like to

thank everyone for their support. "It was a great day and we would like to thank Aherns Garage, who are the main sponsor for the Car Show", Tom told the Killarney Outlook. "We really appreciate their continued support and everyone enjoyed the display of Opel and BMW cars on the day", he added. The club would also like to thank Killarney Racecourse for the use of their facilities. The club are also launching the South Kerry Ploughing & Harvest Show this



100 YEARS OF FORD CARS - AT KILLARNEY VALLEY CLASSIC AND VINTAGE CAR SHOW

Saturday evening at 6.30pm in the Innisfallen Hotel, Fossa and have issued an open invitation with everyone welcome to attend. The Show takes place on Sunday the 3rd September next. The Killarney Valley Vintage Club is open for membership, you can contact them online for more information.

Over the years the club has grown and become an integral part of the local community. The club organises a number of interesting runs over the course of the year and also supports several other local clubs and charities by supporting their events.



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KILLARNEY MEMORIES GOING ACROSS THE GLOBE



HIGH STREET



MAIN STREET

A recent request by one of Killarney Down Memory Lane creators, Enda Walshe has revealed that the page, which has over 10,000 members, is being viewed across the globe in places like Kenya, New Zealand, Uganda, Australia, Egypt, Japan, Vietnam, Singapore, South Korea, Abu Dhabi and Canada. Closer to home there are members from France, Ukraine, UK, Holland, Switzerland, Norway, Italy, Spain, Germany, Scotland, and Sweden. In the USA there are members from nearly every state and here in Ireland, there are members from nearly every county.

Killarney Down Memory Lane is a group where people can view, post and comment on photos

from Killarney in times past. Any members are free to add a photo the only condition is that the photos are pre 1990 and can be of any subject once it's Killarney related, be they photos of buildings, socials, teams or schools etc.

The page is successful as it offers members an opportunity to step into the past to see how the streets of Killarney have changed over the years. The community shares memories of characters and local faces from town here and gone, beautiful pictures of Killarney past and present and family photos that were once in family albums are now shared with the wider community. The content ranges from football

teams, to scenic photos of the National Park, to staff of the hotels and all the people that make up the town of Killarney. There are interesting links with a Killarney connection shared to the page such as Princess Diana's Killarney connection. It is also a place where people can ask questions about stories and places in Killarney. It offers us a chance to learn about the history of our town through photos and it is also a place to remember loved ones and share stories. There are now over 6000 photos on the page. Well done to all involved and all the members for joining in and sharing their photos.



AERIAL VIEW OF KILLARNEY TOWN



FAIR HILL COLLEGE STREET

SUCCESSFUL CCE TRIP FOR KILLARNEY BRANCH

Comhaltas Ceolteoirí Eireann Cill Airne were once again very successful in Everyman Theatre, Cork City which hosted the dance Troupes, Cork City which hosted the dance Troupes for the Munster Fleadh competition. 11 teams will now advance to The All Ireland in August which will be held in Ennis. Only first and second advance from Munster with 3rd place just losing out this year. The dancers were tutored by brilliant dance coaches Triona Mangan, Mairead Mangan and Maureen Hegarty Vogels.



U15 8 HAND CEILI: FIRST PLACE AISLINN O DONOVAN, ALICE O DONOGHUE, ERIN HOLLAND AND KATE LAWLOR, CARRIE HICKEY, LAURA BUCKLEY, LIA MURPHY AND ORLAITH SPILLANE.



LEFT: U12 FULL SET LADIES FIRST PLACE AINE O SULLIVAN, AOIFE O DONOGHUE, CIARA O DONOGHUE, GRACE O CONNOR, ISABELLE O SULLIVAN, LAUREN CAREY, ROISIN O SULLIVAN AND TEGAN O SULLIVAN.



LEFT: OVER 35 FULL SET MIXED: 2ND PLACE CHARLIE O CONNOR, JOSIE MURPHY, MARGARET O SULLIVAN, NOREEN O SULLIVAN, PATSY O BRIEN, THOMAS O SULLIVAN, TOM KEARNEY AND ULTAN MULCAHY.

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CAPTAIN AMY HOSTS GREAT DAY AT KILLARNEY GOLF CLUB



PICTURED AT KILLARNEY GOLF & FISHING CLUB FOR LADY CAPTAINS DAY WERE L-R TERESA CONSIDINE, MARGARET ARTHUR, AVA CONSIDINE, AMY ARTHUR, PRESIDENT BREDAGAN, TINA O'SULLIVAN & WINNIE RYAN. PICTURE MARIE CARROLL-O'SULLIVAN

Killarney Golf Club's Lady Captain, Amy Arthur, held her Lady Captain's prizes for all of the various categories over last weekend. First up were the Junior Clubs, both Boys and Girls, Lady Captain Amy Arthur's Prize to the Junior Girls result was as follows: 1st. Alicia Burke, 2nd Corrina Griffin, 3rd Jennifer O'Brien and 4th Sarah O'Brien. On Saturday afternoon the

Lady Captain's prize to the Gents commenced. Over Saturday and Sunday 239 members took part in the competition. The weather conditions were ideal for good scoring, and the results themselves reflected this. The competition was won by Liam Daly with the excellent score of 43 points, in 2nd place was Club stalwart Seamie O'Connor with 42 points, in 3rd



PICTURED AT THE LAST HOLE OF O'MAHONEY'S COURSE AT KILLARNEY GOLF & FISHING CLUB ON LADY CAPTAIN'S DAY WERE L-R MARY O'ROURKE, SIOBHAN BROSNAN, CAPTAIN AMY ARTHUR & SUSAN TONG. PICTURE MARIE CARROLL-O'SULLIVAN

place was former Club Captain Pat Cussen with 41 points Best Gross Donal Considine, 4th Peter McEnery, 5th Liam Healy, 6th Neil Coffey, 7th Pat Carroll, 8th Patrick Buckley Jnr, 9th Ian Cronin, and 10th Gerard Walsh. Results of Lady Captain Amy's Prize to the Ladies, Sunday July, 23rd. Singles Stroke, Mahonys. 1st Noreen O'Callaghan, 2nd Marian O'Reilly, BG Kelly

Brotherton, 3rd Ann Moynihan-Rudden, 4th Fiona Leacy, 5th Jennifer O'Brien, 6th Fidelma O'Connor, 7th Bridie Doyle and 8th Catriona Griffin. This Sunday's Competition will be the Maureen O'Shea Memorial, Single, S/ford, at Killeen course.

GOD HAS NO COUNTRY STAGED IN ROME

Killarney man Donie Courtney has staged his one-man show based on the life and times of Monsignor Hugh O'Flaherty in the Church of Saint Isidore in Rome. In attendance were the Irish, Israeli and Australian Ambassadors to Rome. The audience also included embassy staff, members of the clergy and members of the Irish community in Rome. "It was a very proud night for me, to represent the story of

Monsignor O'Flaherty and also Killarney in the place where those historic events took place", Donie told the Killarney Outlook. The play is based on the daring humanitarian exploits of Msgr Hugh O'Flaherty in Nazi occupied Rome and how he saved the lives of 6,500 people during World War 2. God Has No Country will next be staged in the Smock Alley Theatre in Dublin, due to popular demand, from October 9th to 14th.



IRISH MEN'S SHEDS ASSOCIATION PUTS KERRY MEN ON THE ROAD TO BETTER HEALTH

The Irish Men's Sheds Association (IMSA), which has 13 sheds in County Kerry, including a hugely successful one in Killarney, has marked the official launch of a new dedicated men's health website, malehealth.ie. Malehealth.ie aims to set men of all ages on the road to better health by signposting them to a wide range of health information and resources from over 40 leading Irish health organisations. Based on the hugely successful Australian Men's Sheds Association website 'Spanner in the Works',

which has an average 50,000 views per month, malehealth.ie offers key health information for men in a practical, relatable form. The website is designed to be user-friendly for men of all ages, and its interface is based on the familiar shape of a typical car, as a direct comparison to the male body. Users first enter their age category, and can then browse by body part for ailments and conditions that might affect them. Depending on the specific health topic selected, the website directs them to relevant health

information from a leading health body. A wealth of organisations are currently signposted on the site, covering a wide range of health topics such as diabetes, joint health and testicular cancer. In addition to signposting users towards key health services, malehealth.ie contains lifestyle advice as well as information and resources on social outlets and the physical changes and risk factors which affect men as they age. was established by the Irish Men's Sheds Association as part of its 'Sheds for Life' initiative, which



aims to support the physical and mental health and wellbeing of Men's Shed members.

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Price Region: **€150,000**

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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TIME FOR TEA WITH JACK & JILL

The Rose Hotel in Tralee is hosting Afternoon Tea with Jack & Jill on Saturday 5th August at 2.30pm to mark the 20th anniversary of this children's charity.

The Jack & Jill Children's Foundation, which has supported 2,200 sick children with home nursing care including 63 children in Co. Kerry, is inviting people to The Rose Hotel in Tralee on Saturday 5th August to mark the charity's 20th Anniversary and to raise much needed funds.

Tickets are available on www.jackandjill.ie for €20 per person in The Rose Hotel, formerly Fels Point Hotel, a charming four star hotel located in Tralee town, with a backdrop of the Slieve Mish Mountains.

The charity is also calling on people to host their own Tea Party at home to raise money for Jack & Jill, with registration now open on



www.jackandjill.ie for party packs including Barry's Tea, East Coast Bakehouse biscuits, invitations and ideas galore to make this a special event, including a competition to win an overnight stay and dinner at MacNean House, courtesy of Jack & Jill champion Neven

Maguire.

Over the last 20 years, Jack & Jill has supported over 2,200 sick children and their families, including 63 children in Kerry, mobilising an army of 1,000 nurses and carers to provide this unique home nursing care and respite service operating

365 days a year, with no waiting list. Typically, a child (from birth to 4 years old) supported by Jack & Jill has severe developmental delay as a result of brain damage and the charity also provides an end of life home support service for parents faced with the enormously difficult task of taking their precious child home to die. Through this local and national Tea Party @ Home initiative, the Jack & Jill Foundation is hoping to raise much needed funds and awareness for its critical home nursing and respite service which was set up in 1997 by Jonathan Irwin and his wife Mary Ann O'Brien in memory of their son Jack who they nursed at home for his short life and whose home nursing plan became the blueprint for the Jack & Jill service.

THE GLENEAGLE BOWLS TEAM WIN THE SEAN CHÁIRDE BOWLS LEAGUE

The Gleneagle Bowls team are celebrating having recently won the Sean Cháirde Bowls League. The Gleneagle team beat the Beaufort Hobbits to take the title after a nail biting final. The winning team, including Eilish Clifford, Bernie O'Leary, Kathleen O'Leary and Skip Susan Walsh, were presented with the trophy

by James Murphy, Chairperson of Sean Cháirde Bowls.

The Gleneagle Bowls Club play bowls every Monday morning from 10am until 1pm in The Gleneagle Ballroom. New members are welcome to join this fun and sociable club.

THE GLENEAGLE BOWLS TEAM WHO WON THE SEAN CHAIRDE BOWLS LEAGUE RECENTLY.



IRISH WATER TO INVEST €1 MILLION IN SOUTH KERRY

Irish Water is to invest €1 million to upgrade ageing water mains in South Kerry which will lead to significant improvements in the quality and reliability of water supply for local customers.

The work will comprise the replacement of a total of 6.1km

of water mains in Mountain Stage (Glenbeigh), Ballykissane (Killorglin), Shannara (Beaufort), Cappagh North (Beaufort) and Sneem.

A contractor has been appointed to carry out the work. This is expected take a total of 22 weeks

to complete and is due to get underway in the coming weeks.

Temporary traffic management arrangements will be put in place as the work progresses in order to minimise disruption to the public. The contractors will liaise with An Garda Síochána and local residents

to notify them of impending events likely to cause disturbance such as planned temporary disconnection of services, working hours, movements of heavy loads or any other planned works that may cause disturbance to people in the vicinity of the works.

ALONE WELCOMES CHANGE IN FUEL ALLOWANCE METHOD OF PAYMENT

ALONE, the charity that supports older people to age at home welcomes the announcement from Minister for Employment and Social Protection, Regina Doherty TD, that changes will be made to the method of payment of the winter fuel allowance.

This new move will grant recipients two lump sums of €292.50 during the year, replacing the weekly payment system. ALONE welcome



Supporting older people to age at home

this development, as we continue to see older people in Ireland face a great struggle to adequately heat their homes.

OVER €10,000 RAISED IN KERRY FOR TEMPLE STREET

Bakers in Co. Kerry turned up the heat this spring and mixed, iced and munched their way to a spectacular €10,800 at this year's Great Irish Bake for Temple Street. People all around the county got on board for the special fundraiser, which was held in April.

Now in its 9th year, the Great Irish Bake encourages families, schools and businesses to get together, hold their own bake sale and raise vital funds to help bring hope and

healing to sick children and their families in the beloved children's hospital.

A massive 900 bake sales were held nationwide with a total of €210,000 raised. The money raised by Temple Street's Great Irish Bakers will help buy vital new equipment for the hospital's theatres, wards and the Intensive Care Unit – which will directly benefit thousands of sick children.

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Auctioneers who would like to feature on "Through the Keyhole" contact Des on **087-6593427**.

NATIONAL SEARCH FOR IRELAND'S BEST YOUNG ENTREPRENEURS OF 2018 GETS UNDERWAY

Kerry County Council Local Enterprise Office confirms €50,000 county investment fund available

IBYE is a programme run by the 31 Local Enterprise Offices (LEOs), including LEO Kerry with the support of the Department of Enterprise and Innovation and Enterprise Ireland. The competition is open to people between the ages of 18 and 35 with an innovative business idea, new start-up or established business. Now in its 4th year, IBYE has an investment fund of up to €2million. The closing date to enter this year's competition is Friday, 29th September, 2017 and there is a €50,000 county investment fund on offer to local winners and runners-up in County Kerry. IBYE offers a very significant stepping stone into the world of running your own business for young people aged 18 to 35. It's not just the scale of the investment fund on offer that makes IBYE so important, IBYE entrants can go on to receive intensive enterprise boot camp training from LEO Kerry under the programme, to help them establish and develop their entrepreneurship careers.

Chief Executive of Kerry County Council Moira Murrell stated "Now more than ever before, Local Authorities are connecting with young and aspiring entrepreneurs, through our Local Enterprise Office. We are very keen to ensure that anyone with a good idea for a business is given the necessary encouragement and support every step of the way".

Tomás Hayes, Head of Local Enterprise Office said: "The substantial investments available under IBYE are a very important part of the programme and will help more young entrepreneurs here locally to grow their



businesses and create more jobs. Other business supports, such as management training, networking and one-to-one mentoring are also at the heart of IBYE. Last year, 450 young entrepreneurs all over the country benefited from these business supports and 180 of them won investment funding to help start and grow their own businesses, so the rewards are there for participants, as well as for the winners. Taking part in IBYE will help Ireland's young entrepreneurs move their businesses to the next level with the support of their Local Enterprise Office, whatever stage their business is at."

IBYE is run locally by Local Enterprise Office Kerry across three categories: Best Business Idea, Best Start-Up Business and Best Established Business. Up to 450 young entrepreneurs will be invited by the LEOs to attend free regional 'Entrepreneur Bootcamps' later in the year to help them develop their business and new venture ideas.

With an IBYE investment fund of €50,000, LEO



CHIEF EXECUTIVE OF KERRY COUNTY COUNCIL MOIRA MURRELL

Kerry will award up to six investments to three category winners and three runners-up at county level. The local winners in the Best Start-Up and Best Established Business categories at county level will receive investments of up to €15,000 each and the two runners-up will each receive up to €5,000.

The Best Business Idea winner at county level will receive an investment of up to €7,000 and the runner-up will receive up to €3,000 of investment. These winners at county level will progress to Regional Finals early next year and the national IBYE finals will be held in March 2018. To enter, local entrepreneurs between the ages of 18 and 35 should visit the IBYE website at www.ibye.ie, to submit their applications online. The closing date for entries is Friday, 29th September, 2017 and there are no entry fees.

Further information and details are also available from the 31 Local Enterprise Offices nationwide through www.localenterprise.ie

KERRY TO BENEFIT FROM ADDITIONAL €36,500 ARTS COUNCIL AWARD

Kerry County Council will benefit from a recent award by the Arts Council of €36,500 to develop a unique and ambitious dance and health programme along with Kildare and Tipperary County Councils.

The Arts Council confirmed the award as part of their 'Invitation to Collaboration' scheme aimed at Local Authorities, which aims to promote unique collaborations by working better together and promoting greater access to and engagement with the arts.

The Dance and Health action research programme aims to deepen the place of dance in healthcare in partnership with the local authorities, health professionals, communities and dance artists with the overall intention of providing a model that can be used

nationally. Dance in health care settings has been proven to benefit older people or those with a chronic, degenerative condition, such as Parkinson's or Alzheimer's disease.

Speaking at the launch on Friday July 21st, in the dlr Lexicon, Director of the Arts Council, Orlaith McBride said: "We recently put a call out to local authorities that were looking for ambitious ways of collaborating and engaging communities in arts projects. I am delighted to confirm that Kerry County Council will benefit from this award. I am confident this funding will help foster a distinctive artistic and environmental collaboration within and among local authorities, which will result in unique and meaningful public engagement opportunities."



COUNTY ARTS OFFICER KATE KENNELLY

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ENJOYING THE BREHON APRÉS RACES PARTY WERE KAREN KENNELLY, CAROLINE KEANE, SHEILA O'SULLIVAN, PAT FITZ, NATASHA O'CONNOR, JORDANA LAMBADARIOS, OONAGH WARD AND SINEAD MCMAHON. PIC: NERIUS KARMILCOVAS



ENJOYING THE BREHON APRÉS RACES PARTY WERE EVELYN O'DONOGHUE, SHEILA LUCEY, HELEN CORKERY AND DIANA O'CONNELL. PIC: NERIUS KARMILCOVAS



BABY RIAN BROSAN, PICTURED WITH HIS FAMILY ON HIS CHRISTENING DAY AT ST MARY'S CATHEDRAL WITH HIS DAD MIKE, MUM CATHERINE WITH BROTHERS EOIN (LEFT) & DARRAGH. PICTURE MARIE CARROLL-O'SULLIVAN



DENIS MCCARTHY, FIONA O'SHEA AND JACK PATRICK HEALY ENJOYING THE SUMMER FUN AT THE ANNUAL NAUGHTY OR NICE 'XMAS IN JULY PARTY' IN THE KILLARNEY GRAND ON MONDAY NIGHT. PICTURE: EAMONN KEOGH



LAUREN MANGAN, ARIANNA BROSAN AND RAYMONA O'CONNELL, KILLARNEY, ENJOYING THE SUMMER FUN AT THE ANNUAL NAUGHTY OR NICE 'XMAS IN JULY PARTY' IN THE KILLARNEY GRAND ON MONDAY NIGHT. PICTURE: EAMONN KEOGH



ENJOYING THE BREHON APRÉS RACES PARTY WERE FIONA O'SHEA, MARIA MAHONEY AND CARAGH NEESON. PICTURE NERIUS KARMILCOVAS



DEIRDRE O'RIORDAN, JESSICA O'SULLIVAN AND JENNIFER CASEY ENJOYING THE SUMMER FUN AT THE ANNUAL NAUGHTY OR NICE 'XMAS IN JULY PARTY' IN THE KILLARNEY GRAND ON MONDAY NIGHT. PICTURE: EAMONN KEOGH



THE DR. CROKES GAA CLUB BRITISH OPEN GOLF CHALLENGE PREDICTION COMPETITION WAS WON BY FREDDIE GALVIN, SCARTAGLEN, WINNER OF THE €1,000 FIRST PRIZE. PICTURED FROM LEFT ARE LOUISE MCCARTHY (SECOND), DENIS COLEMAN (CHAIRMAN), FREDDIE GALVIN, PAUL DOWNEY (SECRETARY), MALACHY WALSH (FINANCE OFFICER), ED STACK TREASURER) AND SHANE DOONA. PICTURE: EAMONN KEOGH



CAPTAINS DAY AT BEAUFORT GOLF CLUB PRIZE WINNERS (L-R) LADY CAPTAIN MARY O'SHEA, RENEE CLIFFORD (1ST), JIM O'LEARY (1ST), CAPTAIN MICHAEL LYNCH & HIS WIFE AILEEN. PICTURE MARIE CARROLL-O'SULLIVAN

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Killarney

TOWN TALK



REMEMBERING CIAN AT THE KILLARNEY WATER RESCUE COFFEE MORNING AT THE TOWERS HOTEL WERE L-R DAD BILLY, MUM JOANIE, BROTHER KEITH & SISTER KLARA. PICTURE MARIE CARROLL-O'SULLIVAN



CAOIMHE SPILLANE.

We have had a mixed bag of weather this week! Time to sit back and relax and find out what's happening in Killarney with the Town Talk Page. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

REMINDER RING OF THE REEKS CYCLE

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

ST MARY'S CHURCH OF IRELAND CONCERT

There will be a concert Chamber Philharmonic Cologne, regarded as one of Germany's finest ensembles, will perform in St Mary's Church of Ireland in Killarney on Monday, August 7th at 8.00pm. They will perform classics ranging from Antonio Vivaldi Concerto in G Minor for violin, strings and basso, Concerto in A Major for guitar and string orchestra, Handel, Peter Tchaikovsky, Niccolò Paganini and Boccherini. Sergey Didoreno will be on violin, Adam Solta will be on guitar and Christoph Jahn will play violoncello.

The objective of the Chamber is to inspire as many people as possible, across all generations, to enjoy classical music and it performs in close on 300 concerts every year throughout the world. Tickets will be available at the door one hour prior to the concert from 7.00pm and the admission is €20 for adults €17 for OAPs and €12 for students and children (cash sales only).

PEACE ACTIVIST TO VISIT MILLTOWN

An internationally renowned peace activist, Presbyterian Minister, Rev Ken Newell, will lead a day of prayer in Milltown on Sunday, and he will be joined by Dr Ciarán O'Callaghan, a Redemptorist priest in Belfast and currently Vicar Provincial of his order. The Milltown service will be in the Muintir na Tíre hall from

3 o'clock on the Sunday August 6th. The theme of the visit is Engaging with the Spirit of Christ in Ireland today. Rev Newell received the prestigious Pax Christi International Peace Prize and was honoured with an OBE by Queen Elizabeth for his work. He has been a consultant for reconciliation initiatives in Northern Ireland, The Balkans, Palestine, Israel And Mozambique. He has devoted his life to resolving conflict and building peaceful communities.

BUMPER WEEKEND IN THE GLENEAGLE

We are set for a jam packed weekend in the Gleneagle for the Bank Holiday weekend starting August 4th Donegal Conal Gallen will get the weekend off to a rousing start with his hilarious new one-man show Only Joking on Friday, August 4, with Bagatelle taking to the stage that night. Legendary band Aslan will be performing on Saturday, August 5. Katherine Lynch will bring her band to Killarney to debut her new show of musical numbers and words on Sunday, August 6th. She will be supporting the one and only Sharon Shannon. Katherine Lynch will be supported by Duncan Brickenden on piano, Gar Cox on guitar and Gerald Peregrine on cello. They promise a show filled with music to make the audience cry, laugh and sing along. Sharon Shannon will raise the roof later the same night with material from her new studio album Sacred Earth. This is Sharon's first new studio album in three years and her tenth album to date. Sacred Earth, produced by Justin Adams, mixes Irish music with African and blues and features celebrated African musicians Abass Doodoo and Seikou Keita as well as special guests, including Finbar Furey and Alyra Rose. Log on to www.inec.ie for further details on all shows and to purchase tickets. Tickets are also available from the INEC box office on 064-6671555.

SUMMER PARISH EVENTS

Aghadoe Cemetery Mass Mon July 31st—8pm. Old Kilcummin Cemetery Mass on Wed August 2nd—8pm. New Cemetery Mass Mon August 7th—7pm. Please spread the word to those living away who might like to attend.



MAYOR OF KERRY JOHN SHEAHAN PICTURED AT THE LIDL DIABETES SCREENING IN KILLARNEY WITH FROM LEFT, LIDL KILLARNEY STAFF MEMBER S GRAINNE RANDELS, JONATHON ROCHE, NIAMH O'NEILL, LIDL, LINDA HUSSEY, DIABETES IRELAND, PAULINE LYNCH, DIABETES IRELAND, RUTH CURRAN, LIDL, ROBERT SZUBA, LIDL AND FRANK COGAN, LAYA HEALTHCARE. PHOTO: DON MACMONAGLE

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Killarney

TOWN TALK



THE BREHON APRÉS RACES BEST DRESSED WINNERS, BEST HAT CAROLINE O'SULLIVAN, BEST DRESSED MAN NIAL CROWLEY AND BEST DRESSED LADY ELAINE KELLEHER. PIC: NERIUS KARMILCOVAS

CONGRATULATIONS

Congratulations to the traders from Old Market Lane, who raised a total of €689.31 at the American BBQ on the 4th July. Last week they presented a cheque to the Kerry Cancer Support Group/Kerry Cork Health Link Bus. A fantastic idea to raise money for a great cause.

GOLF CLASSIC

There are a few places left for St Mary of the Angels Beaufort and St John Of God Kerry Services Golf Classic (Teams of 4 € 200). Fri 11th Aug in O' Mahonys Point, Killarney Golf and Fishing Club. Contact 087 1338702.

RIPTIDE MOVEMENT

Radio Kerry presents The Riptide Movement at the INEC Acoustic Club, on September 15th. The Riptide Movement, burst onto the Irish music scene in 2014 with their Number One, gold-selling album 'Getting Through', a string of Top 10 singles and various sold-out headline tours, the four piece – comprising Malachy Tuohy (vocals, piano and guitar), John Dalton (guitar), Gerry McGarry (bass & harmonica) and Gar Byrne (drums & percussion) – will be returning to Killarney after a very busy summer of festivals in Ireland and all over Europe tickets are €20.00 and doors are at 8pm

HERITAGE WEEK

Heritage week takes place next month from August 19th to August 27th with a full programme of events to be announced in the coming weeks. There will be lots of activities

taking place in Muckross House and Gardens. The first event has been announced , a basket making workshop demonstration. Craftsman Martin O' Flynn will be demonstrating the age old skill of basket making. Explaining the various designs and materials he uses in this wonderful craft.

LADIES DAY APRÉS PARTY AT THE BREHON

The glitz, glamour and party atmosphere synonymous with The Killarney Races' Ladies Day continued late into the evening at The Brehon's Ladies Day Après Party on Thursday. Style guru, Laura McSweeney along with singer



RACER-GOERS ENJOYING THE BREHON APRÉS RACES PARTY. PIC NERIUS KARMILCOVAS

Gemma Sugrue judged the Best Dressed categories with the prize of a €500 voucher for Brown Thomas for the Best Dressed Lady going to Elaine Kelleher from Kilgarvan. Elaine wore a dress designed by Tina Griffin and a hat by Carol Kennelly. Niall Crowley won the Best Dressed Man and Caroline O'Sullivan won Best Hat. The party continued late into the evening with The Tom Cats followed by The Pat Fitz Band.

HEALTH AWARENESS

On Saturday 22nd July, Lidl customers in Killarney were offered free screening from Diabetes Ireland to increase awareness and early detection. Over 120 customers took part in the complimentary screenings including Mayor of Kerry, John Sheahan.

A BIG THANK YOU

Kerry friends of Motor Neurone wish to thank all the people who generously supported our annual Flag Day at Daly's Supervalu and Tesco Deerpark on 23 June.

We appreciate all the people who collected on the day and the Management of the two Stores for granting us the permission to collect This collection took place in the week of Als/Motor Neurone Global Week.

INFLATABLES AND COLOUR PUT THE FUN IN SUMMER FUN RUNS!

A colourful day-out that will put a spring in the step of young and old alike is promised this summer as Ireland's first ever 'Inflatable Colour Run' is coming to Killarney Racecourse on Sunday July 30th.

"Think giant bouncy castles and liberal showers of rainbow coloured powders, while friends and families laugh their way around the most fun fun-run ever", according to the organisers.

Designed to appeal to all ages and abilities, the Inflatable Colour Run combines a colour run with adult sized inflatables as obstacles to negotiate. The course covers approximately 3-5km of invigorating fun, and there is even a sneaky shortcut for those who wish to reduce the run to 3km, while not missing out on any colourful bouncing along the way!

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RATHMORE/GNEEVEGUILLA NEWS by Michael O'Mahony KNOCKNAGREE COMMUNITY GROUP

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

Your cooperation in filling out the questionnaire is greatly appreciated. The questionnaire will be collected the following week. More information to follow in this publication and on our face book page Knocknagree.

WISHES

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

SYMPATHY

To Kathleen O'Connor, Hannah Mary Cotter & Margaret McSweeney on the death of their mother Margaret O'Connor, Presbytery View Rathmore whose funeral took place recently in Rathmore.

CHURCH GATE COLLECTION

Kerry Emigrant Support Housing Association Ltd. will hold a Church gate collection before all Masses in our parish next week-end 29th/30th July. Please support. Thank You.

KNOCKNAGREE HALL COMMITTEE

are holding BINGO on Sat. Aug. 5th @ 8.30pm in the Community Centre Knocknagree Tea, Coffee and home baking will be served free on the night.

This is a fundraiser for the Hall – Please support

WEDDING BELLS

Congratulations to Siobhán O'Keeffe & Stephen Curtis who were married on Friday 21st July 2017 in St. Josephs church Rathmore. The Maid of Honour was Sheila o'keeffe & The Best Man was Seán Curtis. Their wedding Reception was held in The Malton Hotel, Killarney. The couple will honeymoon in America & they will reside in Wexford. Best wishes for their future together.

LOUGH DERG 2017

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

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

WEDDING BELLS

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

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



TIM O'SHEA AND FRIENDS WHO WILL PLAY ST. MARY'S CHURCH OF IRELAND ON SATURDAY. PICTURED WITH TIM IS ARE MIKE KELLIHER (FOSSA) AND ROSIE HEALY: (HEADFORD)

rest in peace.

5 YEAR AGE-FRIENDLY PLAN FOR THE COUNTY

We are living longer and healthier, but how does our county and our communities need to change to reflect our aging population; - what are your views? Kerry County Council is preparing a 5-year Age-Friendly plan for the county. Individuals, groups organisations, and business with an interest in the issue of aging are invited to contribute to the planning by completing a questionnaire. Individuals on-line questionnaire; <https://www.surveymonkey.com/r/NQCHBCN>

(a Word version is available on Kerry PPN website www.kerryppn.ie)

Groups and organisations on-line questionnaire; <https://www.surveymonkey.com/r/X56GKBj>

Your response will feed into the preparation of the county Age-Friendly plan. Public consultation on the draft plan will be held in the Autumn.

SLIABH LUACHRA COMHALTAS would like to wish all its members competing in the Munster Fleadh in Cork this weekend, Sat 22nd and Sun 23rd the very best of luck. The branch will be represented in the following competitions: under 12 sean nós dancing, 12-15 Irish and English singing, under 18 ladies English singing, under 15 mixed set dancing and under 18 ladies set dancing. We also extend our good luck wishes to branch members set dancing with Raecaol. Go n-éirí an bóthar libh go léir. For further information visit www.munsterfleadh.ie

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

CULTURE NIGHT

To all communities and groups who might like to stage a cultural event on Culture Night Friday 22nd September next.

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



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

BIRTHDAY WISHES

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

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



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BEAUFORT NOTES

PILGRIMAGE TO KNOCK

Beaufort Pioneer Council wish to express their most sincere thanks to everyone who joined the Pilgrimage. The bus was completely booked and a great day which everybody enjoyed, also the great singing session on the homeward journey. Special thanks to Milltown Listry Pioneer Centre who were most helpful.

LOTTO

Lotto results of Sunday, 23rd July for jackpot of €2,000. Numbers drawn: 02, 07, 09, 10. Congratulations to Martin Riordan, Beaufort Park, who was the lotto jackpot winner. Next draw for jackpot of €2,000 will be held in Beaufort Bar on Sunday, 06th August. Tickets available from the usual sellers and premises or online at www.beaufortgaaclub.com.

Fixtures: Good luck to Beaufort players and the Mid-Kerry U21 team who play Kenmare District in the County U21 final on Wednesday, 26th July at 7:30pm in Austin Stacks Park Tralee. The Beaufort Minors are away to Glenflesk on Thursday, 27th July at 7:30pm in Round 3 of the East Region Minor League. U12 Boys are away to Keel on Friday, 28th July at 7pm in Round 4 of the Mid Kerry League. Junior Men are home to Cromane on Tuesday, 01st August at 7:30pm in Round 4 of the Mid Kerry Junior League.

Ring of the Reeks Cycle: The Ring of the Reeks Cycle will be held on the 29th July. We have three loops once again this year - The Ring of the Reeks Loop which is a 110km loop of the McGullycuddy Reeks, this cycle will begin at 9am from Beaufort GAA Club - The Caragh Lake Loop which is a 60km loop of the very scenic Beaufort, Glencar and Caragh Lake, this cycle will begin at 11am from Beaufort GAA Club - The Beaufort Loop which is a 35km loop of Beaufort taking in the foothills of Strickteen and the McGillycuddy Reeks, this cycle will also begin at 11am from Beaufort GAA Club. For more information and to register please go to www.ringofthereekscycle.com. Registration is also available at the Clubhouse on the morning of the cycle, please arrive early if you wish to register on the day.

KILCUMMIN NOTES

COMHALTAS

The Branch were well represented in music, song and dance at the recent Munster Fleadh in Co. Cork. The following were successful in their respective competitions and they will now go on to the All Ireland Fleadh in Ennis, Over 35 Set 1st, Senior Mixed Set 2nd, 15-18 Mixed Set 3rd, U18 Half Set 3rd, Senior Ladies 3rd & U12 Ladies Set 3rd. U12 Ladies 8 Hand Céilí 1st, U12 Mixed 8 Hand Céilí 2nd, U12 Ladies 4 Hand Céilí 3rd, U12 Mixed 4 Hand Céilí 3rd. U15 Ladies 4 Hand Céilí 3rd, U18 Mixed 8 Hand Céilí 1st, U18 Mixed 4 Hand Céilí 1st & 3rd. Ladies 4 Hand Céilí 1st. Our thanks to all our competitors, trainers and parents for all their time and dedication.

BOG WALK

Following the recent road improvements on the Bog Walk, it is now suitable for all ages to walk and enjoy our scenery in comfort. Our thanks to the local turf cutters committee for making this possible. Brochures of the walk are available from the Rural Development Office.

KILCUMMIN RURAL DEVELOPMENT OFFICE

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KILCUMMIN GAA

SENIOR FOOTBALL

Following two defeats in the last week at home to Ardfert and away to Waterville we now stand on the verge of relegation to Division 3. Our two remaining games are home to Glenflesk on 13 August and away to Spa.

BRENDAN KEALY

Best wishes to Brendan a massive thank you for years of enjoyment and reflected glory with the Kerry team. A perfect gentleman and always a clubman at heart he leaves with 1 All Ireland medal, 1 National League medal, 5 Munster medals and 1 All Star award. Also best wishes to Kevin McCarthy, Sean O'Leary and James Foley who are actively involved with



ENJOYING THE BREHON APRÉS RACES PARTY WERE AISLING CONNOLLY, HANNAH CROSSE AND TRIONA CROSSE.
PIC: NERIJUS KARMILCOVAS

county teams.

GAA SUMMER CAMP

August 8th, 9th and 10th from 10.30 to 1pm each day. Cost is €20 for 1 child; €35 for 2 children; €50 for 3 children. Ring Nessa on 087 2897312.

UNDER 16 BOYS

Will play St Senans away on 26th July at 7pm and Beale away on 2nd August also at 7pm.

MASTERGEEHA FC LOTTO

There was no winner on Friday 21st July, 2017. Numbers drawn were 2, 3, 17, 18. Consolation prizes were €100 Donal Doherty, Dooneen, Kilcummin. €60 Helena Daly c/o Fox Daly. €30 Anthony Keery, Knockragh, Kilcummin. €30 Kieran Moynihan, c/o Kilcummin Post Office. €30 John O'Neill, c/o Bertie Curtin. Jackpot now €8,850.

GLENFLESK NOTES

GLENFLESK SENIORS

Our Senior team suffered a heavy defeat to a well balanced Kenmare team on Sunday last and now face an uphill struggle to gain promotion. Our next Co. League fixture is away to Kilcummin in 3 weeks time.

KERRY JUNIORS

Congratulations to Daniel O'Brien and Jeff O'Donoghue on reaching another All Ireland final with the Kerry Juniors with a comfortable win over Leitrim in Limerick last weekend. They now face Meath in the final on Saturday August 5th in Portlaois, the curtain raiser to the final will be the All Ireland Minor Quater Final between Kerry and Louth.

GLENFLESK LOTTO

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

Jackpot - €6,200

Numbers were 05 18 19 22

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

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

RAHEEN N.S.

Congratulations to Geraldine O'Donoghue who had the winning lotto no. 9 on Saturday the 22nd of July

CLONKEEN YOUTH CHOIR

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

CONTACT

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

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August line up!

Every

Monday

Every

Every

Wednesday



Adrian Knight



Brendan Shine



Mike Denver

3rd | **The Legend of Luke Kelly**

4th | **Conal Gallen**



4th | **Bagatelle**

5th | **Aslan**

6th | **Sharon Shannon**

10th | **Derek Warfield & The Young Wolfetones**

11th | **Dickie Rock**



COUNTRY SUNDAYS

6th | **Shaun Cuddy, Dave Lawlor & More**

13th | **Patrick Feeney & support TR Dallas**

20th | **Jimmy Buckley & Support Michael Collins**

27th | **Derek Ryan & Support Tom Healy**



12th | **Red Hurley**

17th | **The Wolfetones**

18th | **Brendan Grace**

19th | **The Fureys**

24th | **Dublin City Ramblers**

25th | **Dickie Rock**

26th | **Ronan Collins & Showband Stars**



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RSA & IFA ISSUE JOINT ROAD SAFETY APPEAL



The Road Safety Authority (RSA) and the Irish Farmers Association (IFA) have today (Monday 24 July) urged road users to take extra care as the number of tractors, trailers and other farm machinery on the roads increases over the summer months.

The appeal comes as many farmers around the country are in the middle of the silage cutting season.

Ms Moyagh Murdock, Chief Executive, RSA said: "This is a very busy time of year for farmers, with silage cutting already underway. The number of tractors and trailers out using the roads will increase dramatically. As a result the risk of a collision involving a road user and farm machinery has increased. As such I am asking all drivers to be on the look out for tractors, trailers and other farm machinery exiting from fields and farm yards. If you are travelling behind farm machinery, please be patient and only over take when it's safe to do so. We should all expect the unexpected, as danger could literally be around the next corner."

Drivers of agricultural vehicles are being reminded that they are covered by road traffic laws on driver licensing, insurance, standards in relation to vehicle roadworthiness, vehicle lighting and motor tax.

Advising farmers, Joe Healy, President, IFA, said: "I am asking farmers to be safety conscious whenever bringing a farm vehicle onto the public road. Farmers should be aware of traffic building up behind them and keep left where possible to allow other vehicles pass safely. I would appeal to other road users to show patience when encountering farm machinery on the road. With understanding on both sides, the roads can be safer for everybody."

The RSA and the IFA have the following advice for drivers of agricultural tractors and trailers;

- Ensure that wheels are regularly washed down to avoid carrying mud and stones onto the public road.
- Ensure that loads are properly secured (using an appropriate restraint method) and be aware of low bridges and overhead power lines.
- For large farming vehicles, consideration should be given to using an escort vehicle to warn other road users and ensure that tractors are driven at an appropriate speed for the road conditions.
- Your driving mirror must provide an adequate view of the road to the rear and all agricultural vehicles must have proper working brakes on

both tractor and trailer units. They must also be fitted with lights, reflectors and indicators.

- Don't load the trailer in such a way that it would make it unstable on the road, and beware of low bridges, overhanging trees, overhead cables and uneven road surfaces which could cause the load to shift and possibly overturn.

Farmers are also urged to ensure that the drivers they use are competent and do not carry a passenger unless the tractor is equipped to carry one. The trailer should not be used for transporting people unless it has provision for carrying them.

RIDING, LEADING OR DRIVING HORSES ON THE ROAD

Horses have been using the roads for many years both to carry people and to transport goods.

Today, riding on the road may be part of a horse's training programme or just for leisure. For riders, it is an enjoyable change of environment, but there are safety risks. These include, but are not restricted to, traffic speeds, road surfaces and motorists' knowledge of dealing with horses. You can reduce these risks with road safety knowledge and training.

Horses and riders have every right to be on our roads. However, they must follow the Rules of the Road. It is vital that every rider has a clear understanding of the Rules of the Road before taking a horse onto a public road.

If you are riding or leading a horse, you must stay on the left-hand side of the road and obey all Rules of the Road.

When leading a horse, you should walk so that the handler is between the horse and the traffic, so as to prevent the horse from interfering with the traffic.

When riding one horse and leading another horse, you must remain on the lefthand side of the road. You should ensure that the led horse is on the left-hand side of the ridden horse, to ensure the rider is positioned between the horse being led and the traffic. This is in order to control the led horse, in the interest of safety of all road users.

Before riding on the road you should always tell someone where you intend to go and when you will be back.

If you are in charge of a horse on a roadway, you must make sure the horse does not block other traffic or pedestrians.

It is best not to bring a horse on the road

at night. If you do, you should carry a lamp showing a white light to the front and a red light to the back. You should also wear reflective clothing and put suitable reflective equipment on the horse.

If the weather is bad, you should not ride on the road unless it is absolutely necessary. Motorists will already be experiencing difficult driving conditions and meeting an anxious horse may present a dangerous situation.

ADVICE FOR MOTORISTS AND OTHER ROAD USERS

Most collisions on the road involving horses happen when the horse is struck from behind. Horses and their riders are extremely vulnerable in a collision and can be seriously – sometimes fatally – injured.

You must always be careful when passing horses and riders on the road. A horse may startle. The rider may be a child or an adult in training. Never pass unless it is safe to do so.

Be alert when approaching riding schools or places where horses are likely to appear; Take special care when overtaking horses, especially loose horses or horsedrawn vehicles. This is particularly relevant at junctions where motorists are advised to keep a safe distance from horses and riders;

Slow down when approaching a horse and rider. Be prepared to stop and let them pass;

Obey a signal to slow down or stop from someone in charge of a horse. They may know about a potential hazard which you cannot see or hear.

Pass by slowly, driving wide of the horse and rider;

Don't use your horn or lights in a way that might startle or blind a horse. This could cause the rider to lose control of the animal;

If you are carrying a roof load or towing a trailer, take special care when passing horses;

If you drive a heavy goods vehicle, know the dimensions of your load. Be aware that the sound of airbrakes might startle a horse; and show courtesy to riders and their horses, and take steps to minimize engine and other noise when passing safely.

Always drive at a speed that allows you to stop: safely in a controlled way;

On the correct side of the road;

Within the distance you can see to be clear; and without risk to you, your passengers or other road users.

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Good Luck


to the
Kerry Senior Football Team
in the All Ireland Quarter Final
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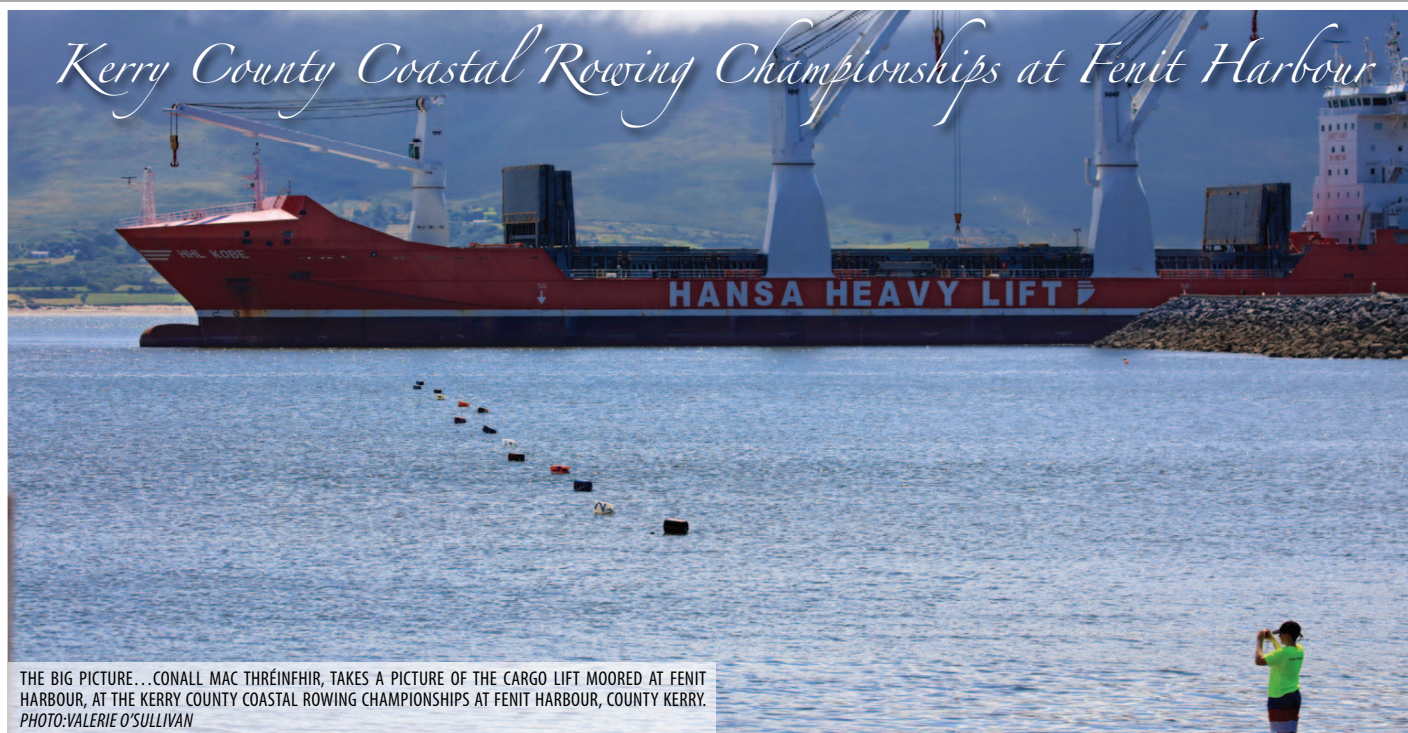
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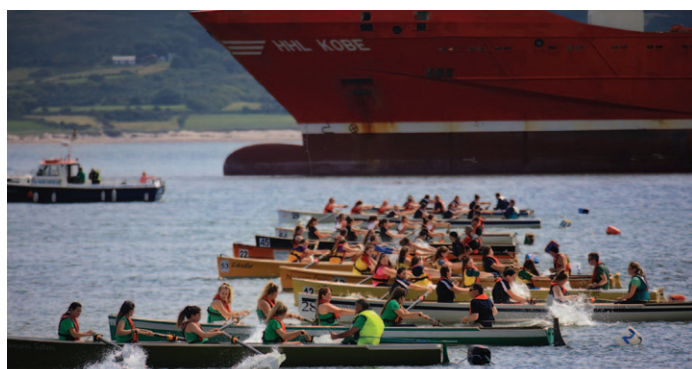
Kerry County Coastal Rowing Championships at Fenit Harbour



THE BIG PICTURE...CONALL MAC THRÉINFHIR, TAKES A PICTURE OF THE CARGO LIFT MOORED AT FENIT HARBOUR, AT THE KERRY COUNTY COASTAL ROWING CHAMPIONSHIPS AT FENIT HARBOUR, COUNTY KERRY. PHOTO:VALERIE O'SULLIVAN



ACTION FROM THE PRE-VETERAN WOMEN'S RACE AT THE KERRY COUNTY COASTAL ROWING CHAMPIONSHIPS AT FENIT HARBOUR, COUNTY KERRY. PHOTO:VALERIE O'SULLIVAN



AND THEY'RE AWAY...ACTION FROM THE STARTING LINE OF THE U16 GIRLS CREWS AT THE KERRY COASTAL ROWING CLUB CHAMPIONSHIPS AT FENIT HARBOUR, COUNTY KERRY. PHOTO:VALERIE O'SULLIVAN



FOSSA GIRLS CREW, WHO STARTED ROWING TWO WEEKS AGO, AND WON SILVER ON THEIR FIRST RACE, AT THE KERRY COASTAL ROWING CLUB CHAMPIONSHIPS AT FENIT HARBOUR, CHARLOTTE O'SHEA, ALANNA BRADY, MEADHBH BENNETT, ELLA AND CHELCY O'CONNOR. PHOTO:VALERIE O'SULLIVAN



FOSSA ROWING CLUB U14 MIXED CREW AT THE KERRY COUNTY COASTAL ROWING CHAMPIONSHIPS AT FENIT HARBOUR, COUNTY KERRY. PHOTO:VALERIE O'SULLIVAN



BIRDS EYE VIEW...SPECTATORS WATCHING THE MEN'S PRE-VET RACE, AS WORKMEN'S ROWING CLUB ROW PASSED, AT THE KERRY COUNTY COASTAL ROWING CHAMPIONSHIPS AT FENIT HARBOUR, COUNTY KERRY. PHOTO:VALERIE O'SULLIVAN



FLESK VALLEY BOYS U14, AT THE KERRY COUNTY COASTAL ROWING CHAMPIONSHIPS AT FENIT HARBOUR, COUNTY KERRY. PHOTO:VALERIE O'SULLIVAN



HOW DO YOU CREATE A POSITIVE THOUGHT?

The answer is exactly in the same way you create a negative or self-limiting one! People often think that thinking in a positive helpful way is hard but in reality you use exactly the same skills and process that you do in thinking negatively. The only difference is the focus!

5 step process for creating positive thinking!

1. Select a thought you want to focus on or something you would love to have happen.
2. Replay it over and over in your mind.
3. Really tap into the FEELINGS and dwell on all of the ways this thought could manifest in your life – what might happen, what could happen, what it would feel like etc.
4. Talk about this thought as often as you can. Take opportunities to bring it into conversation.
5. keep referring back to it whenever you can and keep it fresh in your mind for days, weeks, months or even years!

The thing is that it's as easy to create a positive way of thinking as a negative one – it all simply depends on what you are focusing more on! And remember whatever you are thinking about you get MORE of!

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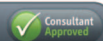
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CAN'T UNDERSTAND WHY THE WEIGHT WON'T SHIFT?

Continued...

- Download a helpful App. eg with step counters, workout tools, inspirational quotes etc.
- Bring your workout gear to work and go straight after work And don't go home until the exercise is done
- Get it done before work by setting the alarm a little earlier
- Don't eat a big meal. Trying to get motivated to get out exercising after loading down a heavy meal isn't going to happen so exercise before you eat.
- Buy done new workout gear to get you inspired
- Set yourself a goal (e.g. Walk to Muckross and back in a goal time, and keep shaving a minute or 2 off each day)
- If doing it for weight loss: Compliment your new exercise routine with a weekly weight check or inch check and track your progress to help keep you motivated
- Keep a journal and track your every levels day by day and week by week

These are just a few tips of many to help get you on track and moving. Remember the first step is to get moving and building in a good habit of exercising regularly. Start with something simple like waking and the braver and more adventurous you get you can start doing stuff like exercise classes, running, cardiac steps, cycling etc.... on etc habit is set up filling it with stuff you love doing is easily done and is the exciting bit.

MORE TIPS NEXT WEEK...

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HEALTH TIP

Choose low fat alternatives of dairy products wherever possible or use smaller amounts of stronger tasting cheeses.

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ENJOYING THE BREHON APRÉS RACES PARTY WERE MAURA O'CONNOR, MARGARET O'DONOGHUE AND FIONA O'CONNOR. PIC NERIJUS KARMILCOVAS



GRACE & LILY O'SHEA PICTURED AT THE TOWERS HOTEL FOR THE CIAN O'DONOGHUE COFFEE MORNING IN AID OF KILLARNEY WATER RESCUE. PICTURE MARIE CARROLL-O'SULLIVAN



EILEEN GALVIN, SAOIRSE MANGAN AND KAREN LUCEY ENJOYING THE SUMMER FUN AT THE ANNUAL NAUGHTY OR NICE 'XMAS IN JULY PARTY' IN THE KILLARNEY GRAND ON MONDAY NIGHT. PICTURE: EAMONN KEOGH



ENJOYING THE SPRAOI CHIARRAI AT ST MARY'S CHURCH WERE L-R GAVIN MILLER, VENERABLE SIMON LUMBY & TIM O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE TOWERS HOTEL FOR THE CIAN O'DONOGHUE COFFEE MORNING IN AID OF KILLARNEY WATER RESCUE WERE L-R FIDELMA MCCARTHY, LIZ O'BRIEN, BREDJA JOY & NOÍRÍN O'KEEFFE. PICTURE MARIE CARROLL-O'SULLIVAN



WINNER OF THE BEST DRESSED LADY AT THE BREHON APRÉS RACES PARTY, ELAINE KELLEHER (CENTER). PICTURED WITH JUDGES LAURA MCSWEENEY AND GEMMA SUGRUE AND BREHON GENERAL MANAGER PAUL SMITH. PIC: NERIJUS KARMILCOVAS.



PATRICIA O'CONNOR, TESS O'CONNOR, EILEEN BREEN AND KAREN LEANE, ATHLETES AMONG THE 2,500 RUNNERS WHO COMPETED IN THE 'RUN KILLARNEY' HALF MARATHON AND 10KM RACE, SET AGAINST THE BACKDROP OF KILLARNEY NATIONAL PARK, KNOWN AS 'THE WORLD'S MOST BEAUTIFUL ROAD RACE'. PHOTO: VALERIE O'SULLIVAN



Kerry ETB Training Centre



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

Outdoor Activity Instructor Traineeships Level 5 & Level 6 (TRS64) - Killorglin.
These courses are designed to provide the outdoor adventure tourism and education sector with personnel who have the knowledge and skills to work in the sector. **Start Date:** 24th July 2017. **Duration:** 46 weeks. **Certification:** QQI Level 5 and QQI Level 6 Awards.

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

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

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

Medical Administration Traineeship (TRS08) - Tralee.

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

Fibre Installation Technician (ET08632) - Tralee.

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

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

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

Business Administration (ET07061) - Tralee.

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

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

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

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

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

Food & Beverage Service (ETS8741) - Killarney.

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

Food Preparation and Cooking Course (ET20D) - Dingle.

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

Traditional Stone Wall Construction (ET4R8) - Tralee.

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

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

Kerry ETB Training Centre

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

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



TAX MATTERS

With O'Brien Coffey MacSweeney
Accountants & Statutory Auditors

TAX IMPLICATIONS FOR AIRBNB HOSTS

As a host you must declare your income and expenditure to Revenue each year. This can be done by filing either a Form 12 (for PAYE earners with non-PAYE income of less than €5,000 in 2016) or a Form 11 (for self-assessed individuals or those who have PAYE income greater than €5,000 in 2016). As part of its Reporting Obligations under Sections 888 and 890 of the Taxes Consolidation Act 1997, Airbnb provides Revenue with information on rental income earned by its hosts including names, addresses, amounts paid and dates. There are a number of expenses that are allowable to offset against your income and reduce your tax liability. These include:

- host fees
- cleaning costs incurred before, during and after hosting
- food and drink provided to guests
- "additional" insurance taken out to cover you as a host
- accountancy fees related to the filing of your tax return
- repairs and maintenance fees incurred for guest accommodation areas
- pre-letting expenses incurred for preparing a room specifically for hosting
- portion of your home utility bills (electricity, heating, broadband) that can be attributed to your hosting
- portion of your mortgage interest relating to the rented area
- wear and tear allowance on capital items purchased (e.g. bed, furniture)

Proof of expense is needed for all items claimed.

How much tax will I have to pay?

That is all dependent on your own individual circumstances. Standard rate taxpayers (those with overall income in 2016 of less than €33,800) pay tax at 20%. Those above, known as higher rate taxpayers, pay tax at 40%. But don't forget that this income is also subject to USC & PRSI which can possibly push your marginal tax rate as high as 52% (2016).

O'BRIEN
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Citizens Information

Know Your Rights: SPRINGBOARD

QUESTION

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ANSWER

Springboard provides places on courses from certificate, to degree, to post-graduate level – Levels 6 to 9 on the National Framework of Qualifications. There are many different courses available that lead to qualifications in areas where there are employment opportunities. Most of the courses last for one year or less.

If you are a homemaker with a previous history of employment you don't have to be getting a social welfare payment to qualify for Springboard.

To qualify, you must have been a homemaker for a minimum of 12 months prior to your Springboard application and be ordinarily resident in the European Economic Area (EEA) or Switzerland for at least three of the five years before your entry to Springboard.

You must also provide supporting documentation to show you meet these requirements. You can do this by signing a declaration before a Commissioner for Oaths, attesting to your status. Further information about this is available on springboardcourses.ie.

Most of the courses start in September. Details on available courses and eligibility are on springboardcourses.ie.

You do not have to pay course fees or charges while you are unemployed.

To apply for a Springboard course, you choose the course(s) you are interested in on springboardcourses.ie and apply online, following the instructions on the website.

If Springboard doesn't meet your needs, you can find information about other ways to go back to education on citizensinformation.ie.

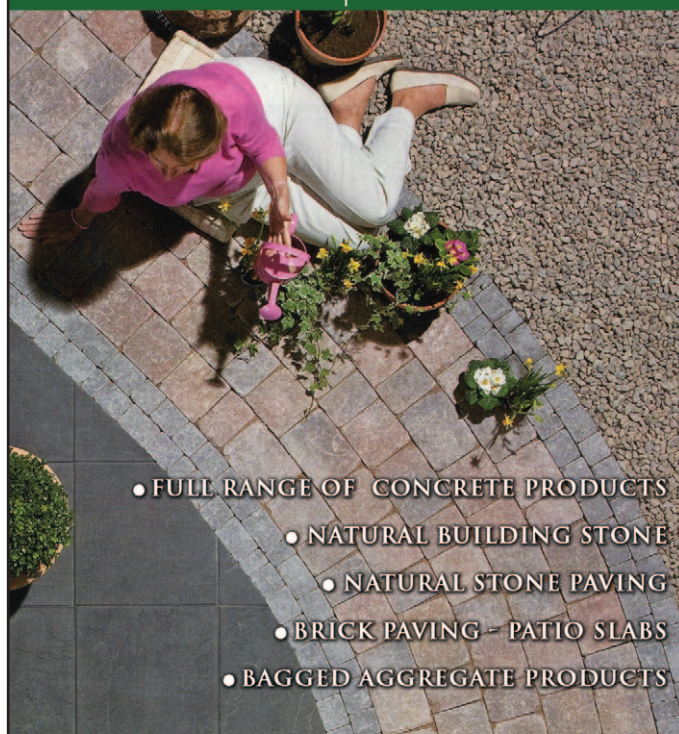
Further information is also available from the Citizens Information Service below.

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

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

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GARDENING OUTLOOK



with John O'Sullivan

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

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

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

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

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Killarney Constituency Office
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Thurs 3rd & Fri 4th 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
Working with Cllr John Joe Culloty 087-1308000 cllrjcculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

For advice and representation please feel free to call into the office or clinics
Office: 064 66 94199/083 8541447
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KILLARNEY ATHLETIC WHO WON THE GREYHOUND BAR CUP FINAL AT THE WEEKEND.



CELEBRATIONS AS KILLARNEY ATHLETIC WIN THE GREYHOUND BAR CUP FINAL AT THE WEEKEND,

MEK UNITED FC NEWS

SUMMER CAMP

Well done to everyone who took part in our first ever Summer Camp last week at Liebherr Field/ Old Fossa Pitch. The weather was fantastic bar a few hours on day 2, but this didn't deter the 66 children who took part! Robin O'Day and his Total Football Academy crew ran the summer camp in conjunction with MEK and the lads were fantastic. All the children got to learn new skills, make plenty of new friends and generally have an absolute ball over the 4 days of the camp with some fantastic skills on show by one and all. It must be mentioned that the pitch was in stunning condition. A wonderful week of soccer finished up with a mini league last Thursday followed by a little party and everyone left buzzing about the camp. Thanks to Robin and the lads for all their hard work and to everyone who put their shoulder to the wheel to make the camp such a success.

REGISTRATION DAY

We will hold our registration day on Saturday the 29th of July at the Community Centre at Fossa for all players from U7 to U14. The registration will take place between 10am and 12 midday. The cost will be: Academy (Up to U10) - €40, U11's - €50 and U12's and up - €60. Contact Pa Murphy on 087-7943220 for details.

KILLARNEY ATHLETIC

GREYHOUND BAR CUP FINAL

Killarney Athletic 3-0 Mitchell's Ave.

A brilliant and historic season ended in more glory today when our senior A team added the Greyhound cup to the league title to claim a brilliant double and enforce their claim as Kerrys top team this season. Goals from sean cournane, shane lynch and shane doolan on the day. Huge credit to all the players management and officers that got us all our success.

KILLARNEY ATHLETIC A.F.C.

7 A SIDE TOURNAMENT

SPONSORED BY KILLARNEY CREDIT UNION FINALS RESULTS

TUESDAY 25TH JULY

Under 14 Final JR Spares 0 Bombers 1

A hard fought out battle but a Killian O'Sullivan goal ensured the Bombers their win over JR Spares. Man of the Match was awarded to Killian O'Sullivan.

UNDER 16 FINAL YURVENTUS 0 PIQUE

BLINDERS 3.

Played in wet conditions Yurventus struggled to score but played well. Pique Blinders 3 goals came from Dylan Callaghan, Evan Looney and Niall McGillicuddy. Niall McGillicuddy received the coveted Johnny Heffernan Memorial Shield for the Player of the Tournament which was presented to him by Sandra Heffernan.

RESERVE FINAL TIM JONES BUTCHERS 7 KC KILLARNIHO 4

Tim Jones Butchers were always on top in this game but FC Killarniho didn't make it easy for them. In a very high scoring game for a final again in very wet conditions. Wayne Sparling scored 5 goals with Stephen Hayes scoring twice for Tim Jones Butchers and Peter Kluciar scoring 1 and Vladimir Sitootiak scoring 3 for FC Killarniho.

We would like to thank our Sponsors The Killarney Credit Union for their sponsorship and to thank Pat Delaney Chairman of Killarney Credit Union and Stephen Darmody Financial Co-ordinator Killarney Credit Union who were on hand to present the Winners and Runner Ups their medals and trophies.

FIXTURES FINALS OF OVER 35 AND PREMIER FINAL WEDNESDAY 26TH JULY

6.50 Over 35 Final Leanes Tool Hire V Kate Kearneys Cottage

7.30 Premier Final 30 Mins Tatler Toffees V Failte Legends

RESULTS FROM UNDER 14, UNDER 16 AND RESERVE CUP FINALS TUESDAY 25TH JULY

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RESULTS OF FINALS OF OVER 35 AND PREMIER FINAL WEDNESDAY 26TH JULY

Over 35 Final Cup Sponsored by Pat O'Neill Leanes Tool Hire 3 Kate Kearneys Cottage 1 Kate Kearneys Cottage got off to a good start going 1 nil up with the goal coming from Elton Daly and that's how it stayed until the beginning of the second half when Eoin Brosnan Leanes Tool Hire scored the equaliser. Paudie O'Connor scored from a free kick. Then Paudie O'Connor again scored. The end result was 3 - 1 to Leanes Tool Hire. Premier Final 30 Mins Tatler Toffees 3 Failte Legends 7 The Failte got off to the ideal start scoring 5 goals early on in the first half with 2 goals coming from Gary Keane and 3 from Jonathan Hanafin for The Failte. The Tatler Toffees got 1 back with a Chris Brady goal just before half time leaving it 5 - 1 to The Failte Legends. In the second half there were goals from Matt Keane and Stephen McCarthy The Failte and goals from Jamie Doolan and Daithi Casey The Tatler Toffees. Leaving the score line 7 - 3 to The Failte at the full time whistle.

KIERAN CAHILLANE MEMORIAL PERPETUAL CUP

The Senior Player of the Tournament went to Jonathan Hanafin of The Failte Legends for his impressive performance throughout the tournament and was chosen by the referees. He was presented with the coveted Kieran Cahillane Memorial Perpetual Cup by Theresa & Marie Cahillane.

SUPPORTER OF THE TOURNAMENT

John O'Brien received a medal for being supporter of the tournament. We would like to extend our thanks to all who participated, their sponsors and to the Committee who has worked very hard to ensure the continued success of this tournament. A special word of thanks to our Sponsors The Killarney Credit Union for their continued sponsorship and to thank Pat Delaney Chairman of Killarney Credit Union and Stephen Darmody Financial Co-ordinator Killarney Credit Union who were again on hand this evening to present the Winners and Runner Ups their medals and trophies.



MEK UNITED PICTURED AT THEIR FIRST SUMMER CAMP LAST WEEK.



THE TATLER TOFFEES, RUNNERS-UP, WITH STEPHEN DARMODY, KILLARNEY CREDIT UNION FINANCIAL CONTROLLER AND KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND KILLARNEY ATHLETIC OFFICERS MARY MCCARRICK, DON O'DONOGHUE AND TOM TOBIN AFTER THE PREMIER FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



DANNY LEANE, CAPTAIN OF LEANES TOOL HIRE 0-35 TEAM, RECEIVES THE CUP FROM KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AFTER THE OVER 35 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



MARK HARNETT, CAPTAIN OF THE FAILTE LEGENDS TEAM, RECEIVES THE CUP FROM STEPHEN DARMODY, KILLARNEY CREDIT UNION FINANCIAL CONTROLLER AND KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AFTER THE PREMIER FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



COLLETTE CASEY, TOURNAMENT DIRECTOR, KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT MAKE A PRESENTATION TO JOHN O'BRIEN IN RECOGNITION OF HIS SUPPORT FOR THE TOURNAMENT. PICTURE: EAMONN KEOGH



TERESA AND MARIE CAHILLANE AND KIERNAN KELLY PRESENT THE KIERAN CAHILLANE MEMORIAL CUP TO PLAYER OF THE TOURNAMENT JONATHAN HANAFIN OF THE FAILTE LEGENDS TEAM AFTER THE PREMIER FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



MARK HARNETT, CAPTAIN OF THE FAILTE LEGENDS TEAM, RECEIVES THE CUP FROM STEPHEN DARMODY, KILLARNEY CREDIT UNION FINANCIAL CONTROLLER AND KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND KILLARNEY ATHLETIC OFFICERS MARY MCCARRICK, DON O'DONOGHUE, TOM TOBIN AND COLLETTE CASEY AFTER THE PREMIER FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



THE KATE KEARNEYS COTTAGE 0-35 TEAM WITH STEPHEN DARMODY, KILLARNEY CREDIT UNION FINANCIAL CONTROLLER AND KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND KILLARNEY ATHLETIC OFFICERS MARY MCCARRICK, DON O'DONOGHUE, TOM TOBIN AND COLLETTE CASEY AFTER THE OVER 35 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



DANNY LEANE, CAPTAIN OF LEANES TOOL HIRE 0-35 TEAM, RECEIVES THE CUP FROM STEPHEN DARMODY, KILLARNEY CREDIT UNION FINANCIAL CONTROLLER AND KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND KILLARNEY ATHLETIC OFFICERS MARY MCCARRICK, DON O'DONOGHUE, TOM TOBIN AND COLLETTE CASEY AFTER THE OVER 35 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON WEDNESDAY NIGHT. PICTURE: EAMONN KEOGH



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP

KERRY TO DEFEAT GALWAY AND CLINCH SEMI SPOT

KERRY O'SHEA PREVIEWS SUNDAY'S ALL-IRELAND SFC QUARTER-FINAL CLASH IN CROKE PARK

KERRY V GALWAY

Sunday July 27th, 2pm, Croke Park

The road to Croke Park begins in earnest this weekend as Kerry footballers entertain old foes Galway in the first of this year's All-Ireland SFC quarter-finals.

This fixture brings together two of the game's most traditional exponents. Sunday's outing is the 21st occasion and the first since August 2014 that Kerry and Galway have clashed in the championship.

There have been many memorable games down through the years between Kerry and Galway. In the 1959 All-Ireland final, Ballymac's Mick Laide, whose son Pa won an All-Ireland SFC medal with Kerry in 1997, lined out for Galway against his native county.

Kerry were to suffer some agonising defeats at the hands of the Tribesmen in the 1963 All-Ireland SFC semi-final, the 1964 and the 1965 All-Ireland finals, Galway's last win over the Kingdom in Championship football. Who will ever forget that fantastic high-scoring All-Ireland SFC quarter-final between Kerry and Galway in Croke Park in August 2008 on a day of thunder and lightning and torrential rain showers, or the Millennium final victory of 2,000.

The last meeting of the sides, in August 2014, resulted in a convincing win for the Kingdom on a 1-20 to 2-10 scoreline. To date, Kerry have won 11 of the clashes to Galway's 6, with three draws.

Last Saturday evening in Markievicz Park,



KERRY'S JAMES O'DONOGHUE WILL LOOK TO KEEP HIS FINE FORM FROM THE MUNSTER FINAL GOING AGAINST THE GALWAY FULL BACK LINE ON SUNDAY.

the Tribesmen looked very impressive when dismantling Donegal.

They have a very good attacking full-forward in Damien Comer and in midfielder Johnny Heaney, who lined out at wing-forward, they have a potential match-winner and a player whom the Kerry defence will have to take very seriously.

Add in journeyman veteran Michael Meehan and the Westerners have a very strong bench. Inconsistency, though, has been Galway's problem for the last few years. This year, they had a very impressive National League campaign which culminated in a Division 2 final win over Kildare. They defeated Mayo by the minimum margin on June 11th in the Connacht semi-final for the second year in a row, before subsequently and surprisingly

losing the provincial final to near neighbours Roscommon by a nine-point margin in Pearse Stadium just two weeks ago.

Galway put one over on a Kerry side who were raging hot favourites in the All-Ireland U21 semi-final at Easter and this is something manager Eamon Fitzmaurice will be keen to guard against.

Kerry, on the other hand, began their Munster campaign when they defeated Clare in Ennis before moving on to defeat Cork in the final in Killarney on July 2nd.

It has been notable that the Kerry defence can be quite vulnerable when opposing forward lines run at them down the middle and this is something that will concern manager Eamonn Fitzmaurice ahead of the Galway clash.

Fitzmaurice in particular will have taken note of the threat posed by the Galway attack and the fact that they conjured up a very impressive scoreline of 4-17, albeit against an ageing Donegal team.

That said, though, Galway did look vulnerable at times in the defence and manager Kevin Walsh, who is a very shrewd operator, will be instilling on his team on the need to tighten up if they are to overcome the Kingdom for the first time in the championship in 52 years. Kerry will start as warm favourites to progress to an All-Ireland semi-final and will do so but only after a searching test from Galway. The game will throw-in at Croke Park at 2pm sharp.

SHEEHAN THE ONLY DOUBT FOR GALWAY CLASH

Kerry senior football manager Eamon Fitzmaurice spoke to members of the local and national media on Monday, just days before their clash with Galway in the All-Ireland SFC quarter-final.

Fitzmaurice reported a clean bill of health on the injury front and said that the only major concern was Bryan Sheehan who is currently struggling with a hamstring injury.

"The only big concern we have injury-wise is Bryan Sheehan. He missed the Munster final with a hamstring injury, came back from it and unfortunately had a recurrence recently, so he is a major doubt. Other than that, we're pretty good."

The decision of Brendan Kealy to leave the Kerry panel was something Fitzmaurice addressed. Kealy recently quit the panel over what he felt was a serious lack of game time.

"It was disappointing and I was disappointed for Brendan himself. He was frustrated with a lack of game-time. You can understand that, especially with the position he's in.

"Generally the way we've gone in the championship once one of the lads has got a hold of it, that's been it for the summer.

"Brian Kelly has been playing very well as well. It was disappointing for Brendan and he was frustrated. Again I understand it. There are no hard feelings. I wish him the best of luck, the feeling was mutual and that was that."

Kerry have drafted in 2014 All-Ireland minor winning goalkeeper Shan Ryan and Dr Crokes goalkeeper Shane Murphy into the panel as replacements for Brendan Kealy.

Fitzmaurice was impressed with Galway and the way they overcame Donegal in MARKIEVICZ Park. "They have good players and good

running forwards. They are brimming with confidence. They were disappointed with the Connacht final but they have reacted with a very strong display against Donegal and are going to Croke Park in a positive frame of mind.

"There were two things that stood out for me in that victory over Donegal, one was an obvious increase in their work rate compared to the Connacht final and the second thing was their forward play.

"They have eight really good forwards and could afford to keep the likes of Danny Cummins who is a very good finisher and a natural goal scorer, and Michael Meehan on the bench.

"They were outstanding up front and that will be a big challenge for Kerry at the weekend," added Fitzmaurice.

ALL IRELAND JUNIOR FOOTBALL CHAMPIONSHIP



KERRY DEFEAT LEITRIM TO REACH JUNIOR DECIDER

KERRY 1-16
LEITRIM 1-9

An impressive 1-7 without reply in the first half proved enough for a lack lustre Kerry junior side to see off Connacht champions Leitrim to see them on course for a three in a row All-Ireland junior titles.

Widely accepted as an under 23 side, the Kingdom who were backboned by nine All-Ireland minor medallists, were rocked as early as the third minute when Leitrim's Cathal McCrann found the net.

Kerry response was almost immediate as Tomás Ó Sé goaled on seven minutes and from there they hit seven points unanswered to open a commanding and deserving lead, which saw Kerry ahead 1-8 to 1-1 at the break. Leitrim came more into the contest in the second and almost struck for another early goal but this time Cathal McCauley spurned a golden goal chance instead the impressive Jeff O'Donoghue stretched Kerry's lead.

Leitrim did reduce the lead to just six points with McCrann and Nicholas McWeeney on target but Kerry despite not being overly impressive in the second half kept the score board ticking over and ran out comfortable winners in the end over a game Leitrim side who had lost ten of their players who had won the Connacht championship having upgraded to senior status.

Kerry now face Meath who needed a big second half performance to see off Kilmoyley's Christy Walsh's Kilkenny.

Scorers for Kerry:

Tomás Ó Sé 1-1,
Jeff O'Donoghue 0-4 (1'45, 2f),
Conor Cox 0-3 (2f), Eanna O Conchúir 0-3,
Philip O'Connor 0-2, Liam Carey 0-1, James Walsh 0-1, Killian Spillane 0-1.

Scorers for

Leitrim: Cathal McCrann 1-2 (2f), Niall McWeeney 0-2, Cian Clinton 0-2, Jack Heslin 0-1, Robbie Lowe 0-1, Shane Quinn 0-1.
Kerry: Tomás Mac an tSaoir (An Gaeltacht), Eamon Kiely (Brosna), Jack McGuire (Listowel Emmets), Pa Kilkenny (Glenbeigh/Glencar), James Walsh (Knocknagoshel) 0-1, Michael Foley (Ballydonoghue), Daniel O'Brien (Glenflesk), Roibéard Ó Sé (An Gaeltacht), Brendan O'Sullivan (Valentia), Philip O'Connor (Cordal) 0-2, Jeff O'Donoghue (Glenflesk) 0-4



WITH KERRY CAPTAIN KILLIAN SPILLANE, REFEREE BARRY TIERNAN AND LEITRIM CAPTAIN ALAN ARMSTRONG BEFORE THE START OF THE JUNIOR ALL-IRELAND FOOTBALL SEMI-FINAL LAST WEEKEND.

(1'45, 2f), Eanna Ó Conchúir (An Gaeltacht) 0-3, Killian Spillane (Templenoe) 0-1, Conor Cox (Listowel Emmets) 0-3 (2f), Tomás Ó Sé (An Gaeltacht) 1-1,
Subs: Liam Carey (Beaufort) 0-1, for Ó Conchúir (42-44, blood) for Cox (46), Ivan Parker (Churchill) for Spillane (48), PJ Mac Laimh (An Gaeltacht) for Roibéard Ó Sé (50), Brian Sugrue (Renard) for Kiely (52), DJ Murphy (Gneeveguilla) for Foley (56), Dara Ó Sé (An Gaeltacht) for Tomás Ó Sé (58).

GOOCH AND CO HAVE LEFT A LEGACY FOR US TO CARRY ON — DAVID MORAN

Star Kerry midfielder David Moran has said that it's incumbent on all the players in the squad to honour the legacy left by retired stars like the Gooch, Declan O'Sullivan, Paul Galvin and the Ó Sés.

Speaking at the launch of Kerry GAA's new sponsorship deal with Alliance Medical, who will provide quick access to the company's MRIs, X-rays and other scans in Tralee and other centres around the country where Kerry players are based, the double All-Ireland winning midfielder said the hunger of younger players coming onto the panel has helped compensate for the loss of legends over recent years.

The Kerins O'Rahilly man, however, said that it was a privilege to play with The Gooch and other stars recently retired. "You'll always miss him. I feel very privileged to have been involved for 7 or 8 years and got to see Gooch in action, three or four days a week. It was fantastic. I suppose everyone, particularly the forwards, learned a lot from him. He's a huge loss to us but he seems to be doing ok now on TV," Moran quipped.

"It wasn't just him. For us it was Declan O'Sullivan, it was Paul Galvin, it was the Ó Sés. For us they were players of a generation and we were lucky they all came in around the same time and they definitely were benchmark setters for want of a better word.



PICTURED AT THE SIGNING OF A THREE YEAR SPONSORSHIP DEAL BETWEEN KERRY GAA AND ALLIANCE MEDICAL WERE KERRY MIDFIELDER DAVID MORAN, DOIREANN NI SHEAGHDHA, UNIT MANAGER, ALLIANCE MEDICAL, TRALEE, PETER TWISS, SECRETARY, KERRY COUNTY BOARD AND BARRY O'GRADY, BUSINESS DEVELOPMENT SPECIALIST ALLIANCE MEDICAL AND MALCOLM BANKS, CEO, ALLIANCE MEDICAL. PHOTO: DON MACMONAGLE

"I suppose the onus is on guys now to get up to that level and to improve things again."

The towering midfielder was high in his praise for the younger members of the panel. "They're definitely a lot younger anyway the last couple of years. There's fellas coming in and their birthdays are scaring me. There is a lot of the under-21s and the minors and I suppose the successful minor team have come in and they've brought a great freshness to it.

"I suppose that's the key to rejuvenating a team; you need fresh blood coming in. It's great that guys are putting up their hand and they're getting game time. It's been fantastic."

Looking ahead to Sunday's quarter-final, Moran said that it's been a good season so far but

ultimately they'll be judged on whether or not they make it to September. "I suppose after the disappointment of last year we wanted to get back to winning ways and thankfully we were able to do that in the league. Then I suppose from there on in to the Munster Championship. "You know as good as it is, we're under no illusions that it was great to win the league and the Munster Championship but our season will be ultimately defined by what happens late in September. Whether we are there or not is going to be the telling of that.

"We've been around long enough and we've lost quarter-finals and semi-finals to know that you can't just tick it off."



FITZGERALD STADIUM GOLF CLASSIC JOHN LENIHAN FITZGERALD STADIUM PRESENTING THE THIRD PRIZE TO ALAN O'CONNOR CAPTAIN OF THE "KILLARNEY VINTNERS" TEAM LEFT TO RIGHT: ALAN BREEN, JOHN LENIHAN FITZGERALD STADIUM, ALAN O'CONNOR, COLM FOLEY FITZGERALD STADIUM, TATYANA MCGOUGH PR AND MARKETING FITZGERALD STADIUM, DARRAGH MCCARTHY.



FITZGERALD STADIUM GOLF CLASSIC: DER BROSNAN PRESENTING THE SECOND PRIZE TO DAVID O'DOGHUE CAPTAIN OF THE "GLENFLESK GAA" TEAM LEFT TO RIGHT: TIM RYAN, EAMONN O'BRIEN, DER BROSNAN, DAVID O'DONOGHUE, ALAN BREEN, SEAN COLEMAN.

GNEEVEGUILLA GAA

Gneeveguilla gaa lotto numbers 12 18 23 25
No jackpot winner next week jackpot €5250
Gneeveguilla Gaa Carnival weekend is on September 1st to 3rd. New Lord Mayor to be elected Friday night. Crystal Swing are playing Saturday night. Parade through the village Sunday morning. Loads more activities to be announced. Everyone welcome to enjoy a fun weekend.

Gneeveguilla Gaa were defeated by Ballymac in Co League.

EAST KERRY NOTES

FRANK DORAN SAFEGUARD SECURITY EAST KERRY SENIOR LEAGUE DIVISION 1 FINAL

Rathmore 1-13 Fossa 1-12

This was a very well contested entertaining final, played in Fitzgerald Stadium, with Fossa just coming up short by a point. Rathmore were denied a goal early in the game, by 2 great Fossa saves. It was tit for tat for the next 20 minutes, with Rathmore ahead by the minimum 0-5 to 0-4 when Dean Fitzgerald struck for a great goal - Rathmore 1-5 Fossa 0-4. A scatter of points saw the score at the break: Rathmore 1-7 Fossa 0-5.

The game continued at pace in the second half. Four Fossa points to three for Rathmore had 4 points between the sides going into the last quarter. A well worked Fossa move saw Domhnaill O'Sullivan finish to the net. Fossa levelled the game on the 21st minute - 1-10 a piece. However, Rathmore took the lead again with 3 unanswered points. Fossa worked hard, notching up 2 points and just ran out of time to force extra time. Final score Rathmore 1-13 Fossa 1-12. Well done to both teams. Sponsor, Frank Doran and East Kerrys Tim Ryan presented the Cup to Rathmore captain Brendan O'Keeffe. Rathmore team: Kenneth O'Keeffe, Mike Joe Kelliher, Micheal O'Mahony, Conor Jenkins, Brendan O'Keeffe (Capt) (0-3), Conor O'Sullivan, Tadhg O'Mahony, Aidan O'Mahony, Donal O'Sullivan, George O'Keeffe (0-6), Daniel O'Sullivan (0-1), Donnacha McCarthy, Dean Fitzgerald (1-2), Mark T Reen, John Moynihan (0-1), Subs used: Cillian O'Connor, Denis McCarthy, John O'Keeffe
Fossa Team: Colin Myers, Kevin Mc Carthy,

Anthony Wharton, Paddy Sheehan, Daniel O'Sullivan, Daniel O'Keeffe, Mark Dennehy (Capt), Fintan Coffey (0-1), Derry O'Sullivan, Colin Davidson, Lorcan Daly (0-3), Micheal O'Keeffe (0-1), Tadhg O'Shea (0-4; 1f), Mikey O'Shea, Domhnaill O'Sullivan (1-3) Subs Used: Michael O'Neill, Brian Walsh

MD O'SHEA EAST REGION U14 LEAGUE - FINALS

Division 2 Final

Kilcummin 5-18 Dr Crokes 5-13

The supporters of both teams in the MD O'Shea East Region U14 League division 2 Final were kept on edge until the final whistle, with both teams serving up a great final. The opening 20 minutes was a close affair. Kilcummin opened at a frantic pace scoring 5 points. Dr Crokes replied with a goal and a point. A feast of goals on the 20th minute, 2 for Kilcummin quickly followed by a Dr Crokes goal saw 2 points between the sides. However, Kilcummin pulled ahead in the closing minutes of the half, with a goal and tagged on lovely points. Half time score: Kilcummin 3-14 Dr Crokes 2-7.

On the restart, Dr Crokes came out fighting and ate into the lead, reducing the gap to a point with 3 goals. Kilcummin replied with a goal leaving the score Kilcummin 5-13 to Dr Crokes 5-10, on 50th minute. Kilcummin pulled away again in the last 10 minutes. Final score: Kilcummin 5-18 Dr Crokes 5-13

Sean O'Sullivan presented the Shield to Kilcummin Captain, Jack McClain

Kilcummin: Jaden Tynan, Oran Dwyer, Killian O'Brien, Cian Murphy, Andrew Lowin, Dara O'Callaghan, Turlough O'Connor, Jack McClain (Capt) (1-2), Colm Kelliher, Colin O'Leary (0-1), Cian Foley (0-2), Adam O'Sullivan (1-2), Evan O'Sullivan (0-5), Mark O'Shea (3-4), Micheal Sweeney. Subs: Kyle O'Connor Coffey (0-1), Cathal Brosnan, Gearóid Mulvihill, Patrick Daly, Kirill Healy, Luke Ryan, Daniel Horgan, Robbie Moynihan, Oisín O'Leary

Dr Crokes: Marc Long, Liam Sheehan, Charlie Keating, Teddy Muldoon, Sean Fitzgerald, Erin Moloney (0-1), Conal Gallagher, Cian McMahon, Harry Byrne (0-1), Dara Looney, Jason Lee (0-3), Mark Clifford (0-1), Cillian Courtney, Liam Randles (4-6), Ronan Coffey (1-0). Subs: Ru de Burgh, Josh Livingston, Ceryson Danter (0-1), Cormac Rowe, Nathaniel Doncel, Jack Lynch,

Karl McCarthy, Eoghan O'Dubhain, Shane McAllister, Caoilte Cronin, Jack McGuire, Cian O'Connor, David O'Donoghue, Roko Rujevcan, Scott O'Meara

DIVISION 4 FINAL

Beaufort 5-9 Fossa 3-8

Beaufort and Fossa served up a cracking Division 4 final in Fitzgerald Stadium. Fossa started brightly scoring two points and Beaufort replied with a goal and point. Fossa tagged on points. However, as half time approached Beaufort took the lead with two goals. Score at the break: Beaufort 3-1 Fossa 1-4. On resumption, Beaufort started brightly adding a goal and 2 points. In the last quarter, Fossa narrowed the gap to a single score with goal and a point and could have been closer but for 2 great saves by the Fossa goal keeper. Beaufort responded, broke upfield and scored a goal and went on to finish strongly. Final score: Beaufort 5-9 Fossa 3-8

Sean O'Sullivan Presented trophy to Beaufort captain Kieran Dennehy

Beaufort: Luke O'Connor, Marc O'Sullivan-Rouse, Ruari Dorrian, Ciaran Cronin, Daniel Cronin, Timmy Casey (0-2), Mikey Moriarty, Kieran Dennehy (Capt), Jack O'Brien, Rudy Glinwood (1-0), Simon Coffey (3-5), Donncha Crowley, Sean O'Sullivan, Brendan O'Donoghue (0-2), Dylan Ferris. Subs: Robert Sweeney, Kealan O'Connor, Daragh Crehan, Hugh O'Malley (1-0), Stefan Dreier, Oran Smith. Fossa: Kylan O'Brien, Jackson O'Mahony, Donnacha Greeley, Sean Dineen, Daragh O'Brien (0-1), Pauric Talbot (Capt), Peadar Kelliher, Rian Collieran (0-2), Darren Cronin (1-0), Harry Kelly (0-3), Jack Clifford, Darren Ryan (0-2), James O'Shaunnessy, Conor Horgan, Ryan O'Leary Subs: Dean Sheehan, Sam Buckley, Simon Coffey, Tom Cahillane (2-0), James Kennelly, Cian Doyle, Patrick Lyons, Rossa Bellew.

The Division 1 and 3 East Region U14 League Finals are fixed for tomorrow - Monday 24th July 2017.

MD O'SHEA EAST REGION U14 LEAGUE FINALS

DIVISION 1 FINAL

Killarney Legion 1-20 Glenflesk 0-12
Killarney Legion played Glenflesk in the U14 East Region League Final, in a sun drenched



Fitzgerald Stadium. The game was played at a great pace and after 10 minutes the sides were level 2 points each with the Legion keeper making a string of excellent saves. By this time Glenflesk had lost one of their most influential forwards Tommy Bowler through injury. By half time Legion had built up a 9 point to 4 advantage. The second half saw Legion go 12 points to 5 in front after 8 minutes.

For the next 15 minutes Glenflesk outscored Legion 7 points to 1 goal to leave just 3 points between the teams. Legion closed out the game scoring 8 unanswered points leaving the final score Killarney Legion 1-20 Glenflesk 0-12 in a very sporting game.

East Kerry Coiste na nÓg PRO Louise Moriarty presented the shield to Killarney Legion Captain Darragh Fleming.

Killarney Legion: Aaron O'Sullivan, Senan O'Leary, Daniel Carroll, Conor Gammel, Callum O'Donoghue, Patryk Komoso, Callum O'Grady, Jamie Alade, Kieran Pierce, Darrach Fleming (Capt)(0-5;3f), Ethan O'Neill(0-1), Kian McCann, Sean O'Leary(0-4), William Shine(0-8), Donnacha Warren. Subs: Darragh Doolan, Matthew Horgan((0-1), Sam Benson(0-2), Jack O'Neill, Matthew Elliaga, CathalDevlin, Evan Brosnan, Dylan Roome, Riain Kelly, Tom Cronin, Denis O'Sullivan, Caelan Sheehan, JackAvonso, John Quill, Jamie O Sullivan

Glenflesk: Jack O'Donoghue, Stephen Moynihan, Michael Mullane, Ben Switzer, Cian Lynch, Killian O'Sullivan (Capt)(0-2), John Kelleher, Kevin Bowler, Jack Kennelly(0-1), Sean Guerin(0-1), Dylan Roche(0-7;4f), Luke Crowely(0-1), Tommy Bowler, EwanMacindoe. Subs: Eoghan Kelly, Darragh O'Connor, Jack Leader, Michael O'Leary, EvanLucey, Ronan O'Donoghue

DIVISION 3 FINAL

Listry/Keel 7-14 Kenmare 6-1 (AET)

The division 3 final between Listry/Keel and Kenmare served up a fantastic contest. It had goals, saves, points and extra time. Listry/Keel started off with the first score but Kenmare replied with a goal and a point. Listry/Keel then added a goal and 3 points and Kenmare replied with a goal. Sides were level with 6 minutes to go but Listry/Keel finished strongly to leave the half time score 2-8 to 2-3. In the second half, Listry/Keel started off the way they finished the first half adding 2 goals and a point to Kenmare 2 points. Midway through the second half Listry/Keel led 5-9 to 2-5, but in a frantic finish Kenmare threw everything at Listry/Keel and the game finished level at 5-12 a piece. In extra time Kenmare started brightly with a goal and 2 points but Listry/Keel fought back to leave the score after first period of time to 1-2 to 3 points. In the second half of extra time Listry/Keel finished the strongest running out by the scoring of further 2 goals and 1 point. The final score was 7-14 to 6-14. Sean O'Sullivan presented the winning trophy to joined captains of Listry/Keel.

Listry/Keel: Jack O'Leary, Conor Crowley, Oran Hilliard, Eden Murphy, Shane Evans, Tahdg



U14 KEEL/LISTRY WINNERS OF THE EAST KERRY LEAGUE FINAL V KENMARE IN FITZGERALD STADIUM LAST NIGHT.

Evans, Aaron O'Donoghue, Aaron O'Shea(2-4), Michael Keane (0-1), Joe Clifford(1-2), Keith Evans(0;1f), Daire Murphy(0-1), AodhanMurphy(1-0), Dylan Murphy (2-5;2f), Luke Benson(2-0). Subs: Lauchian Griffin(1-0), Conor O'Dowd, JJ Moriarty, Stephen O'Brien, Mason Courtney, Jake O'Reilly, Evan O'Connor, James O'Dowd, Jack Lawlor

Kenmare team: Darragh O'Connor, Padraig Foley, AdamNarusis, Darren Allman, Liam Palmer, Pierce O'Brien (Capt)(0-3f), Fearghal O'Sullivan, Denis Koyun(1-2), Tom Quinlan, Tommy O'Sullivan(0-1), Jimmy Lehane(1-2), Aodhan McGearailt, Eoghan McCarthy(0-3;2f), John McCarthy(3-1), Jamie O'Regan(1-0). Subs: Kevin O'Shea((0-1), Darragh O'Sullivan, Dylan Wallace, Michael McSweeney, Donnacha Whelton, Hiudai Hayes, Sean Browne, Daniel Gaine

SYMPATHY

We extend sympathy to Runai Dermot O'Connor, relatives and friends on the passing away of Dermot's aunt, Elizabeth Fitzgerald, Ballyhar. Ar dhesi Dé go raibh a h-anam dílis.

RESULTS

Tatler Jack East Region Minor League Round 2 Division 1

Dr Crokes 4-11 Rathmore 2-11

Division 2

Glenflesk 5-14 Killarney Legion 1-04

Beaufort 0-17 Gneeveguilla 1-04

Division 3

Spa 3-12 Kilcummin 3-12

Fossa 3-12 Currow 1-03

SPA GAA NEWS

COISTE NA NÓG

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

New members very welcome as this is free to everyone 3-5 years old.

Underage Training 6-10 boys and continues as normal on Saturday.

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

U12 BOYS

Big congrats to the u12 boys and girls who took part in the Munster Council blitz in Fitzgerald Stadium last Thursday. The group played their

first game against Rathcormac of Waterford. We had a big panel and therefore split into 2 teams. Played Clyna from Cork & Scartaglin. We regrouped as one panel for our final 2 games against Ardfert and Rathcormac. The group were then given a tour of Fitzgerald Stadium by Fionn Fitzgerald. Fantastic experience for the girls and boys.

LADIES FOOTBALL

Spa u10/u12 girls (only girls born 2005/2006/2007/2008): Football training will resume at the new day and time of Wednesday (starting next week) 6pm to 7pm. We are getting ready for a blitz in August.

U15 CHAMPIONSHIP LADIES KNOCK OUT

7-6 Spa 7-14 Beaufort

A sterling effort by each of the 16 players that forced extra time against Beaufort. A brilliant game from everyone. We couldn't ask for more from them individually.

CO LEAGUE RD9: SPA 3-14 ST PATS BLENNEVILLE 4-11

Spa had to dig deep to bring something out of Blennerville last Sunday, and despite trailing by 10 points as they approached the last quarter, a superb finish, with a last minute Shane Cronin goal, levelled the game late in injury time.

Team: James Devane, Eoin Fitzgerald, Eoghan Cronin, Eric O'Donoghue, Shane Cronin (1-0), Matthew Moynihan, Aidan Mulvaney, Michael McCarthy, Ciaran Spillane, Cormac Cronin, Jamie Spillane (1-0), David Spillane, Evan Cronin (1-12), Michael O'Donoghue, Niall McCarthy (0-2). Subs: Ryan O'Carroll, Andrew Fitzgerald, Brendan Lynch.

EAST KERRY MINOR LEAGUE RD2: SPA 3-12 KILCUMMIN 3-12

Team: Colm Hickey, Daniel Horgan, Alan O'Sullivan, Thomas Fleming, Michael Kearney, Ruairi O'Keeffe, Conor Stack, Darragh O'Leary, Niall McCarthy, Eoin Carroll, Gary Vaughan, Conor Magee, Cian Fahy. Subs: Niall Moynihan, Michael Aherne

MINOR CO. CHAMPIONSHIP

EAST KERRY 5-17 MID KERRY 0-4.

A very strong East Kerry side with four Goals plus from David Clifford and one from the very



impressive Sean O Leary. Great stuff once again from Niall McCarthy 0-2, Gary Vaughan, Conor Stack and mentor Aidan Cahill.

MUNSTER FLEADH

Congrats to all the competitors that competed in Cork City. CCE Cill Airne were once again very successful on the stage.

UPCOMING FIXTURES

O'Sullivan Cup Championship Spa v Glenflesk (in Spa) on Tuesday July 25th at 7.30pm

East Kerry Minor League Spa v Currow (in Currow) on Thursday July 27th at 7.30pm

Co Junior League semi-finals scheduled for Friday July 28th (details tbc)

U16 Boys away to Currow Wed 26th July @7pm.

LOTTO

Numbers drawn, 4 16 20 27. No Jackpot Winner

Lucky Dips €50: Shane Wickham Ballaugh, Geraldine Murphy, Sea View Glenbeigh, Mary Kenneally Tiernaboul, Eoin O Dwyer Clonmel, Co Tipperary

Next weeks draw in Jimmy Briens for €8200

SPA REVIEW 2016

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

DR. CROKES

UNDER 14'S

No joy for our U14's in the East Kerry League Division 2 Final against a strong Kilcummin team.

Great heart was shown by our boys but they had left a bit too much to do in the second half. Final score Dr Crokes 5-14 Kilcummin 5-18.

Well done to players & management on a great campaign.

CONGRATULATIONS

Congratulations to Brian Looney and Gina Crowley on their recent wedding.

Congratulations to Sinead Brady and Darren Kelly on their recent marriage.

Congratulations to Malachy Walsh who won the Open Challenge.

Congratulations to Killarney Athletic on winning the 2017 Greyhound Bar KO Cup final against Mitchells Avenue

LOTTO

Lotto results from Sunday July 23rd - 1, 5, 7, 23. Jackpot €5400. Not won match 3 18 by €25.

Next Draw Monday 31st of July in Tatler Jack - Jackpot €5700.

FIRIES COISTE NA NOG

LEE STRAND U-16 CO FOOTBALL LEAGUE, DIV 2

Firies U16s are at home to Daingean Uí Chúis on Wednesday, 2nd August at 7:00pm in Pairc Eamonn, Farranfore. Following their recent

defeat away to Milltown/Castlemaine, the Firies side are eager to get back to winning ways. Support for the team would be greatly appreciated.

LISTRY GAA NEWS

SYMPATHY

Listry Gaa Club would like to send deepest condolences to The Blennerhassett Family, friends and relations of Culleymore and Aghadoe on the recent death of Nuala Blennerhassett. May she rest in Peace.

Also to The Tangney Family, Roscarton and New York on the recent death of Paddy Tangney R.I.P. Paddy was a talented football player who played for Listry and also Dick Fitzgerald Team, Killarney in the late 1940 - early 50's before emigrating to UK and then to the States. In 1951 he won himself a Co. Championship medal played for Dick Fitzgerald Team against Dingle. The beat Dingle by a wide margin 1.7 to 0.3. He also won a East Kerry League medal for Listry in the early 50's in the O Donoghue Cup

LOTTO

Numbers drawn 2, 16, 20, 26. No winner.

E100 - Willie Herlihy, Lissivigeen.

e50 x 2 - David Brien, Killorglin. Damien, Joseph and Michelle Clifford.

e25 x 2 - Mary O Halloran, Rathcomane. Gary Moloney, Beaufort.

Draw Entrant: Trish McCarthy, Castlemaine

Next Sunday lotto jackpot E8,300

LISTRY SPORT RESULTS AND

FIXTURES Listry Senior Football team met Currow in Currow last Sunday 23rd July in Div 2 County League. Currow 0.13 Listry 0.09.

UPCOMING FIXTURES

Listry V Listowel away in Listowel on Saturday July 29th at 7.30pm

Listry V Beaufort in Listry on Thursday August 3rd at 7.30 pm

SUMMER CAMP

Don't forget to register for Listry Gaa Summer camp on August 8th - Friday 11th. Forms available every Friday evening training at 6.30 or any juvenile mentors or club officers.

LEGION GAA NEWS

CO.LEAGUE

The Seniors maintained their unbeaten record in Division 2 with a hard earned draw away to Ardfert. The hosts who find themselves in a perilous position close to the bottom played with great intensity and verve and lead at half time by 1-7 to 1-4. We had the benefit of a slightly fortuitous goal in that half and the accuracy of Jamie O Sullivan and the Conors -Keane and Culloty kept us in touch. Ardfert again sprung out of the traps in the second period and lead by 4 having slipped in for a second goal. But credit where it's due our lads stuck to the task and aided by Cathal Sheahans accuracy (he kicked 3 points) in a counter attacking role we took control in the final quarter. It must be said that Shaun Keane and Billy Maguire put in a good shift while Damien O Sullivans presence steadied the defence.

Chris Davies put in an industrious hour on the forty as the teams finished level after a tough battle. With the league taking a break for 3 weeks we now find ourselves in top spot with 2 games remaining. But with Waterville and Glenflesk to come there is still plenty work to be done in those games but all in all you would have to be content with our present position.

U15 GIRLS

Legion u15 girls hosted Austin Stacks on Sunday evening in the u15 championship.

The visitors got off to a flying start putting up 2-1 on the scoreboard as Legion started a little sluggishly. However the Legion girls soon rose to the challenge and reduced the gap to a goal by mid way through the first half and finished the half stronger and went in deserving of their lead on a half time score of 3-4 to 2-5. Stacks came back strongly in the second half and while some heroic defending kept Stacks at bay the forwards kept the scoreboard ticking over. Midway through the second half the teams were tied again on a score line of 4-6 apiece. In the final 15 minutes the Legion clocked up two quick points to push ahead and while Stacks tried hard to get through for a goal they were restricted to one point while Legion scored another at the other end. At the final whistle Legion prevailed on a scoreline of 4-9 to 4-7.

U14 BOYS

Killarney Legion 4-15 Kenmare Shamrocks 4-12 A fast keenly contested league game saw the u14's deservedly get the better of a very good Kenmare side. Next up are Austin Stacks followed by Dr. Crokes.

SATURDAY ACADEMY

A busy Saturday for the u6 and 8 boys who made the trip to Farranfore where they were splendidly hosted by Firies. The Firies u10 girls did the reverse and were involved in a highly entertaining game against their Legion counterparts. Not to be outdone the Legion u10 boys hosted Glanmire from Cork to add to one very busy and productive day for the club.

PÓSADH SPEISIALTA

Heartiest congratulations to the ever popular Kieran Healy and fabulous bride Rhonda who just got married in the past week, long life and happiness to them both.

KERRY IN CROKE PARK

The best of luck to Kerry who tackle a rejuvenated Galway in Croke Park this weekend, serious business from here on in.

SYMPATHY

The Killarney Legion Club extends it's deepest sympathy to the Pierce and Hallissy Families on the very sad passing of Niamh R.I.P. Sioraí na bhFlaitheas ar a h-Anam Dílis.

LOTTO

Winning no's - 9, 14, 19, 26. No winner. Lucky dips - (1) Norma O Donoghue, (2) Joan Culloty, (3) Denis Carroll, (4) Denis McCarthy, (5) Sheila O Donoghue. Next weeks jackpot €12,400. Play online at www.legiongaa.com



MEMBERS OF FLESK VALLEY ROWING CLUB, EVAN KISSANE FINN O SULLIVAN CHRIS CAREY STROKE TOMMY MC GUIRE AND COX RORY LEANE ARE PHOTOGRAPHED IN FENIT AFTER WINNING THE U16 COUNTY COASTAL ROWING CHAMPIONSHIP



CONOR KISSANE KILLARNEY CC WINNING THE COUNTY CHAMPIONSHIPS IN KILLORGLIN LAST SATURDAY FROM SEAN LACEY, TEAM AQUA BLUE AND JOHN BROSNAN KILLARNEY CC TAKING THE FINAL PODIUM SPOT IN THIRD PLACE. PICTURE: BRENDAN SLATTERY

CYCLING NEWS

Killorglin hosts County Cycling Championships with a Killarney winner:

Killarney CC's Conor Kissane has been crowned the 2017 Kerry County Cycling Champion at the races hosted by the Killorglin CC. He came home ahead of defending champion Sean Lacey of Aqua Blue and John Brosnan, also of the Killarney Cycling club. These three riders had been in a 5 strong breakaway and were followed home by another Killarney rider Leigh Hewerdine with Jerry McCarthy of Tralee Manor West iBike in 5th.

Results – Kerry County Championships – 22nd July, 2017 – Killorglin

Senior:

1. Conor Kissane, Killarney CC
2. Sean Lacy, Aqua Blue
3. John Brosnan, Killarney CC

S2

1. Jerry McCarthy, Tralee Manor West/iBike
2. Marc Houlihan, Tralee Manor West/iBike
3. Michael Murphy, Killarney CC

S3

1. Brendan O Sullivan, Killorglin CC
2. John James Griffin, Tralee Manor West/iBike

3. David O Sullivan, Tralee Manor West/iBike

S4

1. Shane Fleming, Tralee Manor West/ibike
2. Trevor Farmer, Tralee Manor West/iBike
3. Patrick Breen, Currow CC

Ladies

1. Lisa Stapelbroek, Kenmare CC

Juniors

1. Fergal Murphy, Killarney CC
2. David Fitzgerald, Tralee Manor West/iBike

Masters Over 40

1. Jerry McCarthy, Tralee Manor West/ibike
2. George Doyle, Tralee Manor West/iBike

3. Patrick Breen, Currow CC
- Masters Over 50

1. Tom Barrett, Tralee Manor West/iBike
2. Pat Slattery, Killarney CC

Team Prize

1. Killarney CC
2. Tralee Manor West/iBike
3. Killorglin CC

Youths

Under 11

1. Louis Steadman Murphy, Killarney CC
2. Eoin Hilliard, Kingdom CC

Under 12

1. Shane Galvin, Killarney CC
2. Callum Steadman Murphy, Killarney CC
3. Jack Breen, Currow

Under 12 – Girls

1. Nuala Moloney, Unattached
2. Shayna Daly, Killarney CC

Under 14

1. Patrick Galvin, Killarney CC
2. Stephen Caulfield Drier, Killarney CC
3. Ethan Slattery, Killarney CC

Under 15

1. Tadgh O Shea, Killarney CC
2. Eoin Moloney, Tralee Manor West/iBike

3. Troy Kennedy, Kingdom CC

Under 16

1. Kieran Coggins, Tralee Manor West/iBike

Under 16 – Girls

1. Faith Hilliard, Kingdom CC

HANDBALL NEWS

Michael Ducksy Walsh Memorial the handball highlight:

The handball world was shocked in August 2016 when the legendary Kilkenny player Michael Ducksy Walsh passed away. A memorial tournament in his honour will be held at Talbot's Inch Kilkenny next weekend when many of the countries top players will be in action.

On Saturday Glenbeigh's Dominic Lynch pairs up with Cavan's Michael Finnegan when they will take on Ger Counihan and David Moloney

from Tipperary in their first game at 10.30am. At noon the pair will face Gavin Buggy of Wexford and Ciaran Neary from Kilkenny.

Local Action: In local action in the Munster 60x30 Junior A singles quarter final Jack O'Shea from Glenbeigh defeated Clare's Tom Kirby 21-9, 21-6.

Jack will play his semi-final this week when he takes on John Ferncombe from Tipperary with the game taking place in Broadford, Co Limerick.

In the semi-finals of the of the Over 35 A singles 60x30 Dominic Lynch got the better of Cork's Colm Jordan 21-10, 21-8.

In the Junior B singles final Ballymac's Cian Counihan put up a good fight before going down to Cork's Shane Flynn 21-12, 21-10.

The Munster Doubles 30x60 Junior B quarter final sees Pat and Eamon Lacey taking on the Cork pair of John Horgan and James Moakle in Ballymac.

GNEEVEGUILLA ATHLETIC CLUB LOTTO

No winner of our lotto draw 21/07/2017, numbers drawn were 14, 16, 17 & 20. Sellers prize winner: Shelia O' Donoghue, €50 Y/T prize to Donal Moynihan Boherbue, €50 to Denise Cremin Quarry Cross, €40 each Padraig O' Sullivan Tournonough, Brid Stack killarney & David Gleeson Gneeveguilla. Bonus not won numbers drawn were 16, 21, 29 & 30. Next week's jackpot €6,800 plus €1,000 bonus.

SUMMER 1 MILE SERIES

As the rain came down, driven by a strong breeze, athletes were wondering if round 3 of our summer mile series would go ahead on Friday evening last in Knocknagree, held it was and it proved to be a great contest. Tommy O' Brien Riocht, who has been the leader on series 1 & 2 was again favourite to capture the spoils, but anyone didn't have the remarkable Laura Crowe of Riocht in the reckoning. Laura was in tip top form and was part of a phot finish with Tommy O' Brien. Both were given the same time of 4 min 42 secs. What a race it was. Next Friday evening we go to Ballydesmond for the 4th leg, with registration in Bob's Bar.



Club runners who ran well last Friday evening were 5th Maurice Feehan, 6th Robert Purcell, 9th Anthony Buckley, Shona O'Brien was 2nd lady, Shona has been called into The National Squad, 7th Caroline Murphy, 8th Katie Buckley, 9th Maggie Buckley. So roll on Friday evening in Ballydesmond.

NATIONAL SENIOR CHAMPIONSHIPS

Well done to Mairead O'Neill who came 3rd in the Hammer in Santry at the week-end.

Juvenile Munster B Competitions: Will be held in Templemore next Saturday, a large contingent from the club are travelling. Best of luck to everyone.

COMMERCIAL ROWING CLUB

Sympathy of all club members is extended to club member Henry Bartlett and family on the recent death of his mother. Kathleen May She Rest In Peace

CLUB DEVELOPMENT

The club is now in the process of completing the final stage of the club upgrading by the

laying of a pathway which hopefully will enhance the image of the area around Ross Castle. A special word of thanks is extended to the members of the Killarney Area Municipal Authority for allocating a grant of 500 Euros for this work.

TRAINING

Club members are now in training for future regattas.

AGM

The club AGM will be held in late September.

FLESK VALLEY ROWING CLUB

County Championships: The Fenit Kerry County Coastal Championships took place last Sunday at Fenit. Yet again it was another memorable regatta for the Valley, with the club bringing home 3 golds, and 2 silvers and 2 bronze. Our U16 boys crew of Tommy McGuire, Finn O Sullivan, Evan Kissane and Chris Carey, coxed by Rory Leane stormed to victory with an

impressive display. John Fleming and Colm O Sullivan proved there's life in the old dogs yet, when along with Karol Kelly and Sean O Connell they triumphed in the Prevet mens race, before they teamed up Nicola O Donoghue and Yvonne O Leary to win the mixed senior race. Flesk Valley U14 girls A&B crews finished 2nd and 3rd respectively with our A Crew cruelly losing out by 1 second to Workman. Overall it was a hugely successful and enjoyable day for the Valley with many of our under 12 and under 14 crews competing in their first regatta and putting in fine performances. Special thanks to all who coxed on the day, Rory Leane, Aoife Brosnan, Sean O Connell, Donal Kelly and Chris Slattery, to Micheal O Sullivan and Denis O Donoghue for organising the crews and to all parents who helped out.

All Ireland Championships: Well done to Danny Lyne who competed recently in the All Ireland Championships at Inishcarra putting in a fine display when finishing 4th in the Masters category.

WORKMEN'S ROWING CLUB - KERRY COASTAL REGATTA, FENIT

Last Sunday saw the first of the County Coastal Rowing Championships take place at Fenit harbour. In glorious sunshine and near perfect rowing conditions coastal rowing clubs from around the county lined up against each other across a wide range of rowing events from u12 to Masters. As usual the Workmen turned out in large numbers and competed in 19 races throughout the day finishing in the medals in 16 of those races. Our U18 ladies and mens crews got the day off to a great start securing 3rd and 1st respectively. Both of our Ladies and Mens U21 crews also finished first in their races along with our Intermediate Ladies, Junior Men, Senior Mixed and Masters Ladies. The loudest cheer of the day however was reserved for our U14 girls crew when they declared winners following a terrific heat when they had a second to spare over Flesk Valley. Well done to Ellen Farrandon, Sarah O Leary, Kate Rudden and Laura Looney.

An amazing day was had by all. Thanks to all the coaches and parents and supporters who travelled, and helped with the lifting and heaving of oars boats and indeed tired bodies throughout the day

Congratulations

12.54 last Saturday saw two of our oarswomen make their international debut when



DYLAN BARTLETT, TOM O LEARY, CIARA BROWNE(COX), MIKEY O DONOGHUE, CALLUM MYERS

representing Ireland at the Home International Regatta which was held in Strathclyde, Scotland. Congratulations to Ciara Browne and Ciara Moynihan on your wonderful performance and achievement.

Wedding Bells

Congratulations to Michael and Stephanie Quirke on their recent wedding. We wish them a long and happy life together.

Upcoming Events

This Sunday 30th of July we'll be heading for Kenmare Gig Regatta, which will be held in Kenmare bay with an expected start time of 12noon. A change of boat and lots of fun

always guaranteed at this regatta and we wish all our members the best of luck in their respective events.

All Ireland Coastal Rowing Championships

Once again the Workmen will travel to Ballyshannon Co Donegal to compete in the All Ireland Coastal Rowing championships which will be held towards the end of August. Preparations are in full swing with crews training and arrangements being made. Please ensure you have your completed forms in to Pauline as soon as possible.

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



CIARA BROWNE, CIARA MOYNIHAN, SIOBHAN BURNS, ANNIE O DONOGHUE



ELLEN FARRANDON, KATE RUDDEN, LAURA LOONEY, SARAH O LEARY



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CASTLEROSSE GOLF CLUB

RESULTS

Competition played on Sunday 23rd July, 18 Hole Stableford 1st Place, Thomas O' Connor (19) 39 pts, Runner-up, Dan O' Connell (24) 39 pts, 3rd place, Peter McGrath (22) 39 pts
Mixed Scramble played on Wednesday 19th July, Best return Mary Tobin & Daniel Shine.

FIXTURES

Weekend competition, 18 Hole Stableford sponsored by Castlerosse Hotel to be played on Saturday or Sunday.

CASTLEROSSE LADIES RESULTS

18 Hole Stableford played Thursday 20th July, 1st place Patricia Barrett (36) 31 pts, Runner up: Mary O'Reilly (36) 21 pts.

9 Hole Stableford played on Thursday 20th July, 1st place Eileen Sugrue (36) 12pts.

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

ROSS GC, KILLARNEY - GENTS

CLUB

RESULTS

On Sunday last we held a single stableford competition .

The winners were :-

1... Renaldas Bendikas (14) 44pts.

2....Daniel Cronin (12) 38 pts

3... John Cushkelly (17) 37 pts

FIXTURES:

On Saturday July 29th and Sunday July 30th we will hold a single stableford competition. The timesheet is now available in the clubhouse so please add your name to it immediately.

On Friday July 28th we will hold a 10 hole mixed open scramble. Entry sheet on the noticeboard or be in the clubhouse at 6pm as the draw for teams will be at 6 pm and tee off at 6.30 pm . This will be followed by food and the prize giving in the Clubhouse at 8.30 pm approx.

Captain's Day - Please note that our Captain Jimmie Smith will hold his Captain's competition on Sunday August 6th. Please note the date and full details will follow later .
Club Matchplay Championship : All players in the the Killarney Medal & Trophy Centre Club Matchplay Championship are asked to play their games as soon as possible .

KILLARNEY GOLF CLUB - MENS

Event: Lady Captain Amy Arthur's Prize to the Gents Course: Killeen

Date: 22nd & 23rd July 2017

1st Liam Daly(18) 43pts

52 Outlook 21.07.17

2nd Seamie O'Connor(14) 42pts
3rd Pat Cussen(6) 41pts
Best Gross Donal Considine(3) 36pts
4th Peter McEnery(10) 41pts
5th Liam Healy(11) 40pts
6th Neil Coffey(7) 40pts
7th Pat Carroll(12) 39pts
8th Patrick Buckley Jnr(11) 39pts
9th Ian Cronin(6) 39 pts
10th Gerard Walsh(12) 39pts
CSS 36pts on both Saturday and Sunday

Club Lady Captain Amy Arthur held her Lady Captain's prizes to all of the various categories over last weekend, firstly to the Junior Clubs, both Boys and Girls, and on Saturday afternoon the Lady Captain's prize to the Gents commenced, and over Saturday and Sunday 239 of our membership took part in the competition. The weather conditions were ideal for good scoring, and the results themselves reflected this as can now be seen. The competition was won by Liam Daly with the excellent score of 43 points, in 2nd place was Club stalwart Seamie O'Connor with 42 points, in 3rd place was former Club Captain Pat Cussen with 41 points.

UPCOMING COMPETITION

Sponsor: Killarney Golf and Fishing Club - Men's Club Date: 30th July 2017 Course: Mahony's Point (Blues/ Greens) Format: V-Par

BEAUFORT GOLF CLUB (LADIES BRANCH)

RESULTS

22nd/23rd July - Stableford sponsored by Cahillane Butchers

1st Noreen Kinsella (31) 31 pts

2nd Noeleen Mackessy (25) 30 pts

FIXTURES

30th July - V-Par Competition sponsored by Peggy O'Riordan.

KILLORGLIN GOLF CLUB

Mens Competition

Sponsored by Boyles Hardware.

1st Jerry Sheehan 45 pts

2nd Jim McCarthy 43 pts

3rd Bernard Jones 42 pts.

Gross Joe Kennedy 73 strokes

4th Richard Morrison 40 pts (cb)

Senior Brendan Campbell 39 pts

KILLARNEY GOLF CLUB- LADIES

Results of Lady Captain Amy's Prize to the Ladies, Sunday July, 23rd. Singles Stroke, Mahonys.

1st	Noreen O'Callaghan,	(15)	67
2nd	Marian O'Reilly	(17)	68
BG	Kelly Brotherton	(0.1)	71
3rd	Ann Moynihan-Rudden	(7)	68
4th	Fiona Leacy	(9)	69
5th	Jennifer O'Brien	(15)	69
6th	Fidelma O'Connor	(11)	70
7th	Bridie Doyle	(33)	70
8th	Catriona Griffin	(3)	70

Lady Captain Amy Arthur's Prize to the Junior Girls

1st.	Alicia Burke	(21)	42 pts
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(bk9)

2nd	Corrina Griffin	(10)	42 pts
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3rd	Jennifer O'Brien	(15)	36 pts
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4th	Sarah O'Brien	(15)	32 pts
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Next Sundays Competition Maureen O'Shea Memorial , Single, S/ford, Killeen.

BEAUFORT GOLF CLUB

RESULTS

Wed 19/07 Club Scramble

Winners: Gabhan O'Loughlin, Ken West & Terry Ryan

Thurs 20/07 Open Seniors

Winner: John Doherty, 2nd Tom O'Leary

Fri 21/07 Open Fridays - none

Sat/Sun 22/23 July-18 hole Stroke

Sponsored by: Clifford's Groundcare

Winner: James Jones (10) 68 net

2nd: Ted Broderick (16) 68 net

3rd: David Carmody (20) 69 net

FIXTURES

WED 26/07 - Club Scramble 5.30pm

Thurs 27/07 - Open Seniors 10am

Fri 28/07 - Open Fridays, phone clubhouse

064/6644440

Sun ONLY - 30th July BILL MC.Donnell TROPHY

18 Hole Stableford - BLUE TEES

Sponsor: Ring, O'Donoghue Hotels

FITZGERALD STADIUM GOLF CLASSIC

"The Fitzgerald Stadium held their 6th Annual Golf Classic in Killarney Golf and Fishing Club, o' Mahony's Point Course on Friday 21st of July 2017 kindly sponsored the East Kerry GAA Board.

We would like to thank all those who supported us by way entering a team or sponsoring a Tee Box.

Conditions on the day were very poor and none the less we had a great turn out.

Winners were Team Coiste Na nOg , second were Glenflesk GAA and third - Killarney Vintners.

Presentation of the prizes were held in Jimmy Brien's Bar."



ENJOYING LADY CAPTAINS PRIZE DAY AT KILLARNEY GOLF & FISHING CLUB WERE L-R TOM DOHERTY, PHILIP O'CONNOR, DARREN MULCAHY, NUALA MEADE, LADY CAPTAIN AMY ARTHUR, PETER MCENERY, LIAM HEALY & JAMES "THE WEDGE" ARTHUR. PICTURE MARIE CARROLL-O'SULLIVAN



L-R NOREEN O'MAHONY, CIARA O'MAHONY, LADY CAPTAIN AMY ARTHUR & AUDREY CHUTE PICTURED AT KILLARNEY GOLF & FISHING CLUB ON LADY CAPTAINS DAY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE PRESENTATION OF THE 2017 DEERPARK PITCH & PUTT CLUB RICKY KELLY MEMORIAL THREE BALL SCRAMBLE ON MONDAY NIGHT WERE THE WINNING TEAM OF NOEL MOYNIHAN (CAPTAIN), KIERAN FITZPATRICK AND MURT O'SHEA ALONG WITH MEMBERS OF THE KELLY FAMILY, CARMEL CAHILL, BOBBY KELLY AND INA MOLONEY ALONG WITH COMPETITION SPONSOR PATRICK O'SULLIVAN (TATLER JACK BAR).



FITZGERALD STADIUM GOLF CLASSIC: TIM RYAN CHAIRMAN OF THE EAST KERRY BOARD PRESENTING FIRST PRIZE TO STEVE SHINE, CAPTAIN OF THE WINNING COISTE NA NOG TEAM. LEFT TO RIGHT: DER BROSNAN CHAIRMAN OF THE FITZGERALD STADIUM, STEVE DENNEHY, GER CASEY, TIM RYAN CHAIRMAN EKB, STEVE SHINE, JOHN O'REILLY, COLM FOLEY FITZGERALD STADIUM



FITZGERALD STADIUM GOLF CLASSIC: BEAUFORT BAR TEAM LEFT TO RIGHT: NIAL HUGGARD, EAMONN O'SULLIVAN, JOEY SHEHAN AND PADRAIG ASHE.



FITZGERALD STADIUM GOLF CLASSIC: "AN POST" TEAM LEFT TO RIGHT: PAUL O'SULLIVAN, MIKE DOODY, TEDDY O'BRIEN, MALACHY WALSH



LEFT TO RIGHT JOHN MURPHY & JOHN KELLY AT THE NEWMARKET PITCH & PUTT LEG OF THE KERRY SENIORS PITCH & PUTT OUTING ON WEDNESDAY 5TH OF JULY



FITZGERALD STADIUM GOLF CLASSIC: KELLY PITCH MAINTENANCE TEAM LEFT TO RIGHT: JOHN KEOGH, TIM BROSNAN, JOHN BROSNAN, SEAN BROSNAN.



AT THE NEWMARKET PITCH & PUTT LEG OF THE KERRY SENIORS PITCH & PUTT OUTING ON WEDNESDAY 5TH OF JULY BACK ROW LEFT TO RIGHT JOHN FITZGERALD, PATRICK MITCHELL, JOHN MCCARTHY, DENNY PORTER, JOHN MURPHY, SEAN ASHE, MICK LONG, HUGH O'SULLIVAN, JOHN O'HALLORAN. FRONT ROW LEFT TO RIGHT: JOHN LEE, JOHN KELLY, CONNIE BUCKLEY, SHIELA O'DONOGHUE, JIMMY O'SULLIVAN, JOHN MCCARTHY, EILEEN SWITZER.



Saint John of God Community Services Ltd, Kerry Services

Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability throughout the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Organisations values and ethos and in keeping with its commitment to the continuing development of community based services.

If you are looking for a new exciting challenge and share best practice, the following role might be of interest:

STAFF NURSES

(Full Time/ Part Time Permanent, Contracts)

The successful candidate requires:

- RNMH/RNID qualifications or other suitable nursing qualifications and be a Staff Nurse on the current register as maintained by An Bord Altranais.
- Previous relevant experience of supporting people with an intellectual disability (An Advantage)
- Relevant experience of working with people who have behaviours that challenge is an advantage.
- Demonstrate excellent communication (both verbal and written), organizational skills, flexibility and commitment.
- A full clean driver's licence for manual vehicles is essential, D licence would be an advantage.

SOCIAL CARE WORKERS

(Full Time/ Part Time Permanent, Contracts)

The successful candidate requires:

- Diploma in Social Care/Diploma in Applied Social Studies/Social Care
- Experience working with individuals with an Intellectual Disability (An Advantage)
- Flexible and excellent communication skills
- Initiative, motivation and enthusiasm
- Commitment to the development and delivery of a person centred programme.
- Experience of supporting people presenting with challenging behaviour.
- A full clean driver's licence for manual vehicles is essential, D licence would be an advantage.

Please forward a covering letter and CV (including written explanation for any gaps in employment), to:

Human Resources Department, Saint John of God Kerry Services, Monavalley, Tralee, Co. Kerry
or email: sjogkerry.recruitment@sjog.ie
before 5.00 pm on Friday 11th August, 2017.

Applications will be short-listed based on the information supplied in the Curriculum Vitae and a panel may be formed from which future vacancies will be filled.

CO-ORDINATOR COMMUNITY BASED DAY SERVICES (CNMII)

(Permanent Contract of Employment)

The successful candidate will manage and develop an innovative range of community and person-directed supports that enables each individual to access community opportunities in accordance with the principles of New Directions, National Day Services Policy.

The successful candidate must be:

- Registered with An Bord Altranais and preferably possess the RNID qualification.
- Have at least 5 years post registration experience in the specialty of Intellectual disability.
- Previous relevant experience of working with adults with an intellectual disability who have moderate, severe to profound disabilities.
- Experience of working with individuals who present with Behaviours that challenge desirable.
- Demonstrate evidence of continued commitment to professional development.
- Previous experience in training and community development e.g. FETAC with a creative approach to service delivery.
- Demonstrate knowledge and leadership in New Directions and Person Directed Planning.
- Excellent communication skills essential.
- A full clean driver's license for manual vehicles is essential, D license would be an advantage.

CO-ORDINATOR COMMUNITY BASED DAY SERVICES

(Fixed Term Contract of Employment)

The successful candidate must be:

- Have a recognised 3rd Level qualification at NQF Level 8 in Allied Health / Health and Social Care profession.
- Demonstrable Supervisory experience, preferably in excess of two years, along with excellent managerial and leadership skills.
- Previous relevant experience of working with adults with an intellectual disability who have moderate, severe to profound disabilities.
- Experience of working with individuals who present with Behaviours that challenge desirable.
- Demonstrate evidence of continued commitment to professional development.
- Previous experience in training and community development e.g. FETAC with a creative approach to service delivery.
- Demonstrate knowledge and leadership in New Directions and Person Directed Planning.
- Excellent communication skills essential.
- A full clean driver's license for manual vehicles is essential, D license would be an advantage.

Interested candidates should apply by forwarding a Cover letter and Curriculum Vita, **including written explanation for any gaps in employment**, to the Human Resources Department, Saint John of God Community Services CLG, Human Resources Department, Monavalley Industrial Estate, Tralee, Co. Kerry, Ireland
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TODAY IS WORLD HEPATITIS DAY

Following the adoption of a resolution during the 63rd World Health Assembly in May 2010, World Hepatitis Day was given global endorsement as the primary focus for national and international awareness-raising efforts and the date selected was July 28th (in honour of Nobel Laureate Baruch Samuel Blumberg, discoverer of the hepatitis B virus, who celebrates his birthday on that date).

Hepatitis - a disease that affects the liver - affects hundreds of millions of people worldwide, causing acute and chronic disease and killing close to 1.4 million people every year.

GREAT BRITAIN IS SILENTLY HEADING TOWARDS A NEW WAVE OF BATTERY FARMING

Mega farms are defined by the amount of livestock they can hold. To be defined as 'mega', a farm must hold at least 125,000 broiler chickens, 82,000 laying hens, 2,500 pigs, 700 dairy cows or 1,000 beef cows and there are now 800 Mega Farms in Great Britain.

Herefordshire's farms alone now hold over 16 million animals, meaning that the county now has 88 times more factory farmed animals than it does humans. Shropshire and Norfolk follow closely, with more than 15 million and 12 million animals respectively.

When proposals were put forward for new mega farms in England a few years ago, the general public protested and shut them down. One proposal made for a farm in Lincolnshire which planned to house more than 8,000 cows, had to be abandoned after local opposition. Another in Foston, Derbyshire, for more than 24,500 pigs was successfully derailed after protests.

These type of farms are cruel and unnatural places to keep living animals. The average animal raised by a mega farm will never step outside. They are likely to catch disease and experience intense discomfort and pain for the entirety of their short life, before being slaughtered for food, or in the case of dairy cows, dying prematurely from exhaustion.

NATIVE AMERICANS USED PLANTS TO CURE EVERYTHING

The Cherokee are a Native American tribe that hails from Oklahoma and surrounding American states. They believe that they were given herbs and plants by their Creator as gifts which allowed them to treat and cure illnesses and ailments.

Herbal medicine has been practiced by Cherokee and other Native American healers for hundreds of years. Their extensive knowledge of the healing properties of regional herbs and plants was handed down from one generation to another via specially chosen healers and shamans.

They used a unique gathering method, picking only every third plant in order to ensure that the plants they relied on might continue to grow for generations to come.

Today, many of the herbs and plants that the Cherokee once used have grown scarce due to overconsumption and damage to the land. "Nature's pharmacy" is slowly being depleted.

ORCA WASHED UP ON A SHORE WITH A STOMACH FULL OF EMPTY CRISP PACKETS

An Orca whale washed up in Plettenberg Bay in South Africa's Western Cape with a stomach full of litter, before sadly dying shortly after. The Cause of death was starvation.

When dissected, Yoghurt pots, food wrappers and even the sole of a sneaker were found inside the whale's stomach.

It's thought that, lacking any real nutrition and with the pain of all that packaging in its system, the Orca became unable to hunt with the rest of its pod and had therefore began to look for food in shallow water.

Although a rescue team tried to save the Orca, the starvation was already too severe, with its stomach lining already seriously damaged, and they were unable to keep it alive.

Don't just be sad that this happened, do something about it.

Marine littering is out of control, it's thought that by 2050 there will be more plastic in the ocean than fish and soon after that, the coral reefs will reach a level of disrepair that we cannot return from.

There are campaigns out there, working to prevent this outcome, but unless we all take a conscious step towards helping them, the ocean has no chance.

QUOTE

"Thank goodness I was never sent to school; it would have rubbed off some of the originality"

- Beatrix Potter

ON THIS DATE - JULY 28TH

1821 - Peru declared its independence from Spain

1866 - Birth in London of Helen Beatrix Potter, children's author and illustrator, botanist, environmentalist, sheep farmer and businesswoman.

1893 - A petition organised by Kate Sheppard, demanding women's suffrage, was delivered to New Zealand's parliament; signed by over 25,000 women, a 5th of the adult European female population

1896 - The city of Miami, Florida was incorporated

1914 - Austria-Hungary declared war on Serbia after the assassination of Archduke Franz Ferdinand in Sarajevo.

1927 - The first automatic telephone exchange in Ireland, serving more than 700 customers, was opened at Ship Street

1954 - Birth of Mikey Sheehy, Gaelic footballer. in Co. Kerry

1972 - Thousands of British dockers began an official strike against plans for compulsory redundancies and threats to their workload from container firms using cheaper, casual labour.

1999 - The Central Statistics Office published the most popular baby names for the previous year; the leading boy's name was Conor, followed by Seán, Jack, James and Adam. Chloe topped the list for the girls, followed by Ciara, Sarah, Aoife and Emma

2002 - Nine coal miners were rescued after 77 hours trapped underground in the flooded Quecreek Mine in Pennsylvania

NURSES TRIED THREE TIMES TO WEIGH NEW-BORN THINKING THE SCALE WAS BROKEN

Whitney Hallet, a 28-year-old mother and her husband Edmond from Seymour, Indiana knew their baby might be large. Whitney had been diagnosed with gestational diabetes, which can occur during pregnancy, resulting in a heavier new-born.

Their other children weighed in at 8, 9, and 11 pounds when they were born, so they received a very unexpected surprise when their new-born son, Waylon Cole Hallett was born roughly the size of a 6-month-old and weighed 16 pounds.

The baby was so large, the couple had to buy all new clothes and diapers. "There was no way he was fitting into a new-born outfit!" Edmond said.

After birth, Waylon had a few complications due to his large size, he had some trouble breathing and eating, so he was forced to stay about seven weeks in the NICU.

Today, Waylon is a happy and normal baby. According to Whitney, the baby hasn't changed much in size, so the new clothes they bought for him at birth still fit! "He sleeps a lot more than our other babies did, but he's healthy. When he's awake, he's alert and smiles," said Edmond. "He's a happy boy."

Waylon Cole Hallett was born on May 1st (by C-section).

DID YOU KNOW?

* There's a giant mushroom in Oregon's Malheur National Forest with a root system that covers over 2,200 acres, making it the largest living organism in the world.

* Heroin was once a perfectly acceptable medicine prescribed by doctors for everything from coughs to headaches.

* The shortest war in history was the Anglo-Zanzibar War. It lasted just 38 minutes.

* The Leaning Tower of Pisa was actually never straight to begin with. The foundation began to sink when they started on the second floor.

* Ronald Reagan is best known for being US President and acting in numerous films, but he was also a prolific lifeguard, who saved 77 people from drowning.

PIT BULL WOULDN'T LEAVE THE SHELTER WITHOUT THE CHIHUAHUA SHE WAS PROTECTING

3 year old Merill a pit bull mix, and 8 year old Taco a Chihuahua, were both surrendered to a shelter in Australia. Merill arrived very ill and the vets performed lifesaving surgery.

Taco watched over Merill and never left her side even once during her recovery, that's how they became best friends.

A spokesperson for Rocket Dog Rescue said "These two love each other more than any bonded pair we have ever seen. They cry when leave each other's side."

When a family came in wanting to take Merill home with them, they couldn't get her to budge; it quickly became obvious that she wouldn't just leave Taco, just like before, whenever they'd had to be separated for any reason, Merrill and Taco cried for each other.

So, what was to be done? The family decided to adopt them both and now Merrill and Taco will spend the rest of their lives together with a family that loves them and understands that some bonds shouldn't ever be broken.

POLAND'S MYSTERIOUS 'CROOKED FOREST'

If you ever venture outside the village of Nowe Czarnewo in Poland, you won't have to wander very far before you discover one of the greatest mysteries on Earth: the mysterious and extremely strange Crooked Forest.

This strange forest was planted in the 1930s presumably by people who lived nearby. It is made up of 400 trees, which are bent at 90 degrees just above their base, with the curve going back upright after three to nine feet of sideways growth.

These trees all point to the North and bend to make a very specific "J" shape. Tree experts called to examine the trees speculate that their strange shape probably started when they were damaged seven to 10 years after they were planted.

There are many different theories about what could have damaged these trees and made them take this shape. One popular theory is that they were damaged by passing tanks during World War II. Another is that a heavy snowstorm arrived not long after the trees were planted. The weight of the snow proved to be too much for the trees and caused them to grow abnormally. The most popular theory is that local woodcutters deliberately manipulated the shapes of the trees with the idea of using it for the construction of speciality furniture.

COUPLE FEDEXED THEIR TODDLER 500 MILES ACROSS THE COUNTRY

Nick and Jesse Faris of Memphis, Tennessee, had been waiting several months to hear good news about a potential organ donor for their two-year-old daughter, Brooklyn. Finally, they received the call that they'd been hoping for all along.

Brooklyn suffers from Alagille syndrome, a genetic disorder that is capable of affecting the heart, liver, and other organs. Nick and Jesse had adopted Brooklyn from an agency in China 12 months earlier. They had hoped that moving her to live with them in Memphis would give her a fighting chance to survive her unfortunate medical circumstances.

So when the Faris family received the call that the Lurie Children's Hospital in Chicago, Illinois, had a liver available, they knew they had to do whatever it took to get there. There was just one problem: a major blizzard was headed their way and when they went to book their flight from Memphis to Chicago, they discovered that all flights from their airport had been cancelled. Considering the urgency of the situation, they had to act fast. "We considered driving or taking a train, but we were worried we wouldn't get there on time," Jesse Faris said in an interview about their unfortunate scenario. "It would have been \$10,000 to charter a plane, and we couldn't handle that financially."

They knew that time was starting to run out, and getting Brooklyn to Chicago was an absolute must. This was a rare opportunity, and they were going to do whatever they had



to do to ensure that she received that liver transplant. Nick and Jesse sought the advice of the community of people they'd met through their page for Brooklyn on the Children's Organ Transplant Association website, they posted a message on Brooklyn's page and sealed the message by stating "Prayers for the family's travel are very appreciated!" and waited for someone—anyone—to respond.

That's when a friend of the family's, named John Carroll, decided he had to help them in a unique way. He contacted a local children's hospital, who in turn contacted the shipping company FedEx; they typically fly even when commercial flights are down. When the local hospital contacted FedEx to inquire whether or not they were flying through the blizzard, they got some good news. They had deemed the weather safe enough to travel, and they were going to continue flights as scheduled. "They called and said if we could get to the airport in 30 minutes, they could fly us free on one of their corporate jets," Jesse said about FedEx stepping in to help them in their time of need. The Faris family couldn't believe that, with the help of John Carroll, the local children's hospital, and FedEx, they were on their way to get Brooklyn the liver transplant that would potentially save her life. Later that same night, the Farises safely arrived in Chicago, thankful for how courteous the FedEx pilot crew had been to them.

Brooklyn's surgery took place the following morning. After undergoing the successful 10-hour surgery, Brooklyn had a new liver, and a new lease on life. While Brooklyn was spending the following 11 days in the hospital recovering from the operation FedEx again contacted the family to offer them a free flight home. "Brooklyn is getting stronger every day," Jesse said. "We are still wrapping our minds around what the future holds. With this gift of new life given to her, there are so many possibilities that lie ahead for Brooklyn."

NAN MADOL: THE MYSTERIOUS ANCIENT CORAL REEF CITY

UNESCO has placed Nan Madol on the World Heritage List, describing it as a "globally significant masterpiece of creative genius". Off the island of Pohnpei in Micronesia it is the only ancient city ever known to have been

built upon a coral reef. It is comprised of a set of almost 100 stone and coral fill platforms atop artificial islands separated by narrow channels and enclosed by an outer seawall and includes the remains of stone palaces, temples, tombs and residential domains. Yet despite the enormity of the undertaking in building the city, no records exist as to when exactly it was built, where the enormous rocks came from, how they were transported there, and for what reason it was constructed on top of a reef.

Evidence of the early human activity on the islands dates back to the first or second century BC, but it is not known exactly when the construction of the artificial islets started. The name Nan Madol means "spaces between" and refers to the canals that criss-cross the ruins.

The total area of the enclosure is 75 hectares. The foundations of the islets were constructed of huge basalt boulders, on which walled enclosures were built using columnar basalt in a header and stretcher pattern in-filled with coral rubble. Walls were as high as 15 metres and up to 5 metres thick. The average weight of each stone is 5 tonnes, with some weighing as much as 50 tonnes and it has been estimated that the total weight of the columnar basalt that makes up the city's construction is up to 750,000 metric tonnes.

Probable quarry sites around the island have been identified, but the exact origin of the stones used in the construction of Nan Madol is yet to be determined. No quarries exist in the immediate vicinity meaning that the stones must have been transported to their current location. What is even more incredible is that the builders managed to accomplish the task without pulleys, levers or metal to aid in the process.

Historians and archaeologists have suggested that they huge rocks may have been floated via raft to the islets, however, the exact means of engineering with which the massive stones were moved from their distant quarries, over land and water, and erected on the reef complexes is still unknown.

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SELF ESTEEM



Self-esteem is determined by how much we value ourselves, and tends to develop from early childhood right into our adult years. Healthy self-esteem is maintained when we achieve a good balance between feeling capable while also feeling loved. Self-judgement or the judgement of others can trigger low self-esteem. Negative self-talk such as 'I'm no good', 'I'll never succeed', 'nobody like me' can all contribute to our low self-esteem. The more we use this negative self-talk the more we begin to believe its fact. There are many ways in which we can raise our self-esteem and begin to feel better about ourselves. These include:

Positive Self-Talk: Why not change the way you talk to yourself by giving yourself positive statements. Replace the negative thoughts with something positive and create positive affirmations. Look at what you do well or what is working in your life and begin to 'change the recording' in your mind to incorporate these.

Positive Self-Care: When we begin to take care of ourselves we begin to feel good about ourselves. This involves eating healthier food and cutting out junk. Exercise is also vital to help us feel good about ourselves and feel energised. Talk a walk, run, cycle or dance; do whatever feels good for you.

Do things you enjoy: What do you love to do? Make a list and ensure that you do at least one pleasurable activity each day.

Remember your Success: Look at past successes you have had and draw from these. Reflect on an achievement or a challenge you overcame. Be sure to give yourself credit for this and remember, if you did it once, you can do it again.

Spend time with good people: Be sure to spend time with people who treat you well and try to avoid negative people who put you down.

Don't compare: Comparing ourselves to others can really dent our self-esteem. Instead of focusing on the success of others – we need to focus on ourselves and what we can do better. Comparing ourselves will only bring us down.

Take small steps: Set small achievable goals so you can see your success as it unfolds. This will result in feeling more successful and confident and lead on to greater accomplishments.

Be prepared for setbacks; they are part and parcel of life. However, the way in which we deal with a setback can greatly impact our self-esteem. If you are unable to achieve a goal, try again or change tactic.

Next week we will continue to look at Self Esteem and ways in which we can nurture self-esteem in our Children.

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Welcome back dear reader every day upon waking most of us will listen to the news to see what's going on. Unfortunately it is mostly bad news which can cause fear and anxiety but the Lord tells us not to be afraid or anxious, but through studying and praying His Word we can enter His peace no matter what's happening. Reader, can you identify with this – that people are dying young from diseases while seeking out help from medicines, doctors and hospitals, yet there seems to be no let up even with all the treatments? There was a woman in the Bible who had an issue of blood for twelve years, she had suffered much and had given all her money to physicians but was none the better and only got worse. That is the case for many people who have been down that road. But this woman heard about Jesus, and that multitudes that came to Him with all types of diseases including the dreaded leprosy were healed, cleansed and made whole. She said to herself 'if I could touch the hem of His garment, I will be healed'. (Mark 5:25-34) So she did what her faith was telling her to do and found Jesus with a crowd of people jostling around Him. She released her faith and touched the hem of His garment and immediately she felt power touch her and she knew that she was healed and made well. Jesus, realising what had happened asked 'Who touched me?' His disciples asked Him 'Lord how can you ask who touched you – this whole crowd are touching you'. But Jesus answered them and said 'I felt power leave my body, who was that one who touched me?' The woman acknowledged that it was her, and Jesus told to her "... your faith has made you well, go in peace and be healed of your affliction." It's the same for you today friend – Jesus' healing power is available to all who put their trust in Him and will do what this woman did – believe in Him and act in faith. There are many ways the Lord has said for us to be healed, but all starting with having a foundation of the Word of God set in our hearts, because our faith comes from hearing and hearing by the Word of God (Romans 10:17). If you are sick in your body the Word of God is freely available for you to be healed today in Jesus mighty name! More next week.....

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Three Our Father, three Hail Mary and three Glory Be.

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

THE MIRACLE PRAYER

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

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

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

Amen.

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

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

NOVENA TO THE SACRED HEART

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

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On Timmy's first anniversary, his wife Catherine, sons Fred and JJ, daughters Catherine Ann and Eileen, sons-in-law Eric and Christopher and grandchildren, wish to express our most sincere thanks and appreciation to all those who sympathised and supported us in our sad loss.

Thanks especially to our extended family, wonderful neighbours and friends who called to our home and brought food and refreshments, your kindness and words of comfort will stay with us always.

Thank you to everyone who travelled near and far to attend the Rosary, Removal and Requiem Mass and burial in such large numbers. Thank you to all who sent Mass cards, perpetual enrolments and donated to Marymount Hospice.

A special thanks to Pat O'Donnell for a beautiful mass, John O'Donoghue for the music and everyone who participated in any way during the funeral mass.

A special thanks to O'Keeffe's Funeral Directors for their kindness and professionalism in taking care of the funeral arrangements with the upmost dignity and respect for Timmy and his family.

Thank you to all the medical staff in CUH and Marymount Hospice who all cared so professionally for Timmy.

Thank you to Dr. Christina Walsh McCarthy for the care she gave she gave Timmy during his illness. To Timmy's nieces and nephews who did an unforgettable guard of honour, thank you. A sincere thank you to everyone who walked, donated and helped out in any way for Timmy's Memorial Walk which took part on

January 1st. We raised €5,700 for Marymount Hospice.

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our sincere gratitude and appreciation.

Holy Sacrifice of the Mass will be offered for your intentions.

*We cannot bring the old days back
When we were all together
The family chain is broken now
But memories live forever.*

First Anniversary Mass for Timmy will be celebrated at the Church of the Holy Rosary, Gneeveguilla on Saturday 29th of July at 7:30pm.

ACKNOWLEDGEMENT AND 1ST ANNIVERSARY



In Loving Memory of

HANNAH O' RIORDAN

**Knocknagree Village, Co. Cork
Who died on 31st July 2016**

On the first anniversary of Hannah's death we her family want to thank all our relatives, friends and great neighbours for all their support and generosity. We offer heartfelt thanks to all those who attended the rosary, funeral and burial, that travelled long distances, sent floral tributes, messages of condolences, mass cards and enrolments.

We would like to thank South Doc, the Paramedics and the staff of CUH for their help and kindness, also her great neighbours for the help and care of Hannah the morning of her illness.

Thanks to Fr. Pat O'Donnell and Fr John Keirn for their help and beautiful mass. Thanks to O'Leary undertakers for the professional service and help during the funeral and the gravediggers. Thanks also to Sheila and Joan for the beautiful music.

As it would be impossible to thank everyone individually, please accept this acknowledgment as a token of our sincere gratitude and appreciation. The holy sacrifice of the mass will be offered in your intentions.

Hannah's anniversary mass will be held in Knocknagree church on Friday 28th of July at 7.30 pm.

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within your 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.

NOVENA TO THE SACRED HEART

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

BIRTHDAY REMEMBRANCE



In Loving Memory of

DECLAN HEALY

**Rockfield, Faha, Killarney.
Whose birthday occurred on 25th July.**

In My Heart You're With Me Still

*You always brought such happiness
to me throughout the years
And sometimes special memories
still bring back loving tears.*

*But you are close in thought
and in my heart, you're with me still,
For you made such a difference
in my life and always will...*

*Because someone as wonderful as you
is never gone-*

*Since in my dearest memories
your special love lives on.*



**From your loving wife Mary, daughter
Gemma, son-in-law Savio and your
beloved Granddaughters Izzy and Eloa.**

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within your 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.

LET'S PRAY TOGETHER INTO THE WORD

Living Words. Proverbs 18(21). Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it (death or life).

If we gossip during the day, this will produce a bad day. Talk about the right things, and this will lead to happiness. Murmuring, complaining, gossiping, only produces one thing. That is the fruit of death. We need to speak life, and eat the fruit of the Spirit. Choose the good fruit.

Lord Jesus Christ, protect us from using negative words during the day, so that we can enjoy the day, our Father God has made. With your wisdom, Jesus, let us speak words of life and encouragement. We need to love people more, and use words of love and life. Not death.

Amen

For Prayer Requests
comlaurencewoodley63@gmail.com

THANKSGIVING

Praise and thank you Father in heaven, your loving son Jesus, and the Holy Spirit for all the blessings you have given me and my family in the past, praise and thanks to our lady of the Sacred Heart, our blessed Mother, St. Joseph, St Padrio Pio, St Martin, St Anthony, St. Therese of the little Flower, St. Faustina, St. Teresa of Calcutta, all the Holy Souls, Our Angel Guardian and all the Angels for there intercessions to the good Lord for us, O Jesus I surrender myself to you, take care of everything
JJD

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.

M.T

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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