

"Out First Every Friday"

# KILLARNEY Outlook

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



## Golden Chopsticks Chinese Restaurant

Mon - Sat: 3pm - 11pm | Sun: 12.30 - 11pm

Scotts Street Killarney  
(opposite Peter Mark Hair Salon)  
Tel: 064 66 22005

Gift Vouchers Available

Visit our website on [www.goldenchopstickschinese.com](http://www.goldenchopstickschinese.com)  
Check our Menu | Reserve on line with your Special Requests

### RESTAURANT SPECIAL

#### EARLY BIRD SPECIAL -

€17.50 per person

Offer 2 Courses + Rice or Chips.

Monday - Saturday: 3.00pm - 6.00pm

Sunday: 12.30pm - 6.00pm

#### SUNDAY LUNCH MENU SPECIAL

- €14.00 per person

Appetisers + Main Course + Tea or Coffee

(Including Rice or Chips).

Sunday: 12.30pm - 4.00pm

**SAVE YOUR MONEY & FUEL**  
with our **TAKE AWAY MEGA MEAL DEALS**  
Free Delivery within 2 mile radius of Killarney Town  
Minimum Spend €12

## Summer Scrappage Deal

### Peugeot Partner Van

**UP TO €4000 SCRAPPAGE  
ON SELECTED MODELS**



**Limited Stock  
and Colours  
available From**

**€10,250 +VAT**

T & C apply

**REEN'S CAR SALES RATHMORE**

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150



PEUGEOT



MUCKROSS PARK  
HOTEL & SPA

Weddings in the heart of  
Killarney National Park

## WEDDING FOOD EVENT

Sunday 30<sup>th</sup> August, 2pm - 5pm

Meet our experienced  
wedding team.

Sample exquisite dishes from  
our extensive wedding menu.

View our beautiful and unique  
wedding suites.

Contact our Wedding Sales Manager  
Bernie O'Donoghue on  
064 662 3400 or email  
[bodonoghue@muckrosspark.com](mailto:bodonoghue@muckrosspark.com)  
for invitation.

Muckross, Killarney, Co. Kerry

Tel: (064) 66 23400

[WWW.MUCKROSSPARK.COM](http://WWW.MUCKROSSPARK.COM)



THE  
fabulous  
FABRIC  
company

Beyond Measure

Free  
professional  
advice



Curtains · Blinds · Wallpaper  
Headboards · Upholstery fabrics

Tel: 020 45235 Email: [info@tffe.ie](mailto:info@tffe.ie) Web: [www.tffe.ie](http://www.tffe.ie)  
Ballymakeera, Co. Cork

Image Courtesy of Matthew Williamson



## TRADITIONAL CHINESE MEDICINE

Acupuncture Clinic | Natural Fertility Clinic | Countess Centre, Park Rd (Over Hegartys)

• Acupuncture • Herbal Medicine • Dietary Therapy • Bio-Resonance Testing • Cosmetic Acupuncture

Kathleen McAuliffe  
Lic. TCM CHM

Clinics: Killarney & Millstreet  
Tel. 086 2670068 / 029 70498





**DON'T BE A VICTIM!**  
**PROTECT YOUR PROPERTY!**

Never before have businesses and homes been more at risk from burglary or property damage  
**We have systems to suit all budgets!**

**Eleco**  
Fire & Security

**SECURITY SERVICES PROVIDED**

- Monitored Intruder Alarm Systems
  - Fire Alarm Systems
- Monitored CCTV Systems
- Access Control Systems
  - Intercom Systems
- Emergency Lighting
- Barrier Access Control
- Automated Gate Systems
- Back-up Radio Transmitting
  - Maintenance Services
  - Service Contracts
- 24 Hour Emergency Call Out Service

Call us NOW on **087-9352517**  
for a **FREE consultation** on your premises by your LOCAL Service Provider

email: [info@elecoservices.com](mailto:info@elecoservices.com)  
**www.elecoservices.com**

**TIM CRONIN** *New & Used Furniture*

Farranfore Village, Co. Kerry

**We Buy and Sell**

GOOD QUALITY HOUSEHOLD FURNITURE  
ANTIQUES - BRIC A BRAC - CHINA  
JEWELLERY AND MANY INTERESTING THINGS

**CALL TIM: 087 6673806**  
**CALL SARAH: 086 8880373**  
EMAIL: [timcroninfarren4@gmail.com](mailto:timcroninfarren4@gmail.com)

**Thomas O'Sullivan Engineering & Fabrication Ltd**




**Our Services:**

- CNC Pressbrake & Guillotine – can cut & fold 3 meters of 10mm plate
- CNC Plasma Cutting.
- Iron worker – up to 20mm plates & angles cut & punched
- Coded Welding
- On Site Welding
- Structural Steel Work – Farm Buildings, Industrial Buildings
- Wrought Iron Gates & Railings
- Aluminium & Stainless Steel Welding
- Sandblasting & Spray Painting
- Repairs & Modifications to Heavy and Light Plant

**CONTACT US:**  
A: Trien, Kilmorna, Listowel, Co Kerry  
M: 0872480390  
E: [tomosullivan.engineeringltd@gmail.com](mailto:tomosullivan.engineeringltd@gmail.com)  
W: [www.osullivanengineeringandfabrication.com](http://www.osullivanengineeringandfabrication.com)



**KCINEMA KILLARNEY**  
East Avenue Rd, Killarney, Co. Kerry

Friday **28th** - Thurs **3rd** Sept 2015

 <b>STRAIGHT OUTTA COMPTON</b> (16) 135m 7 Days 6:00 8:40	 <b>VACATION</b> (15A) 105m 7 Days 6:45 9:00	 <b>PAPER TOWNS</b> (12A) 120m Fri/Sat/Sun 2:15 4:30 7 Days 6:45 9:00	 <b>THE MAN FROM U.N.C.L.E.</b> (12A) 130m Fri/Sat/Sun 4:15 6:35 7 Days
 <b>TRAINWRECK</b> (16) 115m 7 Days 8:45	 <b>PIXELS</b> (12A) 115m Fri/Sat/Sun 2:15 4:30	 <b>FANTASTIC FOUR</b> (12A) 115m Fri/Sat/Sun 2:15	
 <b>INSIDE OUT</b> (G) 710m Fri/Sat/Sun 2:15 4:35 Sat/Sun 12:15	 <b>MISSION IMPOSSIBLE</b> (12A) 140m 7 Days 6:20 8:45	 <b>MINIONS</b> (G) 703m Fri/Sat/Sun 2:05 4:05 Sat/Sun 12:05	

**KIDS CINE CLUB**  
Sat 29th & Sun 30th August

 <b>TWO BY TWO</b> (G) 100m 12:10	 <b>SONG OF THE SEA</b> (PG) 700m 12:15
--	--

**STAY ORIGINAL**

**GET THE ORIGINAL MEGA DEAL**

14" PIZZA + 3 TOPPINGS  
+ GARLIC PIZZA BREAD  
+ CHICKEN DIPPERS + WEDGES  
+ DIPS + LARGE DRINK

**ONLY €20.95**

**FOUR STAR PIZZA**

KENMARE PLACE KILLARNEY  
**064 66 30222**

f

**TIM MCCARTHY**  
RATHMORE, CO. KERRY.

Tel: 064 77 56174 Mobile: 087 6178379

**BUY NOW!**  
Save yourself a small fortune this winter!!

**2 TONNE BAGS FIREWOOD TIMBER**

**ONLY €69.00 DELIVERED**  
While Stocks Last

**RAILWAY SLEEPERS**  
New & Second Hand  
JUST €20 EACH

**TIMBER FENCING**

**PADDY O'KEEFFE**  
SUPERMARKET & GENERAL STORE

Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195 | Fax: 064 66 43105

 <b>XL SUPERMARKET</b>	 <b>Coca-Cola</b> 4 pack cans <b>ONLY €2</b>
 <b>BIG VALUE SCHOOL STATIONERY</b>	 <b>2ltr Family Value Still Water</b> 2 for €1.00
 <b>Snickers</b> 2 FREE T-SHIRTS WITH EVERY PAIR OF WORK TROUSERS SAVE €18.00	 <b>FULL RANGE OF PIPING: DRAINAGE - CARRY-SEWER-CONCRETE ETC.</b>
 <b>IT'S FARM FENCING AND GRASS SEED SEASON: CHECK OUR STOCK</b>	 <b>GROWISE MULTIPURPOSE COMPOST (125ltr) 3 BAGS for ONLY €21</b>

**Dulux Paint Machine • 1000's of colours**



# SALLY-ANN WINS THE STYLE STAKES A KILLARNEY LADIES DAY

In the end, there was only the race cards left, the losing bookies tickets in the bin and the last few horses put back into their boxes as racing folk bid a fond farewell to the 2015 season of races in Killarney. Still such was the success of the last meet in Killarney people are already looking ahead to next season with another 3 Summer meetings in the offering over 11 days.

The crowds were good at last week's meet where 29 races featured over the four days with an impressive prize fund of over €400,000 presented with runners and riders from Ireland and UK's top stables.

Still the big event was ladies day and Sally-Ann Leahy (23) from Causeway, was announced winner of the style stakes at Ladies Day in association with Keanes Jewellers in Killarney on Saturday.

The Ladies Day Winner caught the eye of the judges with her elegant racing style. Sally-Ann wore a two-piece from Designer Marion Murphy Cooney, the look was completed with a matching hat from Annburys in Tralee and a silver bag and silver shoes from Faith. Sally-Ann won a diamond ring worth €3,000 generously sponsored by Keanes Jewellers.

Judges Lisa Fitzpatrick Stylist and Presenter, and Tourism Development Officer with Kerry County Council Joan McCarthy, picked 10 finalists from the thousands of women who



BEST DRESSED LADY, SALLY ANN LEAHY, PICTURED ON LADIES DAY AT THE AUGUST MEETING OF THE KILLARNEY RACES. L-R BRED A O'NEILL (KEANES JEWELLERS), SUSAN MORIARTY (KEANES JEWELLERS), JOHN BUCKLEY (KILLARNEY RACE COURSE), WINNER SALLY ANN LEAHY FROM CAUSEWAY WITH HER DAD TIM, BRED A LUCEY (KILLARNEY RACE COURSE) & JESSAMINE O'NEILL (KEANES JEWELLERS).  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

attended Ladies Day in Killarney. Following the announcement of the winners, Lisa Fitzpatrick told the Killarney Outlook "I am so impressed with the style and fashion here in Killarney today. It was great to see lots of stylish hats and colour on the ladies. There are some lovely boutiques and great milliners in Kerry".

The two runners up who each won a €500

voucher for Keanes Jewellers were Gretta Peters from Co. Tipperary wearing a skirt from Vanilla Boutique in Fermoy and peplum jacket from iclothing along with a headpiece from Elizabeth Christina Design and Lisa-Marie Maguire from Co. Down wearing a dress from Chi Chi London and a bespoke head piece from Dress House.



CATRIONA MCGUIRE (CENTRE), CELEBRATING HER 40TH BIRTHDAY AT THE AUGUST MEETING OF THE KILLARNEY RACES ON LADIES DAY L-R JOCELYN BOYCE, MARGUERITE DWYER, CAROLINE BYRNE, CATRIONA MCGUIRE, SIOBHAN CUSHEN, SINEAD STACK AND DEIRDRE CASEY.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY RACES ON LADIES DAY WERE L-R EILEEN KENNEDY, HARUKA TAKEO, EMIR O'SHEA, TERESA IRWIN, CIARA FOLEY & CLODAGH IRWIN-OWENS.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING LADIES DAY AT THE KILLARNEY RACES WERE L-R EVELYN MCCARTHY, SIOBHAN QUINLANN, LISA MORAN & CATHERINE TIERNEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING LADIES DAY AT THE KILLARNEY RACES WERE L-R MAI BERGIN, WINNIE RYAN & MAURA MCCARTHY.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



LUCY CONNOLLE AGED 5, DEBBY CONNOLLE AND MOLLY CONNOLLE AGED 8 FROM BEAUFORT PICTURED AT KILLARNEY RACES DURING THE AUGUST RACING. PHOTO BY DOMINICK WALSH © EYE FOCUS LTD - WWW.DWALSHPHOTO.IE/TRALEE



# SANCTUARY

- BEAUTY ACADEMY -

## NOW ENROLLING

LEADING TO INTERNATIONAL DIPLOMAS

\* C.I.D.E.S.C.O \* ITEC  
\* CITY & GUILDS

**NOW TAKING APPLICATIONS**  
**For Full-time and Part-time courses**

THE SANCTUARY BEAUTY ACADEMY, 3 THE SQUARE, TRALEE, CO. KERRY  
phone: 066 7119755 email: info@sanctuaryspa.ie

ADVANCE  
TEACHER  
TRAINING



NAIL  
TECHNICIAN



BEAUTY  
THERAPY



MAKE-UP  
ARTISTRY



# SANCTUARY

MEDI SPA LASER CLINIC

*Why Choose the Sanctuary Laser Clinic?*

- \* Safe & Effective Technology
- \* Highly Experienced Laser Therapists
- \* Excellent Results
- \* Affordable Prices
- \* Available 6 Days per week

*What Sanctuary Laser Clinic can do for you?*

- \* **Permanent Hair Reduction** - We will give you hair free skin
- \* **Photorejuvenation** - We will even out skin tone, get rid of pigmentation and brighten your skin
- \* **Thread Vein Removal** - We will get rid of thread veins on your face and legs
- \* **Anti-Wrinkle Age Defence** - We will get rid of your lines and rejuvenate the skin
- \* **Acne Treatment** - We will treat the cause and get rid of your acne
- \* **Fungal Nail Treatment** - Laser treatment for fungal nail conditions

**"WE BELIEVE IN RESULTS"**

BOOK YOUR FREE CONSULTATION TODAY - 066 7185776

THE SANCTUARY MEDI SPA, THE BRANDON HOTEL, PRINCES STREET, TRALEE, CO. KERRY PHONE: 066 7185776 EMAIL: INFO@SANCTUARYSPA.IE





## AONGUS CELEBRATE 30 YEARS WITH SOME OLD FRIENDS

Where does the time go? It feels like only last week when Aongus O'Donoghue put the "open" sign on the door of his new fitness enterprise and last Friday he opened the door again but this time to celebrate 30 years in the business.

Much may have changed in those 30 years but the enthusiasm and fun Aongus brings to getting people in shape were echoed sentiments from all those that came to celebrate the day.

Speaking to the Killarney Outlook about the event Aongus expressed his delight at the day. "It all went really well and there was some great fun and it was really a great day. With plenty pictures to put up on the wall", Aongus referring to the wall of photos with 30 years of photos and newspaper cuttings. It proved quite a talking point especially with well-known sports commentator Weeshie Fogarty who was a member "back in the day". "We started the day with Natalie Russell (Pilates instructor) doing DJ in lane. Radio Kerry then for 3 hours with lots of interviews with customers. Weeshie Fogarty also dropped in,"



AONGAS & HELEN O'DONOGHUE (BACK ROW CENTRE), CELEBRATING 30TH YEARS IN BUSINESS WITH AN OPEN DAY AT PHYSIQUE FITNESS STUDIO. BACK ROW L-R TOMMY BROSNAN, FIANAIT O'DONOGHUE, HELEN O'DONOGHUE, AONGAS O'DONOGHUE CAEL O'DONOGHUE & JOHN MANGAN. FRONT ROW L-R ALAN O'SHEA, MARY HICKEY, STEPHEN WALSH O'CONNOR, JOANNE BROSNAN & DYLAN O'ROURKE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

added Aongus.

Still there was time for some music and "we finished the day with Liam O'Connor and his

musicians." So what is the plan for now "We'll open the door again tomorrow and keep the good work going" laughed Aongus.

## KILLARNEY CARDIAC RESPONSE UNIT CELEBRATE BOND STYLE



PICTURED AT THE COURT AT THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE FRONT ROW L-R ELISH COFFEY, NOEL LUCEY, NIKKI TADDEI, DAMIEN BAKER, SUSAN TADDEI, PAULA MCSWEENEY, TOM BROSNAN & LINDA GORDAN. BACK ROW L-R JOHN O'GRADY, BRENDAN GALWAY, JEFF GORDAN, PATRICK O'CALLAGHAN, MICHAEL COLLINS, CHARLIE HARNETT, MARTIN O'GRADY, CLLR NIAL KELLEHER & MIKE MARSHALL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

After eight months of courses, practice and learning, 40 local Killarney responders completed their journey to become community first responders. Not only that but the Killarney Cardiac Response Unit went live with the National Ambulance Service and some have already been called into action.

Damien Baker Scheme Co-ordinator speaking to the Killarney Outlook was delighted with the team going live.

"Everyone at Killarney Cardiac Response Unit would like to thank the town of Killarney for making this happen. It's thanks to their time, support and generosity that this has been

made possible" he said.

"On a personal note I would like to thank each and every single person that has helped us from day one. We are also blessed with the dedication of our team at KCRU and our unit would not be where we are today without our amazing Responders and Committee members"

To celebrate after their hard months of work the KCRU held a Bond Theme night at the Killarney Court and we sent our photographer Marie Carroll O'Sullivan along and she captured the atmosphere in out "Big Event Section" on page 18.



AT THE COURT TO ENJOY THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE JEN JAWORSKA & MARGUERITE HARTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

### IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958**



killarney  
adventure  
race 2015



Saturday  
October 3rd

**You can do it!**

**LAST CHANCE TO REGISTER**

**Register before September 11th  
(unless sold out in advance)**

**[www.killarneyadventurerace.com](http://www.killarneyadventurerace.com)**



THE SUNDAY TIMES

elite  
event management

O'SULLIVAN  
CYCLES  
BIKE SHOP & OUTDOOR STORE  
KILLARNEY

KILLARNEY  
CONVENTION CENTRE  
1000 KILLARNEY ROAD



## KERRY ROSE TO MODEL FOR LOCAL HOSPICE FUNDRAISER

Building on its massive success of last year the Killarney branch of the Kerry Hospice Foundation are looking forward to their second "Models in Recovery" Charity fashion show that will take place on 9th September at the Killarney Oaks Hotel on the Muckcross Road.

Speaking to the Killarney Outlook ahead of the event Killarney branch Chairman Pat Doolan said he was looking forward to the night. "It was a real special night last year and we got great support from the public for what really is a very unique fashion event considering that all the models taking part are going through various stages of the recovery stage from cancer.

This year the show has been boosted even further by the fact that two well known Kerry people are to take part. "It's great that we have the current Rose of Kerry Julett Culloty on board and writer Tommy Frank O'Connor will

also do some modelling for us. Sometimes we forget the men".

Still these are only two of a large number who will model the best in local autumn and winter wear.

The idea for the event came from well-known local Margaret Walsh O'Donoghue and she will be on hand to help with the makeovers and style on the night.

"We are extremely grateful for everyone who is working behind the scenes to make it a special night and I know that anyone attending will have a great night and help us raise funds for a very special charity that is community based," adds Pat.

Tickets are €15.00 and if you would like any further information, you can contact Pat on Tel **085-1543514** or Kay Spillane on Tel **086-2962668**



KERRY ROSE JULETT CULLOTY IS TO FEATURE AS A MODEL IN THE "MODELS IN RECOVERY" CHARITY FASHION SHOW WHICH TAKES PLACES ON THE 9TH OF SEPTEMBER AT THE KILLARNEY OAKS. PICTURE - JOE HANLEY.

## HUGH O'FLAHERTY INTERNATIONAL AWARD FOR FOSSA NATIVE FR SEAN MYRES



FR SEAN MYERS, HUGH O'FLAHERTY INTERNATIONAL HUMANITARIAN AWARD 2015 RECIPIENT. PHOTO BY DON MACMONAGLE.

Fr Sean Myers a native of Fossa is this years Hugh O'Flaherty International Humanitarian Award winner. Fr Sean is a Redemptorist Missionary in Brazil. The Award will be presented to Fr Sean by the Mayor of Killarney Municipal Authority Cllr Bobby O'Connell on Saturday October 31st at an Award Ceremony in the Killarney Plaza Hotel.

This year marks the eight year of the Memorial to the Monsignor, organised to raise awareness of the Humanitarian work carried out by the Monsignor, during WW2, together with his colleagues in the Rome Escape Line, he saved over 6,500 people from the clutches of the Nazis who had occupied Rome at the time. On October 30th 2013, on the 50th anniversary of the Monsignor's death a permanent memorial to the Monsignor was unveiled in Killarney town centre. The memorial is a life-size

sculpture of the Monsignor by Valentia based artist Alan Ryan Hall.

Fr Myers (85) who was nominated by the Fossa Community arrived in north east Brazil in the spring of 1960 and soon assumed responsibility for a parish over half the size of the island of Ireland.

Chairperson of the Hugh O'Flaherty Memorial Committee Jerry O'Grady stated "Fr Sean was selected by the Award Committee from an extensive short list of very worthy nominees, and it is indeed striking that his life history is in so many ways similar to Monsignor Hugh's. It is incredible that at the age of 85 he continues to serve his community in Brazil and apparently has no intentions of retiring".

## CIARA AND SINEAD CUT THEIR LOCK FOR CHARITY



SINEAD GLEESON HAVING HER HAIR CUT FOR THE RAPUNZEL FOUNDATION PONYTAIL CAMPAIGN BY SAMANTHA'S HAIR SALON.

Glenflesk sisters Ciara and Sinead Gleeson certainly got that Rapunzel feeling when they "lost their locks" but in this instant it was willingly and for a good cause.

Ciara aged 15 and Sinead Gleeson aged 11 cut

their hair for the Rapunzel Foundation.

The Rapunzel Foundation is a charitable organization that works to improve the lives of those living with hair loss (alopecia) through fund raising as well as through hair raising. Hair is raised through the Rapunzel Foundation's Ponytail campaign, where people commit to growing their hair 14 inches or longer with the view to their hair being sent to help make much needed wigs to improve the lives of those living with the hair loss.

Ciara attends Killarney Community College and Sinead attends Knockanes NS.

Ciara's hair was cut by Aisling Madigan in her school where her school friends sponsored her as raised €235. While Sinead got her hair cut in Samantha's Hair Salon and her school friends also sponsored her as she raised €127.



CIARA GLEESON WHO HAD HER HAIR CUT FOR THE RAPUNZEL FOUNDATION PONYTAIL CAMPAIGN. PICTURED WITH L:R: SARAH CURRAN HAIRDRESSER, AISLING MADIGAN FROM THE AISLING MADIGAN HAIR ACADEMY SCHOOL AND FIONA O'BRIEN PRINCIPAL OF THE KILLARNEY COMMUNITY COLLEGE.

Ciara and Sinead would like to thank both hairdressers for cutting their hair and their friends and teachers for sponsoring them.



## FURNITURE, BATHROOM SUITES, STOVES & SO MUCH MORE...

### FITZGIBBON INTERIORS

WEB: [WWW.FITZGIBBONINTERIORS.IE](http://WWW.FITZGIBBONINTERIORS.IE) | EMAIL: [INFO@FITZGIBBONINTERIORS.IE](mailto:INFO@FITZGIBBONINTERIORS.IE)

TEL: JOHN JOE SHEEHY ROAD: 066 7126177 | CURRAHEEN: 066 7194982

*Fitzgibbon*  
INTERIORS

### Stoves & Fireplaces

Room heater, boiler & cassette stoves & a wide range of fireplaces



### Living Room Suites

Recliners, couches, coffee tables & much more



### Tiles & Flooring

Wide range of ceramic & porcelain tiles & wooden flooring.



### Bedroom Room Suites

Beds, lockers, wardrobes & much more



### Dining Room Suites

Tables & chairs & everything inbetween.



### Bathroom Room Suites

Baths, sinks, mirrors, toilets, showers.





# KILLARNEY HARDMAN TRIATHLON TESTING WRATH IRON ATHLETES TO THE CORE

The Iron men and women Athletes took to the Water at dawn at Lough Lein, Killarney, in an epic one day Triathlon, organised by Killarney Hardman Director, Alan Ryan. The Killarney Hardman Long Distance Triathlon, included a 3.8km swim in Lough Lein, Killarney, followed by the iconic Ring of Kerry Cycle with a distance of 180 Km and a marathon of 42.2km in Knockreer Demesne in Killarney National Park. While the Olympic distance Triathlon included a 1.5 km swim in Lough Lein, Killarney, followed by a 40Km cycle on the iconic Ring of Kerry Route, and finishing with a 10km run at Knockreer Demesne in Killarney National Park.

Now in its 5th year, the annual Triathlon has steadily growing in popularity, Race Director, Alan Ryan, Killarney, believes in the personal touch with athletes, and has watched it grow organically. He knows every competitor and their families personally. Speaking after the event Alan remarked "the weather was perfect for the competitors, not too much sun, perfect for the challenging and beautiful course which included the iconic Ring of Kerry and Killarney National Park, it belonged to the athletes for the day. It was great to see new Hardman Winner, David McCarthy, Cork, who finished in an amazing time of 10 hours, 06 minutes and 53 seconds.

There was plenty of Kerry Athletes out in force, Tralee's own Siobhan Griffin, (Ladies) finished second, in a time of 12 hours, 46 seconds, and another Tralee seasoned Hardman, who has won several Long Distance Hardman Triathlons, Milosz Wojcik, came Third in a time of 10 hours, 21 seconds. In the Olympic Distance more



MEMBERS OF KILLARNEY TRIATHLON, COMPETING IN THE KILLARNEY HARDMAN OLYMPIC DISTANCE TRIATHLON, WHICH INCLUDED A 1.5 KM SWIM IN LOUGH LEIN, KILLARNEY, FOLLOWED BY A 40KM CYCLE ON THE ICONIC RING OF KERRY ROUTE, AND FINISHING WITH A 10KM RUN AT KNOCKREER DEMESNE IN KILLARNEY NATIONAL PARK, INCLUDED ARE, JOHN C BRENNAN, DECLAN O'DONOGHUE, WINNER, ANTHONY O'SHEA, DIARMUID O'NEILL, SEAN COFFEY, DERRY DOYLE, DENIS CASEY, LADIES WINNER, DENIS MCCARTHY, ANGIE O'SULLIVAN, MARK BOWE, KIERAN O'DONOGHUE, JOHN BOWE, DYLAN BRENNAN. PHOTO: VALERIE O'SULLIVAN.

Kerry success, Declan O'Donoghue, came first with a time of 2 hours and 12 seconds. Denise Casey won the Ladies, in a time of 2 hours and 28 seconds, while Angie O'Sullivan, came in 2nd in a time of 2 hours, 32 seconds.

Other incredible Kerry Athletes competing in both courses included, David O'Flaherty, Shane Finn, Hugh Carberry, Eric Wharton, Diarmuid O'Dwyer, Tim Horgan, Noel Hilliard, Kirstie Nowak, John C Brennan, Anthony O'Shea, Diarmuid O'Neill, Sean Coffey, Derry

Doyle, Denis McCarthy, Mark Bowe, Kieran O'Donoghue, John Bowe, Dylan Brennan, Daragh Larkin, Hilliary McCarthy, Justin Healy and Siobhan Lenihan (Team Killarney Chamber of Tourism and Commerce). Special mention to honorary Kerryman Donagh McGrath, who worked in Radio Kerry before joining RTE newsroom. Great Support from members of Tralee Triathlon Club, Cork Triathlon, Wexford and Galway Triathlon Clubs, and newly formed Killarney Triathlon Club.



JUSTIN HEALY, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, COMPETING IN THE KILLARNEY HARDMAN LONG DISTANCE TRIATHLON. PHOTO: VALERIE O'SULLIVAN.



DIARMUID O'NEILL, KILLARNEY TRIATHLON, COMPETING IN THE KILLARNEY HARDMAN OLYMPIC DISTANCE TRIATHLON. PHOTO: VALERIE O'SULLIVAN.



JOHN C BRENNAN, KILLARNEY TRIATHLON, COMPETING IN THE KILLARNEY HARDMAN OLYMPIC DISTANCE TRIATHLON. PHOTO: VALERIE O'SULLIVAN.



TIM HORGAN, KILLARNEY, COMPETING IN THE KILLARNEY HARDMAN LONG DISTANCE TRIATHLON. PHOTO: VALERIE O'SULLIVAN.



DIARMUID O'DWYER, LEFT AND DAVID O'FLAHERTY, KILLARNEY, IN THE KILLARNEY HARDMAN LONG DISTANCE TRIATHLON. PHOTO: VALERIE O'SULLIVAN.



SIOBHAN GRIFFIN, TRALEE, WHO CAME SECOND IN THE LADIES KILLARNEY HARDMAN LONG DISTANCE TRIATHLON, DEMESNE IN KILLARNEY NATIONAL PARK. PHOTO: VALERIE O'SULLIVAN.



# KILLARNEY LEGION GAA CLUB



## OPEN DAY

**SATURDAY, 5<sup>TH</sup> SEPTEMBER | 10.30am to 12noon**

LEGION GAA GROUNDS, DIREEN (off Killarney Bypass)

**ALL BOYS & GIRLS FROM 4 -10 YRS WELCOME**



★ **NEW PLAYERS  
WELCOME** ★

**FREE REGISTRATION  
FOR ALL UNDER 6  
BOYS AND GIRLS**

**FREE REFRESHMENTS  
& SNACKS**

## LEARN TO PLAY FOOTBALL & HURLING IN A FUN ENVIRONMENT!

**Garda vetted coaches**

For more information,  
contact **SEAN** on **087 222 5325**



## DRAMA RETURNS TO MUCKROSS SCHOOLHOUSE

Following a series of performances with the production of "Callaghan's Place" last year and in January 2015, Killorglin Drama Group are returning to the most appropriate setting for two more performances on Friday September 11th and Saturday September 12th at 8p.m. at The Schoolhouse Muckross Traditional Farms, the ideal venue for a drama set in a rural Irish village in the early 1980s. A two-act play by renowned Sligo-born playwright John McDwyer, (works include 'Unforgiven', 'You'll never walk alone', 'Love is' and more), it tells the tale of a family struggling to cope with economic and social life. An only daughter is about to leave home. Her father is besotted and bereft at the thought; her mother is ignored and unhappy. Enter an Englishman of unknown reputation or origin into "Callaghan's Place", and the tale follows the community's fascination and curiosity. Who is he, where has he come from and what did he do? The intrigue builds into a crescendo through lively scenes of rich dialogue.

The interpretation by Killorglin Drama Group brings the setting to a rural Kerry scene and



DRAMA RETURNS TO MUCKROSS SCHOOL HOUSE ON SEPTEMBER 11TH AND 12TH

the storytelling is punctuated throughout with heartfelt truths and hilarious metaphors delivering a very enjoyable evening's entertainment. The Group will also perform "Callaghan's Place" in The Briery Gap Theatre in Macroom on November 20th and 21st 2015. The current cast includes the inimitable Edso Crowley as the storyteller in chief Pat 'EU Grant' Kelly, Kathleen Cronin as the Widow Annie Jackson, and Killarney thespian Mike Fuller as the 'Blow-in' from England.

Tickets for both venues are available by simply calling our booking number **087 668 3445**.

## CLOSURE THREAT FOR TOWN BUSINESS

Up to 30 local jobs are threatened after Management at the DIY store Homebase informed them of their proposal to close the store located in the Deerpark.

Currently the company are undergoing cut backs which has included the closure of its Longford Unit last January.

The Deerpark shopping centre currently hosts M&S, World of Wonder, Argos, New Look and a number of other outlets.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

## GOING BACK TO SCHOOL IS FUN WITH LEE STRAND! ELYSHA BRENNAN, LAUNCHES THE 2015 LEE STRAND HOMEWORK JOURNAL

Lee Strand welcomed the 2015 Rose of Tralee Elysha Brennan, to the launch of the Lee Strand Homework Journals this week at the Lee Strand milk plant in Ballymullen, Tralee. Once again this year over 12,000 hardback homework journals will be distributed to National School pupils in Kerry & West Limerick compliments of Lee Strand!

The specially designed homework journals valued at €4.50 each are printed in full colour and include a hardback cover for extra durability in pupils' school bags. The homework journals are printed in English and Irish with over 140 pages and include: a Weekly Diary, where pupils can record their homework each day; a Timetable to record classes & activities; a Tables Book featuring addition, subtraction, multiplication, division; Healthy Eating Tips; Irish Culture & Heritage; Spelling & Grammar; Teacher & Parent Note Forms; Homework Tips for Pupils and Parents, plus lots more.

Speaking at the launch of the Lee Strand Homework Journals, John O'Sullivan, General Manager, Lee Strand said "This is the fourth year Lee Strand is offering complimentary homework journals to National School pupils in Kerry & West Limerick. Lee Strand takes great pride in supporting the local community and what better way to support our community



ELYSHA BRENNAN, ROSE OF TRALEE LAUNCHES THE 2015 LEE STRAND HOMEWORK JOURNAL WITH MIGHTY MIKEY MILK AND JAMIE BURROWS, LUCAS SUGRUE, AVA SUGRUE AND LEXI O'CONNOR. PHOTO BY DOMNICK WALSH © EYE FOCUS LTD - WWW.DWALSHPHOTO.IE TRALEE MOBILE 00353 87 26 72 033

than by supporting our local schools. We have received very positive feedback from principals, teachers and parents on the homework journals as this is one less expense for parents to incur when their children return to school. The homework journal not only records pupils' homework it is also filled with lots of interesting and educational material for pupils and teachers to enjoy in the classroom."

Other 'Lee Strand Back to School' initiatives include: the Lee Strand School Milk Programme and also the very popular Lee Strand School Tour Visits of the milk plant in Tralee. For further details or registration please contact

**066 7121084.**

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: **editorial@outlookmags.com**



# SUITS SELECT

**3rd**  
**BIRTHDAY**  
**BLOWOUT!**  
**SUIT, SHIRT,**  
**TIE, SHOES & BELT**  
**€175**

**MUST END MONDAY 31<sup>ST</sup> AUGUST**



Unit 2 Manor Park, Tralee Tel: 066 7192102



## KERRY GETS SET TO CELEBRATE CULTURE NIGHT

The third Friday in September each year has become an important date in the Irish arts and culture calendar. Culture Night, which takes place across the whole country, has been created to give everyone an opportunity to explore and experience arts and cultural events in their local area free of charge.

Kerry will be well represented again this year with events taking place across the county.

"Culture Night is a great initiative and what better way to something new and get the whole family out to enjoy the quality of cultural activity that happens right across the county." Cathaoirleach of Kerry Cllr. Pat McCarthy told the Outlook.

Culture Night Kerry in Kerry is sponsored by Kerry County Council and the Department of Arts, Heritage and the Gaeltacht. There is something for everyone and all events are free of charge.

The countywide programme includes visual arts, music, dance, film, workshops and performances for all ages, so there'll be plenty to entertain and experience on the night wherever you are from 6pm- 11pm.

The Department of Arts, Heritage and the Gaeltacht in Killarney will be hosting the opening of the inaugural Kerry Visual Artists' Showcase exhibition at 6.30pm. There'll be a family friendly interactive juggling act in the town centre followed by Afro Trad Ireland's night of fun and drums From Kampala to Killarney, while at Muckross Schoolhouse there'll be a great night of Salsa workshops and



PICTURED BRIDE GARVEY – KILCUMMIN RAMBLING HOUSE, CAROLINE LYNCH – KERRY COUNTY COUNCIL ARTS OFFICE & MAYOR OF KERRY – Cllr PAT MCCARTHY.

live music by Baile An Salsa.

Meanwhile in Kenmare you can follow the Art Spots Gallery Trail where six venues exhibit paintings, photography, print, sculpture and ceramics by Irish artists, and in Kilcummin Rambling House there's an evening of music, storytelling, recitals, and song and dance.

Kate Kennelly, Kerry County Arts Officer who co-ordinates Culture Night Kerry, says 'it's a brilliant evening there is something for everyone of all ages to enjoy and as events

happen right throughout the county so you can enjoy the culture on your doorstep.' 'We know we have a county rich in culture, this is a night for everyone to enjoy and experience just a taste of what's on offer'.

Full details on all the events can be found on [www.culturekerry.com](http://www.culturekerry.com) or from the Arts Office on **066 7183541**. To download the Culture Night Kerry Brochure go to [www.culturekerry.com](http://www.culturekerry.com) or contact Sharon O'Keefe at [arts@kerrycoco.ie](mailto:arts@kerrycoco.ie)

## NEW INSTRUMENTS FOR KILLARNEY'S TOWN BAND



ANNA KERRISK, PLAYING WITH THE GLENEAGLE CONCERT BAND, AS PART OF THE KILLARNEY SUMMERFEST EVENING ENTERTAINMENT ON THE STREETS OF KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

The Gleneagle Concert Band will march to the tune of dozens of new instruments after a successful year of fundraising. Band members raised a staggering €20,000 through a series of fundraising events, donations and grants and the money will be used to purchase a selection of new brass, reed and percussion instruments. Speaking to the Killarney Outlook band

treasurer David Grady said "These funds will enable the band to replace long serving instruments some which date back to the formation of the band in 1981,"

The instruments are an integral part of The Gleneagle Band's Music Education Programme. Children who enrol in this programme are allocated an instrument on loan for free. While the instruments remain the property of the band, they are loaned out indefinitely, free of charge as long as the member is attending music lessons and band rehearsals.

"Our fundraising campaign has been a huge success, and the purchasing of new instruments means we can now make music education more accessible and affordable for a greater number of children," says Band Conductor Vincent Condon. "Our instrument loan scheme significantly reduces the cost of learning an instrument, and this coupled with the classes on offer from our outstanding teaching staff

means that kids from all over Kerry have the chance to learn a new instrument and be part of a band."

Established in 1981 The Gleneagle Concert Band and School of Music is renowned for excellence. Its professionally qualified teachers of international standing provide a first class comprehensive music education programme including one to one instrumental lessons, theory classes and various ensemble groups. Children aged nine and upwards are invited to enrol and places are allocated on a first come first served basis. Classes will commence in September.

Children, adults with previous musical experience and former band members are welcome to join The Gleneagle Concert Band or enrol in instrumental lessons and theory classes at The Gleneagle School of Music. For further information contact Vincent Condon on **087 2229513**.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**  
First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News



# GOING BACK TO SCHOOL IS FUN WITH

## Lee Strand



TASTE THE FRESHNESS



Lee Strand is delighted once again to give all the national school pupils in Kerry and West Limerick this **FREE** hardback school diary!

- Specially designed 140 page homework journal
- Full colour, printed in English and Irish
- Hardback cover for extra durability
- Weekly Diary, Timetable, Tables Book; Healthy Eating Tips; Irish Culture and Heritage; Spelling and Grammar; Teacher and Parent Note Forms; Homework Tips for Pupils and Parents, plus lots more ...

## School Tours

Over 9,000 pupils and teachers have visited the Lee Strand plant in Tralee in the last six years. Discover the excitement of viewing Lee Strand's award winning milk production facility. Meet Lee Strand's mascot Mighty Mikey Milk, enjoy refreshments in the boardroom and take home a complimentary Lee Strand goody bag! There is no charge for the tours, so reserve a tour for your school today. Visit [www.leestrand.ie](http://www.leestrand.ie) for further details or tel. 066 7121084.

## School Milk

Lee Strand is now offering primary and secondary schools the opportunity to register for a school milk delivery to their school. Pupils can enjoy the fresh taste of Lee Strand milk for only 25 cent per day!

Lee Strand's 250ml school milk pack has a recloseable screw cap, which is easy to open and close.

Register early to avail of a free fridge from the National Dairy Council.



**Lee Strand helping the next generation be the best they can be!**



## MICKEY "DARBY" CRONIN REMEMBERED

By John Kelly

On last Friday morning the sad news filtered through of the passing of Michael "Darby" Cronin from Caher Aghadoe Killarney. Popularly known as Mickey "Darby" Michael was employed as a fitter/welder at the local Liebherr factory where he gave many years of loyal service. He was also a keen sportsman and excelled at Gaelic football, soccer and snooker. Prior to the formation of the Fossa GAA club, Mickey was one of a number of young footballers from the Fossa area, which also included Mick Myers Dermot Griffin, Donie Foley and his brother John Joe RIP who gave their allegiance to the fledgling Spa GAA club. When Spa won their first O'Donoghue Cup title in 1966 Mickey Cronin turned in a sterling performance at wing forward. He continued to assist his adopted club until the formation of the Fossa club in 1971. He also played soccer



THE LATE MICKEY DARBY CRONIN PICTURED MIDDLE ROW 7TH L/R WITH THE SPA SENIOR TEAM THAT WON THE O'DONOGHUE CUP 1966

with both Fossa and Killarney Athletic and proved adept in both codes. He was also a keen snooker player. Unfortunately his sporting interests were cut short by an untimely illness, which he bore with courage and fortitude. Yes indeed Mickey "Darby" Cronin you will be sadly missed from the sporting arenas of Spa and Fossa which you graced with distinction on so many occasions and May The Sod Rest Lightly on Your Eternal Remains Sympathy is extended to his wife Sally and family members.

## DONNCHADH WALSH SIGNS UP WITH DINEEN O'DONOGHUE MOTORS



KERRY FOOTBALLER AND SEAT BRAND AMBASSADOR DONNCHADH WALSH TAKES POSSESSION OF HIS NEW SEAT CAR FROM PAUDIE DINEEN AT DINEEN AND O'DONOGHUE SEAT MAIN DEAL, KILLARNEY. PHOTO: DON MACMONAGLE.

The flags were out last week on the Cork Road for Kerry's trip to Croker and for Kerry SEAT dealer Dineen O'Donoghue they had an extra reason to hoist the colours as Kerry senior football star Donnchadh Walsh received his all new SEAT Leon 5DR. as an official brand ambassador for the expert-led Kerry dealership. New brand ambassador for Dineen O'Donoghue, Donnchadh Walsh told the Killarney Outlook "I am thrilled to have been selected as brand ambassador for my local SEAT dealer Dineen O'Donoghue and to drive away in this superb SEAT Leon 5DR. I have always been a huge admirer of the SEAT brand and its models which have an impressive design, are very comfortable and an absolute pleasure to drive."

Also speaking to the Killarney Outlook was Paudie Dineen, dealer principal of SEAT dealer Dineen O'Donoghue who said, "It is

a real honour to have Donnchadh on board as an ambassador for Dineen O'Donoghue. Donnchadh is a credit to both his club and county team and sets a great example for those in our community. We are delighted to have him with us and wish him the very best of luck the All Ireland Final."

The announcement from Dineen O'Donoghue comes during a busy period for the Killarney dealership. Committed to providing customers with premium quality cars at exceptional value, motorists have until August 31st to avail of a vast selection of amazing 152 offers across the SEAT range.

Extensive 152 offers include 0% PCP Finance on all Ibiza and Leon models, three year warranty and roadside assistance, plus the chance to avail of the I-TECH pack available on the SEAT Ibiza and Toledo for just €299.

Kerry motorists can test drive the latest SEAT models at Dineen O'Donoghue Killarney located on the Cork Road, Killarney.

For more information on SEAT dealer Dineen O'Donoghue, see [www.seatkillarney.com](http://www.seatkillarney.com) or call Dineen O'Donoghue on 064-7754670.



## ARE YOU THE NEXT KILLARNEY SCOUT LEADER?

Did you ever imagine yourself as a scout leader, well maybe its something that is a lot more achievable than you would have thought as the local Killarney Scout Group are on the look out for help.

KSG has four sections Beavers for boys and girls aged 6 to 8, Cubs for boys and girls ages 9 to 11, Scouts for boys and girls ages 12-15 years and Ventures for young people aged 16 to 18. They are looking for new leaders for all sections. Each section has evening meetings (between one to two hours long) once a week in Lissivigeen School. There are also activities on some weekends.

Scouts offer 6 to 18-year-olds fun and challenging activities, adventure and the chance make a positive impact in their communities. Scouts operate in small groups, emphasising good citizenship, self-reliance and decision-making by young people. They engage in activities such as hiking, camping, kayaking, survival skills, cooking, climbing, first aid and problem solving. In doing so they develop skills such as teamwork, leadership, initiative, planning, self-confidence and commitment. Scouts help young people to get jobs, make a difference and even save lives.

The scouting experience is made possible thanks to adult volunteers. You can be a Scout leader if you have a love of the outdoors and an interest in learning and doing scouting activities. Training is provided for all new scout leaders. It is not necessary to have ever been involved in scouts in the past. We would of course be delighted if you were once a scout or a scout leader, but it is not necessary. Like all activities involving children, scout leaders must be Garda-vetted. Garda-vetting will be undertaken by the scout group.

Scout leaders get as much from Scouting as children and young people. Volunteers often find that their skills and experiences are also useful in their work or personal life. If you are interested contact Mick at 086 6023287.





# Great advice & competitive rates for young drivers!



 Follow us on facebook for great competitions and giveaways!

**Call us today on 064 6634632 or drop into our office**

**Gallivan Murphy**  
**Hooper Dolan**  
INSURANCES

t: **064 66 34632** [info@gmhd.ie](mailto:info@gmhd.ie) | [www.gmhd.ie](http://www.gmhd.ie)

**Killarney Business Centre | Upper High Street**

Gallivan Murphy Hooper Dolan Insurances Ltd t/a  
Gallivan Murphy Hooper Dolan Insurances is regulated by The Central Bank of Ireland





# KILLARNEY CARDIAC RESPONDERS CELEBRATE BOND STYLE

PICTURE  
MARIE CARROLL-O'SULLIVAN  
087 391 4808



PICTURED AT THE COURT AT THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE FRONT ROW L-R ANN ELIZABETH ROHAN & JEN JAWORSKA. BACK ROW L-R PAT O'CONNOR, FIONA McMAHON, DEIRDRE NOLAN, KATE O'LEARY (KILLARNEY CHAMBER OF COMMERCE) & PAUL CAREW.



AT THE COURT TO ENJOY THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE FRONT ROW L-R ELLEN O'SHEA, ROBERTO TADDEI, SOPHIE KEANE, MIKIE GALVIN & SARAH KEANE.



AT THE COURT TO ENJOY THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE L-R DEIRDRE NOLAN, JULIE DALY & HELEN DUGGAN.



PICTURED AT THE COURT AT THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE L-R PADDY KEANE, SUSAN TADDEI, MICHAEL O'LEARY & MARIE WADE.



PICTURED AT THE COURT FOR THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE L-R DR JOHN GEANEY & MIKE MARSHALL.



PICTURED AT THE COURT FOR THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE L-R DAMIEN BAKER, PAT O'CALLAGHAN (NATIONAL AMBULANCE SERVICE) & CLLR NIAL KELLEHER.



PICTURED AT THE COURT FOR THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE L-R GORRETTI CREMIN, NOREEN MARSHALL & EVELYN CREMIN.



PICTURED AT THE COURT FOR THE BOND THEMED KILLARNEY CARDIAC RESPONSE UNIT'S PARTY WERE L-R EILISH COFFEY, SEANIE O'DONOGHUE & PAULA MCSWEENEY.



## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



### WHAT OPTIONS HAVE I GOT WHEN DEPOSIT RATES ARE LOW EVERYWHERE??

Firstly interest rates in some banks are better than others, for example one bank at the moment will give you only .01% per annum interest for having money on demand, so for €50000 you would only get €5.00 interest over 12 months and that's even before DIRT tax is deducted. However another bank will give you 1.25% per annum for a demand account which is €625.00 interest over 12 months before DIRT tax. In every bank there are customers earning extremely low rates of interest at present. However, by simply shopping around or getting an advisor to check up to date interest rates you could substantially increase the amount of interest you could earn by just changing bank accounts, which is very easy to do. Also there are even better rates of interest available for other products such as fixed term deposit accounts. This can be done for you by a financial advisor who is authorised to carry out this business for you.

For further information on the above you can contact  
**Dermot Cronin APA at 064 66 22775.**

## HENNIGAN Auctioneers



**WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE**

### COUNTRESS ROAD, KILLARNEY CO. KERRY

We present to the market one of the finest located executive style residences to appear on the Killarney market for many years. This fine property has been refurbished internally to an exceptional standard. The professionally designed internal decor, combined with new heating and plumbing system currently caters for the 5 star end of the holiday letting market. The prime location just 50 meters from the entrance to Killarney National Park and town center enhanced by the private entrance, landscaped gardens and mature trees and exotic shrubs further enhances this fine residence. The 5 ensuite executive furnished bedrooms are ideally suited as a family-run B&B and the large garden at rear provides future expansion potential.

**Featuring:** Charcoal grey modernistic kitchen, adjoining dining room leading to spacious sitting room, private large lounge, utility room and guest's toilet. 5 magnificent double ensuite bedrooms, separate elegant bathroom. New, oil-fired hi-tech central heating system. Private entrance, mature private garden, separate storage shed and ample parking. This magnificent property needs to be viewed to be fully appreciated!!!!

**PRICE REGION: €600,000**



**Hennigan Auctioneers 66 New St., Killarney t| 064 6634582  
m| 087 2354416 www.daft.ie/hennigan**

## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

#### A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

**REA** | REAL ESTATE ALLIANCE.IE

**COYNE & CULLOTY**



**Address:** Superb three bedroom semi - detached residence set in an attractive development in the sought after Aghadoe area just 4 miles from Killarney Town centre and just off the Ring of Kerry. Finished to a very good standard throughout.

**Agent:** ● **REA Coyne & Culloty** ● 2 Main Street Killarney Co Kerry ● Tel: 064 66 31274 ● Fax: 064 66 33219

● Email: info@killarneyproperty.com

**Asking Price:** €155,000

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



## KODALINE TICKETS ON SALE TODAY



Kodaline have announced details of two end of year shows rounding off another hugely successful year for the Irish band. The group will play the INEC on Thursday 10 December - : INEC, Killarney.

Tickets €30.00 went on sale at 9am today Friday August 28th. All ticket prices are inclusive of booking fee and are on sale through Ticketmaster outlets and online at [www.ticketmaster.ie](http://www.ticketmaster.ie). Kodaline released their second album 'Coming Up For Air' in February, topping the Irish album charts. Drawing

inspiration from producers Jackknife Lee (Snow Patrol, R.E.M), Jim Eliot (Ellie Goulding) and 'A Perfect World' producer Steve Harris, Kodaline saw fully-fledged songs flow out of them much quicker than they ever anticipated.

The album features numerous hits including first single 'Honest' featuring a stadium sized chorus of which Coldplay would be proud, the anthemic 'The One', which for years to come is sure to soundtrack countless first dances and 'Ready' with it's driving percussion sound.

'Coming Up For Air' is the follow up to their 2013 debut 'In A Perfect World' which has sold over 350,000 copies worldwide and includes hits such as 'All I Want', 'High Hopes' and 'Love Like This'.

Tickets for Kodaline are on sale at 9am on Friday 28th August from Ticketmaster outlets and online from [www.ticketmaster.ie](http://www.ticketmaster.ie). Under 16s must be accompanied by an adult/guardian; promoter recommends under 14s purchase seated tickets only.

## KILLARNEY PLANS A GREAT WELCOME FOR SONIA O'SULLIVAN

The great Sonia O'Sullivan is coming to Killarney on September 13th to support Killarney Athletics in its rebranding of the club to Killarney Valley AC.

The former Multiple World Champion and Olympic medallist achieved world success on the track and cross country!

Sonia, who is a renowned road racer will also show her support for the Killarney10mile which will take place on Saturday 26th of September. This event encourages people of all abilities including walkers to enter and support the community track project which is to be built at St. Brendans college in the middle of 2000 students! The location and proximity are key from an educational perspective to fostering a track and field culture in the schools in a sustainable way. The committee behind the venture have taken inspiration from tracks in the UK and the USA.

While some top class runners have entered from around the world, including USA, Canada and around Ireland, it is the local support from neighbouring counties around Kerry and



THE GREAT SONIA O'SULLIVAN.

Killarney itself that will increase the entrants from near 400 last year!

This year Sonia is calling for Killarney women and men over 16 years to come out run and walk the event and support and help build the track. The committee would like to thank the sponsors Centra at the Reeks and Trice!

Enter on [www.killarney10mile.com](http://www.killarney10mile.com) and be 10mile hero for your community and your schools!

## POSSIBLE REED BASED TREATMENT FACILITY FOR KILLARNEY

Irish Water are to consider the possibility of a reed based treatment facility for Killarney.

Councillor Michael Gleeson at the recent Killarney Municipal Area asked if the Council, in conjunction with Irish Water, is still actively considering the development of a reed bed sewage treatment facility in the western Demesne.

The Council replied that Irish Water in the preparation of its next capital investment

programme [2017- 2021] is currently assessing all water and waste water facilities throughout the county, including the associated environmental standards. The Killarney wastewater treatment plant including the possible reed bed treatment facility will be considered in that process. Councillor Gleeson stated that every possible means or reducing the phosphate inputs into the vitally important lakes should be thoroughly examined."

## LETTER TO THE EDITOR

Dear Editor,

On behalf of the Irish Heart Foundation, I invite your readers to celebrate life after stroke by nominating stroke survivors for our charity's sixth national Stroke Awards this November, hosted by RTE broadcaster Marty Whelan. Our Stroke Awards pay tribute to the courage and bravery of stroke survivors and their carers from all around the country.

Nominations can be made in any of the following categories: Young People's Bravery Awards, Adult Bravery Awards, Carer's Award and the Irish Heart Foundation Stroke Champion Award. I call upon your readers to look within their communities, for someone who has shown exceptional courage after surviving a stroke, or who has gone above and beyond the call of duty in caring for someone affected by stroke or in raising awareness of this condition. The closing date for nominations is Friday September 11th and I encourage everyone to start nominating today.

Visit [www.stroke.ie](http://www.stroke.ie) for a nomination form or contact Emma Jane Morrissey on (01) 668 5001 or [emorrissey@irishheart.ie](mailto:emorrissey@irishheart.ie)

Yours sincerely,

**Barry Dempsey**

Chief Executive

Irish Heart Foundation.

## US TRAVEL SHOW TO PUT KERRY ON THE MENU

'The Road Less Travelled' to showcase Ireland's unique Food and Drink Experiences in Season Four

Renowned US travel and adventure show, 'The Road Less Travelled', stopped off in Co. Kerry this week as they toured Ireland. Presented by explorer and adventurer Jonathan Legg and broadcast to a collective audience of up to six million, the show travelled the country (on an itinerary designed by Fáilte Ireland) as the presenter and crew filmed an episode for their upcoming fourth season showcasing Irish food and drink along with some new and unusual experiences on offer across the country. As part of their journey they visited Killeton Famine Village, Dingle Cookery School and Dingle Distillery.





REA | REAL ESTATE  
ALLIANCE.IE

## COYNE & CULLOTY

### PROFESSIONAL PROPERTY MANAGEMENT

- ✓ All encompassing property management
- ✓ Completion of legal documents
- ✓ Comprehensive inventory & conditions report
- ✓ Inspections & maintenance programmes
- ✓ Legislative expertise
- ✓ Experienced & referenced repair team
- ✓ Comprehensive rental collection system
- ✓ Over 150 properties under management each month
- ✓ Acting on behalf of one-off landlords,  
multi-unit landlords and pension trustees



*"I would wholeheartedly recommend Coyne and Culloty. Being an overseas landlord, one has to rely completely on the skills and professionalism of the agent. I am completely confident that my property and rental stream are maintained to the highest standards every time. Coyne and Culloty are extremely professional, efficient and reliable."*

**J. Klatt, UK**

*"I have been very pleased with the services of Coyne & Culloty, having secured a tenant almost immediately and through careful vetting of tenants and professional management have ensured that I have the peace of mind of knowing that my property is being looked after by first class professionals. Payments have always been on time and all the communications have been handled in an efficient and very friendly way."*

**B. Moore, USA**

*"I have used Coyne and Culloty Management Services for the past seven years and I am very happy with the management services they provide. They manage every aspect from finding tenants, arranging contracts, liaising with tenants on issues as they arise, on-going inspections and supervising repairs and maintenance. They are the ultimate professionals at what they do and I am delighted that my property is in their care."*

**JJ Clifford, Killarney**

[www.killarneyproperty.com](http://www.killarneyproperty.com)

**Our results speak for themselves.  
Expect more from your property management team.**

For further information call Susan or Lynda  
**e: [info@killarneyproperty.com](mailto:info@killarneyproperty.com)**  
**t: 064 6631274**

*Your Property Managers*



**RICS**

the mark of  
property  
professionalism  
worldwide



**SOCIETY OF  
CHARTERED  
SURVEYORS  
IRELAND**





JOEL HUNTER, OBIORA MEGAFU AND JAMES MOON KILLARNEY AT KILARNEY RACES DURING THE AUGUST RACING FESTIVAL.  
PHOTO BY DOMNICK WALSH © EYE FOCUS LTD - WWW.DWALSHPHOTO.IE TRALEE



FINALISTS ON LADIES DAY AT THE KILLARNEY RACES WERE L-R LISA MARIE MAGUIRE, GRETTA PETERS & SALLY ANN LEAHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING LADIES DAY AT THE KILLARNEY RACES WERE L-R MYRA FITZGERALD & EILEEN CRONIN.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SIOBHAN GUSHEN TRALEE, SEAN O'DONOGHUE FROM KILLARNEY AND LADIES DAY JUDGE LISA FITZPATRICK FROM TV3 PICTURED AT KILLARNEY RACES. PHOTO BY DOMNICK WALSH © EYE FOCUS LTD - WWW.DWALSHPHOTO.IE TRALEE



MARGUERITE GRIFFIN KILLORGLIN AND KELLY TEAHAN FROM CROMANE DURING THE AUGUST RACING FESTIVAL KEANES BEST DRESSED LADIES DAY AT KILLARNEY RACES. PHOTO BY DOMNICK WALSH © EYE FOCUS LTD - WWW.DWALSHPHOTO.IE TRALEE



BORD GÁIS ENERGY GAA MUSEUM LEGENDS TOUR 2015 WITH TOMÁS Ó SÉ.  
PHOTO: BRENDAN MORAN / SPORTSFILE



BRENDAN O'CONNOR BEAUFORT, WHOSE HEIFER WAS THE SUPREME CHAMPION AT THE WEALING SHOW AND SALE AT GORTATLEA MART ON WEDNESDAY EVENING AND BRENDAN WAS PRESENTED WITH THE CHAMPION CUP FROM NOREEN WALSH (BRANCH MANAGER AIB MALLOW), ALSO IN PIC WERE GER O'CONNOR (MANAGER AIB CASTLEISLAND), BRENDAN O'CONNOR, EDDIE BOWLER (RELATIONSHIP MANAGER AIB CASTLEISLAND) AND MAURICE BROSAN (OWNER GORTATLEA MART). PIC JOE HANLEY.

PICTURED LEFT: KATHLEEN O'SULLIVAN (CROMANE) CELEBRATING HER 60TH BIRTHDAY AT THE CASTLEROSS HOTEL, KILLARNEY SURROUNDED BY FAMILY.

PICTURE BY MARIE KENNEDY.



## REA | REAL ESTATE ALLIANCE.IE

### COYNE & CULLOTY

## FOR SALE

TULLIG, KILLARNEY



4 Bed detached, superb views €265,000

## FOR SALE

LAKEVIEW VILLAS, AGHADOE



3 Bed semi-detached with lake views €155,000

## FOR SALE

SHINNAGH, RATHMORE



Asking Price €150,000

- Located in the centre of Rathmore Village
- Excellent street frontage
- Office on ground floor c. 1000 sq ft.
- 4 Bedroom townhouse
- Large private rear garden
- Potential for re-development

Call Donal Culloty on  
064 631274 / 087 2354790 to view

T: 00353 64 6631274  
E: info@killarneyproperty.com

W: www.killarneyproperty.com  
W: www.reacoyneandculloty.ie



95 NEW STREET,  
KILLARNEY, CO. KERRY  
T: 064 6631892 F: 064-6634652  
M: 087 2668591 E: INFO@SFMCI.E  
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

Sherry  
FitzGerald  
Coghlan

## FOR SALE

COOLIES, MUCKROSS, KILLARNEY

Family home located at Coolies, Muckross, on large 0.74 acre site with exceptional views from rear of property towards Mangerton Mountain. This property which is within minutes drive of Killarney town and National park has two reception rooms and offers the provision to complete the first floor into three bedrooms and second bathroom.



Price Region: €275,000

GORTAGULLANE, MUCKROSS, KILLARNEY

Well presented and maintained three bedroom detached 110 sq. m./ 1,184 sq. ft. bungalow with detached garage on half acre site in excellent residential location. Property which is convenient to Loreto National School, Muckross House and National Park and Killarney town, has wonderful views of Mangerton and the McGillicuddy Reeks.



Price Region: €225,000

BER C3

REVIEW  
YOUR  
INVESTMENTS

DERMOTCRONIN  
TRUSTED FINANCIAL ADVISOR



Call 064 6622775 NOW  
to arrange an appointment  
or email us on kerrymortgagecentre@eircom.net

- Pensions
- Life Insurance
- Income Protection & Serious Illness Cover
- Mortgages
- Investments

Dermot Cronin via Kerry Mortgage Centre is regulated by the Central Bank of Ireland.



## DRIVER DISTRACTION

Driver distraction is a diversion of attention away from activities critical for safe driving toward a competing activity. A distraction can often occur simultaneously – at times resulting in a complete loss of control. Distraction can be visual, manual and cognitive.

Based on international evidence it is estimated that driver distraction could play a role in 20-30% of all road collisions in this country. This means that driver distraction could be a contributory factor in over 1,400 fatal and injury collisions annually.

**CHILD DISTRACTION:** The two biggest distractions for drivers in Ireland are the mobile and children. But did you know that child distraction could be the more lethal? According to researchers at Monash University in Australia they are 12 times more distracting to a driver than talking on a mobile.

The study also found that on average a parent takes their eyes off the road for three minutes and 22 seconds during a 16-minute trip. The most common types of distractions that children cause include the driver turning to look at the child or watching the goings on in the back seat in the rear-view mirror, engaging in conversation with the child, leaning into the back to help or pacify the child and even playing with the child.

This is the subject of the first of two new ads from the RSA on the subject of driver distraction over the Summer of 2015. The first ad which was aired on Monday 15th ad deals with child distraction and is entitled 'Looking Back' [insert link]. (A second ad will follow later in the summer and deals with the issue of mobile phone distraction).

In the 40 second ad we see a woman looking back, over the duration of her entire life. She's looking back with regret at something that happened many years ago. By the end of the advertisement, we see what this event was. The moment she looked back in a very concrete sense – looking back to her child while she was driving. We cut before she crashes into an oncoming car and loses this child forever.

• **We end with the message: Don't lose a lifetime looking back.**

• **Never let a child take your focus off the road.**

**Pull over if you have to.**

• The cost is too high to take your focus off the road to look at your child for even one second.

• We're asking drivers to give the road all of their focus, and if they need to, to pull over.

**BEING A GOOD PARENT MEANS BEING A GOOD DRIVER:** When it comes to children in the car, parents are resigned to the distraction they cause and sceptical of finding a permanent solution. That's why we need to educate parents about the risks of focusing on their children rather than the road.

The RSA undertook research in this area in 2014 to understand what was going on in the car with parents and young children. We asked parents to keep a diary and what they had to say was very revealing.

• It found that parents are conflicted. They are trying to be a good driver and a good parent at the same time. They are torn between looking after the child, and they struggle to put the child's more immediate needs behind the task of safely driving the car.

• A good parent wouldn't ignore their kid screaming in the back seat without at least trying to intervene. Yet the very act of attempting to attend to their children's needs, makes them bad drivers and puts their children in mortal danger.

• Parents of young children are busier than most and see their car as an extension of the home and a necessary place to multi-task. For parents, driving with children on board, can be an experience filled with anxiety, guilt, frustration and irritation.

• In the RSA study we asked parents to gain a fresh perspective. Parents consciously took a trip without children and asked to note any differences. It was a revelation for some when it came to their driving and they realised they needed to do something.

• The aim of this new campaign is to educate parents on the risks that children pose as a distraction in the car. We want parents to understand that the things going on outside the vehicle need their attention much more than the things inside it.

**TIPS FOR PARENTS:** The best advice is to give serious thought to your children's needs before you all jump into the car. One solution in reducing driver distraction, according to the Monash University report, is the correct restraint of children in their car seats.

• The RSA sees it regularly at its Check it Fits child car seat service. Think how you would feel on a trip in the car sitting in a seat that's incorrectly fitted, wearing layers of padded clothing and the straps not adjusted correctly so they're cutting into your shoulders? It certainly explains some of the constant crying and trying to get out of the seat behaviour of some children. The Australian researchers found the children in their study were in the incorrect position for over 70 per cent of the journey time. Three quarters of child car seats we examine here in Ireland are incorrectly fitted. Ensuring your child is properly restrained in the correct car seat could eliminate a big cause of distraction while driving for parents.

If they do start acting up once the car is in motion, keep your attention on the road. If you feel you absolutely have to intervene, find a safe place to pull over in order to do so, but under no circumstances on the hard shoulder of a motorway. Otherwise stay focused on the driving. Everything and everyone else can wait. You have spent every waking moment working hard to protect your children, don't jeopardise this because you didn't make in car safety your single-minded priority. If you want to be a good parent in the car, focus on being a good driver.





## McCarthy Insurance Group

Your Trusted Partner And Advisor



Great house  
cover and prices

Abbey Court, Tralee 066 7121777  
Castledrum, Castlemaine 066 9767325  
West End, Rathmore 064 7751111

Charles McCarthy Insurances Ltd. t/a McCarthy Insurance Group is regulated by the Central Bank of Ireland

Spread the  
Cost over  
12 months



**ONE LUCKY CUSTOMER WILL WIN THEIR PREMIUM BACK EVERY MONTH**





11 New Street Killarney Co Kerry | Tel: 064 66 33344 / 66 33418 | Fax: 064 66 33139

Email : [jphealyinsurances@eircom.net](mailto:jphealyinsurances@eircom.net)

Incorporating Irwin Insurances and Casey Insurances Ltd Est 1981

# SAVE MONEY ON CAR INSURANCE

We search the market negotiating the best quotes from over 12 Insurers. Most of the time we are able to obtain better quotes than if you contact them directly or online.

See for yourself in this example:

**Chill Insurance €619.00**

**FBD €571.90**

**Axa Direct €500.31**

**Liberty €420.39**

**AIG €391.98**

**JP HEALY €350.00**

- ⌘ 30 Year old Insured and Spouse based in Kerry social use
- ⌘ Full Licence 5 years+
- ⌘ Full No Claims Bonus
- ⌘ Clear Record, No penalty points
- ⌘ Third party fire and theft cover with windscreen on a 2008 Toyota Corolla 1.4
- ⌘ Includes Step Back bonus Protection



Irish Brokers association



James P Healy & Co Insurances Ltd is regulated by The Central Bank of Ireland. JP Healy quote includes Government levy and intermediary Brokerage charge. Quote is underwritten by Axa Insurance Ltd. Please contact us for your individual quote. Terms and conditions apply. Comparison quotes from websites and correct @ 19/05/2015



## FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



**TIME IS ALWAYS A HUGE BARRIER THAT HOLDS A LOT OF US BACK WHEN TRYING TO FIT EXERCISE INTO OUR LIVES ALONG WITH HEALTHY EATING.**

**HERE ARE SOME MORE OF MY TOP TIPS THAT MIGHT HELP YOU GET STARTED.**

- Another option if you can't move yourself from the TV is to bring the exercise to the TV. Place your exercise bike or treadmill in front of TV. This way you can watch all your favourites and burn some calories along the way!
- Incorporate exercise into your work commute. Walking or cycling to work might be a great way to get an extra 30mins of exercise into your day and probably save you time in traffic or trying to find parking. If you live far away then why not park outside town and walk 10-15mins the rest of the way into work. Do this 5days per week and you will notice the difference. Plus you will be saving money on fuel! #
- Ask someone to mind the kids for an hour. I'm sure there is a family or friend that would be happy to help out while you popped out to a class or went for a walk or run. If not try and find someone reliable to do this job for you even 3x days per week. After all HAPPY MOM= HAPPY HOME.
- We constantly say we have NO TIME to exercise or live healthy lives... Yet when we get sick, we have no choice but to take time out to get the Body better. So building in a little bit of exercise and healthy meal planning time into your everyday & it should prevent longer periods of time off sick or low on energy. So changing your mind set about diet and exercise from another "thing to do" in an already very busy day, to something that will help you work and perform better & something you have to make time for to get the most out of yourself!

**MORE TIPS NEXT WEEK...**  
FITNESS WITH EDELE  
**087-7643449**  
WWW.FITNESSWITHEDELE.COM



## OUTLOOK FASHION TIP:

### HIGH HEELS CAN CHANGE A WHOLE LOOK:

We know they can be painful, and we know we've been warned they aren't good for our feet, but heels really can take a look that we're bored with and turn it into something we feel awesome about. Oh, the power of accessories.



## DIET TIP

### WATCH WHAT YOU DRINK!

Drinking sugary drinks has been associated with obesity. Water is the best thirst quencher but if you really want a fizzy drink try unsweetened fruit juice diluted with sparkling water instead.



## Beauty Tip

### Dark Circles???

To camouflage undereye circles, use a salmon-hued concealer. The pinkish shade counteracts bluish undertones.



## GUT BUSTING TIPS FOR MEN

It's often said that an apple a day keeps the doctor away, but often men are the ones who are slow to visit the GP when they have a health problem. We've put together some top tips for men to improve their health:

**WHO SAYS SIZE DOESN'T MATTER?** Excess weight, especially around your middle, seriously adds to your health risks. Losing just 10% of your weight can improve your health

**WATCH YOUR WAIST** A waist measurement over 37 inches (94cm) puts your health at increased risk. The risk is even higher if your waistline is over 40 inches (102cm)

**EAT A BALANCED DIET** This means plenty of starchy foods and fruit and vegetables, some protein and dairy and limiting sugary and fatty foods, such as fizzy drinks and chocolate

**GET ACTIVE** Aim for 30 minutes physical activity at least five days a week. You don't have to go to a gym – just choose an activity that you like and can fit into your routine – anything that makes the heart beat a little faster or brings a sweat to your brow, such as walking briskly, cycling, gardening or mowing the lawn or DIY

**EAT FEWER TAKEAWAYS AND CHOOSE HEALTHILY** If you love Chinese dishes, opt for stir-fried dishes and avoid deep-fried dishes such as battered sweet and sour chicken and have boiled rice rather than fried rice. Choose tomato-based sauces rather than cream-based sauces when choosing pasta-based dishes and

choose pizza toppings such as vegetables rather than meat. We have a whole section on healthy menu options.

**EAT REGULAR MEALS** Start the day with a healthy breakfast and have healthy options for lunch and dinner. Include healthy snacks between meals such as fruit and plain popcorn

**RETHINK YOUR DRINK** Alcohol contains quite a lot of calories so think about cutting down on the amount you drink, drink alternatives, or drink water between drinks. Aim for no more than 14 standard drinks per week with some alcohol-free days (1 standard drink = ½ pint beer; small glass of wine; 1 pub measure of spirits)

**THINK LONG TERM, NOT QUICK FIX** Make gradual changes to your diet and lifestyle that you can really stick to. Introduce changes slowly, for example aim to eat breakfast most days one week and then all days the next, and then work on another area such as snacks. When it comes to physical activity, for example, get off the bus a stop earlier and walk the rest of the journey, then try to walk further each week

Don't wait until you've been diagnosed with a health problem before you take action! Weight loss will give you more energy and help to improve everything from your health and looks to your confidence and love life!

**YOU DON'T HAVE TO GO IT ALONE** If you feel you are struggling to make small changes to your lifestyle ask a family or friend to help you. Try and visit your GP regularly to keep it all in check.

**For more information and tips on healthy eating and weight loss visit**  
[www.weigh2live.eu](http://www.weigh2live.eu)





**High Street,  
Killarney  
064 6637813**



**Get your  
Back to School  
haircut  
@ Julie's**

**Special Offer: €10 a haircut  
Monday – Thursday**


Open during lunch; no appointments necessary.

**Open Early till Late  
7 Days a Week.**

**Sunday 12 noon - 6pm**

**Killarney Massage Therapy Centre**

**Advanced Clinical & Sports Massage**  
Specialist treatment of soft tissue manipulation for the treatment of chronic pain or sports injuries.



**1 hour massage only €50  
90 minute massage only €70**  
First massage includes **FREE** consultation and assessment

At KMTTC we incorporate a range of advanced bodywork techniques such as Myofascial Release, Trigger Point Therapy, Sports Stretching, Hot and Cold Therapy and STR (Soft Tissue Release) for the effective relief from:

Neck & Shoulder Pain, Low Back Pain, Sciatica, Piriformis Syndrome, Headaches, Leg & Foot Pain, Fibromyalgia, Rheumatoid Arthritis, Frozen Shoulder, RSI's, Scar Tissue, Pregnancy Related Discomforts & much more.

**Call 087-2922851**  
to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),  
Park Rd, Killarney  
[www.killarneymassagetherapycentre.ie](http://www.killarneymassagetherapycentre.ie)



**ANGSANA  
Spa**  
*Your Spa Journey Awaits...*  
**THE BREHON  
KILLARNEY**



**Signature Autumn Facial**  
60 minute visit in The Vitality Suite  
60 minute Anne Semonin Age Defying Facial  
30 minutes of relaxation time to enjoy freshly prepared ginger tea and fruit  
**€80** per person available 7 days a week

**Essential Pampering**  
60 minute visit in the Vitality Suite  
30 minute mini-facial  
60 minute choice of a de-stressing full body massage  
30 minutes relaxation time  
Main course lunch in the Brehon Bar  
**€125** pp Sunday - Friday ONLY

**Essence of Angsana**  
60 minute visit in the Vitality Suite  
30 minute mini-facial and choice of a  
30 minute back energy massage  
or 30 minute choice of body scrub  
30 minutes relaxation time  
**€105** pp available 7 days

Terms & Conditions: all rates and package details are subject to change without prior notice. Packages are valid until October 31st 2015.

For reservations, please contact  
Angsana Spa at The Brehon 064-6623980  
or email [angsanaspa@thebrehon.com](mailto:angsanaspa@thebrehon.com)





21 Clover Lane | College St. | Killarney | Co. Kerry

Tel. 064 66 23100 | Fax. 064 66 23111

Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

- Manual Therapy
- Dry-needling
- Sports Injuries
- Orthotics
- Biomechanical Assessment



**Jimmy Galvin** MISCSP MCSP  
Chartered Physiotherapist

Approved by all major Health insurance providers.



**Katie Purtill** MISCSP  
Chartered Physiotherapist

Approved by all major Health insurance providers.

## PILATES CLASSES

Beginner & Intermediate available



★ DO YOU HAVE ONGOING LOWER BACK PAIN?

★ DO YOU FEEL YOU HAVE A WEAK BACK?

...if this is the case Pilates are an effective treatment and management technique for these and many more conditions.

For further information speak to Katie on: 064 6623100

Men Only Classes Are Available



DENTAL  
PRACTICE

## MILLTOWN DENTAL PRACTICE

**€60 Hygienist Available**

**FREE EXAM**

voucher with every Hygienist  
Appointment made

Medical Card, PRSI &

Private Patients all welcome

Open Mon - Sat: 9am - 6pm

Late evening appointment available

Milltown Dental Practice - 066 976 5635

milltowndentists@eircom.net | www.dentistkerry.ie

For more information or to arrange an appointment

**PLEASE CONTACT: 066 9765635**



**10% DISCOUNT**

For August & September



To Receive your

**SAMPLE WEDDING PACK**

contact us:



**FREEPHONE:**

**1800 613 111**

Email: sales@walshcolourprint.com



The Wedding  
Stationery Specialists



**SARAH JAYNE**  
LINGERIE - NIGHTWEAR - SWIMWEAR

**SALE NOW ON  
AT SARAH  
JAYNES**

*Measuring Service Available & Gift Vouchers*

MAISON MARTIN MARGIELA Charmline MARIE JO PRIMA DONNA Chantelle

25 New Street, Killarney, Co. Kerry | Tel: 064 66 33224  
GIFT VOUCHERS AVAILABLE

**KAT'S DOGGY-DO'S**

**Kathleen Allen**  
Professional Dog Groomer  
Dalton's Avenue, Killarney

- Professional Dog Grooming Service at competitive prices
- Free Pick up & Drop Off within Killarney
- Flexible hours
- Fully qualified groomer

At Kats Doggy Dos we are passionate about your pets

**T: 083 1578204 E: katsdoggydos@gmail.com**  
www.facebook.com/Katsdoggydos

**National Pool LIFEGUARD Qualification**

Course Dates Held over 2 weekends:

AUGUST	SEPTEMBER
Friday 28th (5pm-9pm)	Friday 4th (5pm-9pm)
Saturday 29th (8am-5pm)	Saturday 5th (8am-5pm)
Sunday 30th (8am-5pm)	Sunday 6th (Exam)

Course Cost:  
New €350 Renewal €235

Takes place at The Killarney Sports & Leisure Centre & The Killarney Heights Hotel  
BOOK YOUR PLACE ON THE COURSE:  
Contact 085 1962036 for more information

About the National Pool Lifeguard Qualification

The NPLQ course is a minimum of 36 hours long followed by a practical assessment on pool lifeguard theory, pool rescue, first aid and CPR. The NPLQ is an excellent starting point for anyone looking for a career in the leisure industry.

**lifeguards**

**Kalyana**  
Centre for Mindfulness

**Mindfulness Based Stress Reduction courses**

8-week courses for anyone suffering from any symptoms of stress, high blood pressure, heart conditions, anxiety, depression, general feeling of being overwhelmed, etc. and for anyone who wants to learn to be more at ease in spite of life's challenges.

**STARTS WITH A FREE ORIENTATION SESSION**

**Milltown September 29th 7pm**, course then starts Oct 6th  
**Dingle October 1st 7pm**, course then starts Oct 8th  
**You must attend the orientation session if you would like to take the course**

**Awakening Joy**  
10-week course in Tralee  
starts Wednesday September 30th 10.30 am - 12.30pm

**Silent Hill Walking Retreat**  
ON THE DINGLE PENINSULA  
September 18th-24th

For more information and to download application forms call Eva after August 22nd on 087-271 2662  
e-mail admin@kalyanacentre.com or go to www.kalyanacentre.com.

**Kerry School of Music**

**Killarney Open Day**  
Saturday September 5<sup>th</sup>  
10am-12pm  
Holy Cross Primary School  
New Road, Killarney

10AM: OPEN BALLET CLASS  
10.30AM: TEDDY BEARS PICNIC WITH LIVE ORCHESTRA  
11.30AM: SOLO/ENSEMBLE PERFORMANCES BY PRIZE-WINNING STUDENTS  
12PM: INSTRUMENT/VOCAL TRY-OUTS (PLEASE CALL FOR APPOINTMENT)  
MEET THE TEACHERS/FREE CONSULTATIONS/INFORMATION

CALL - 0874103220 / 066 7125690



# Their Special Day



PHOTOGRAPHED IN SUMMER SUNSHINE ARE NEWLYWEDS JOHN MCGINLEY & CAROL BROSNAN. THE COUPLE WERE MARRIED IN ST MICHEALS CHURCH LIXNAW AND HELD THEIR CELEBRATIONS IN BALLYSEED CASTLE HOTEL.

PHOTO COURTESY OF IAN CRONIN / ICPHOTOSTUDIO



DONNA HANLON AND EAMON MULVIHILL WHO WERE MARRIED ON SATURDAY 8TH AUGUST AT ST JOHN'S CHURCH BALLYBUNION WITH THEIR RECEPTION AT BALLYGARRY HOUSE HOTEL.

PICTURE: TARA DONOGHUE

**Formally Yours**  
Formal Wear & Tuxedo Hire

- Service
- Quality
- Choice
- Latest Wedding Wear for men

Upper High Street, Killarney  
T: 064 6637693 / 087 9106933  
E: [formally-yours@hotmail.com](mailto:formally-yours@hotmail.com)  
W: [www.formallyyours.ie](http://www.formallyyours.ie)

**Soprano**  
Megan O'Neill

❖ Weddings ❖ Funerals  
& Corporate Event

M: 087 6963195  
T: 064 66 43276

e: [patricianll93@gmail.com](mailto:patricianll93@gmail.com)

**WEDDING STATIONERY**  
Order your Free Sample Pack  
FREEPHONE: 1800 613 111  
Email: [sales@walshcolourprint.com](mailto:sales@walshcolourprint.com)

**walsh**  
COLOUR PRINT

Tralee Road, Castleisland.



# PAUL FITZGERALD & SON

## BUILDING & PATIO SUPPLIES LTD.

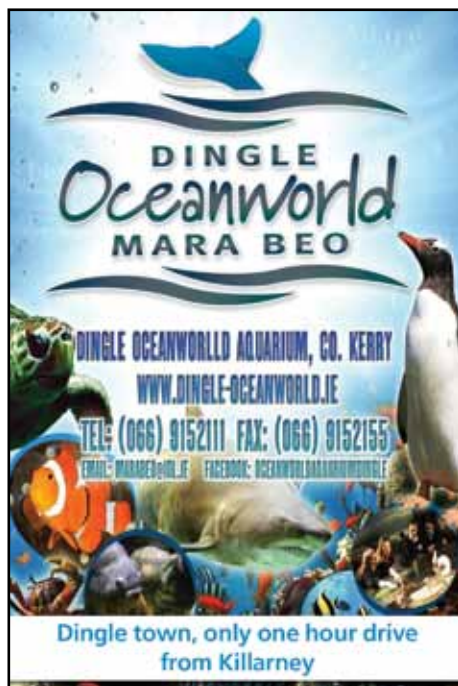
Unit 6 Coolcaslagh Industrial Park, Killarney, Co. Kerry | t: 064 66 37588 | f: 064 66 37590

[www.paulfitzgeraldstone.com](http://www.paulfitzgeraldstone.com)

- FULL RANGE OF CONCRETE PRODUCTS
- NATURAL BUILDING STONE
- NATURAL STONE PAVING
- BRICK PAVING - PATIO SLABS
- BAGGED AGGREGATE PRODUCTS







**DINGLE Oceanworld MARA BEO**

DINGLE OCEANWORLD AQUARIUM, CO. KERRY  
[WWW.DINGLE-OCEANWORLD.IE](http://WWW.DINGLE-OCEANWORLD.IE)  
 TEL: (066) 9152111 FAX: (066) 9152155  
 EMAIL: [MANAGER@DOL.IE](mailto:MANAGER@DOL.IE) FACEBOOK: [DINGLEOCEANWORLD](https://www.facebook.com/dingleoceanworld)

Dingle town, only one hour drive from Killarney



Come and Experience the Newest and Most Exciting Sport at Kerry's Only Footgolf Course

**FootGolf KILLARNEY & Crazy Golf Course**

**OPEN NOW**

**€3 OFF with this Voucher**

The Dunloe Golf Club  
 Beaufort, Killarney, Co. Kerry, Ireland.  
 Bookings can be made by contacting  
**064 6644044**  
[www.footgolfkillarney.ie](http://www.footgolfkillarney.ie)  
 Or you can simply call down and pay and play



**Coolwood Wildlife Park**

Coolcaslagh, Killarney, Co. Kerry.  
 Tel: 064 66 36288/ 087 4141294  
[www.coolwoodwildlifepark.com](http://www.coolwoodwildlifepark.com)

MONTHLY BRING & BUY POULTRY SALES ON THE FIRST SUNDAY OF EVERY MONTH

**Visit Kerry's Best Kept Secret**

Well worth a visit, something for all the family.  
 :: 10 Acres Wildlife Park  
 :: Scenic Walks :: Coffee Shop  
 :: Playground :: Parking :: Toilet

**Includes:**  
 Monkeys, Lemurs, Raccoons, Wallabies, Prairie Dogs, Llama & Alpacas, Birds of Prey, Pets Corner, Ornamental Fowl & water Fowl and lots more.  
 Open April - October 11am - 6pm  
**To reach us:** Take the first left beyond the speed limit out the Cork Road (N22) watch the signs we are only 1 mile off this main road.



**KILLARNEY ROYAL**

For a delicious dining experience ... join us for an Exclusive Offer

**2 Course Dinner**  
 with a glass of wine or soft drink  
**€19.50**  
 PER PERSON

Tables must be pre booked  
 Available Monday - Sunday 6.30pm to 9.00pm

**To Book: CALL 064 6631853**  
 EMAIL: [heather@killarneyroyal.ie](mailto:heather@killarneyroyal.ie)  
 VISIT [www.killarneyroyal.ie](http://www.killarneyroyal.ie)



**PONY TALES STABLES**

FAHA :: KILLARNEY :: CO. KERRY.  
 M: 086 22 36762 :: T: 064 66 44025  
[www.ponytalesstables.com](http://www.ponytalesstables.com) :: [ponytalesstables@gmail.com](mailto:ponytalesstables@gmail.com)

- Group & Individual Riding Lessons in Covered, Floodlit Arena
- Qualified and Experienced Instructor
- Therapeutic Riding Lessons ● Adult Lessons Available
- Schooling & Breaking ● 5 Star Livery
- Pony Camps ● Birthday Pony Parties
- Tots to Trot Lessons for 4-6yrs



**Open Day on Lackabane every Saturday**

Open to Ladies & Gents  
 Entry Fee €20 for visitors, €5 for members.

To book your tee time, call reservations on 064 66 31034 or email [reservations@killarneygolfclub.ie](mailto:reservations@killarneygolfclub.ie)

For exclusive green fee offers and updates follow us on Facebook & Twitter.

Killarney Golf & Fishing Club, Killarney, Co. Kerry.  
 Website: [www.killarneygolfclub.ie](http://www.killarneygolfclub.ie)



Fully Licensed Restaurant & Bar

**Treyvand's**

**Open 7 nights a week for Dinner**

**LUNCH Tuesday - Sunday**

**Reservations: 064 66 33062**  
 62 High Street, Killarney Fax: 064 66 22793

Find us on Facebook

## LACKABANE GOLF COURSE OPEN DAY ON SATURDAY

Golf on the doorstep of Killarney is what Lackabane Golf Course offers people who might want to get in a handy round or two while around. Part of the Killarney Golf and fishing club the course was first opened in 1999 and is a well recognised Parkland course that hosted the Irish Ladies Open Championship in 2002, which was won by Iben Tinning from Denmark.

Every Saturday the club hosts an open day for more information or to book a tee time you can call **064-6631034**







# Millstreet Country Park

Experience • Discover • Escape

[www.millstreetcountrypark.com](http://www.millstreetcountrypark.com)

Popular at home and abroad with locals, tourists, walking enthusiasts, nature lovers, day trippers, coach groups, garden clubs, school tours and families, Millstreet Country Park is equipped with not only scenic views but also with full visitor facilities, beautiful themed gardens and water features, a deer farm, native flora and fauna, archaeological sites and a network of signed walking trails.

Vibrant on the one hand, tranquil on the other, Millstreet Country Park is really a fantastic place to visit with facilities and activities to cater for all ages making your visit a uniquely individual experience. Whether you are looking for an all action activity outdoor day or a quiet and peaceful break from the stresses of modern living, the range of options are here.

With over 60 features and attractions on site there really is something for everyone!



## UPCOMING EVENTS

**AUGUST**

**30TH - HERITAGE DAY**

**SEPTEMBER**

**6TH - ANNUAL CYCLING FESTIVAL**

**12TH - WILDLIFE & AUTUMN DAY**

**13TH - FOOD & FORAGING DAY**

**GOURMET VENISON EVENING** date to be confirmed

**27TH - SEASON CLOSING**



For any further details, please do not hesitate to contact the Park on  
**029 70810** or [info@millstreetcountrypark.com](mailto:info@millstreetcountrypark.com)







[www.killarneyschoolofmusic.com](http://www.killarneyschoolofmusic.com) Tesco Roundabout, Park Rd, Killarney

## Open Day on Sunday 6th September 12pm - 5pm

**Now accepting Enrolments for the Term  
Commencing 7th September 2015**

Highest Quality Music, Singing & Dance Tuition • Specialised Teachers • Purpose-Built Music School  
Wide Range of Instruments • Classical & Traditional • Wide Choice of Class Times & Class Size  
Competitive Prices & No Registration Fees • Conveniently Located With Parking

### CLASSICAL & CONTEMPORARY MUSIC

Classical Violin  
Piano & Keyboard  
Group Keyboard Classes  
Jazz Piano  
Acoustic Guitar, Electric Guitar, Ukulele  
Singing & Voice Training  
Concert Flute  
Group singing & Basic Music Theory  
with Mary Culloty

### TRADITIONAL MUSIC

Traditional Performance Group  
Traditional Singing  
Concertina - Button Accordion - Melodeon  
Fiddle - Mandolin - Banjo  
Uilleann Pipes - Harp  
Irish Flute - Tin Whistle  
Mouth Organ - Bodhrán  
Traditional Piano  
Traditional Guitar

### DANCE & DRAMA

Speech & Drama for Children  
(with Ray O Sullivan)  
Sean Nós Dancing - Children  
Sean Nós Dancing - Adults  
(with Triona Mangan)  
Irish Step & Céili Dancing  
(with Maureen Hegarty)  
Waltzing & Jiving  
(Ann Mangan)

**EXAM PREPARATION:** SCT, RIAM, LCM, RGT, ABRSM & Trinity Guildhall Exams, Junior Cert Music

**INSTRUMENT RENTAL:** WE PROVIDE INSTRUMENT RENTAL ON MANY INSTRUMENTS ON A FIRST COME, FIRST SERVED BASIS.

Visit our Website for Full Details & Fees etc

[www.killarneyschoolofmusic.com](http://www.killarneyschoolofmusic.com) - Tel. 064-6637598



**LIZ RYAN**  
**SCHOOL OF SPEECH & DRAMA**  
 INCORPORATING KILLARNEY YOUTH THEATRE

**NEW TERM COMMENCING**  
**CLASSES FOR ALL AGES**  
**MON 21st SEPT AT THE CULTURAL CENTRE, KILLARNEY.**

• Speech Training • Acting • Mime • Improvisation  
 • Devised Theatre • Communication Skills • Group Work

Examinations take place in the second term.



**FOR FURTHER DETAILS PLEASE CONTACT**  
 Liz Ryan (Fellowship London College of Music)  
 F.L.C.M. L.L.C.M. A.L.C.M.  
 064 6633478 - 087 9746672

**Killarney No Name Club**  
**Junior Cert Disco**  
 in association with An Garda Síochána

**9th September 2015**  
 Tickets on sale on Saturday 5th September  
 Between 2pm-4pm in McSorleys Entertainment Venue.

**Tickets €10 each - limited to 4 per person.**  
**Doors open at 8pm, closed at 8.30pm**  
**Remain closed until 11pm**

**No Drugs No Alcohol**

**Tickets paid for in advance**  
**No Ticket - No Entry**  
 Terms and conditions apply

Enquiries to Anne Nagle 087 9049393  
 All proceeds to the Kerry Rape and Sexual Abuse Centre





## Kerry ETB Training Centre



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

### Manual & Computerised Payroll and Bookkeeping (ET025) - Killarney.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. Start Date: 31st August 2015. Duration: 10 weeks. Certification: FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

### Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. Start Date: 28th September. Duration: 45 weeks. Certification: QQI Major Award in Sports Recreation and Exercise 5MS146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

### Marketing (ET4R9) - Tralee Training Centre.

This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. Start Date: 5th October 2015. Duration: 42 weeks. Certification: QQI Level 5 Major Award in Marketing.

### Media Techniques - Radio Course (ET283) - Tralee.

This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. Start Date: 5th October 2015. Duration: 50 weeks. Certification: City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

### Healthcare Support Traineeship (ETS97) - Killarney.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. Start Date: 12th October 2015. Duration: 41 weeks. Certification: QQI Level 5 Major Award in Healthcare Support.

### Digital Web Design with Adobe Dreamweaver Course (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: 12th October 2015. Duration: 22 weeks. Certification: QQI Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CSS.

### Digital Media Production Course (TRY18) - Tralee Training Centre.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course includes design, digital imaging, photography, sound, video, digital publishing and media project management. Start Date: 19th October 2015. Duration: 52 weeks. Certification: City & Guilds Diploma in Media Techniques 7601-03.

### Food Preparation and Cooking Course (ET20D) - Dingle.

This course is for people who wish to pursue careers in professional cookery. Participants will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. Start Date: 19th October 2015. Duration: 20 weeks. Certification: City and Guilds Level 2 Diploma in Food Preparation and Cooking.

### Surf Instructor and Beach Lifeguard Course (ET1Z3) - County Kerry.

The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. Start Date: 2nd November 2015. Duration: 25 weeks. Certification: ISA Surfing Skills Instructor Level 1 Cert, National Beach Lifeguard Cert, and Aquatic First Aid & Cardiac First Response (PHECC) Cert.

### CAD - Computer Aided Draughting and Design Course (ET115) - Tralee.

This course offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. Participants must have technical drawing and maths in the Leaving Certificate or have an equivalent level of relevant industrial experience or training. Start Date: 9th November 2015. Duration: 32 weeks. Certification: City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

### Milling TRQ235 - Evening Course Tralee Training Centre.

The aim of the programme is to enable the learner develop the knowledge, skills and competence to set up and safely operate, under supervision, a vertical milling machine. Start Date: 28/09/2015. Certification: QQI Cert. Duration: 2 evenings/week for 10 weeks.

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

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

**Kerry ETB Training Centre,**

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

[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



## Moriarty's Centra Farranfore



**REQUIRES  
THE FOLLOWING STAFF:**

**SHOP ASSISTANT  
DELI ASSISTANT  
COUNTER STAFF**



*Apply in writing only no later  
than Friday 4th September with  
CV and cover letter to:*

**The Manager, Moriarty's Centra,  
Farranfore, Co. Kerry.**

## FULL TIME SEAMSTRESS REQUIRED

*For new  
Alterations shop  
Opening in  
Castleisland.*

*Experience is essential*

**Contact 087 1650258**



## T. CRONIN & SONS



**THIS WEEKS HEALTHY OPTION:**

*Delicious Pork & Apple Burgers*  
**2 for €2.50**

*6 Lamb Grill Sticks*  
**Only €5.00**

*4 Chicken Kebabs*  
**Only €5.00**

9 High Street, Killarney t: 064 66 31181 f: 064 66 37387

## Park View

Chinese Restaurant & Take Away

**T: 064 6630802 / 087 6077678**  
Located on Muckcross Road Killarney  
Just passed the Gleneagle Hotel

**COME IN,  
SIT BACK, RELAX  
AND ENJOY  
GOOD FOOD**



Looking out at  
the Beautiful Mountains of  
Killarney National Park  
- All within walking distance

**DELIVERY SERVICE AVAILABLE**





Open Everyday for July and August  
2pm to 12pm

## Star Seafoods Ltd

High Street, Killarney

064 6633607 | 6641755 | 087 9063351

Our Fish Shop is Open 6 days a week from 9am-4pm  
Saturday 9am-2.30pm

We are located in the lane opposite to Keane's Jewellers



We Supply a fine variety of Fresh Local Catch  
Seafood on a Daily Basis.

- All Fish can be Boned & Filleted to your liking •



Make the most of your  
Fish Dish by picking up our  
**FREE Recipe Book.**  
Now available in our shop.

## MILLTOWN FARMERS MARKET

**Food & Crafts**

**SPECIAL END OF  
SUMMER HOLIDAYS  
MARKET**

- Live Music • Bouncy Castles •
- Face Painting • Tastings •

**Saturday 29th August**  
**from 10am (free for all)**



## DAY & EVENING CLASSES



- NEW ECDL ver 6 •  
3 Modules €245 Tuesday 22nd Sept
- ECDL Advanced •  
MS Word €245 Thursday 24th Sept
- Computers for Beginners •  
Internet & typing €145 Monday 21st Sept
- Social Media •  
Facebook, Twitter, Instagram, €95 Thursdays
- SAGE Accounts 2015 •  
Wednesday 23rd Sept €265

Individual Training  
also available

Corporate training  
visit our website



Contact Island @  
064 66 70800 or  
info@islandtraining.ie

The Court Yard › Lewis Road › Killarney › Kerry

## FLYNN'S COACHES A PRIVATE SERVICE WITH A PERSONAL TOUCH



Flynn's Coaches provide college buses to and from colleges in Limerick and Cork. Speaking to the Outlook Kieran Flynn of Flynn's coaches said, "We provide direct buses to University Limerick, Mary Immaculate, LIT & LSAD, We also go to Cork to CIT & UCC. Don't worry about heavy bags we will drop you to your accommodation every Sunday night." As an added service, all Flynn's Coaches have free Wi-Fi on-board. "Students book our service via text so we always have a seat for everyone. Being the Local operator, we offer a personal service and always look after our passengers. Sunday evenings we always try to drop students at their accommodation or as near as possible but please remember these are large coaches and there is always one or two places inaccessible for a large bus. Fridays we pick up at the Colleges." "For students from Killarney going to Limerick we have a direct bus to University Limerick and also a direct bus to Mary Immaculate, and the same again on Friday. For students going to Limerick we pick up in South Kerry, Killorglin, Killarney, Fossa, Farranfore, Castleisland, AbbeyFeale and Newcastlewest if requested. For students going to Cork we pick at Castlemaine, Milltown, Killorglin, Beaufort Bridge, Fossa, Killarney, and Glenflesk if requested." Flynn Coaches have operated these services for a number of years and have looked after hundreds of students. They have the same drivers every weekend, who enjoy their job and meeting their passengers and they always find space for your luggage even when everyone brings a large case a rucksack and a food bag. Ring or Text **087 9687997** to book your seat. "We will make sure the travel to and from college is as easy and comfortable as possible and we are always at the other end of the phone," adds Kieran.



### QQI

**FULL-TIME COURSE  
2015-2016**



BORD OIDEACHAIS  
ACUS OILÚNA CHAIRRAÍ  
KERRY EDUCATION  
AND TRAINING BOARD

## OFFICE ADMINISTRATION

QQI Level 5 Certificate [8 modules]  
QQI Level 6 Component Certificate [3 modules]

**Who should apply?**

School leavers right up to experienced mature persons seeking a recognised formal qualification. This course may suit:

- as preparation for those who wish to pursue a career in office administration
- as a filler-in year for students who wish to acquire keyboarding and computer skills in preparation for third level courses
- as a progression route to Higher Education

**Course Duration**

**September 2015 to May 2016 | 9.00am – 3.40pm | Monday to Friday**

**Course Details and Application**

Available online at [www.killarneycommunitycollege.com](http://www.killarneycommunitycollege.com)

## PLACES STILL AVAILABLE

Killarney Community College | New Road | Killarney | Co Kerry  
Tel 064-6632164 | Fax 064-6632178 | Email [kcccom@iol.ie](mailto:kcccom@iol.ie)  
[www.killarneycommunitycollege.com](http://www.killarneycommunitycollege.com)



**Are you studying in  
Limerick or Cork?**

# College Link.ie

**FREE  
WIFI  
ON BOARD**

**We offer a weekend  
bus service to students at:**

**UL, MARY I, LIT,  
LSAD, CIT & UCC**

**Friday and Sunday return trips.**

**Pick up/drop off stops in:**

**Killarney, Killorglin, Farranfore,  
Castleisland & Castlemaine**

**SIMPLY TEXT  
087 9687997  
WITH YOUR PICKUP  
POINT AND  
YOUR NAME**  
*Don't worry about  
heavy bags, we will get  
you there.*



Check our routes & times at  
[www.collegelink.ie](http://www.collegelink.ie)

**Operated by Flynn Coaches**



## KILLARNEY CREDIT UNION LTD

# THE "I NEED MONEY FOR COLLEGE" LOAN

**6% variable (6.2% A.P.R.)**

### Benefits of an Education Loan with Killarney Credit Union

- Fast Loan Approval. • Competitive Rate. • No hidden fees or transaction charges.
- An Education Loan with Killarney Credit Union Ltd can help you to cover College Fees, Accommodation Costs, Course Materials, Laptops and much more. *(Terms and Conditions apply)*
- You can repay the loan earlier, make additional lump sum repayments or make larger repayments than agreed with no penalty.

AMOUNT	TERM	MONTHLY REPAYMENT	TOTAL AMOUNT REPAYABLE	APR
€3,000	12 months	€258.24	€3,098.83	6.2%
€5,000	24 months	€221.65	€5,319.40	6.2%

**Back to School Loans also available 6% variable (6.2% APR)**

Includes purchase of: • School Books • Uniforms • PC's • Laptops • Grinds etc.

Loans subject to approval. Terms & conditions apply. Killarney Credit Union Ltd is regulated by the Central Bank of Ireland.

**Killarney Credit Union**

**BEECH ROAD** ☎ 064 663 1344 ☎ 064 663 5440  
**PARK ROAD** ☎ 064 663 7800 ☎ 064 663 7818  
**KENMARE** ☎ 064 664 2111 ☎ 064 664 2121  
[info@killarneycu.ie](mailto:info@killarneycu.ie) [www.killarneycu.ie](http://www.killarneycu.ie)



WHERE MEMBERS MATTER MOST



**KERRY COLLEGE OF FURTHER EDUCATION**

# KCFE

Enhancing Knowledge, Developing People



BORD OIDEACHAIS AGUS OILJUNA CHIARRAI  
 KERRY EDUCATION AND TRAINING BOARD

Full Time Further Education Programmes for Post Leaving Certificate and Mature Learners

#### Are you:

- A school leaver?
- Thinking about deferring your college place?
- Undecided about what to do in third level?
- Seeking an alternative access route to third level?
- Unemployed?
- Left school early and need qualifications?
- Wishing to change career direction?
- Wishing to upskill/retrain?

Level 5 and Level 6 internationally recognised qualifications available in the following areas:

- Accounting, Business, Retail Studies, Criminology with Security Studies
- Computer Science, Multimedia, Office Administration/Secretarial (Medical/Legal)
- Childcare, Special Needs/Classroom Assistants, Disability Studies, Supervision in Childcare
- Building Construction, Carpentry/Joinery, Furniture Making
- Engineering, Electronic Technology
- Art & Design, Sport and Recreation
- Hotel & Catering, Professional Cookery
- Veterinary Assistant, Laboratory Science
- Applied Social Studies, Nursing, Carers, Health Services Supervisory Management
- Beauty Therapy, Sports Therapy

## Applications Now Being Taken Online

**Maintenance Grant or Back to Education Allowance Available**

Further Information Available at [www.kerryfe.ie](http://www.kerryfe.ie)

Tel: 066 712 1741 facebook.

Application System Now Open: [www.kerryfe.ie](http://www.kerryfe.ie)

**Repeat Leaving Certificate tuition in Maths available in addition to your PLC course**

Kerry College of Further Education • Clash, Tralee, County Kerry, Ireland • Telephone: 066 712 1741  
 Email: [info@kerryfe.ie](mailto:info@kerryfe.ie) • Website: [www.kerryfe.ie](http://www.kerryfe.ie)







## Brookfield College

Monavalley, Tralee.

Established 1988



**EASY  
PAYMENT  
OPTION  
AVAILABLE**

### NOW ENROLLING 5TH YEAR, 6TH YEAR AND REPEAT STUDENTS FOR SEPTEMBER 2015



## POINTS 2014

### BROOKFIELD COLLEGE VS NATIONAL AVERAGE

Points	National %	Brookfield %
550-600	2.9	9.5
500-545	6.8	13.1
450-495	11.2	19.0
400-445	13.7	20.2

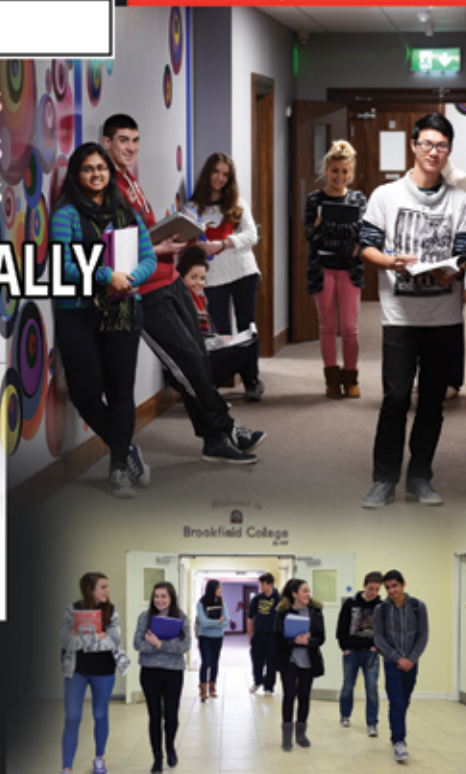
1 student got 625 points  
1 student got 615 points  
2 students got 610 points  
1 student got 605 points

- :: 23 % of our students got over 500 points
- :: 62 % of our students got over 400 points
- :: 89 % of our students got over 300 points

### REPEATS IMPROVE DRAMATICALLY

Name	Points 2013	Points 2014	Increase
L.D	555	615	60
C.D	490	595	105
K.F.	435	505	70
S.D.	340	515	175
J.O.C.	255	425	170
R.K.	175	370	195

*Average Increase for our repeat students  
75 points*



### Grinds :: Supervised Study :: Career Guidance

FOR DETAILS AND APPLICATION FORM CONTACT:

**BROOKFIELD COLLEGE,** Monavalley Tralee, Co. Kerry

**Hours:** Mon to Fri 9.00am - 6.00pm

**Tel:** 066-7145896

**Email:** [info@brookfieldcollege.ie](mailto:info@brookfieldcollege.ie)

**Web:** [www.brookfieldcollege.ie](http://www.brookfieldcollege.ie)

BROOKFIELD COLLEGE

College Life





## ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP



# BUCKLEY INSPIRED KERRY SET UP ALL IRELAND DATE

**KERRY 0-18 TYRONE 1-11**

BY: KERRY O'SHEA

Kerry survived a stern test from the men of Tyrone to qualify for another All-Ireland final and make it just their third win over the Red Hands in Senior Championship football. Those who were expecting a dour defensive type of game were in for a surprise as both teams served up an exciting game of football in very testing conditions before an attendance of 53,000 at GAA headquarters. Tyrone's record of having conceded just two goals in the All-Ireland Senior Football Championship this year remains intact while at the same time they held Kerry goalless. Apart from their goal which was from a penalty, they created a few other goal-scoring opportunities and must be considered unlucky when one shot went whizzing just above the crossbar. Two more goal chances were prevented through the excellence of goalkeeper Brendan Kealy. Both Colm Cooper and Kieran Donaghy were very closely watched throughout but nonetheless all of the Kerry forwards scored; an outcome which must have pleased manager Eamonn Fitzmaurice. Kerry showed great character in coming back strongly after Tyrone had scored a goal from a penalty late into the game. This was a big talking point among fans afterwards as was the contributions of Paul Geaney and

Barry John Keane when introduced in the second-half.

Tyrone were more than a match for Eamonn Fitzmaurice's side and for long periods of the game there was little between the teams.

The Tyrone defence certainly made things very difficult for the Kingdom, given the fact that Kerry were unable to create a decent goal scoring opportunity all day. But between the 64th minute and the end of the game, Kerry kicked for home and a run of four points from Anthony Maher, Paul Geaney (2), and Barry John Keane effectively sealed victory for the Kingdom.

Kerry suffered the loss of Marc O'Se through a black card in the 16th minute of the first half and survived this particular upset due no doubt to the solid performance of Fionn Fitzgerald who came on in place of the An Ghaeltacht veteran.

Darren McCurry opened the scoring for Tyrone with two quick fire points, but Kerry responded with three from Johnny Buckley to take the lead for the first time. Ronan McNabb levelled for Tyrone with a fine score but Kerry hit back with a splendid score from Stephen O'Brien.

Tyrone goalkeeper Niall Morgan converted a great free in the 15th minute after Connor McAliskey was fouled. McAliskey landed a fine score of his own in the 26th minute but Kerry responded with two points from James O'Donoghue



A KINGDOM IN UNITY: KERRY DURING THE NATIONAL ANTHEM, BEFORE THEY DO BATTLE WITH TYRONE.  
PICTURE: PADDY WHITE

leave the score a 0-7 to 0-5 in favour of Kerry. Tyrone refused to surrender and scores from Mark Bradley and Mattie Donnelly had the teams level coming up to halftime, but Kieran Donaghy with a great effort secured possession and made no mistake to leave Kerry with a 0-8 to 0-7 interval advantage.

### SECOND HALF

Mickey Harte's side were back on level terms within two minutes of the resumption as Connor McAliskey landed his second point of the game.

Tyrone were hit a blow within minutes of the resumption when Colm Cooper made the most of two poor Niall Morgan kick outs to give Kerry the lead.

Paul Geaney, with his first point of the afternoon in the 39th minute, made the margin three, and at this stage, it looked as if Kerry would pull away.

But Tyrone stuck doggedly to their task and Darren McCurry, who had an otherwise quiet afternoon, pointed.

Kerry hit three points in a row from Donnchadh Walsh and James O'Donoghue (0-2, both frees) to take a 0-14 to 0-9 lead with 52 minutes gone.

Colm Cavanagh kept Tyrone in the hunt with a well-worked point. Then, all of a sudden, Tyrone were handed a lifeline when a penalty was awarded after Barry Tierney was fouled inside the area.

Peter Harte coolly converted the subsequent spot kick and then Mark Bradley levelled for the Red Hands with his second of the game. It was anyone's game once more.

However, Kerry came up with the right answers and a run of four unanswered points eventually earned them a place in another All-Ireland final.



DONNCHADH WALSH SHOOTS FOR AN IMPORTANT SCORE AGAINST TYRONE ON SUNDAY.  
PICTURE: PADDY WHITE

### TEAMS AND SCORERS

**KERRY:** Brendan Kealy; Paul Murphy; Marc O'Se; Shane Enright; Jonathan Lyne; Peter Crowley; Killian Young; David Moran; Anthony Maher (0-1); Stephen O'Brien (0-2), Johnny Buckley (0-3), Donnchadh Walsh (0-1); Colm Cooper (0-2), Kieran Donaghy (Capt) (0-1), James O'Donoghue (0-4, 3f, 1, 45). Subs: Fionn Fitzgerald for O Se (bc, 16); Paul Geaney (0-3, 0-1f) for Donaghy (HT); Bryan Sheehan for Moran (55); Darran O'Sullivan for O'Brien (60); Aidan O'Mahony for Crowley (62); Barry John Keane (0-1) for Walsh (64).

**TYRONE:** Niall Morgan (0-1); Aidan McCrory; Ronan McNamee, Cathal McCarron; Ronan McNabb (0-1), Justin McMahon; Peter Harte (1-0, 1-0 pen); Colm Cavanagh (0-1); Mattie Donnelly (0-1); Tiernan McCann; Mark Bradley (0-2); Conor Meyler; Darren McCurry (0-3 0-1f); Sean Cavanagh; Connor McAliskey (0-2).

Subs: 24. Padraig McNulty for Meyler (inj, 47); Conor Clarke for McNamee (bc, 55); Barry Tierney for McCrory (55); Ronan O'Neill for McCurry (65).

**REFEREE:** Maurice Deegan (Laois).





Cumann  
**DR. CRÓCAIS**  
Cill Árne

# INVITATION

Open Day: Saturday 5th September 10.00am-12noon

LEWIS ROAD KILLARNEY

## Good Fun Guaranteed

**Dr. Crokes Juvenile Academy returns Saturday 5th September. and invites the boys and girls in the Killarney area to join one of the top GAA clubs in the country.**



Dr. Crokes is the club of current Kerry Senior stars Colm Cooper, Johnny Buckley, Fionn Fitzgerald, Kieran O'Leary. Kerry U-21 Stars: Michéal Burns and Jordan Kiely. Kerry Minor Stars: Billy Courtney, Gavin White and David Shaw. Kerry Ladies Stars: Rheanne O'Shea and Amanda Brosnan. Kerry Minor Hurling Stars: Aaron Murphy, Chris Doncel and Jack Lenihan.

**Dr. Crokes Juvenile Football academy teaches the players to learn and develop the skills of the game in an age appropriate setting. Dr. Crokes senior stars Kieran Ward and Jamie Doolan are currently involved in the coaching each Saturday.**



**Dr. Crokes is a great club for girls to join with top class ladies coaches. Gaelic football is a great sport for girls to stay fit and healthy while developing the skills of the game and making new friends. Meet current Kerry ladies stars Rheanne O'Shea and Amanda Brosnan**

**Dr. Crokes ethos is to develop the skills of the game with top class coaching in a fun environment while making life long friends.**

Dr. Crokes Juvenile Hurling academy is proving very popular and caters for children from all over east Kerry. Learn the skills of the worlds fastest field sport from highly experienced coaches. Helmets and hurleys are supplied.

**County Senior Football Champions:** 2013, 2012, 2011, 2010, 1991, 1914, 1913, 1912, 1901. **Munster Senior Club Champions:** 2013, 2012, 2011, 2006, 1991, 1990. **All Ireland Senior Club Champions:** 1992. **County U21 Football Champions:** 2011. **County Intermediate Hurling Champions:** 2001, 1999. **Ladies Intermediate Champions:** 2004.



**Free Registration for all U6's Ages 4-10 Welcome FREE TRAINING**



**SATURDAY MORNINGS** Hurling 10am - 10.40am  
Football 10.40am - 12noon  
**www.drcrokes.com**





MAN OF THE MATCH JOHNNY BUCKLEY CLOSES DOWN TYRONE'S CONOR MCALISKEY WITH HELP FROM KILLIAN YOUNG. IT WAS BUCKLEY'S FIRST EVER RTE MAN OF THE MATCH AWARD. PICTURE PADDY WHITE.

## LEGION GAA CLUB NOTES

**U13 BLITZ:** A note for your diary if you are around Saturday 29th August at 10.30am. As part of our on-going juvenile player development programme we are hosting an Under 13 boys mini 7's blitz. We have invited a small number of clubs from Kerry to take part this year and if the feedback is positive we will be looking to run the blitz as an annual event, inviting more teams both from within the county and further a field.

Each panel is made up of 10 players with 3 rolling subs. This format suits both small and big clubs alike. There is usually very little difference in ability between the first 7 players on a team whether they come from a bigger club or a smaller one. The smaller club can struggle to field 15 players of the natural age and can depend on a lot of younger lads to make up the numbers. In a lot of cases this alone can be the difference between winning and losing. In the 7-a-side game every player gets tested so this can present a real challenge for lads from the bigger clubs. Games are 10 mins a half played on a pitch measuring 70m x 50m approx. A point and a goal are the same value i.e. 1 point. If anyone would like to help out on the day that would be great. You can contact Paddy Osbourne

**U16:** Well done to the East Kerry Under 16's who had a comfortable victory over Feale Rangers in the district championship last week in Dirreen. We had a large Legion contingent involved; Cian Gammell, Thando Dube, Paul Moriarty, Patrick O'Leary, David Musgrave, Luke O'Donoghue, Darren Looney, Robert Osborne, Jack Hanrahan, Micheal Devlin & Jack Enright

**FIXTURES:** Legion travel to Fossa on August 30 at 6.30 in the Bill Tangney Cup and Friday 28 sees our juniors at home to Strand Rd at 6.45 in the opening round of the Molyneux Cup.

## BEAUFORT NOTES

**LOTTO:** Results of Sunday, 23rd August for jackpot of €3,000. Numbers drawn: 2, 3, 11, 19. No jackpot winner. Consolation Prizes: €80 Elaine Scully, Keel. €50 Eileen Courtney, Tomies,

Tessie O'Connor, Ardraw and Orla O'Leary, Killarney. Next draw for jackpot of €3,200 will be held in Inn Between Bar on Sunday, 6th September.

**U12 GIRLS:** Hosted Dr. Crokes on Tuesday evening in the East Region League and won by the narrowest of margins. Beaufort had most of the possession but were unable to convert the majority of it to scores. Scorers in the first half were points from Emma O'Sullivan, Meabhdh Kissane, Holly Clifford and a goal from Leanne Hayes. The 2nd half saw Dr. Crokes score a quick goal but 2 points from Adele O'Brien one from a free stretched the homesides lead but 4 unanswered points from Dr. Crokes cut the lead to the minimum but Beaufort held out for a one point lead. **TEAM:** Emily Kissane, Juliette Murphy, Katie Joy, Hannah O'Connor, Meave Coleman-Horgan, Lucy Breen, Leanne Hayes, Kerry Egar, Meabhdh Kissane, Adele O'Brien, Ciara Casey, Ciara Cronin, Holly Clifford, Emma O'Sullivan, Tara Foley, Sinead Barrett, Emily Coleman, Grainne Clifford, Lola Egar, Ellie O'Leary, Kate Murphy, Roisin Farrell, Emma Kissane, Cora Coffey. Their next game is at home to Milltown/Listry next week as they have a bye this week.

**JUNIORS:** Beaufort Juniors had a big win against Churchill in the Barrett Cup in Beaufort on Friday evening thus qualifying for the quarter-final and have a home tie against either Beale or Charlie Kerins.

**U21 BEAUFORT:** Are at home to Keel/Listry on Tuesday, 1st September at 6pm in Mid Kerry Championship semi-final. Extra time if necessary.

**U14 MID KERRY:** Will begin on Friday, 28th August at 7pm. Beaufort v Bye?

**MID KERRY UNDER 16'S:** Played Eoghan Ruadh in Beaufort on Wednesday and had a good win in the Under 16 Co Championship.

**KERRY MINORS AND SENIORS:** Well done to both Kerry teams on Sunday especially our clubman Mike Breen who played at centre-back with the minors. Well done to Michael Foley, Spa who won Player of the Match in that game.

Great to see our two County teams back in the All-Ireland Final both looking for back to back wins.

**BEST OF LUCK:** To the Kerry Ladies especially Bernie Breen, Patrice Dennehy and Mary Jo Curran (selector) who take on Cork in the All-Ireland Semi-final in Limericks Gaelic Grounds on Saturday next at 6pm. Support would be very welcome.

## EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

### EAST REGION MINOR LEAGUE

**DIVISION 1 FINAL:** Top of the league table, Spa take on neighbours Dr Crokes in the East Region Minor League Division 1 Final, sponsored by MD O'Shea, on Saturday evening, with throw in at 6pm. The game is for Spa pitch and promises to be an intriguing competition.

**BILL TANGNEY CUP:** The 2015 Bill Tangney Cup competition continues this week. On Sunday (30th August) Fossa host Legion in a quarter final, for a place in the semi final against the winners of Dr Crokes v Glenflesk quarter final which will have been decided on Tuesday. Meanwhile, Cordal are at home to Kilcummin in the semi final on Sunday. Throw in, for both games on Sunday, is at 6pm and there will be extra time if necessary in all games in this competition.

**CONGRATULATIONS:** Well done to the Kerry Senior and Minor Teams and management on reaching the All Ireland Football Championship Finals last Sunday, and especial congratulations to the players from clubs in East Kerry.

### 2015 MUNSTER UNDER 12 BLITZ DAYS:

East Kerry/ Kenmare Under 12 club teams were well represented during the week in Fitzgerald Stadium, in the Munster Under 12 blitz. These Munster Under 12 Go Games blitzes consisted of four teams playing every hour during three action packed days. The format was 11 aside with all players getting lots of game time in this fun event. The players all got a fantastic tour of Fitzgerald Stadium with Kerry footballer Kieran O'Leary during the day which went down well with locals and visitors alike. Thanks to all managers and players for supporting the event and to Kieran O'Leary for the great tours. The event was well run over the three days with lots of local volunteers supporting Munster Council to deliver a well organised games based programme.

## SPA CLUB NOTES

### SENIOR COUNTY LEAGUE DIV 2

**SPA 4-15 GLENFLESK 2-16:** Spa and Glenflesk served up a very entertaining and high scoring game in Spa on Friday evening. Glenflesk got off to a great start, thanks to some outstanding scores from Lee O'Donoghue in particular. His brother Jeff was also tormenting the Spa backs with some excellent deliveries into the full forward line. Ml. O'Donoghue kept Spa in touch with 5 points and Shane Cronin





also added a point. Glenflesk were very much in control at this stage but lost their concentration in the final minute of the first half and allowed Spa in for two goals, the first from Cian Tobin who finished well to the bottom corner and the second was punched in by Ml. O'Donoghue following a great run from Shane Cronin. These two scores had a huge bearing on the game and the teams went in level at half time, Spa 2-06, Glenflesk 1-09. Spa moved Liam Kearney to midfield for the second half and he gave a marvellous display of high fielding which delighted the Spa crowd. However the game was still very close with both teams scoring some great points. 10 minutes into the second half the score was still level, 2-10 to Spa, 1-13 to Glenflesk. Shane Cronin scored a goal and a point in the 11th minute and Spa pushed on from here. Ryan O Carroll added another goal in the 22nd minute and Cian Tobin scored two more long range points. Ml. O'Donoghue kicked Spa's last point of the game in the 23rd minute. During this time Glenflesk failed to score and the game was gone out of their reach. That 15 minutes of dominance by Spa in the middle of the second half was the difference between the teams and secured the 2 points for the home side, Spa.

## U21 CLUB CHAMPIONSHIP: SPA 3-10

**AUSTIN STACKS 1-13:** Austin Stacks were the better side for most of this game and always looked like winners until a magnificent late surge by Spa snatched victory. Austin Stacks opened with 1-1. Spa's four points came from Craig Hickey (2f) and the outstanding Dara Moynihan, but Stacks were first to everything and played great quality football to open that big lead. Mikey Moynihan pointed for Spa to open the second half but Stacks reeled off five on the trot, with Mike McCarthy hitting a lone reply for Spa. At that stage Stacks led by 1-11 to 0-6 and Spa had lost the influential Shane Cronin to injury - as it was, both teams had lined up without some key players. Matthew Moynihan burst through for a brilliant goal to ignite Spa's challenge. Craig Hickey punished a foul on Mike McCarthy with a point and then Matthew Moynihan broke through again - this goal was even more spectacular. 2-7 to 1-11. Stacks, held their nerve to pick off two points. A brilliant catch by Craig Hickey on the edge of the square was neatly drilled home with his right foot and Spa were level for the first time since the ball was thrown in. With an inspirational Dan O'Donoghue scoring two points and Craig Hickey another in the last couple of minutes, Spa had grabbed what had seemed a most unlikely triumph and a heroic effort by Stacks ended with them departing empty-handed. Well done to two great teams.

**SPA:** David Carroll, Timmy Hussey, Conor Kearney, Aidan Fleming, Shane Cronin, Dan O'Donoghue (0-2), Aydan Mulvanney, Mike McCarthy (0-1), Matthew Moynihan (2-0), Ciaran Spillane, Dara Moynihan (0-2), Mikey Moynihan (0-1), Eric O'Donoghue, Craig Hickey (1-4, 3f), David Spillane. Sub Eoin Cronin.

**LADIES FOOTBALL:** Spa Ladies held a challenge game for New York u17 team against All Ireland Holders u16 team. Noreen Casey, New York, Manager, brought her team over to play challenge games in her native county Kerry. They played in the u17 All Ireland in Portmarnock, Dublin in which they were very successful.

## U12 GIRLS: EAST KERRY SPA 3-14 LAUNE RANGERS 4-8:

A great game between two evenly matched teams. A high scoring entertaining match that came down to the last second to determine the winner. Sarah Fleming was outstanding with a personal tally of 2-8 along with the equally impressive Elena O'Donoghue 0-6. Grainne Spillane was solid in midfield and adding her name to the scoring sheet with a well executed goal.

## U14 GIRLS: CO SEMI FINAL

**SPA 3-4 BALLYMAC 4-6:** This long awaited game since June finally arrived. Our girls played their best but lack of match practice had a deciding factor on the night. A brilliant game is always anticipated and delivered by these two great teams. Ballymac were the sharper team and ended worthy winners. Scorers Mairead Bennett 1-0, Sarah Fleming 2-2, Meghann Cronin 0-1 and Orlaith Spillane 0-1.

**UPCOMING FIXTURES:** Minor East Kerry Final Saturday August 29th at 6pm in Spa. Spa V Dr. Crokes

**KERRY TEAMS:** Well done to both Senior and Minor teams for once again getting to another All Ireland. A brilliant achievement. Congrats to Michael Foley and Evan Cronin of the minor squad. What a performance from Michael Foley on his Man of the Match performance with a personal rally of 1-3. Kerry Ladies are also on the path to Croke Park when they take on Cork (once again) in the All Ireland Semi Final in Gaelic Grounds next Saturday 29th August at 6pm. Tickets only €10 adults. Student/OAP €5 and u16s free. Best wishes to Cassandra Buckley and all the team.

**ALL IRELAND TICKETS:** Club Secretary Marie Courtney is now taking names of members for All Ireland ticket draw. Please email [secretary.spa.kerry@gaa.ie](mailto:secretary.spa.kerry@gaa.ie) or text 087 6332773. No calls please. Only names received before September 4th will be included.

**ALL IRELAND FLEADH CELEBRATIONS:** A celebrity bbq for all fleadh participants on Friday 28th August in Spa club house at 7pm sharp. There will be a minimal charge on the night to cover food cost. Music and dancing on the night. Hope to see you all there. We welcome all family friends to show our appreciation for the numerous, County Munster and All Ireland medals that the dancers received this year. They worked so hard along with their teachers. So come along for a great nights entertainment. Mickey "Darby" Cronin RIP A tribute by John Kelly

**MICKY "DARBY" CRONIN A LOYAL SPORTSMAN IN BOTH FOSSA AND SPA:** On last Friday morning the sad news filtered

through of the passing of Michael "Darby" Cronin from Caher Aghadoe Killarney. Popularly known as Mickey "Darby" by his many friends and associates. (Read full tribute on page 16)

## DR CROKES CLUB NOTES

### EAST KERRY MINOR LEAGUE - SEMI-FINAL

**DR CROKES 2-17 FIRIES 2-13:** As a result of this four point win over Furies we qualified for the final of the East Kerry League against Spa.

The teams exchanged points in the first five minutes. We went three points ahead by the tenth minute but a good goal by our opponents in the 11th minute put them ahead by a point, as they had also scored a point a minute earlier. Furies went two points ahead by the fifteenth minute, scoring two points to our one. A goal by Dylan O'Sullivan at the start of the second quarter from a pass by Michael Potts put us back in front. The remaining minutes of this quarter belonged to Furies who sent over five points to our one for a half time lead of 1-9 to 1-6. Whatever was said to our lads at half time, they came out with all guns blazing. We had the first three points of the third quarter but our opponents regained their composure and two unanswered points put them two points in front with twenty minutes to go. In the next ten minutes we got well on top. We sent over five points without reply, one of them a great forty five by Adam O'Shea, his second forty five of the game. This left us three points in front and looking to have victory in our sights. Furies however had other ideas and a goal and a point without reply put them a point in front. Our superior fitness levels enabled us to put in a grand stand finish. A goal by Adam O'Shea from a very good Mike Casey pass and two more points to our opponents one, gave us a four point winning margin at the end. This was a great work out for us, before next weeks County Championship game. It also gave us a chance to give game time to our fringe players. Our best on the night were Brian Fitzgerald, John Kerrisk, Mark O'Shea, Michael Potts, Mike Casey, Brendan Coppinger and Adam O'Shea. Dr Crokes Best Player - Adam O'Shea.

**A MASSIVE CONGRATS:** To the Kerry Minor and Senior teams on their success in Croke Park on Sunday. A special mention to our own players who were involved namely Gavin White, Billy Courtney and David Shaw with the Kerry Minors and Colm Cooper, Johnny Buckley, Fionn Fitzgerald, Kieran O'Leary, Niall Botty O'Callaghan, Chairman Patrick O'Sullivan and video analyst John C O'Shea with the Senior team. Heartiest congrats to Johnny on his Sunday Game Man of the Match award. We look forward to our day out in Croke Park on the 3rd Sunday of September. Regarding tickets for the final there is no need to contact the Club Secretary, the club will be in touch with all members in the coming weeks regarding the allocation of tickets for the final.

### DR. CROKES JUVENILE ACADEMY

**NOTES:** Dr. Crokes Summer Camp was a





huge success with a huge number of children participating and the excellent work of the coaches ensured they had a great week. Dr. Crokes Academy will commence back on Saturday 5th September, 10 to 10:40 Hurling; 10:40 to 12 football; boys and girls aged 4 to 10 welcome. We welcome new members or boys and girls who would like to rejoin the Academy and were previous members. Big congratulations to juvenile Academy members who were successful in Community Games National Finals in Athlone recently: Alex Hennigan Gold Cross Country, Congratulations to Cian Lynch, U. 12 Dr. Crokes hurler, who also won gold in the All-Ireland Cross-Country Community Games, Jocelyn Hickey Silver Swimming, Finalists Pia Hickey Swimming and Aaron O'Sullivan, Jason Lee, Jack McGuire and Daire Looney U. 12 Relay. Well done to all. Finally, a big congratulations to Kerry Minors Billy Courtney, Gavin White and David Shaw on reaching the Minor Final. Also, congratulations to the Kerry Seniors Colm Cooper, Fionn Fitzgerald and Johnny Buckley on reaching another All-Ireland Final. We hope to see them all in the Saturday Morning Academy at a date in the future and finally, best of luck to all in the finals.

## LISTRY GAA NOTES

**WEEKLY LOTTO RESULTS:** Sunday 23rd August, 2015. Winning Numbers 14, 15, 21, 25. Jackpot €5,750. Not Won. 1 x €100 Maura Kennedy, Ballymalis. 2 x €50 John O'Donoghue C/o Maura, Joe Buckley, Keel. 2 x €25 Eugene Doherty, Listry. Sadhbh Curran, Rockfield. Draw Entrant Annett Courtney, Coolbane. Jackpot next week, Sunday 30th August €5,900.

**CIARRAÍ ABU!:** Well Done to Ronan Buckley and Kerry Minors for a great game. Also Congrats to Kerry Seniors on their great win over Tyrone. Looking forward to both All Ireland Finals. Many thanks also to Murt for organising the bus up to Croke Park.

**SENIOR COUNTY LEAGUE:** Our Seniors will be at home v Ballymac next Saturday 29th

August at 6.30pm.

**SENIOR COUNTY LEAGUE RESULT:** Listry won their game against Beale last Saturday at home and gained two points, giving them 9 points in the county league. Listry 0-11 Beale 0-09.

**JUVENILES:** Training sessions for U6/ U8 / U10 will resume on next Friday, 28th August.

**FAMILY FUN DAY:** A family day will be held at Listry GAA Pitch on Saturday, 29th from 2pm to 5pm. Plenty of activities for all ages, including BBQ. This is being organised by many groups within our Community and everyone welcome. Please spread the word.

**THE SHANE COURTNEY MEMORIAL GOLF CLASSIC:** This takes place in Killorglin golf course on Saturday, 5th September €120 for team of four or €30 each. We are looking for as many members as possible to support this event which is one of our main fundraisers for the club. To book a tee time or support in any way please contact John Wrenn on 087 1273702.

## MILLTOWN GAA

**UNDER 12'S:** Our Under 12's played Laune Rangers Blue last Friday. Our green team won and our white team lost. This means that our Green Team have finished joint top with Laune Rangers White. Well done to the players and their coaches.

**LOTTO:** €6,600. Our next club lotto draw for €6,600 will be on August 28th in The Castle Bar, Castlemaine. Just a €2 ticket could win you this fantastic amount. Don't delay. Head off and purchase your lotto ticket which are available from usual sellers and at various outlets in Milltown and Castlemaine.

**CAMP FOR FUTURE STARS:** What a wonderful four days of fun and football was had by the 101 children who attended the Camp For Future Stars. This camp was co-ordinated by Marcus Mangan ably assisted by Cathal Moriarty. The boys and girls had super fun with each of their group leaders - Lorna, Jonathan, Gavin, Eoin, Jack and Cathal. A special mention

to our underage boys who gave tremendous help over the four days. Luke, Aaron, Cillian, Cain, Adam, Roan, Linus Óg, Niall, Darragh, Séan, Ian, Óisín, Tadgh and Eugene.

Last but not least, míle buíochas to John Hegarty and Henry Scanlon who have done amazing work over the past few weeks organising the camp and ensuring that the field and clubrooms were in tip top shape. The countdown is already started for next years camp.

## REVISED SIDELINE/DRESSING ROOM GUIDELINES FOR SENIOR GAMES:

Please note that under age players are NOT permitted inside the dressing rooms prior to or after a senior game or inside the surrounding fence wire when a senior game is ongoing. This is to protect all parties involved. We ask parents and guardians to continually remind their children of this rule which will be strictly enforced. We appreciate your on going support and cooperation.

**APPROPRIATE FOOTBALL GEAR:** Can all underage team managers, trainers/coaches please ensure that all players representing Milltown /Castlemaine are dressed in club colours (Green and White socks and togs.) This is to avoid any inconvenience prior to games. We would also ask parents/guardians of players to inform their children of this County Board Rule.

**KERRY SENIORS AND MINORS:** Well done to the Kerry Senior and Minor panels and their management teams on such fantastic victories in Croke Park last Sunday. David Roche - from our own club was an additional player on the extended minor panel. Ronan Buckley from our neighbouring club - Listry, was wearing Number 20. Comhghairdeas boys. It is such a privilege and honour to wear the county jersey. We wish you all the best in the coming weeks as you train for the All Ireland Final on September 20th.

**UNDERAGE TRAINING:** Resumes this Thursday at 6 for under 6's, 8's and 10's. Don't forget your mouthguard and your water!



MANAGER OF NEW YORK NOREEN CASEY PRESENTING ANNE HOLLAND WITH A PRESENTATION. ANNE IS CHAIRPERSON OF SPA LGFA AND FORMER CHAIRPERSON OF NEW YORK LADIES COUNTY BOARD.



THE GLENEAGLE GROUP ANNOUNCED AS OFFICIAL HOTEL PARTNERS OF KERRY GAA. KERRY CAPTAIN KIERAN DONAGHY WITH PLAYERS JONATHAN LYNE, JAMES O'DONOGHUE AND COLM COOPER AND TRAINER EAMONN FITZMAURICE PICTURED WITH BRIAN BOWLER MANAGER THE BREHON HOTEL AND PATRICK O'DONOGHUE, THE GLENEAGLE GROUP FOLLOWING THE TEAM ANNOUNCEMENT IN KILLARNEY ON THURSDAY NIGHT. THE GLENEAGLE GROUP HAS BECOME THE OFFICIAL HOTEL PARTNER AND ASSOCIATE SPONSOR OF THE KERRY GAA. PICTURE BY DON MACMONAGLE.





## ELECTRIC IRELAND MINOR FOOTBALL SEMI-FINAL

### FOLEY THE STAR MAN AS MINORS DISPATCH DERRY

#### KERRY 1-11 DERRY 1-06

Captain Conor Geaney may have been the star for Kerry coming into this year's All-Ireland semi-final but fellow corner-forward Michael Foley hit 1-3 for the reigning minor champions in their five-point win over Derry.

The Spa clubman got the vital goal in the second half for Jack O'Connor's men as they fought back after Conor Maunsell slotted a freak goal for Derry.

Goalkeeper Billy Courtney was left red-faced as the ball looped over his head and Derry were level after 33 minutes.



MICHAEL FOLEY IN RUSHES PAST OISÍN DUFFIN OF DERRY IN THE ALL IRELAND MINOR SEMI-FINAL LAST SUNDAY. PICTURE: PADDY WHITE

But it was a well-deserved win for Kerry who were the better side at Croke Park and will go on to defend the title they won for the first time in 20 years last term against either Tipperary or Kildare on September

20.

Geaney, who is a cousin of seniors Paul and Michael, was still a major asset and has now hit 2-23 in just five games in this year's championship – he slotted 0-05 today.

Meanwhile Derry's wait goes on; it is 13 years since they last claimed an All-Ireland minor crown.

They trailed 0-06 to 0-03 at half-time and couldn't reduce the deficit after the break with substitute Niall McAtamney's late goal disallowed. Both sides struggled to deal with the greasy conditions but initially it looked as though Kerry would run away with it.

They took a 0-05 to 0-01 lead inside 13 minutes but Derry packed out their defence and fought their way back.

Geaney kicked Kerry into the lead in the second minute when he won a free and tapped it over from 45 yards out. Michael Foley hit a quick-fire second as the Kerry forwards looked too hot to handle and Andrew Barry slotted a third after a patient build-up.

Derry flooded back in numbers and AFL potential recruit Conor Glass was used as an extra-man in defence, as was Tiarnan Flanagan. Flanagan was one of three changes from the spirited win over Longford three weeks ago while another one of those, Francis Kearney helped Derry find a way back.

First Sean McGuigan got his name amongst the scorers with a curled effort from his left boot but Kerry

extended their lead through Geaney, again from a free, and a John Mark Foley point in the 13th minute.

That gave the Kingdom a 0-05 to 0-01 lead but when Geaney failed to convert a possible goal opportunity Derry grew into the game.

Glass was deployed more around the middle and they used the route one option to find Kearney in at full-forward.

Kearney pointed their second after 21 minutes and McGuigan doubled his tally for the day with a free.

Kerry had not scored in 14 minutes until John Mark Foley potted a monster effort from distance and that gave them a 0-06 to 0-03 lead the break.

Derry made the ideal start to the second-half when Maunsell had the ball in the Kerry net after three minutes.

It was just a speculative effort from the Derry corner-back but it left the scores at 0-06 to 1-03. Geaney replied with a free and his first from play but a massive score from Kearney kept Derry in touch. However Derry only had two more scores for the remainder of the game while Kerry's experience as All-Ireland champions showed.

Mark O'Connor, who was part of last year's winning side, was introduced off the bench and when Foley slotted their goal in the 38th minute they pushed on for victory.



PAT O'DOHERTY, ES8 CHIEF EXECUTIVE, PRESENTS THE MAN OF THE MATCH AWARD TO MICHAEL FOLEY, KERRY, IN THE ELECTRIC IRELAND GAA FOOTBALL ALL-IRELAND MINOR CHAMPIONSHIP SEMI-FINAL, KERRY V DERRY. PICTURE: DAIRE BRENNAN / SPORTSFILE.

**Kerry:** B Courtney; D Brosnan, J Foley, J Morgan; G White, M Breen, D O'Brien; A Barry (0-01), JM Foley (0-02); B Ó Seanacháin, S O'Shea, B Barrett; M Foley (1-03), B Sweeney, C Geaney capt (0-05, 0-03f).

**Subs:** T O'Sullivan for White (17-18 mins), M O'Connor for Breen (39), T O'Sullivan for Brosnan (39), S O'Sullivan for Barrett (46), E Cronin for O'Shea (56).

**Derry:** C Mullan-Young; N Keenan, C McGrogan, C Maunsell (1-00); O Duffin, M McEvoy, E Concannon; P Kearney, J Doherty; P Coney, S Downey, C Glass (capt) (0-01, 0-01f); T Flanagan, F Kearney (0-02), S McGuigan (0-02, 0-01f).

**Subs:** N McAtamney (0-01) for Kearney (HT), G McLaughlin for Duffin (35 mins), F Higgins for Maunsell (41), B Grant for Coney (41), S Higgins for McGuigan (black card, 48).

**Referee:** Jerome Henry (Mayo)



KERRY MINOR PANEL AHEAD OF THEIR CLASH WITH DERRY IN THE ALL IRELAND MINOR SEMI-FINAL. PICTURE: PADDY WHITE





## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 21/08/2015, numbers drawn were 14, 23, 25 and 28. Sellers prize went to Tom Joe O'Donoghue, €50 Y/T prize winner Paudie Hickey Gneeveguilla, €50 to Richie Flynn Ballydesmond, €40 each to Philomena Cremin Clamper, Michael Fleming Gneeveguilla, Bridget McAuliffe Sliabh Luachra. Bonus not won numbers drawn were 4, 13, 17 and 27. Next week's jackpot €12,800 plus €1,000 bonus.

**WINTER TRAINING:** The first of the winter training will commence in the New Field Barraduff Friday August 28th, 7.00 to 8.00 pm. Everyone welcome.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

### NATIONAL COMMUNITY GAMES FINALS

**ATHLONE WEEKEND 2:** The second week of the National Community Games was held last weekend in Athlone AIT with the main focus being the athletics. Eabha McCarthy competed in the U10 60m Hurdles. Eabha made the finals and finished in 5th place. Ciara Kearney competed in the U14 Javelin and Thomas Murphy competed in the U16 Discus. Well done to all the boys and girls who competed.

**JUVENILE FUN SPORTS DAY:** The club is organising a Juvenile Athletics Sports Day on Sunday 6th September starting at 12:30pm sharp in GAA grounds Farranfore. There will be the usual sprint and distance races with field events such as Long Jump, High Jump and Shot. All age groups from U8 to U14 catered for with plenty of fun activity games for the younger age groups.

**JUVENILE TRAINING:** Juvenile training (U8 - U14) will commence on Thursday 3rd September at 6pm in GAA grounds Farranfore. The main focus will be preparation for the cross country season. Newcomers who would like to participate in cross country competitions are welcome to attend.

Keep upto date with athletics on our Facebook & website: [www.ffmvac.blogspot.com](http://www.ffmvac.blogspot.com)

## KILLARNEY SOUTH COMMUNITY GAMES NOTES

Weekend 2 of the National Community Games Finals took place last weekend in Athlone and Killarney South had 7 athletes in action. Sarah Leahy in the U. 16 100 meter sprint ran brilliantly all weekend and qualified for Sunday's final where she was just outside the medals in a top class final of sprinters. Sarah can be very proud of her achievement in Community Games and has enjoyed great success and we hope she stays involved in Community Games in the Killarney South area in the future. The U. 12 relay squad of Jason Lee, Connor Gammell, Alex Hennigan, Aaron O'Sullivan, Jack McGuire and Daire Looney ran superbly all weekend winning

their heat, were in second in the semi-final and due to some hard luck in the final were just outside the medals. The full squad of six got to run in the finals which is a great achievement and was due reward for all the hard work and training over the past six weeks. The positivity, camaraderie and the encouragement they gave each other was a joy to behold. Special thanks to the manager and Coach for the weekend Billy Hennigan who had the squad very well prepared and to Cian Gammell for his excellent warm-up and stretching drills prior to each race. This is a young squad who exceeded all expectations and with 3 of the squad underage again next year. "Beidh Lá Eile". Special thanks also to the parents for their patience support and encouragement during to weekend roll on 2016.

## KILLARNEY VALLEY AC

**CONGRATULATIONS:** And Well Done to all our athletes who competed in the National Finals of Community Games in Athlone over the weekend.

We are asking all parents and friends of athletes to join us for Ireland's most scenic 10 Mile road race, raising funds to build Killarney's first athletics facility! September 26th sees Killarney host an amazing 10 Mile event! Check out [www.killarney10mile.com](http://www.killarney10mile.com) for details.

We had a good turnout of both kids and parents for our Monday Mile Challenge last week so we would love that to continue. So come out and join us at 6.30pm in the Demense!

## MILLTOWN/LISTRY COMMUNITY GAMES

Weekend 2 of the national finals took place in Athlone last weekend where we had 2 of our own athletes competing.

We had Eabha McCarthy taking part in the U10 Hurdles. She won her heat, came 4th in semi final and was then very unlucky to be just pipped on the line for 4th place in the final. Eabha's training was significantly curtailed over the past few weeks due to an injury so it was a fantastic result to finish in the top 5 in the country. We had Aaron O'Shea competing in the U12 Ball Throw. After his first 3 throws, he qualified to compete in the top 8 and so had a further 3 throws. He was unable to get into the medals but still a terrific achievement in making it into the top 8. We are very proud of Eabha's and Aaron's achievements this year in qualifying to represent Kerry and compete at such a high level. We thank them for their efforts along with their parents and sincerely hope that the families enjoyed their weekend in Athlone. We also thank Kerry Community Games for their level of organisation and expertise which not just contributes hugely to the enjoyment for all families over the 2 national weekends but in all competitions held during the year.

## KILLARNEY RUGBY CLUB NEWS

**MINIS ARE BACK THIS SATURDAY:** KRFC are delighted to announce that the minis section will start back training this Saturday, the 29th of August. Mini Rugby takes place between 10:30am and 12 midday at our new grounds in Aghadoe. All children from age 5 to 11 are welcome to come along and learn to play the wonderful game of rugby in a wonderful setting and with fully trained and experienced coaches. Training consists of the players taking part in drills, and games that teach and prepare the child the skills needed to play at the top level. This is part of the long term player development strategy devised by the IRFU 'Six to 6 Nations' programme, and 'Mini Rugby - "growing from 6 to 6 nations"'. There is a schedule of Blitzes also, which will allow us to either host matches or travel to other clubs to play matches, across the season. If you are interested in having your child play rugby, why not call to our pitch this Saturday. Alternatively give Mini Co-ordinator Liam Murphy a call on 087-4145662, or our Liaison Officer Dora Campbell on 087-2196569.

**TICKETS:** Tickets are available for the forthcoming season to members, for the 6 nations and European Rugby Cup. If you would like to discuss your ticket requirements, give Denis a call at 087-2315016 or pop into Denis at Sweets N'Treats on New street, Killarney.

**MOSS KEANE BLITZ:** This Saturday afternoon, KRFC will host the Moss Keane Senior Blitz where all the rugby clubs in Kerry partake for this trophy. Proceedings kick off at around 1pm and all are welcome to come to our new pitch and enjoy the day.

**FAMILY DAY:** The KRFC Family day takes pace on Sunday the 06th of September at Aghadoe, between 1 and 5pm. This plans to be a great day out for all the family. All past members, existing members, mini, youth and senior players and their families are welcome as well as anyone who wants to pop along and see what our new facility is like. We will have bouncy castles, a barbeque and there will be fun for all. Keep posted to our facebook page or web page [www.krfc.club](http://www.krfc.club) for details.

## CYCLING NEWS

**MASSIVE DAY FOR MODA:** The Kerry Cycling Clubs County Championships, expertly hosted by the Sliabh Luachra CC, saw the riders tackle various numbers of laps of the 6.8km circuit based in Gneeveguilla village. It all built up to the seniors race over 9 laps which saw all those present witness a superb display of solo riding by Moda Kingdom Endurance's Denis Dunworth. Using all his time trialling experience he jumped clear in the second lap and took the chequered flag with 55 seconds to spare to take the Michael Blackwell Cup. It was a great day for the Moda team as they filled the top three places with John Brosnan and Eddie Barry following Dunworth home. This also gave





Moda Kingdom Endurance the overall team prize and the Breen Family Trophy.

To make it even better Moda's George Doyle continued his great form that saw him medal on the national stage last week. He was the first A2 rider home and doubled that as also taking the Over 40's County Championship title.

In the A2's iBike's Ronan O'Shea was second and the unattached John Blackwell third who was also 2nd in the over 40's followed home by Gerry McCarthy (Tralee Manor West). The top 3 in the A3's were Ciaran Slattery iBike, Pierce Boland of Tralee Manor West and Killarney CC's Keith Lyne. Tralee Manor West's Oran Pierce beat his club-mate Killian Tierney to the Junior title while Laura Jane Nelson was crowned the Ladies Champion. The over 50's was won by Tom Daly, O'Leary Stone Kanturk with Colin Lacey, Chain Gang, second and iBike's Tom Barrett third. The underage results saw Killarney's Patrick Galvin win at u12's ahead of Kanturk's Ronan Leahy and Kieran Commene from Kingdom.

In the u14's Kanturk CC took the top two spots with Tom Moriarty and Tom O'Connor with Kieran Coggins third.

Cian Smailes of Tralee Manor West was the top u16. Patrick White of iBike was second and Thomas Dore of Kanturk third.

## COMMUNITY GAMES ALL IRELAND NATIONAL FINALS – WEEKEND TWO

Our second weekend of the All Ireland National Finals took place at the weekend in Athlone. Kerry was represented by children in Athletics Track; Athletics Field; Badminton, Basketball, Gaelic Football; Gymnastics, Projects, Judo, Music, Singing. Kerry had another great weekend of competition coming home with plenty of medals of every colour and excellent performances by all our children competing.

### RESULTS: ATHLETICS:

60M U8 – Silver - Gavin Dillon – Duagh/Lyre.

60M U8 – Bronze - Laura Falvey.

80M U8 – Gold - Saoirse Dillon (Duagh Lyre).

80M Hurdles U14 - Pewter - Aaron Malik.

100M U10 – Silver - Roisin Rahilly.

200M U16 – Silver - Rachel Moriarty.

Relay 4 x 100m U13 - Pewter - Kerry Team.

Relay 4 x 100m U14 – Gold - Kerry Team.

Relay 4 x 100m U15 Mixed - Kerry Team.

### ATHLETICS FIELD EVENTS

Ball Throw U12 Girls – Gold - Katelyn Reid – Annascaul/Camp/Inch.

Discus U16 – Bronze - Lauren O'Grady – Ardferit/Kilmoyley.

Triple Jump U16 – Bronze - Cory Kissane, Fossa.

Triple Jump U16 Girls – Silver - Rachel Bowler – Rock Street/Caherslee.

Long Jump U14 – Silver - Sean Quilter, St Brendans Oakpark.

Shot Putt U14 – Bronze - Gary Randals, Kenmare.

### GYMNASTICS

Gymnastics U11 – Silver - Luke Rochford – Ballyduff.

Gymnastics U15 Boys – Gold - Ciaran Collins – Rock Street/Caherslee.

Gymnastics U9 Girls – Silver - Grace Murphy, Rathmore/Gneeveguilla.

Gymnastics U13 – Silver - Maura O'Keeffe – Rathmore/Gneeveguilla.

### JUDO

Judo - 30kgs U16 Boys - Silver - Oran Horgan, Glenflesk.

Judo - 40kgs U16 Boys - Silver - Sean Murphy, Abbeydorney/Kilflynn.

Judo - 45kgs U16 Boys - Silver - TJ Palmer.

Judo - 50kgs U16 Boys - Bronze - James O'Leary, Furies.

Judo - 55kgs U16 Boys - Gold - Aaron O'Brien, Keel/Kiltallagh.

Judo U16 Girls Judo - 25kgs U16 Girls – Silver - Debra O'Connor, Ballymacelligott.

Judo - 30kgs U16 Girls – Gold - Laura Flynn, Furies.

Judo - 35kgs U16 Girls - Bronze - Donna Rodgers.

Judo - 40kgs U16 Girls - Bronze - Katie O'Leary, Furies.

Judo - 50kgs U16 Girls - Brid Flynn, Furies.

Judo - Open U16 Girls - Silver - Cora Joy

### TALENT INDIVIDUAL EVENTS

Solo Music U13 Boys/Girls – Pewter - Clodagh Murphy, Listowel.

Solo Music U16 Boys/Girls – Pewter - Ryan O'Neill, Ballydonoghue.

Solo Singing U14 Boys/Girls – Silver - Lilian Foley, Kilcummin.

### TEAM EVENTS

Badminton U15 Boys – Silver - Castleisland.

Basketball U13 Boys – Silver - Rathmore/Gneeveguilla.

Basketball U13 Girls – Silver - Castleisland.

Basketball U16 Girls – Gold - Castleisland.

Gaelic Football U14 Girls - Gold - Killorglin.

Projects U13 Boys/Girls/Mixed – Gold- Duagh/Lyre.

Projects U16 Boys/Girls/Mixed – Bronze - Kerry, Rock Street/Caherslee.

We have many areas who are strong in various events but looking at the results it is great to see so many of our areas making an appearance in our medal table. This hopefully means that areas are now trying out new additional events in their local programme which in turn is catering for a wider number of children.

Congratulations to all the children who took part – and we hope all our participants enjoyed the past two weekends of our Nationals in Athlone. Community Games is above all else about participation and something we value highly so to each and every one of our National qualifiers we say well done - by participating in Community Games you are getting the opportunity to take part in some activity be it sport or a cultural event, perhaps trying out something new, meeting other children from both Kerry and other parts of the country, and getting the opportunity to represent your local area and county at All Ireland National Finals and if you didn't come home with a medal this year then hopefully you will try again next year – we have a wide selection of events to choose

from. Well done to all our children, parents, and of course our volunteers for the wonderful support throughout the year.

## FIRIES COMMUNITY GAMES

Last weekend was another busy weekend in the Community Games calendar. It was the 2nd weekend of the National finals in Athlone. In the group singing Emma Murphy, Rachel Hoctor and Aine Barry took part. The girls had a great performance and were placed in 6th place with very close scoring between top teams. Ciara Kearney took part in the javelin and came 8th in this competition. Thomas Murphy competed in U16 discus and even though he wasn't placed in the medals, he gave a great performance beating his personal best by 3 metres. In the judo competitions Laura and Brid Flynn returned with gold medals again this year. TJ Palmer won silver and James and Katie O'Leary won bronze medals in their categories. Well done to all the children who took part and thank you to all the parents and trainers for assisting the children.

## FOSSA ROWING CLUB NOTES

**NIGHT AT THE DOGS:** Fossa rowing club would like to thank everyone who supported our night at the dogs on Saturday night as it was a great success. Thanks to everyone who bought ads, races and tickets. Special thanks goes to Conor Griffin and his wife Margaret for their hard work and dedication on organising the night.

**HAPPY BIRTHDAY:** The club would like to wish the man himself Mr Kieran Counihan a very happy 40th birthday. Enjoy the celebrations Sunday.

## RATHMORE GNEEVEGUILLA COMMUNITY GAMES NOTES

Last weekend was the second weekend of the finals in Athlone. Maura O'Keeffe (U13), Caoimhe Guerin-Crowley (U11) and Grace Murphy (U9), took part in the Gymnastic Individual event and Jack O'Leary ran in the U12 600 metre's event. Maura and Grace won All Ireland silver medals in the gymnastics and we would like to congratulate both of them on this huge achievement.. We would also like to say well done to Caoimhe who put on a great gymnastics display on Saturday and to Jack who ran very well in his individual race, we know a lot of time and effort was put in to these individual events by both the participants and their families.. so well done to all.

Last but not least the following boys took part in the U13 Basketball event, Jim Brosnan, Ciaran Cremin, Damien Cronin, Mark Cronin, Padraic Finnegan, Andrew Moynihan, Padraig Murphy, Mark O'Leary, Paudie O'Leary, and Michael Twomey The team was coached by Loretto O'Leary and John O'Leary.



## KILLARNEY CELTIC NOTES

**GOLF CLASSIC:** Our Annual Golf Classic, sponsored by the Killarney Avenue Hotel, takes place this year on September 5th on the Lackabane course. Teams of three €150. All welcome. Contact Mike Daly at 086 8516915 for details. All welcome.

**MANAGERS WANTED FOR FOOTBALL FOR ALL:** Killarney Celtic Football For All provides soccer in a fun and supportive way for children with special needs. This is an integral part of the club and one of which we are all proud. However, in order to provide that safe and supportive environment, we need volunteers to help us with coaching and supervision. Full training will be provided, so all you need are a few hours a week to spare if you would like to help people achieve their full potential. Please contact Jane O'Donoghue on 086 2243435 if you would like to be involved.

**LAST MAN STANDING:** We said we'd let the Premiership find its feet before we started Last Man Standing, so this weekend is the first round. You all know the drill, predict one team to win every week to get through to the next round, and you can't select any team more than once. It's good fun for just €10, contact Brian Looney on 087 8309755 for details.

**JUVENILE LEAGUES:** The Premier EVEN ages will start on Saturday, September 5th. All other divisions will start on Saturday, September 19th. The Premier ODD ages will start on the Saturday, September 12th, and the other divisions will commence on Saturday, September 26th. U12 teams will now be 9 a side and the U11 teams will be 7 a side, this is to give each player greater involvement and encourage skill development. Girls teams will be under 12/14/16 and will start on Saturday, September 19th. The U12 Girls League will be 9 a side.

**TRAINING TIMES:** Players must register on the night to be fully covered and to play in the senior or schoolboys Kerry leagues. Everybody is welcome to a testing but fun training environment. We do ask players to wear the proper equipment for safety's sake and to respect the authority of coaches and other trainees. These times may be subject to change as the season beds down.

Senior squads and Youths – Tuesdays, Thursdays (this slot will be switching to Fridays in a few weeks time) 7.30pm.

Killarney Celtic Football For All – Wednesdays, 5.00pm.

U16 – Mondays, 8.30pm.

U14 Boys – Mondays – 7.00pm.

U14, U12 Girls – Thursdays, 6.00pm.

U13 – Thursdays, 6.00pm.

U12 – Mondays, 5.30pm.

U11 – Wednesdays, 5.00pm.

U10 Girls – Saturdays, 11.00am.

U10 Boys – Saturdays, 4.15pm.

U9s – Saturdays, 3.00pm.

U8s – Saturdays, 1.45pm.

### RESULT:

**RESERVE CUP FINAL: KILLARNEY CELTIC 4 CASTLEMAINE UNITED 1:** Make no mistake about it; this was an absolutely superb achievement against a deservedly very highly rated Castlemaine outfit. Two crosses from Vlad Sirotiak were deftly finished to the net by Stephen McCarthy for a 2-0 advantage. Cathal Moriarty gave an outstanding Roy Kelliher no chance with a brilliant penalty to make it 2-1 before the short whistle. However, Celtic remained calm and composed in tight, competitive game, with Cathal O'Shea doubling our advantage and man of the match Stephen McCarthy completing his hat-trick in fine style. Well done to everyone involved.

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

**LOTTO RESULTS:** Numbers drawn 2, 5, 18, 20. Three match three, Nora Riordan Ballyspillane, Brendan Cronin, Cronin's shop, Park Rd., Lorele Elding c/o Mary, €50 each. Next week's jackpot €3400, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

## KILLARNEY ATHLETIC A.F.C. NOTES

### 50TH ANNIVERSARY CELEBRATIONS

**TICKETS:** Tickets available this weekend in the clubhouse from 5.00pm to 7.00pm on Friday and 12.00 to 1.00pm on Saturday also you can contact Michael O'Shea on 087 222 6185 or Don O'Donoghue on 086 123 4610. Price : €25.00 : Date : 5th September : Celebratory Dinner in the Dromhall Hotel.

**'HALF MOON REVISITED':** As the club continues to celebrate it's 50th Anniversary there will be a special night of 'Revisiting the Half Moon' 50 years on. All old and present members, male and females are welcome to come along to this special inclusive night for people to experience and recall fond memories

from the past. The event is planned for Thursday the 3rd of September and the meeting place will be at the bridge opposite the Cathedral and near the Deenach Lodge at 6.30 sharp. The founder of the club Dan Harrington will be in attendance and a video recording will also be done. Again all who see themselves associated to the club are welcome to attend. Also note any children must be in attendance with a parent and another night will be arranged to include all our young members in the Woodlawn pitch.

**ARTICLE SERIES:** Anyone who wishes to contribute to the series of articles setting out the club's development since its foundation in 1965 to the present day, particularly former officers or managers, can email 50years@killarneyathletic.com or contact Toirdealbhach (087) 6447603 or Mike (087) 2727173 for more details. The first three articles, with accompanying photographs, spanning the years 1965 to the 1980s are now available on the club's website.

**PHOTOGRAPHS:** The club is also planning a slideshow or exhibition of photographs on the night of the celebratory dinner. If you have a photo that you would like to contribute, please pass it on to Toirdealbhach (087) 6447603, or indeed email it (or a link to it) to 50years@killarneyathletic.com. It will be scanned and returned to you with minimum delay.

### KILLARNEY ATHLETIC ACADEMY. (U6'S

- U10S): Our Academy is starting up again on Friday's from 5.00pm to 6.00pm for ages 6, 7 & 8's and from 6.00pm to 7.00pm for ages 9, 10 & 11 in Killarney Athletic, Woodlawn. Registration will take place on the night and bring €2 for training. All Players welcome, new and old, bring your friends.

**KERRY MINOR & SENIOR TEAMS:** Congratulations to both the Kerry Minors & Kerry Seniors on reaching the All Ireland final and congrats to our former players also.

**CONDOLENCES:** Sincere Sympathy is extended to the Cronin family Aghadoe and extended Cronin family on their recent sad loss of Michael (Micky Darby) Cronin.

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

**CONTACT:** If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com.



**Killarney Outlook**  
Killarney's Best FREE Magazine

..keeping you....on the ball!

nobody comes close

**10,000 COPIES FREE EVERY WEEK**

**TO ADVERTISE CALL**  
Des: 087 6593427 t/f: 064 66 70000  
e: des@outlookmags.com



## KILLORGLIN WIN HOTEL KILLARNEY KILBREAN CUP

The Hotel Killarney sponsored Kilbrean Cup, hosted as always by Mastergeeha FC at Kilbrean Park, once again attracted teams from all over the country.

In the Cup competition Killorglin FC were victorious over the West Waterford/East Cork League side.

The Kerry side defeated Springfield Ramblers, the Cobh Ramblers underage club, in the semi-final with WVEC getting past Granagh United. WVEC went in front in the final but Eoghan Hassett equalised from the penalty spot, to follow on from his scoring of the winner in the semi-final.

The sides stayed level and so into a penalty shoot-out to decide the winner and Killorglin were unerring from the spot scoring all 5 with WVEC missing once.

Killorglin captain Caolim Russell was presented with the Kilbrean Cup by Tournament Director Maurice Guilfoyle.

### **GALWAY'S BEARNA TAKE THE SHIELD:**

Last year's winners Bearna Na Forbacha Aontaithe suffered a surprise defeat in the semi-finals of the main competition. This saw them into the Shield Final where they faced Inter Kenmare. There was only one goal in it and it went to the



THE KILLORGLIN TEAM THAT WON THE KILBREAN CUP AT THE WEEKEND DEFEATING WVEC ON PENALTIES.

Galway side but credit to the Kenmare boys who put in a great performance over the two days. Tournament Director Maurice Guilfoyle was delighted with the way the weekend went. "Once again we had a brilliant weekend of soccer at our excellent facilities in Kilbrean Park. All the

clubs who travelled from near and far are already looking forward to 2016. Special thanks must go to our sponsors Killarney Hotel, the match officials and the volunteers from Mastergeeha who made the tournament possible."

## MARTIN O'NEILL OPENS ALL-WEATHER PITCH AT KDL HQ



MARTIN O'NEILL (MANAGER OF THE IRELAND INTERNATIONAL SOCCER TEAM AND JOHN DELANEY (CHIEF EX OF THE FAI) CUT THE TAPE TO OFFICIALLY OPEN THE ALL NEW WEATHER SOCCER PITCH AT MOUNTHAWK ON WEDNESDAY EVENING. PIC JOE HANLEY.

Republic of Ireland Soccer manager Martin O'Neill and FAI CEO John Delaney were the guests of honour at the official opening of the new All-Weather Pitch at Mounthawk Park last Wednesday evening.

It was a star-studded and gala evening as local and public representatives together with the

soccer family from all over Kerry gathered to celebrate the opening of the new facility which was built with the assistance of a euro 200,000 grant from the Government.

The recent controversy involving FAI CEO John Delaney and outgoing FIFA General Secretary

Sepp Blatter came to mind as Mr Delaney, who has special links with Tralee, quipped that "I got five million off Blatter, if we had sent John O'Regan we'd have got ten million!"

Martin O'Neill, in his remarks, paid special tribute to the Kerry team that recently captured the Kennedy Cup for the first time and in particular, O'Neill paid warm tribute to the captain of that side, David Dineen.

Other guests at the ceremony included Kerry District League Chairman Sean O'Keeffe and Vice Chair Don O'Donoghue Frank Hayes, representing Kerry Group, who are main sponsors of the League, Michael Healy-Rae TD and Cllr Graham Spring.

Representatives of Mondo Ltd, who provided the surface for the new facility and Kelly Brothers the main contractors, were also in attendance.

Much of the credit for the fantastic facilities at Mounthawk Park must go to Kerry District League Secretary John O'Regan whose tireless efforts have ensured that the Clubs in Kerry will now have a facility where they can play games during the deepest of winter.

Make your Business

SHINE

...advertise with us.  
Call Des on 087 6593427





PICTURED AT BEAUFORT GOLF CLUB FOR THE PRESIDENTS DAY PRIZE GIVING. FRONT ROW L-R LADY CAPTAIN EVE BIRD, PHIL DOOLAN, PRESIDENT JOHNNY DOOLAN & CAPTAIN GABHAN O'LOUGHLIN. MIDDLE ROW L-R JOAN O'SULLIVAN (2ND PLACE), GRACE DENNEHY (1ST PLACE), RENEE CLIFFORD (BACK 9) & PEGGY O'RIORDAN (3RD PLACE). BACK ROW L-R SEAN MACKESSY (COLLECTING FOR NOREEN MACKESSY FRONT 9), SHANE O'SULLIVAN (2ND PLACE), MICHAEL QUIRKE (1ST PLACE), JOHN LOONEY (4TH PLACE) & JAMES JONES (4TH PLACE).  
PICTURE MARIE CARRROLL-O'SULLIVAN 087 391 4808

## ROSS GOLF CLUB

### GENTS CLUB:

**FIXTURES:** On Sunday August 30th we will hold a single stableford competition kindly sponsored by the Golf Shop, College St. The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

**BEST OF LUCK:** To Lady Captain, Sinead O'Shea when she holds her Captains Day on August 29th.

**CONGRATULATIONS:** To Maurice Coffey and Mary Cronin on their recent victory in the mixed championship.

**CLUB MATCHPLAY AND CLUB FOURBALL CHAMPIONSHIPS:** These competitions are progressing well however all players are reminded to play their matches as soon as possible.

## RING OF KERRY GOLF CLUB

### RESULTS: 3-PERSON TEAM EVENT

1st Joe Harrington (20) Bart Van Oyen (26) & Geoff Mahony (19) 58pts.  
2nd Eamonn O'Driscoll (4) Simon Stauch (12) Henk Bons (5) 53pts.  
3rd Tomas MacGearailt (8) Noel Riney (20) Jason Taylor (22) 52pts.

### LADY VICE CAPTAINS DAY SCRAMBLE:

1st Eleanor Connor Scarteen - Margaret Hanley - Kathleen O'Shea.  
2nd Therese Hanley - Teresa Walsh - Margaret Burns.  
3rd Maura Murphy - Vera Shaw - Barbara Murray.

**UPCOMING EVENTS:** Friday 28th - Sunday 30th August - Members Singles Stableford GOTY. Please call 064 66 42000

## KILLORGLIN GOLF CLUB

### LADIES: 18 V PAR SPONSORED BY KERRY PETROLEUM:

1. Betty Griffin (35) Level.  
2. Eleanor McCarthy (25) -1 (B9).  
3. Kathleen Cronin (24) -1.

**FIXTURE:** Lady President Betty Foley's Prize is

this Sunday 30th August. Time Sheet on Notice Board. Presentation after play. Wishing Lady President Betty a great day.

12 Hole re-entry sponsored by Lady Member Mary Healy continues until further notice.

## ROSS GOLF CLUB

### LADIES:

### RESULTS: SUNDAY 16TH AUGUST 18H SINGLE STABLEFORD CLUB SPONSORED.

Winner Eileen O'Riordan.

**SUNDAY 23RD 3 CLUB SCRAMBLE:** Winners: Lisa Kerfoot and Noreen O'Mahony.

**UPCOMING EVENTS:** Sinead O'Shea Lady Captains Day on Saturday 29th August, 9.30am Shotgun start Time Sheet available in Clubhouse Names in by Friday 28th at 5pm.

## KILLARNEY GOLF CLUB

### LADIES:

### RESULTS: OF COMPETITION SUNDAY 23RD AUGUST SPONSORED BY CASTLEROSSE HOTEL.

S/Sford  
1st Aoife Frazer (21) 43 pts B9.  
2nd Helen Howard (29) 43 pts.  
3rd Pat Collins (20) 42 pts.  
BG Margaret Campion (9) 30 pts.  
4th Susan Tong (16) 41 pts.  
CSS 40 pts.

Next Competition Sunday next 30th August, sponsor - The Laurels Bar & Restaurant, singles V-Par.

### RESULTS OF MUCKROSS HOUSE MIXED MAHONY'S POINT 7/8/2015

1st Tom Prendergast and Noreen Coffey 44 pts.  
2nd Donal Considine and Frances Arthur 43 pts.  
3rd John and Kathleen Wall 43 pts.  
BG Eamon O'Connor and Liz Downey 26 gross pts.  
4th Dermot Roche and Maureen Rooney 41 pts.  
5th Donncha and Sinead Galvin 39 pts.

## RESULTS OF EILEEN MURPHY FOURSOMES COMPETITION 16/8/2015

1st Anne O'Leary and Mary B. O'Connor 45 pts.  
2nd Mary O'Rourke and Mary C. O'Connor 42 pts (b9).  
Next Prize Giving will take place Sunday, August 30th at 5.30 p.m.

## CASTLEROSSE GOLF CLUB

**RESULTS: COMPETITION PLAYED ON SUNDAY 23RD AUGUST (3 GOLF CLUB COMPETITION).** Winner; Gintaras Bendaravicius (20) 39pts. Runner-up, Dan O'Connell (22) 37pts. Overall 3rd place, Ivan Tangney (20) 35pts.

**RESULTS, 3 PERSON MIXED SCRAMBLE PLAYED ON TUESDAY 18TH AUGUST:** Best net return, Myra O'Gorman, John O'Halloran and Daniel Shine.

**FIXTURES:** Weekend competition 18 hole Stableford please register on time sheet at Castlerosse.

Scramble 9 hole competition continue each Tuesday at 6.30pm. Open to ladies and gents.

## KILLORGLIN GOLF CLUB

### MENS CLUB

### RESULTS 18 HOLE SINGLES SPONSORED BY FEXCO 23.08.2015

1st Vincent O'Sullivan 14 41 pts.  
2nd Robert Kennedy 8 41 pts.  
3rd Michael Harrington 14 37 pts.  
Turnout was small but a big thanks to all who participated.

### 12 HOLE COMPETITION WEEK ENDING 21.08.2015

1st Colin O'Sullivan 25 29 pts B/N.

### SOME KEY DATES:

**NEXT WEEKEND:** 18 hole singles sponsored by Donal Considine, Killarney Golf Shop. Also next Sunday lady president Betty Foley's prize 1pm - 2pm, nine hole invitation to men.

## DEERPARK PITCH & PUTT NOTES

### BY JOHN KELLY

**SYMPATHY:** Is extended to the family of Mickey "Darby" Cronin Cahir Aghadoe who died at the weekend. Mickey was a keen Pitch & Putt enthusiast in an earlier era May He Rest In Peace.

### NATIONAL JUVENILE CHAMPIONSHIPS:

Congrats to Sean Courtney who finished in second place in Singles at the National Juvenile championships held in Tipperary Hills at the weekend and to the Kerry team of Cilian Courtney, Sean Courtney, Conor Quirke, Lorcan Martin, Luke Ring and Jason Cahillane who finished in 4th place.

**WEDNESDAY EVENING FOURBALL AUGUST 19TH:** Nett Conor Quirke, John Looney and John Murphy, Gross Ger Casey, Luke Ring and John Kelly.

**CAPTAIN'S PRIZE:** Captain Jason O'Connor's prize has been scheduled for the weekend of September 5th/6th. This will be a multi card event with the best two cards to count. Further details in next edition.



**EUROPEAN STROKEPLAY:** Congrats to Damian Fleming who finished in 8th place at the European Strokeplay competition in Holland.

**NIGHT TIME PITCH & PUTT:** The annual Night-Time Pitch & Putt competition has been scheduled for a weekend in September. Full details in next edition.

**SENIORS OUTING:** The next Seniors Outing will to in Newmarket on Wednesday September 2nd 10-15 am.

Items for the weekly Notes can be forwarded to PRO at [kellydoolan@eircom.net](mailto:kellydoolan@eircom.net) .Landline 064-6632698 Mobile 086--3941769 by Midday on Monday.

## KILLARNEY GOLF CLUB

**MEN'S  
CORK GOLF CLUB EXCHANGE  
SINGLES STABLEFORD, 23/08/2015**

1. Dan Doona (11) 43Pts.
2. James Arthur (11) 39Pts.
3. Martin Fowler (12) 38 Pts.
4. John English (11) 37Pts.
5. Adrian Brennan (9) 36Pts.
- C.S.S. 36 Pts.



PHYL DOOLAN (CENTRE) PRESENTING THE FIRST PLACE OF THE PRESIDENTS PRIZE TO GRACE DENNEHY AT BEAUFORT GOLF CLUB. L-R CAPTAIN GABHAN O'LOUGHLIN, LADY CAPTAIN EVE BIRD, PHIL DOOLAN, GRACE DENNEHY AND PRESIDENT JOHNNY DOOLAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JOHNNY DOOLAN, PRESIDENT (CENTRE) PRESENTING THE FIRST PLACE OF THE PRESIDENTS PRIZE TO MICHAEL QUIRKE AT BEAUFORT GOLF CLUB. L-R CAPTAIN GABHAN O'LOUGHLIN, LADY CAPTAIN EVE BIRD, PRESIDENT JOHNNY DOOLAN, WINNER MICHAEL QUIRKE & PHIL DOOLAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## THE KERRY WAY ULTRA MARATHON

### TOUGH BUT BEAUTIFUL...

The Kerry Way Ultra Marathon is a non stop endurance race of 200km, starting at 6.00am in Killarney, on Friday 4th September, cut off point is Saturday night at 10.pm. The Marathon traverses over the McGillycuddy's Reeks and Iveragh Peninsula, stretching along The Wild Atlantic Way, along ancient trails and old roads and coastal cliffs. The Race Director is Eileen Daly, Kerry Outdoor Sports.

You can follow the athletes progress live over the two days: <http://www.opentracking.co.uk>.



PICTURE SHOWS: JOHN MACKEY, ON DRUNG HILL, MOUNTAIN STAGE.  
PHOTO: VALERIE O'SULLIVAN/NO REPRO FEE



BRÍD AND LAURA FLYNN, FIRIES, FARRANFORE WHO WON GOLD MEDALS IN JUDO IN ATHLONE LAST WEEKEND

## IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



## TED CREEDON HANDS OVER THE AGRITIME REIGNS TO AISLING O BRIEN



AISLING O BRIEN

Radio Kerry journalist Aisling O'Brien has been announced as the new presenter of the station's dedicated farming programme Agritime, which is broadcast every Thursday 7 to 8pm. She takes over from Ted Creedon who retires from the radio at the end of August after 20 years as the presenter and producer of Agritime. Tralee native Aisling joined the Radio Kerry news team in 2008. Over the past seven years she has become a familiar voice on the station, winning a Justice in

Media award in 2010 and the PPI National Radio Award for Best News Story in 2011. She also has a wealth of programme experience on shows such as Talkabout and In Business. Her first Agritime show will be broadcast on Thursday, September 3rd.

Agritime is Radio Kerry's award-winning farming programme which covers important issues affecting the sector in Kerry. Representatives of farming bodies, at both local and national level, industry related specialists and government agencies all contribute to the show which also features detailed up-to-date reports on livestock, prices from marts and factories and a weekly advisory segment. The show has been sponsored by Kerry Group since it first went on air.

Radio Kerry General Manager, Fiona Stack, thanked Ted Creedon for all the years of work on Agritime and a variety of other Radio Kerry programmes. She said, "he leaves hard shoes to fill, and we wish him health and happiness in his retirement". Speaking about Aisling's new appointment she added, "we know that Aisling is going to do great in attempting to fill those shoes and take on a new challenge". Anyone wishing to contact Aisling in relation to the Agritime can email HYPERLINK "mailto:agritime@radiokerry.ie" agritime@radiokerry.ie or call 066 7123666.

## KENMARE MACRA'S ANNUAL DANCE

Kenmare Macra held their annual dance last Saturday night in Kenmare golf club. The band Uí Bhriain kept the dance floor full all night. Breda and Jay from Kerry cork health link service were there on the night to say a few words about the charity as all proceeds raised from the night will be donated to this charity in the coming weeks. Kenmare Macra wish to thank all local businesses and individuals who generously donated prizes for the raffle, Kenmare golf club for the use of their venue, Uí Bhriain for a great nights entertainment anyone that bought a ticket and to everyone who came along

on the night. Kenmare Chairperson Theresa O'Shea would like to thank Breda and Jay for attending the event and also all club members for their help in making the night such a success.

Kerry Macra's next meeting is on the 1st of September @ 9pm in Sheehan's Bar Fries. New members always welcome.



KENMARE MACRA MEMBERS AT THE DANCE. L-R PATRICK LOONEY, DAN RAE, RICHARD RICE AND JOHN MICHAEL FITZGERALD

## IFA PRESIDENT BACKS FBD

The IFA President Eddie Downey said FBD Holdings remains a very solid business and as the only Irish-owned insurance company is very important to Irish farmers and its customers. He said he backed FBD's focus on strengthening its insurance service to farmers, small and medium businesses and consumers and in so doing restoring the business to profit for its loyal shareholders and customers. Mr. Downey said that farmers, shareholders and customers are rightly very disappointed that FBD has found itself in such difficulty as a result of market conditions, new solvency rules and the business strategy pursued in the past. FBD has served farmers and loyal customers well over the years. As a board

member, I am confident that the measures the company are putting in place will both strengthen its finances and restore profitability. Mr. Downey said that farmers can have confidence in FBD's ability to meet claims and to continue to provide competitive premium rates going forward. He said, as a result of inflationary claims pressure that the Government has to intervene and review the level of costs and awards in the insurance sector to ensure that insurance remains affordable for all our citizens. It is also clear that the necessary changes must be made at all levels of FBD to restore confidence and get the business back to profitability as soon as possible, Eddie Downey concluded.

## GORTATLEA MART

### Calf and Weanling sale

Huge interest in all types of weanling for export and farmer's from all over the country.

Now every Wednesday at 5.30pm  
Intake from 3pm

\*\*\*\*\*

### General Cattle Sale every Friday

Starting 11a.m.

Numerous inquiries for all types of culled cows

### In conjunction with Friday 28th Aug

16 suckler cows 8 of which are PB full French CH cows in calf to Full French AI bred sire. 8 CH LM cross cows in calf to PB CH Bull all calving Oct /Nov. Vender Pat O'Hara Ballyheigue

### Note for the Diary

Special Sale of replacement Sucklers Heifers  
September 18th

### Beef & Store Show & sale 25th September

Sample prices from last week

			Kg	€
Cow	1	CHX	730	1415
BULL	1	LM	860	1600
HF	5	LMX	685	1630
BK	3	LMX	680	1630

Maurice Brosnan: 087 2344433

Office: 066 7137244

Licence number 002138

Ballymac, Tralee, Kerry



## CASTLEISLAND CO-OP

LIVESTOCK MART LIMITED. PSRA. 002537

### WEDNESDAY SEPT 2ND- GENERAL CATTLE SALE INCORPORATING AT 1 PM APPROX.

IMPORTANT NOTICE OF REDUCTION SALE: Comprising 30 Pedigree Friesian Maiden heifers, 18 months old, high EBI, from the milk recorded herd of Mr Bernard Whelan, Finuge.

### MONDAY SEPTEMBER 7TH - WEANLING SHOW & SALE

(Entries for Show & Sale still being taken)

### EVERY MONDAY - WEANLINGS & SUCK CALVES

TEL (066) 7141247 WWW.INFO@CASTLEISLANDMART.COM




**Topline Boyles**  
 HOME, GARDEN & BUILD

**KILLORGLIN GARDEN CENTRE**  
 at Boyles Phone: 066 976 1110  
 Open: Monday to Saturday 8.30am to 6.00pm

**Herbaceous Perennials**  
**Buy 2 get 1 Free**



**Reductions on Garden Furniture & BBQ**  
**CALL IN TO SEE OUR HORTICULTURISTS TRISH & JER**  
**FOR ALL YOUR GARDEN ADVICE.**

**This Weeks Gardening Tips**

1. Now is the time to start planting Bulbs e.g. Daffodils, Tulips, Snowdrops, Bluebells for fantastic display of colour in the Spring time.
2. Cut back hedges such as Privet, Beech and Hawthorn before Mid-September.
3. Lightly trim over lavenders that have finished flowering.
4. De-head Dahlias, Asters & Chrysanths to encourage them to re-flower.
5. Plant up containers with Cyclamen, Chrysanths, Flowering Heathers & Bulbs.



**LAVIN PLANT HIRE**  
**LANDSCAPING - From Creation to Completion**  
 Consultancy Service Available

**LAVIN PLANT HIRE COVER:**


- Ground Works
- Drainage
- Fencing
- Patio Laying & Sleeper Kerbing
- Top soil can be provided where needed

**ALSO AVAILABLE FOR HIRE WITH DRIVER ARE:**  
 A Track Machine, Rock Breaker, Tractor, Stone Rake & Power Harrow.

**Contact Eddie: 064 66 20677 / 087 981 8367**  
 Tiernaboul, Killarney






**TJL CLADDING**  
 STEEL SHEET PROFILERS

**SUPPLIERS OF CLADDING, FLASHINGS AND STEEL PURLINS TO ALL SECTORS**

**Droumree, Macroom, Co. Cork** Tel: 087 4496664 | info@tjclcladding.ie

**TJL CLADDING**  
*TJL Cladding is an Irish owned family run business and has been involved in the steel industry for over 15 years. We provide high quality products at keenest prices.*

**MANUFACTURERS OF:**

- Corrugated & Box Profile Sheetting & Flashings for the Agricultural & Industrial sectors.
- We also supply a wide range of Flashings and Accessories.



**We Supply**

- ✓ Box profile Cladding
- ✓ Corrugated Cladding
- ✓ Anti condensation available
- ✓ Clear lights in Box Profile and Corrugated
- ✓ Vented Sheetting in Box Profile
- ✓ Tile Effect and Slate Effect Cladding  
All cut to length
- ✓ 4" galvanized bevel gutter with all accessories.
- ✓ 8" Storm Flow plastic gutter with all accessories
- ✓ All Highline Gutters and Downpipes made to suit sheetting colour in lengths up to 4.0m lengths
- ✓ 75mm x 75mm Cleatherail in 4.0 meters
- ✓ A full range of Flashings available up to 4.0 meters
- ✓ 175mm x 63mm x 1.5mm Multi Beam Purlin
- ✓ All screws, bolts and all accessories available



## KILCUMMIN NEWS

**COMHALTAS:** Congratulations to all our members who competed at the All Ireland Fleadh in Sligo, we had some fabulous results including our All Ireland champions! All results are on [kerrycomhaltas.ie](http://kerrycomhaltas.ie). A great night of celebrations was had last Monday night and we are very proud of you all!

**PARENT AND TODDLER GROUP:** Toddler group is starting on August 31st from 10.30-12.30 in the Recreational Hall across from the Church. We are a group of mums, dads and childminders who meet every Monday during school term, for a chat and get together for the adults and play for the children. All welcome.

**FAMILY TREE:** Connie Doolan has spent about 2 years researching the Family Tree. He is having an information day on Saturday the 5th of September in Kilcummin G.A.A. Hall at 3pm. All are welcome. Any additional stories or information is welcome. You can also contact Connie on 087 9579214

**VACANCIES:** A number of vacancies will become available in September on the Kilcummin Rural Dev C.E. Scheme. These include Maintenance-Caretaker, Care Assistant and Office Administrator. These positions are a development opportunity and no experience necessary. Accredited training will be provided to support your career. Please contact your Local DSP employment services/Intreo office to check your eligibility. To apply please forward your C.V. and PPS No. for the attention of the supervisor to Rural Dev Office by post or by email to [info@kilcumminparish.com](mailto:info@kilcumminparish.com) Further info contact John on 086-1579381.

**GAA:** Congrats to Brendan Kealy and his team mates on reaching the All-Ireland final in September.

**GAA GOLF CLASSIC:** This fund raiser which is vital to meet the day to day costs of running any club is taking place on September 12th

in Beaufort Golf Club. Teams of 3 cost €120 and sponsorship of a tee or green is also most welcome. Tee times at this stage are filling up and are limited so please contact Muiris Healy (086)1614136 or Mike Casey (087)7945103 if you would like to play. Contact any member of the Executive or Willie Fleming with Sponsorship on (087) 9284909. Your support will be greatly appreciated and advertised

**FAMILY FUN DAY:** Kilcummin GAA Family Fun Day Sunday 6th September. Fun for all the family. U12 Parish League, BBQ, Skills Tests, Fun/Novelty Races, Music, Tug-o-war and more 2-6pm.

Under 14 girls play Spa away at 6.00pm on 30th August in the East Kerry League.

Under 12 girls play Dr Crokes away at 6.30pm on 1st September in the East Kerry League.

**MASTERGEEHA FC:**

**GIRLS SOCCER: UNDER 14 GIRLS SOCCER:** Any girls who are under 14 on the 1st January 2016 and who would like to play soccer in the coming season should please contact Donal Hannigan on 087 9697171 or Sarah Nagle on 087 1218551

**GLENEAGLE CUP:** Kilbrean Park, home of Mastergeeha FC was definitely the place to be last Saturday and Sunday, as teams from Cork, Limerick, Galway, Waterford and Kerry competed for the Gleneagle Cup & Shield 2015. On Saturday the group stages were played with the playoffs and the finals decided on Sunday. Many thanks to all that helped to make this pre-season tournament a great success. Well done to Maurice Guilfoyle for the excellent organization and running of event. Congratulations to the Kilorglin and Bearn Na Forbacha Aontaithe, Galway on winning the cup and shield respectively.

**U17 CUP SEMI FINAL:**

**MASTERGEEHA 2 INTER KENMARE 2.** In this

exciting game the boys had to battle hard to earn a replay. In the opening half Mastergeeha played the better soccer creating some good chances hitting the crossbar and upright but it was the visitors that lead 1-0 at the break. In the second half Mastergeeha pushed forward but Kenmare extended their lead on the 65th minute. After this the boys created some good chances with Gearoid Kerins hitting the crossbar in the 70th minute. Shortly after Mastergeeha got a goal back when Ciaran Sheehan scored following a cross by Padraig O'Connor. In the closing stages of the game Mastergeeha got the deserved equaliser when Sean O'Leary crossed for Shane O'Sullivan to score to the delight of the home support.

**SENIORS:** In preparation for the new season seniors training continues on Wednesday and Friday at 7.15pm at Kilbrean Park. New Player welcome.

**SCHOOLBOYS & GIRLS TRAINING:** In preparation for the commencement of the new underage season training continues for schoolboys and schoolgirls teams. Schoolboys season kicks off with even ages groups on Saturday 19th September. New players welcome for all ages. For further information contact: Tadhg Brosnan: Ph. 086-4098405.

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

**MASTERGEEHA FC LOTTO:** There was no winner on Friday 21st August. Numbers drawn were 10, 19, 20 & 23. Consolation prizes were €100 Noreen O'Sullivan, Celbridge, Co. Kildare. €60 Joan Devane, Mastergeeha. €30 Tom Healy, c/o The Village Inn. €30 Samantha Williams Murphy, Glounonea. €30 Nora Riordan, 205 Ballyspillane, Killarney. Jackpot now €4,950.



**Michael Healy-Rae T.D.**  
**Will Attend Scotts Hotel every Saturday at 3.00pm**  
**Castleisland Clinic**  
 River Island Hotel  
 last Friday of every month 9.30pm  
**Killorglin Clinic**  
 Jim Shea's Vintage Bar  
 2nd Monday of every Month at 7.00pm  
**Kenmare Clinic**  
 Atlantic Bar 10pm Every Saturday Night  
**Kilgarvan Clinic**  
 Healy-Rae's Shop 9pm-10pm every Sunday  
 Healy-Rae's Bar 10pm-11pm every Sunday  
 Other Clinic held throughout the Constituency on a very regular basis and advertised locally

Office No.: 01 6183363  
 064 6685782  
 e: [Michael.Healy-Rae@oireachtas.ie](mailto:Michael.Healy-Rae@oireachtas.ie)  
 Danny Healy-Rae MCC: 087 2316055  
 Johnny Healy-Rae MCC: 087 2354793



ZZZZZZ.....

**BUSINESS SLOW?**

**GET THINGS MOVING CALL DES ON 087 659 3427**

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958** or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



**M.&J. KELLEHER LTD.**

**MJK oils**



**CONTACT OUR LOCAL MAN IN YOUR AREA ON:**  
**087 9314007**

**● HEATING OIL ● ROAD DIESEL ● LUBRICANTS**  
**● TRACTOR DIESEL ● STORAGE TANKS**



**KEEN PRICES PROMPT DELIVERY**

Killarney / Kenmare Tel Mike:  
**087 9314007 / 064 6630020**

**Jerome O'Regan**  
AUCTIONEER & VALUER

T/F: 066 9761200 | M: 087 2833410  
Email: jeromeoregan@eircom.net  
Web: www.jeromeoregan.ie  
Licence no: 001522

**LAND FOR SALE**

**Spa/Tullorum Area.**

11.5 acres approx.  
c.2.5 mls from Killarney.

**FOR SALE**

PRICE ON APPLICATION

FREE Car Park.  
100% Irish owned.

**KINGDOM BINGO CLUB** at  
20 Pembroke Street, Tralee.

Open Tuesday, Thursday, Friday and Sunday from 6pm.  
Free Sheet @ 6.55pm, Main Game at 8.05pm  
Linked games available for prizes up to €2500

**New In house Jackpot of €1400!**  
in 45 calls

Find us on Facebook to keep updated on promotions!  
Strictly over 18's

**Kingdom Installation Ltd.**

**NEW GRANTS AVAILABLE OVER €1,000 TOWARDS UPGRADING INSULATION IN YOUR HOME**

*Grant applied for on behalf of the Homeowner*  
*Grant amount automatically deducted from overall costs*

**Call us for further information and your FREE QUOTATION**  
*\*subject to site survey and measurement*



CAVITY WALL INSULATION • ATTIC INSULATION

**KERRY** 066 7135991  
**LIMERICK** 061 320953  
**TIPPERARY** 062 72761

**www.kingdominstallation.com**  
email: enquiries@kingdominstallation.com

**SENATOR WINDOWS**

t. 1850 77 44 55 / 064 66 31195






**O'Carroll Windows & Doors**  
Tralee Rd, Killarney, Co. Kerry

**WINDOWS | DOORS | CONSERVATORIES**



## FOSSA NOTES

**SENIORS:** Fossa will play Legion in the Bill Tagney Cup quarter final on Sunday 30th August at 6.30 in Fossa.

**ASTROTURF ALL WEATHER PITCH:** All weather pitch at Fossa National School. Opening hours Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

**FUNDRAISING SPINATHON:** Brendan Heffernan's family, friends and team mates from Workmen's Rowing Club are organising a fundraising spinathon in his memory as his first

anniversary approaches. It will take place on Sunday 31st August at Market Cross Killarney from 1 to 9pm, with a street collection in aid of the Kerry Hospice Foundation. Please come along and offer your support. If you would like to help with the street collection please contact brendansistercaitrona@gmail.com

**SYMPATHY:** Sympathy is extended to the family of Michael Cronin (Micky Darby) of Caher Aghadoe, his wife Sally, his son Joe, daughter Nicola and their families. Micky played most of his football with Spa wearing the number 12 shirt on their first O'Donoghue Cup winning team in 1966. He was very supportive to the establishment of a GAA club in Fossa in 1970,

and when we fielded our first senior team in 1973, Micky lined out at corner forward. A guard of honour was provided by members of Fossa GAA at his removal to Fossa Church on Saturday evening. Also sympathy to the Devane family of Aghacurreen on the death of James. Ar dheis De go raibh a nanam.

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

Please forward information before Sunday at 11am.

## GLENFLESK NOTES

**COUNTY LEAGUE DIV2:** The Glenflesk senior team, sponsored by the Jarvey's Rest, were defeated by Spa in the rescheduled county league game played in Spa on Friday August 21st, on a scoreline of 4-15 to 2-16. Glenflesk put in a strong first-half performance and led by six points at one stage in the first half. However, the concession of two goals just before halftime saw the sides level at the break (1-9 to 2-6), and Spa went on to dominate the second half. Glenflesk have two games remaining in the league, both away to John Mitchells and Listowel.

**GLENFLESK LOTTO:** Glenflesk Lotto draw was held on Sunday the 16th of August 2015, in Spillane's. Jackpot: €6,400. Numbers drawn: 4, 8, 16, 19. No Winner. €50 EURO DRAW: First draw: Paul Crowley, Kenmare. Seller: Mary Kelly. Second draw: Donal O'Connor, Rathmore. Third draw: Abby Quill, Clonkeen. Fourth draw: Diarmuid Lynch, Clonkeen. Next draw will be held on Monday 31st in John Dan's. Jackpot €6,600.

**ALL-IRELAND SEMI FINALS:** Well done to Daniel O'Brien and the Kerry minor team and

management on a fine victory over Derry in the All-Ireland minor semi-final. Well done also to the Kerry senior team on their hard-fought victory over Tyrone. It's a remarkable achievement for both teams to make it back to the All-Ireland final stage in successive years.

**GLENFLESK U12S:** The Glenflesk U11s and U12s played challenge games in Ballyvourney on Wednesday August 19th, with both teams serving up some fine football.

**GLENFLESK COMMUNITY GAMES:** Congratulations to Oran Horgan who won a silver medal in Judo at the national community games finals in Athlone last weekend. Glenflesk and Kerry were also represented in Judo by Cian O'Donoghue who turned in some great performances winning two of his three matches. Well done lads!

**RAHEEN NS:** Congratulations to Eoin Casey who had the winning lotto number 23 on Saturday the 22nd of August.

**CONTACT:** We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or pro.glenflesk.kerry@gaa.ie.



PICTURED AT THE CHRISTENING OF JACK & DESMOND YANG O'SULLIVAN AT ST AGATHA'S CHURCH, GLENFLESK N SUNDAY 23RD AUGUST. FR. BILL RADLEY, JOHN O'SULLIVAN AND TRICIA YANG. JOHN & TRICIA WERE MARRIED IN THE SAME CHURCH BACK IN 2009. THEY LIVE IN SAN FRANCISCO NOW AND RETURNED TO GLENFLESK TO HAVE THEIR BOYS CHRISTENED.

## LISTRY NEWS

**FAMILY DAY:** A family day will be held at Listry GAA Pitch on Saturday 29th August, from 2 - 5.30pm. Plenty activities for all ages including BBQ. This is being organised by many

groups within our community and everyone is welcome.

**MILLTOWN/LISTRY PIONEER ASSOCIATION:** Milltown/Listry Pioneer Association would like

to hear from any Pioneers who would like to receive their silver or gold pins. They will be a special Mass and celebration later in the year. Please contact 087 7442694 or 087 67798129.

## BEAUFORT NOTES

**COMMUNITY GAMES:** Well done to Beaufort athletes and competitors who took part in the national community games finals in Athlone over the last two weekends. First up was Kate Murphy who received a bronze medal in the final of the u12 hand writing competition. Beaufort athletes were well represented in the county cross country u13 mixed team with Kerry Eager, Patrick Galvin and Niall Carey. The Kerry team won the 1200m semi-final on Saturday and received bronze medals in the

final on Sunday. Well done to all involved.

**SOUTH KERRY PLOUGHING CHAMPIONSHIPS:** A Traditional Irish setting sets the tone for the Stand at this years Ploughing Championships to be held in Fossa on September, 13th. The Pioneer Council are also preparing a display which will be of special interest to all age groups. Details later.

RIGHT: CONGRATULATIONS TO CAITRIONA McKENNA, PALLAS, BEAUFORT, KILLARNEY WHO WON THE GOLD MEDAL IN THE U8 GIRLS' SECTION OF THE NATIONAL COMMUNITY GAMES ART COMPETITION HELD IN ATHLONE ON SUNDAY AUGUST 16TH LAST.





Find us on Facebook Follow us on Twitter

**ISLANDcomputers**

YOUR COMPLETE NETWORK & IT SERVICE

**COURT YARD HOUSE - LEWIS ROAD - KILLARNEY**  
**TEL (064) 66 70 800 FAX (064) 66 70 803**

VOICE & DATA STRUCTURED NETWORKS :: VOICE & TELEPHONE SYSTEMS  
 MAINTENANCE & TECHNICAL SUPPORT  
 SERVER, SECURITY & STORAGE :: HARD/SOFTWARE SOLUTION PROVIDER  
 MICROSOFT, COMPTIA & CISCO CERTIFIED

**WWW.ISLANDCOMPUTERS.IE**

## Southwest Drains

ENVIRONMENTAL SERVICES

*Pipe Relining and Patching Specialists*



**WORKING TOGETHER FOR A BETTER ENVIRONMENT**

*Southwest Drains is the leading Irish owned provider of next generation environment solutions to the national, commercial and domestic markets*

*Trenchless Technology • Hydro-Jetting • CCTV Inspections  
 Pressure Testing • Leak Detection • Grease Management.*

**Abbeydorney, Tralee, Co. Kerry**

**Tel: 066 7135677 | 087 2787617 | 086 8328106**

**Email: [swdrains@hotmail.com](mailto:swdrains@hotmail.com)**

**#lovekillarney**

@thebrehon TAKEAWAY PICNIC AT #thebrehon #champagne #lovekillarney

@gilbertbean #cycling #rosscastle #lovekillarney

@roblewis2107 TAPAS #hungry #lovekillarney

@lisaconnor91 I COULDN'T HELP IT. SORRY, NOT SORRY. #pancakes #StrawberryFields #lovekillarney

@babaduck So UNBELIEVABLY LUCKY TO SEE SIKA DEER SWIMMING ACROSS LOUGH LEANE JUST NOW #lovekillarney

@aineodonnell21 KILLARNEY RACES #lovekillarney

**...share the love with #lovekillarney on**



## RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

### BRU COLUMBANUS - CAKE SALE FUNDRAISER:

We would like to thank all the people of the Parish, East Kerry and Duhallow areas for making this Fundraiser held at "Sugar Café", Rathmore such a tremendous success. Over €8,000 was raised for the Bru Columbanus Home from Home Charity who provide accommodation for families who have members needing Hospital treatment in any of the Cork City Hospitals. A special word of thanks to Tonya and her staff and helpers who organised the whole event.

**From Katie Cremin & Family.**

**GNEEVEGUILLA GAA:** Gneeveguilla Carnival weekend will be held on September 4th 5th and 6th. Friday evening kicks off with our Co. Championship Minor team of 1985 playing our current Minor team. Music in the Hall afterwards by The Handy Pack.

Saturday is a senior game for the Noel O'Sullivan Cup at 6.30pm followed by Camel Racing at 8.30pm. Tote in operation.

Sunday is La Le Club and the Paddy O'Leary Shield. U10 Competition plus Baby Show and Fancy Dress Party at 12.30. A full selection of amusements will be on site throughout the weekend everyone welcome.

**SYMPATHY:** To the families and friends of late Richard Nolan Ballydesmond and Clounts Rathmore. Trish Creagh Mc Larnon, Knocknageeha, Gneeveguilla. Terry Cahill Rathmore, Kerry / Stillorgan, Dublin / Fermoy, Cork. May they all rest in peace.

**SLIABH LUACHRA COMHALTAS:** The All Ireland Fleadh Cheoil Competitions took place in Sligo last weekend. Congratulations and well done to everyone that took part, you did yourselves, your parents, your teachers and the branch proud. Bringing back silverware over the weekend were : Mark O'Leary 2nd place -U12 English Singing Men, Sliabh Luachra Dancers:1st - 4 Hand Ceilí Mixed, 2nd - 15-18 Ladies Set, 2nd - U12 8 Hand Ceilí Mixed, 2nd- U12 4 Hand Ceilí Ladies, our Set Dancers dancing with Raecaol in the Senior Mixed Set- 2nd. Also congratulations to our dancers dancing with neighbouring branches. Hope everyone had a very enjoyable time.

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

The Rathmore Committee of the Friends of the Children of Chernobyl wish to acknowledge and sincerely thank the families who hosted the children and the 2 interpreters Natasha and Zena and all who cared for and entertained the children during their summer holiday to our parish in July. During their visit we had a Cake Sale after both Masses on Saturday and Sunday July 11th and 12th. Our thanks and gratitude

to all who baked and bought cakes and gave donations. Thanks also to the management for the use of Teach Iosagain. Our next upcoming fundraiser will be the Fashion Show. It was such a success last year that we are going with it again this year. Keep Thursday night 1st October a date for your diary. Watch this space for more details nearer the time and check out our facebook page Rathmore Chernobyl. Poster for Fashion Show will be posted on it shortly. We also have a FRIEND campaign up and running since June. Text friend to 50300 to donate €2 to our group. This is another venture to help us fund our Summer Programme.

The Friends of the Children of Chernobyl (Rathmore) Committee confirm that all donations received are used strictly to finance the Summer Programme. This programme would not be possible were it not for the generosity, support and goodwill of everybody who helps us out. Thank You.

**WEDDING BELLS:** Congratulations to Margaret Kelleher Shinnagh upper Rathmore, who married Michael Milner Dunmanway & Killarney, last Friday, we wish both of them a happy long life together.

**SET DANCING CLASSES:** Commencing on Thursday 3rd September the Old School House Foyle, Ballydesmond. Beginners 7.30 p.m. Advanced 8.00 p.m. All welcome. Why not come along and try it out?

**IRD DUHALLOW:** Will launch their Sliabh Luachra Cultural Trail with a bus tour which will depart from Bruach na Carraige, Rockchapel on Sunday, 30th August at 2.00 p.m. The music, culture and history of Sliabh Luachra will be explored and entertainment provided along the way. To register, please contact James at 029-60633.

**UNWANTED CLOTHING:** Rathmore Ravens Basketball Club are holding a USED CLOTHING collection on September 24th 2015 (venue and time tbc). Accepted items include unwanted clothes, bed linen, towels, curtains, bags, belts and softy toys. Please support.

**A RETIREMENT PARTY:** For Lena Kelleher, Matron of Millstreet Community Hospital is being organised for Friday September 4th at 7.30pm in the Wallis Arms, Millstreet. If you would like to join us on the night please text 087 6270806 or call 029 70003. Tickets are limited.

**RATHMORE COMMUNITY MARKET:** Every Saturday 11-2pm. Indoors, more stalls welcome contact Tony 083 1588404.

**TUREENCAHILL COMMUNITY GROUP:** Tureencahill Annual BAR-B-Q will take place on Sunday Sept 13th at 2pm in School grounds. Top Chef Denis Doody will provide the food followed by music with the O'C TRIO. Tickets €15 National School children €5.

**BINGO:** Rathmore Community centre every Friday night at 8.30pm. Everybody welcome:

**ALL IRELAND FOOTBALL SENIOR & MINOR SEMI FINAL:** Congratulations to Paul Murphy, and Aidan O'Mahony, and Darren Brosnan, with

the Kerry Minors on Sunday last in Croke Park against Tyrone and Derry. We all look forward to All Ireland Final on 20th September with gamble on for tickets

### TG4 ALL IRELAND LADIES FOOTBALL SENIOR CHAMPIONSHIP SEMI FINAL:

Best luck to Ashlinn Desmond and all players and management with Kerry against Cork this Saturday 29th August at Gaelic Grounds, Limerick. Time: 6 00 pm.

**IRD DUHALLOW NEWS:** The Duhallow Women's Forum is organizing a free diabetes seminar for people with Type 2 Diabetes on Tuesday the 1st of September at 2.30 p.m. in the James O'Keeffe Institute, Newmarket. The seminar will be delivered by Helena Farrell RGN, MSc who is recognized as an expert in her field of diabetes self management, education and diabetes motivational coaching. Importantly Helena will provide a free diabetes risk screening after the event. Lorraine Kelly, HSE Community Dietitian will speak about a healthy diet and lifestyle for the prevention and management of Diabetes, as well as cholesterol and weight management. Registration is essential therefore if you are interested in attending please contact Mary Creedon on 029 60633.

**THE DUHALLOW WOMEN'S FORUM:** Is proposing to deliver a Stress Management and Wellness Planning Training Programme. It is proposed that this course will take place in the Autumn term and we are now taking names of participants interested in taking part in this course. Places will be limited and if you are interested you are asked to contact Mary on 029 60633.

**IRD DUHALLOW:** Is proposing to run a Basic Sign Language Training course in September. This course is subject to demand. The classes will run for 8 weeks and will cover such topics as: Vocabulary, Expressions, Family, Numbers, Hospital, Colours, Conversation, Fun Stories etc. The Sign Language Classes will empower and educate participants in the use of Sign Language thereby heightening awareness of those with disabilities in our community. If you are interested in participating or require further information please contact Mary on 029-60633.

**GNEEVEGUILLA BASKETBALL CLUB:** Registration for the coming season takes place on Tuesday the 1st of September from 8.30pm to 9.30pm in the Club Bar Gneeveguilla. €65 per child for the year. €110 for two children. €140 for three or more children. New members are very welcome.

Also the very best of luck to the Rathmore/Gneeveguilla Community Games Boys U13 Basketball team who are representing Kerry and Munster in the National finals in Athlone next weekend. Ciarrai Abu!

**NOTES:** Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6:00 on Sunday,



**PRIVATE CLASSIFIEDS - COST: Up to 20 words €5**

**BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20**

\*\*\*\* No More than 20 words \*\*\*\*

**DEADLINE IS WEDNESDAY AT 5pm**

**Call: 064 6670000 | Email: killarneyoutlook@outlookmags.com | Post: The Killarney Outlook, 30 High St., Killarney.**

**ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL**

## BUSINESS

### **SOUTHWEST COUNSELLING CENTRE, KILLARNEY**

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

**Call: 064 66 36416 Mon to Fri 10am - 5pm**

### **AWARE SUPPORT GROUP MEETINGS**

**Aware Depression Support Group meets:**

Killarney - Mondays, KDYS at 8pm (from October 6th) (please note change of time from 7pm)

Aware Support Groups are free to attend, no referral necessary.

**www.aware.ie**

#### **Ed 35 8734 ENGLISH TUTOR REQUIRED**

For 2 children, 10 years and 11 years old.

**Call: 087 3431432**

#### **ED 39 9309 PROFESSIONAL ONE - ONE TUTORING**

Adult reading help. Evening study help. Give your child a head start. Professional tutoring in reading, spelling, English and mathematics. All ages.

**Call: 087 2979912 for free evaluation.**

**Confidentiality assured.**

#### **FOR SALE**

Unwanted gift, still in box.  
VIBRO TEC - Vibro Plate  
Exercise Machine, 1000 watt.  
Normal retail price €350  
Selling €250

**Call: 086-0400958**



## AVAILABLE AVAILABLE

### **AVAILABLE**

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

**Call: Ian 087 6304241**

### **Ed 35 9316 CHILD MINDER AVAILABLE**

FETAC level 5 and First Aid qualified. Garda vetted with years of experience. KCC registered and insured setting. Full days or flexible hours catered for. References available on request.

**Call: 087 961 3856**

### **Ed 36 9312 CHILD MINDER AVAILABLE**

Reliable Mom available to mind children in her own home. Monday-Friday.

**Call Eileen: 087 7107732**

### **Ed 35 9318 MINDER AVAILABLE**

Lady available to mind children in her own home. Evenings Monday - Friday can collect from Fíriess school. References available. For more information.

**Call: 087 7708532**

## WANTED WANTED

Ed 36 9321

### **RELIABLE CHILDMINDER REQUIRED**

To mind 21 month old. Barraduff/Killarney area. 3-4 days a week.

**Call: 087 9250206**

Ed 35

### **LOST HEARING AID**

Hearing Aid lost near the Friary Church Killarney before Tuesday 18th August, of huge value to the person. If found phone Marian.

**Call: 087 3380540**

## FOR SALE

### **Ed35 8744 FOR SALE**

Range of new and secondhand nursery products, cots, bouncers, buggys etc. in good condition.

**Call: 087-2339725**

### **Ed35 8736 FOR SALE**

2003 Toyota Avensis Aura 4 door, petrol 1598cc. In good mechanical condition. Millage 77,739. NCT April 2016.

**Call: 086-2593588**

### **Ed36 9310 FOR SALE**

IFOR Williams, Hudson, Nugent, Murphy's cattle/sheep trailers - all sizes.

**Call: 087 2504441**

## TO LET

### **Ed35 9306 TO LET**

Spacious house in Fossa with all mod cons. Ideal for couple or 2/3 sharing. Long term.

**Call: 086 8254881**

### **Ed35 9308 TO LET**

2 bedroom house 3 miles outside Killarney. Oil heating and open fire.

**Call: 086 7871598**

### **Ed35 9314 TO LET**

Modern 2 storey house, Killarney town. Would suit working couple. Viewing by appointment.

**Call: 087 2206551**

### **Ed35 8863 TO LET**

Two bedroom apartment, town centre with parking. Newly tiled and painted.

**Call: 087 2823456**

**CLLR. NIAL KELLEHER**  
  
**WORKING FOR YOU**

**FIANNA Fáil**  
THE REPUBLICAN PARTY

087 6694 101 | 064 6694 101  
www.niallkelleher.ie | vote@niallkelleher.ie  
/Niallkelleher4KCC | @niallkelleher

The Square, Rathmore, Co Kerry

## Killarney Scouts

caters for boys and girls from 6 to 18 years.  
We are seeking volunteers to lead Scouts,  
Cubs and Beavers.  
Training will be provided for all  
new volunteer leaders.

**For more information contact:**  
Dirk at 086 1615292 (Beavers)  
Frank at 086 3667170 (Cubs)  
or Mick at 086 6023287 (scouts)



## ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



### FAIR CITY

Fair City is set for some very dramatic scenes this September as the soap airs a "spectacular and unexpected event" that will see familiar faces return to Carraigstown. The event is believed to take place in mid-September and will have a huge impact on a lot of lives. Could be Carraigstown be heading for another factory style fire which killed off Luke Dillon or maybe another murder mystery like when Paddy Bishop was murdered by his own daughter Charlotte? Only time will tell.

Fair City this week will air one of its most tragic storylines as Caoimhe Dillon and Damien Halpins unborn child will sadly pass away. It is a tragic storyline and one which will have a long lasting effect on both Caoimhe and Damien and both the Dillon and Halpin families.

Elsewhere in Fair City, Dermot Fahy is set to come under fire as Deirdre announces her plans to move to Carraigstown with the intention of getting to her son Ben better. Dermot who has been going behind wife's Jo back will face some tough questions when Jo discovers that all is not what it seems between Dermot and Deirdre.

And finally, is Carol Foley falling back into old ways? After accepting an offer from Flynn in relation to her taxi company, Carol is alarmed to discover what Flynn has in mind. Is Carol about to find herself in another Billy Meehan style mess?

## Citizens Information

### Know Your Rights: EUROPEAN HEALTH INSURANCE CARD

#### QUESTION

My daughter and I are planning a holiday in Germany and Switzerland this summer and I'm wondering what happens if one of us becomes ill. Am I liable to pay for medical costs if I don't take out insurance?

#### ANSWER

You and your daughter each need an individual European Health Insurance Card (EHIC). This card allows you to access public healthcare services if you become ill or get injured when visiting certain European countries. It doesn't cover private treatment or the cost of repatriation to Ireland, if one of you becomes very ill.

The countries covered by the card are the 28 member states of the EU, the three other members of the EEA (Iceland, Liechtenstein, Norway) and Switzerland. The card is not required for a visit to the UK if you can show that you are ordinarily resident in Ireland. In practice, this means showing a driving licence, passport or similar document. There is no charge for the card. Any website attempting to charge you for your EHIC is not connected to the HSE or any State services.

You can apply online at [ehic.ie](http://ehic.ie) if you already have a medical card, GP visit card or Drugs Payment Scheme card. Otherwise, you can download an application form from [ehic.ie](http://ehic.ie) or get it from your Local Health Office. You need to provide your name, address, date of birth and Personal Public Service Number (PPSN). If your EHIC card has expired you can renew it online at [ehic.ie](http://ehic.ie). If a family member has changed name or address, they will need to contact their Local Health Office.

You should apply for the card a month before travelling, if possible. If you have concerns about getting a new or renewed card in time, you can get a Temporary Replacement Certificate either online or from your Local Health Office. You may also wish to consider taking out private travel insurance for expenses that are not covered by the European Health Insurance Card (such as the costs of repatriation or the expenses of relatives who travel to you if you fall ill abroad).

If you have a smartphone you can also download the free EHIC App. This helps you contact health services in the country you are visiting. The app does not replace the EHIC.

Further information is available from the Citizens Information Centre below.

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

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.



### MOVE MINDFULLY TO CREATE ENERGY, JOY & NEW POSITIVE HABITS!

Something rather astounding happens when you move with mindful, conscious awareness and attention. You drop out of the constant chatter of the mind and into the heart centered and flowing energy of the body.

By using a blend of beautiful flowing mindful movements, the very practice of mindfulness is embodied. When you move with focus and attention your mind "wakes" up, and the old subconscious programmes and conditioned behavior are paused in the moment. It's as if they take a breath and say, "Oh, look, something new and rather wonderful is happening here." They cannot run your old body "story" because you are moving in ways that have no reference in your life or connection to your old habitual ways of moving. You are moving with intention and attention in the moment and it is in this space that you have the power to consciously create new positive habits, beliefs and ways of being. It is in this sacred space that you allow your body to lead the way and flow with energy, whilst communicating its deep wisdom and intelligence with you. Most people have no idea of how GOOD their body can feel. We are so used to dumbing down the innate wisdom and energy of our body that we have lost touch with what it means to feel fabulously ALIVE, healthy & well! I have created a beautiful mindful energy movement system called Chakranetics™, which helps you to release stress, form new habits and rejuvenate your mind, body, heart and soul!

If you are ready to make conscious positive changes in your life then come along to my Chakranetics™ sacred energy movement class beginning Tuesday 15th September from 10-11.15am and Monday 21st September at 8.15pm-9.30pm. Both classes are held at the Travel Inn, Fossa, Killarney.

Six-week course costs €60.00 or you can drop in for €14.00 per class.

Please book to ensure your place!

For more positive coaching tips please visit & Like my facebook page.

Many thanks!

066 9766374 | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)







## TRANSITION FROM PRIMARY TO SECONDARY SCHOOL WHAT TO EXPECT AND WHAT CAN HELP

By the time you reach your final years in primary school, you will be totally comfortable with your school environment. By sixth class, you are one of the most senior people in your school and you are used to being given responsibility and looked up to by the younger children. However the transition to secondary school means that you have to revert to being the most junior again and have to cope with a brand new environment. Change can be a daunting task for any one of us and can take a lot of adjusting to.

Easily the biggest change when entering secondary school is going from the experience of one teacher all day in one classroom to encountering eight or nine different teachers and subject/classroom changes every forty minutes or so. A tip to help you cope with this is to write down the name of each new teacher beside the name of the subject and write your own version of the class timetable.

The second big change is the constant movement between classrooms throughout the day. Depending on your subject choices, you will be moving all around the school. Getting lost during the first few weeks will be inevitable and a good tip is to always stay with at least one other person from the class.

Another big adjustment is the number of specific subjects you will be covering. Students in First Year will cover up to sixteen different subjects; many of these will be new to you. Discuss all the subjects at home with your parents and let them know which ones you struggle with. Everyone will have their own favourites and will excel at certain subjects.

Your timetable will take a lot of getting used to and you may need help initially in the organisation of your schoolbag each day. Each student will also be provided with a locker and be sure to use your locker to avoid 'heavy bag syndrome'. Homework time is obviously going to increase. However not all subjects are covered every day and not all subjects involve homework. Learn how to successfully manage your time and don't rule out the possibility of supervised study. Schools reports may also be a new experience that comes with secondary school as regular reports come home from the school.

Taking part in games and P.E. is a great way of getting to know more students in your school. Find activities which you and enjoy and try out new activities even if you haven't tried something before, or if you don't know what the activity entails.

If you find yourself struggling with any aspect of this change be sure to talk to someone: Your parents, a friend, a class teacher or school counsellor. This time will fly by, and before long your new school will feel like your second home!!

SouthWest Counselling Centre will run an **8 week course on Supporting Parents to Support Their Teens – beginning Wednesday Sept 30th**. Call 064 6636416 to book your place. SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie). Kerry LifeLine provides **FREE counselling and support to anyone feeling suicidal or bereaved through suicide**. [info@kerrylifeline.com](mailto:info@kerrylifeline.com) To make an appointment call 064 6636416.

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

## Health Matters.... With Dr. Michael Moloney

### OBESITY IN CHILDREN

CONTINUED ...

#### EATING MORE HEALTHILY

However, it is important to involve the child as much as possible and to listen to their ideas and preferences when deciding what changes to make to the food that they eat.

Your healthcare professional may ask you to keep a diary of the food that your child eats. They may then have specific recommendations for changes to make. Sometimes a referral to a dietician may be suggested.

#### Some suggestions that may be helpful include:

- Aim for a balanced and varied diet for the whole family.
- Encourage your child to eat meals at regular times and to watch how often they are eating. They should avoid snacking as much as possible.
- Try to eat meals in a sociable atmosphere as a family without distractions. For example, do not eat in front of the television.
- If snacks are eaten, they should be healthy snacks (for example, fruit) instead of sweets, chocolates, crisps, nuts, biscuits, and cakes.
- Snacks or food should not be used as a reward.
- Encourage your child to watch the portion sizes of the food that they are eating.
- Make up the bulk of most of your child's meals with starch-based foods (such as cereals, bread, potatoes, rice, pasta). Wholegrain starch-based foods should be eaten when possible.
- Make sure that your child eats plenty of foods high in fibre. Foods rich in fibre include wholegrain bread, brown rice and pasta, oats, peas, lentils, grain, beans, fruit, vegetables and seeds. Amongst other things, foods high in fibre will help to fill your child up.
- Aim for at least five portions of a variety of fruit and vegetables per day for your child.
- Encourage low-calorie drinks (water is best).
- Children need some fat in their diet but aim to grill, boil or bake rather than fry foods.

#### DOING PLENTY OF PHYSICAL ACTIVITY

It is recommended that all children should do at least 60 minutes of moderate physical activity every day. Some suggest that children who are overweight or obese should even do more than this. This 60 minutes does not have to be done all at once and can be broken up into 10- or 15-minute blocks. Also, you should encourage your child to become generally less sedentary. The amount of time that they spend doing sedentary activities, such as watching television, using a computer, or playing video games, should be less than two hours each day.

As parents and carers, there are some ways that you can encourage your child to become more physically active. For example:

- Encourage active play for your child including games that involve moving around a lot, such as skipping, dancing, running or ball games.
- Encourage your child to spend less time sitting doing sedentary activities.

CONTINUED NEXT WEEK.....



**Dr. Michael Moloney,**  
MB, BCH, BAO, BMedSci MMedSci, DOWH, MICGP  
Specialising in Sports Medicine.  
Member of the faculty of sports and exercise medicine.  
Doctor to Ireland Under 17 Soccer Team.

**The Killarney Medical Centre,**  
47 New Street, Killarney. t: 064-6620628.





**PAT O'CONNOR**  
FENCING CONTRACTOR

**All Types of Fencing:**

- Post & Rail • Gardening Fencing
- Site Fencing & Farm Fencing
- Materials Supplied & Erected
- Tree Felling & Planting Service**
- Fully insured**

Lisheen, Gneeveguilla.  
**Contact: 086 6088166**

**SapphireSigns**  
DIGITAL SIGNAGE

**FOR ALL YOUR SIGNAGE NEEDS**

- Vehicle wraps & signage
- Internal & external signage
- Lightboxes, shop fronts, raised letters, projecting signs
- Event signage Banners, coribboards
- Commercial spraypainting

Tel: 064 7758577  
info@sapphiresigns.com  
www.sapphiresigns.com  
Main Street, Rathmore, Co. Kerry

**DECLAN QUIRKE**

STONEWORK • NEW BUILDS • BLOCKWORK  
BRICKWORK • KERBING • FOOTPATHS • PATIOS  
GROUNDWORKS • RENOVATIONS • SEPTIC TANKS

**FREE PROJECT ASSESSMENTS AND QUOTATIONS**

TULLIS LOWER, KILYNN, TRALEE, CO. KERRY  
**TELEPHONE: 087 2922268**  
FULLY INSURED • CREDIT CARD ACCEPTANCE

**FOUR SEASONS**  
GARDENING SERVICES

- Landscaping
- Design & Layout
- Garden Maintenance

All Varieties of Trees, Shrubs, Flowers & Seasonal Plants Supplied.  
Reliable :: Friendly :: Efficient  
John O'Sullivan  
tel: **087 2787160**

**TOP SOIL FOR SALE**

Quality Screened Top Soil in one tonne bags suitable for flower beds, gardens, vegetable plots etc.  
Also bark mulch, horse manure compost, limestone, and decorative lispole stone.  
Also lorry loads, big and small available.  
**CONTACT 087 2485038**

**Ian Guerin**  
**Painting & Decorating**  
Interior & Exterior

Contact  
**087 4175359**

**Emerald Tree Services**

- Comprehensive Insurance
- Hazardous Tree Felling
- Pruning + Stump Grinding
- Tree Replacements
- Removal of all Waste Material
- NPTC Training + Assessment

**RICHARD SHERIDAN**  
FARRANFORE  
**087 9220317**  
t/ 066 9793974  
emeraldtreeservices@hotmail.com

**WINDOW & DOOR REPAIRS**  
Glass, Locks, Hinges, Handles etc.  
Reasonably Priced.  
Contact  
**BILLY O'MAHONY:**  
**087 2036005**  
*Over 20 years experience!*

**Noel Leahy**  
Carpentry & Building Services

- Roofing
- Extensions
- New Builds
- 1st & 2nd Fixing
- All Building works undertaken
- Teleporter & Mini Digger for Hire

**FULLY INSURED**

Call Noel:  
**087 2948944**

**John O'Mahony**  
HORIZON MEMORIALS

**HEADSTONES IN MARBLE, GRANITE & LIMESTONE**

Cleaning & Inscriptions  
Grave Maintenance  
Tullig Beg, Killorglin

CALL FOR A BROCHURE ON:  
**087 2298179 / 066 9790657**  
email: john\_o\_mahony@eircom.net

**FLESK**  
SCHOOL OF MOTORING

**€30 PER LESSON**

- Utmost consideration given to nervous beginners
- Dual controlled car
- Beginners to Pre-Test
- Gift Vouchers Available
- 7 days a Week

adT  
Reg. 34645

Phone John Galvin at  
**087 9433402 or 087 0678087**

**FALVEY**  
Oil Burner Service  
Killarney  
Approved Firebird Boiler Service Agents

**FIREBIRD**

T: Conor: 087 8296288  
Todd: 087 2386276  
Office: 064 77 58654  
Also Approved Agents for STANLEY OIL COOKERS

**KILLARNEY HEATING**  
heating, plumbing and gas services

- Gas Services
- Boiler Replacement, Installation, Repair & Service
- Central Heating Installation, Service & Repair
- Renewable installations
- Plumbing services

REGULATED BY RGI

Contact Shane Kearney:  
**087 9705973/064 6625018**  
E: killarneyheat@gmail.com  
W: www.killarneyheating.com

**JPL GAS SUPPLIES**  
YOUR LOCAL FLO GAS DISTRIBUTOR - CONTACT JOHN PAUL

**FLO GAS**

**TEL: 087 1516161**  
**WE DELIVER GAS**

**TOOL-LINE**  
POWER TOOL & MACHINE SPECIALISTS  
OFFICIAL AGENTS FOR

DEWALT • BOSCH • STIHL  
Makita • Metabo • trend  
CSP • DRAPER • BLACK & DECKER

Full Range of Power Tools, Hand Tools & Accessories.  
Sales & Services.

BRACKHILL, CASTLEMAINE, CO. KERRY  
Tel/Fax: 066 976 7907  
Mob: 086 154 4905  
linusburke@gmail.com

**THIS SPACE AVAILABLE**  
€8 + VAT per week (long term rate)  
FOR ADVERTISING RATES & INFORMATION CONTACT  
**Des on**  
**087-6593427**





TO ADVERTISE CALL: **087 6593427**

Tel: 064 667 0000 Email: [killarneyoutlook@outlookmags.com](mailto:killarneyoutlook@outlookmags.com)



**QUINLAN JOINERY**  
STAIRS | WINDOWS | DOORS  
MANUFACTURER OF ALL  
HARDWOOD / SOFTWOOD  
STAIRS  
Tel Niall on **087 6255137**  
email: [quinlanjoinery@gmail.com](mailto:quinlanjoinery@gmail.com)  
Find us on Facebook 

**Flesk Upholstery**  
Mill Rd, Killarney.  
Tel: 064 66 35395  
Mobile: 086 8122672  
*Huge range of Materials to choose from All Upholstery work undertaken.*  
Hotels, Bars, Guest Houses, Private House.  
FREE Quotations  
Contact: John McCarthy



**RAYMOND CLIFFORD**  
BUILDING SERVICES  
ROOFING CONTRACTOR:  
1ST & 2ND FIX  
EXTENSIONS, GARAGES,  
TIMBER FLOORS &  
ATTIC CONVERSIONS  
**FREE QUOTATIONS**  
NO JOB TOO BIG  
OR TOO SMALL  
MILLTOWN  
**086 8129677**

**PRECAST CONCRETE PRODUCTS**  
**SEAN ROCHE**  
Slieveveagh, Ballyvourney, Co. Cork.  
Patio Slabs (Different Designs), Full Rope Top Kerb & Lawn Edging, Gate Posts & Fencing posts, Timber Style Ranch Post & Rail Fencing, Wall & Pillar Capping  
FREE QUOTATIONS for site Fencing Patio & Kerb Laying  
Delivery Service Available  
Tel: 086-6765694  
026-45649



**Kerry Drain Services**  
• Unblocking of Drains & Sewers • Septic Tanks Emptied  
• CCTV Inspection • Bio - Units Desludged • Grease Management  
*Call us today for a free quote*  
**066 9767744 / 087 9107777**  
web: [www.kerrydrainservices.ie](http://www.kerrydrainservices.ie)



**Kerry Chimney & Boiler Services**  
HIGH STANDARDS - LOW PRICES  
[kcbcs@live.ie](mailto:kcbcs@live.ie)

OIL BOILER SERVICE	CHIMNEY SERVICES
<ul style="list-style-type: none"> <li>• Servicing</li> <li>• Repair</li> <li>• Fitting</li> <li>• Commissioning</li> <li>• Efficiency Testing</li> </ul>	<ul style="list-style-type: none"> <li>• Sweeping</li> <li>• Inspection</li> <li>• Stove Fitting</li> <li>• Problem Solving</li> <li>• Carbon monoxide Testing</li> <li>• Bird Guards &amp; Cows supplied &amp; Fitted</li> </ul>

[www.kcbcs.ie](http://www.kcbcs.ie)  
"We guarantee a clean reliable & professional service"  
For Bookings or Pricing call Damien or Mark Dennehy:  
**087 9595 323**  
Certified Boiler Technicians      Qualified Chimney Inspectors




**Irish Drain SERVICES**  
DOMESTIC & COMMERCIAL  
"ONE STOP SHOP FOR ALL YOUR DRAINAGE PROBLEMS"  
:: Septic Tank Cleaning :: Non Dig Solutions  
:: Unblocking (eg. toilets & sinks) :: C.C.T.V. Pipe Surveys  
4 Park Business Centre, Farranfore, Co. Kerry.  
Phone/Fax: **066 9763070** | Mobile: **087 9359035**  
Email: [info@irishdrainservices.ie](mailto:info@irishdrainservices.ie) | Web: [www.irishdrainservices.ie](http://www.irishdrainservices.ie)



**DIAMOND**  
PROFESSIONAL WINDOW CLEANING  
♥ Domestic & Commercial Frames Included  
♥ Pure Filtered Water System ♥ High Reach Pole System  
♥ Specialists in Facias, Soffits & Conservatories  
♥ Refresh your Drive ♥ Gutter Cleaning  
♥ Power Washing Service - Fully Insured  
Firies, Killarney, Co. Kerry T: **086 8692633**



**TOM MURPHY WINDOWS**  
Milltown | Co. Kerry.  
Call Tom on **087 2787655**  
WINDOW & DOOR INSTALLATION  
:: Repairs to all existing Aluminium and UPVC Windows & Doors  
:: Locks :: Hinges :: Handles etc  
:: Glass & Double Glazing



**CHIMNEY SWEEP SERVICES**  
SPECIALISING IN STOVES AND OPEN FIRES  
:: DUST FREE  
:: PROFESSIONAL SERVICE  
Contact Conor Healy  
**087 9724259**



**Daniel O'Connell WINDOW CLEANING SERVICES**  
Cleaned by Pure Water Pole System  
Office Cleaning  
Contact: **087 2950083**







## TIPS FOR LIVING WITH LESS PLASTIC:

Plastic is so commonplace in our world today that it's nearly impossible to imagine a life without it. Striving for a plastic-free life, however, remains a noble and worthwhile goal – and it's becoming easier with every year that passes, as more people demand plastic alternatives and refuse to participate in the grotesque plastic waste that's filling our planet's landfills and oceans.

Here are some tips on how to get rid of plastic at home. Don't worry; it's easier than you think!

\*Carry a reusable water bottle and travel mug wherever you go. Pack your lunch in cloth sandwich bags or a suitable wooden box, etc. Take reusables to the supermarket, farmers' market, or wherever you're shopping.

\*Buying bottled water in Ireland is absurd; it's exorbitantly expensive; it's a gross waste of resources to collect, bottle, and transport it; and it results in unnecessary plastic waste that's usually not recycled.

\*The more items you can buy in bulk, the more you'll save in packaging. You'll save money in food costs and, if you drive, in the petrol used for extra trips to the store.

Search for items such as large wheels of cheese, without any plastic packaging, and stock up on those whenever possible.

\*Convenience foods are among the worst culprits for excessive packaging waste. Frozen foods come wrapped in plastic and packaged in cardboard, which is often lined with plastic, too. There's not any way around it; it's a shopping habit that will have to go if you're serious about ditching plastic.

\*Don't expose yourself and your family to toxic perfluorochemicals that are released when non-stick surfaces such as Teflon are heated. Replace with cast iron (which works just as well as non-stick if seasoned and cared for properly), stainless steel, or copper cookware.

\*This could be a fun experiment in canning, and if you dedicate a whole day to it, you could have enough to last the whole year. Make cucumber or zucchini relish and ketchup

when late-summer vegetables are at their peak. Items such as chocolate sauce, mustard, and mayonnaise are quick and simple to make once you get the hang of them. Everything can be kept in glass jars.

\*Baking soda, which comes for cheap in large cardboard boxes, and vinegar, which comes in large glass jars, can be used to clean, scour, and disinfect the house and wash dishes, replacing plastic cleaning bottles; soda can be turned into an effective homemade deodorant; and both soda and vinegar (apple cider, specifically) can replace shampoo and conditioner bottles.

## VOTE FOR A KERRY TREE:

Would you like to make Ireland's most loved tree – a Kerry Tree? And help eventually to make it Europe's most loved tree?

Former King of the Mountains legend and Kerry sporting hero John Lenihan from Ballymac has nominated his favourite tree – a 300 years old oak tree that is situated opposite the Earl of Desmond memorial stone in Glanageenty Walkway, Ballymacelligott, between Castleisland and Tralee.

Voting for Ireland's most loved tree will begin on 1st October and will continue for the whole month on a dedicated website [www.lovelymytree.ie](http://www.lovelymytree.ie)

The tree/story with the most votes will be Ireland's nomination in the European Tree of the Year Contest which takes place during February 2016.

In the meantime if you have a favourite tree of your own why not enter it in the contest, the age, beauty and height of the trees are not really that important. What is important is the story that the

tree holds for the person that enters the contest. Your story should be no longer than 100/120 words and Just Forests would also like to know something about you which will be included in the BIO section. You can enter your tree by visiting Just Forests Love My Tree webpage. Deadline for entries is Wednesday 16th September, 2015. You can e-mail [info@justforests.org](mailto:info@justforests.org) or phone 086 8049389 for further information.

If you do enter a tree in the contest please let me know (contact details above) and I will give your tree a little publicity – though in this vote I must admit I am biased and will be voting for the Glanageenty Tree as it helps make up what must be one of Ireland's most wonderful Forest Walkways.

## COMMUNITY AND HURRICANE KATRINA FORCE A RADICAL RETHINKING OF CRIMINAL JUSTICE:

Abandoned by correctional staff when Hurricane Katrina hit, inmates at the Orleans Parish Prison stood chest-deep in sewage-tainted floodwater for as long as four days before they were rescued. On the eve of the

2005 storm, the jail held nearly 6,300 inmates, and leeches, rodents, mould, and unexplained deaths were its hallmarks. That year, the city's incarceration rate was more than five times the national figure—which itself is the world's highest.

The destruction wreaked by the floodwaters laid bare a corrections facility that could no longer be sustained. Many of the buildings in the jail complex were beyond repair and did not reopen. Inmates, including thousands locked up pre-trial because they couldn't afford bail and others serving years-long sentences, were transferred to a series of temporary tent-like structures—where all incoming defendants and convicts are sent today while a new facility is under construction. Since Katrina, a coalition of grassroots organizers that has demonstrated a surprising amount of power and political savvy, as well as a lawsuit, has pushed local officials into a challenging debate about how to diminish the city's knee-jerk reliance on incarceration as a remedy for all crime. Results so far are impressive, the average daily jail population has dropped 67% since just before Katrina, from 6,000 to 1,900 inmates.

In 2012, the city launched the New Orleans Pre-trial Services programme, and it became a key element in decreasing the number of inmates at the jail. The program helps judges assess arrestees so they can decide who needs to be detained and who poses less of a risk to the community.

## ANSWER TO LAST WEEKS RIDDLE:

What does December have that other months don't have? Hint – it's not Christmas. The letter D.

## THIS WEEKS QUOTE:

"If Columbus had an advisory committee he would probably still be at the dock," - Arthur Goldberg.

## ON THIS DATE – AUGUST 28TH:

1207 - King John of England makes Liverpool a borough; it grows into one of Britain's largest cities.

1296 - \*The Ragman Rolls were signed.\*

1565 - St. Augustine, Florida, established. It is the oldest surviving European settlement in the United States.

1609 - Delaware Bay explored by Henry Hudson for the Netherlands

1710 - A board of trustees for linen manufacture is established

1845 - Scientific American magazine publishes its first issue.

1864 - The first Geneva Convention, governing internationally accepted rules of warfare, is signed by 26 nations.

1872 - The first horse drawn tram cars enter service in Belfast

1877 - Birth of Charles Rolls, English co-founder of Rolls-Royce.



1937 - Toyota Motors becomes an independent company.

\*The Ragman Rolls of 1296 refers to the collection of instruments by which the nobility and gentry of Scotland subscribed allegiance to King Edward I of England.

After the death of Queen Margaret in 1291, there were a number of claimants to the Scottish throne. King Edward of England offered to hear the claimants cases and decide who had the most valid claim. When the Noblemen who were involved met with Edward at Norham on Tweed, Edward insisted in having them sign an oath of allegiance to him. The document signed by most of the noblemen is called the first and smallest of the Ragman Rolls.

On the 30th March 1296, King Edward sent an army 30,000 strong north into Scotland (the largest army ever to invade Scotland). The first stop was Berwick Upon Tweed. The English forces quickly overwhelmed the Scots timber fortifications, and for two days streams of blood from the massacred Scots filled the River Tweed. Men, women and children were slain... 7,500 souls of both sexes were ordered massacred by Edward despite the surrender of the local garrison. The slaughter was finally stopped when local Catholic Clerics pleaded with Edward to show some pity.

English forces under the Command of Edward next fought the Scots at the Battle of Dunbar (1296).

The Scots forces were led by Wallace and Moray in Dunbar. The Scots at Dunbar were quickly overwhelmed and capitulated. Most of the Scots nobility were captured and imprisoned.

The Ragman Roll, heavy taxes, and the forcing of Scotland to send her troops to support Edward's war with France laid the seeds of rebellion in the years to come. In Edward's efforts to claim the Kingdom and Crown of Scotland, he grossly underestimated the people of Scotland. His determination to crush the Scots people had served only to define for the Scots, who they really were.

continued to ship shark fins, despite a growing public outcry. The company had become a primary method of transporting fins around the world, placing it in a unique position of responsibility.

After Care2 members raised their voices, UPS had a conversation with the World Wildlife Fund about the impact of their actions. Following that discussion, the shipping giant tweeted that it was banning the shipment of shark fins.

It costs nothing to become a Care2 member if you would like to check it out just enter Care2 in your search engine.

## 'LOST' GOOSE FOLLOWS PICKUP TRUCK 6 MILES TO WATER:

If there's a wild Canada goose following you, it often means you're being chased angrily from a pond or harassed for bread crumbs.

Andre Bachman first realised a goose was tailing him as he drove along a gravel road in rural southwest Alberta. "The goose was flying above when it saw his truck and started flying beside him," said his son.

Curious why a goose would spontaneously follow a pickup truck, Mr. Bachman pulled over — as did the goose. He began filming with his smartphone as he stepped out to greet the goose, which was waddling nonchalantly toward him.

"Hi," Mr. Bachman said. "What are you doing? Are you lost?"

The goose didn't answer, aside from quiet honking. But its behaviour spoke volumes, revealing a level of comfort with humans that suggests it may have been a pet at some point. Shooing it with "off you go, off you go" didn't work, so Mr. Bachman decided to embrace the goose's idea. Thinking it might need help finding water, he set out for Shining Bank Lake, which is about 10 kilometers (6 miles) away.

As Mr. Bachman filmed through his truck window, he began driving and coaching the goose to follow. It started with a brisk trot — a pretty amusing sight on its own — and then flapped into flight, letting Mr. Bachman capture an endearing view of it flying

alongside to the Beatles' "Let It Be."

Mr. Bachman stopped at least once to check on the goose, who had little trouble keeping up. "My dad would just about stop for the corners after the first one to let it turn," his son said "Also, at one point he wanted to see how fast it could go. At around 80 km/h [50 mph], the goose started flying above his truck on the air coming off his windshield."

Once at the lake, the goose "seems happy and stays," Mr. Bachman wrote on YouTube, where the video has been watched more than 1.5 million times in about a week.

While the bird was probably never in serious distress, Mr. Bachman did it a favour by leading it to water where it had a much better chance of finding food.

## FINALLY THIS WEEK - A DANGEROUS CONVERSATION:

A Husband and Wife are sitting quietly on the sofa reading when the wife looks over at him and asks the following question...

Wife: "What would you do if I died? would you get married again?" Husband: "Definitely not!"

Wife: "Why not? don't you like being married?"

Husband: "Of course I do."

Wife: "Then why wouldn't you remarry?"

Husband: "Okay, okay, I'd get married again."

Wife: "You would?" (with a hurt look) Husband: (makes audible groan)

Wife: "Would you live in our house?" Husband: "Sure, it's a great house."

Wife: "Would you sleep with her in our bed?"

Husband: "Where else would we sleep?"

Wife: "Would you let her drive my car?"

Husband: "Probably, it is almost new."

Wife: "Would you replace my pictures with hers?" Husband: "That would seem like the proper thing to do."

Wife: "Would you give her my jewellery?"

Husband: "No, I'm sure she'd want her own."

Wife: "Would you take her golfing with you?"

Husband: "Yes, those are always good times."

Wife: "Would she use my clubs?" Husband: "No, she's left-handed."

Long silence.....

Husband: "Damn."

## THIS WEEKS RIDDLE:

Which animal is this? I have 4 legs and no tail, usually I am heard only at night?

Answer next week!

## TONGUE TWISTER:

Are our oars oak?

## GOOD NEWS:

Nearly 180,000 Care2 members signed a Care2 petition demanding that UPS stop shipping shark fins. Shark populations are declining around the globe, with over 140 species of sharks listed as endangered, threatened, or near threatened by extinction."

Sharks are being maimed and left to die because people consume their fins in soup.

Care2 asked earlier this month why UPS







## A WORD OF VICTORY

Welcome back dear reader when Adam and Eve sinned and separated from God a sense of inferiority consumed them. Fear, anxiety and stress were new emotions they experienced which they had never felt before when they had walked in obedience with God. This curse of inferiority was passed down to all of us through the generations – it's the cause of all arguments and wars etc in the battle for survival. In every one of us there is a desire to go back to the original relationship with God before the fall took place. Scripture tells us in John 3:16 that God the Father loves this world so much that He sent Jesus Who preached the Gospel (the Good News) and revealed to us the true nature of our heavenly Father. God's greatest desire is that we would return back to Him by accepting and acknowledging His Son Jesus of Nazareth as the ONLY way to be saved and restored back into full fellowship with Him forever. The barrier between us and God i.e. our sinful nature which we inherited from Adam, and its fruit sickness and disease, has to be removed for us to return to Father God. We cannot do this ourselves so a price had to be paid for our salvation – it consisted of the coming, crushing, crucifixion and the resurrection of Jesus and Him taking all our sins, sicknesses and diseases on Himself. The Blood of Jesus washed us clean – no other agent can do this only His Blood! After one accepts Jesus as Lord, His blood cleanses us fulfilling those famous words 'when my Heavenly Father sees me He sees not what I used to be, but He sees Jesus'. Friend this is the Gospel and Father God is waiting for you to come to Him by calling on Jesus as Lord – do it right now! If you have a query on Scripture or any prayer need please call 064-6622950 or email [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net).

*More next week.....*

**Contact: 064 - 66 22950 Email: [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net)**

## SERENITY Memorial Cards

| MEMORIAL CARDS  
| ACKNOWLEDGEMENT CARDS  
| BOOK MARKS

CHOOSE FROM OUR LARGE RANGE OF SAMPLE CARDS

OR... ..WE CAN DESIGN YOUR OWN UNIQUE PERSONALISED CARDS




TEL: 087 6870929  
OLD MARKET LANE (NEXT TO KERRY MORTGAGE CENTRE)  
KILLARNEY, CO. KERRY.

## BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE,  
MARBLE HEADSTONES  
SANDBLASTING  
OLD STONES CLEANED  
AND RE-LETTERED

TOM MURPHY PROPRIETOR  
BARRADUFF, KILLARNEY

TEL: 064 7754021/064 7754262  
MOB: 087 2598664



## PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

## THANKSGIVING

### 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.

Promise publication of prayer and favour will be granted.

## NOVENA TO THE SACRED HEART

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

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

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

Amen.

Promise Publication

Thanking you Sacred Heart of Jesus, for all the favours I have received.

## 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.

x

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

**M.L.**

## MEMORARE TO OUR LADY OF LA SALETTE

**Remember, Our Lady of La Salette,** true Mother of Sorrows, the tears you shed for us on Calvary. Remember also the care you have taken to keep us faithful to Christ, your Son. Having done so much for your children you will not now abandon us. Comforted by this consoling thought, we come to you pleading, despite our infidelities and ingratitude.

**Virgin of Reconciliation,** do not reject our prayers, but intercede for us, obtain for us the grace to love Jesus above all else. May we console you by living a holy life and so come to share the eternal life Christ gained by his cross Amen.

**La Salette Invocation;** Our Lady of La Salette, Reconciler of sinners, pray without ceasing for us who have recourse to you.

## PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal.

You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from You no matter how great the material desires may be. I want to be with You and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted. x



## 2ND ANNIVERSARY



In Loving Memory of

### MARIE LENIHAN (NEE O'CONNOR)

'Oakwood House', Inchcullane,  
Kilcummin, Killarney, Co. Kerry.

Who sadly passed away  
on the 31st of August 2013

#### Sister

It's been two years since your passing.

We think of you each day

We miss and love our sister  
and wished you could have stayed.

Loved and always missed everyday  
your sisters and brothers:

**Patsy, Hugh, Breda, Seamus, Kathy,  
Donnacha, William, Sean and Jerry.**

#### Sister-in-law

May the winds of love blow softly  
and whisper for you to hear  
How much we love and miss you Marie  
as it dawns another year.

Sadly missed by your sisters-in-law and  
brothers-in-law:

**Ann-Marie, Chris, Linda, Una, Niamh,  
Cait, Gerry and Tim.**

#### Aunt

Sweet is your memory  
precious your name  
Deep in our hearts  
you will always remain.

Always in our hearts:  
**Your nieces and nephews.**

*Your life was a blessing  
your memory a treasure...  
you are loved beyond words  
and missed beyond measure...*

**Marie's 2nd Anniversary Mass  
will be celebrated in  
Kilcummin Church  
on Sunday the 30th of August 2015  
at 11.15 am.**

## 2ND ANNIVERSARY



In Loving Memory of

### MARIE LENIHAN (NEE O'CONNOR)

'Oakwood House', Inchcullane,  
Kilcummin, Killarney, Co. Kerry.

Who sadly passed away  
on the 31st of August 2013

*Silent thoughts sincere and true,  
From a family who thought  
the world of you,  
No longer in our lives to share but in  
our hearts you are always there.*



**Fondly remembered by her brother  
Seamus, wife Ann-Marie, Sinead,  
Ciara, Aoife & James O'Connor.**

## 2ND ANNIVERSARY



In loving memory of

### DENIS GRIFFIN

**Two Mile School, Killarney.  
Who died on September 2nd 2013.**

*We didn't know that morning,  
God was going to call your name,  
In life we loved you dearly,  
In death we do the same.*

*It broke our hearts to lose you,  
You did not go alone,  
For part of us went with you,  
The day God called you home.*

**Sadly missed by your loving wife Carmel,  
daughters Betty, Eileen & Mary,  
sons Pat & Niall,  
extended family & friends.**

**Anniversary Mass will be held at  
St Mary's Cathedral at 6.15pm on  
Saturday 29th August 2015.**

## PRAY TO ST. EXPEDITE

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

## THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need  
that I may receive the consolation and help  
of heaven in all my necessities particularly  
(mention request) and that I may praise  
God with you and the elect throughout  
eternity. I promise you O Blessed Jude to be  
ever mindful of this great favour and I will  
never cease to honour you as my special and  
powerful patron and to do all in my power to  
encourage devotion to you. Amen. Say for 3  
days and publish immediately.  
Favour granted after 3 days.  
**x**

## 23RD ANNIVERSARY



In loving memory of

### MAURICE O'SHEA

**Pike Hill, Killarney  
who died on 3rd September 1993.**

*The hands of time keep turning  
The years have slipped away  
But the memories we have of you  
are in our hearts to stay.*

**Always loved and remembered  
by your loving family, wife Noreen,  
Daughters Mary, Mairead, sons Marcus,  
Maurice & Nigel.**



**Anniversary Mass in St. Marys Cathedral  
Friday 4th September at 6.15pm.**

## NOVENA TO THE SACRED HEART

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## 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 and your favour  
will be granted. Never know to fail.  
Must promise publication of prayer.  
**P.S.**

## THE MIRACLE PRAYER

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





# MUNSTER DECORATORS

WE HELP YOU TO LOVE YOUR SPACE

Refurbish your  
**entire home for**  
**€7,500**

*Yes, for only €7,500 we will....*

**PAINT** an average size house  
(eg. 3-bed semi-detached) both inside  
and out

**FLOOR** it throughout with laminate in  
all rooms

**CARPET** on the stairs and TILES in  
kitchens and bathroom



**Special Price Packages** available for landlords and estate agents  
**For all your decorating needs: Painting, Tiling, Flooring etc**

**NO JOB TOO BIG OR TOO SMALL**

Knockmanagh | Tiernaboul | Killarney | Co. Kerry

**Tel:** 064-6625912 | **Tel:** 083 4083900

**Email:** info@munsterdecorators.ie

**www.munsterdecorators.ie**