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- G **SECRET LIFE OF PETS** 90m **7 DAYS** 2:05 4:05 SAT/SUN 12:05
- G **ICE AGE** 100m **7 DAYS** 2:15 SAT/SUN 12:15
- G **NOW YOU SEE ME 2** 120m **7 DAYS** 6:30 (Not on Tuesday)
- G **TARZAN** 100m **7 DAYS** 4:25
- G **CENTRAL INTELLIGENCE** 155m **7 DAYS** 9:00
- G **The Uncountable Laughter of the Sea** 60m **TUES** 7:00

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PG **ROBINSON CRUSOE** 100m SAT/SUN 12:10
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As Killarney heads into one of the busiest weekends of the year - the August Bank Holiday weekend, the town is experiencing a fantastic season. Walking around the town in the evening, tourists and locals alike are enjoying everything that is on offer. We have plenty to keep you entertained this week in the pages of the Killarney Outlook. A Lip Sync Battle has been launched which will feature many well known faces in the town including our own photographer Marie Carroll O'Sullivan. All proceeds from this fun event will go towards the Anthony Morris Fund. Shave for Amy turned out to be a huge success with a full house which raised in excess of €20,000 for the brave nine year old. There is plenty of entertainment in Killarney this weekend with the Jimmy Devane Memorial Autocross taking place in Aghadoe on Sunday while down the road in Faha there is a free open air ceili. For those of you heading to Croke Park for the games on Sunday - stay safe on the roads - and enjoy the games.

*Aisling Crosbie,
Editor.*

LIP SYNC BATTLE SET TO ROCK THE INEC

The official launch of the much anticipated Killarney Lip Sync Battle took place on Sunday night last at KTown Bar.

The event which will feature a number of well known Killarney faces is set to take place on August 25th at the INEC.

The group got together to raise funds for Anthony Morris who is currently in the USA receiving treatments for chronic Lyme Disease. The gala affair will see ten acts battle it out to be crowned Lip Sync Battle champions.

Speaking to the Killarney Outlook, Anthony's brother Jim told us about the progress so far.

"Anthony, who has just begun his 3rd month of a 9 month treatment protocol, has had the intensity and aggressiveness stepped up a level. Anthony's doctors big concern has been an obvious deterioration in his cognitive function and mental sharpness. He has been really struggling to communicate, getting confused and lost for words. This is a result of the Lyme infection affecting his brain and fighting back against the antibiotics. His pain levels and headaches have also increased but this can be attributed to a Herxheimer reaction as the bacteria starts to die off. Anthony receives I.V. treatment 3 times a week where he generally stays in bed and tries to sleep through the nausea and pain, on his flush days he is usually sleepy and groggy. His doctors are quick to prescribe sleep and pain aids to make him as comfortable as possible. In



THE COMMITTEE & SOME ACTS WHO WILL PERFORM AT KILLARNEY'S FIRST LIP SYNC BATTLE PICTURED AT THE OFFICIAL LAUNCH AT KTown BAR ON SUNDAY EVENING. LOCALS UNITED IN FUNDRAISING FORCE TO RAISE MONEY FOR ANTHONY MORRIS IN HIS OWN BATTLE AGAINST LYME'S DISEASE. THE EVENT WILL TAKE PLACE ON THURS 25TH AUG AT THE INEC. TICKETS €15 AND AVAILABLE FROM EACH ACT PERFORMING ON THE NIGHT, WHOS4SHOES, INEC & CHARLIE FOLEYS.

addition the I.V regime causes severe stomach cramps and nausea. His fiancée Margaret and daughter Roísín have become accustomed to the everyday needs that is required of them. Seeing the outreach of love and support during this time through the different fundraisers keeps Anthony and his family in high spirits and drives him on to win his own battle".

Tickets for the Lip Sync Battle can be purchased from Whos 4 Shoes, 74 High Street Killarney, Charlie Foleys, 101 New Street, INEC box office, Gleneagle Hotel & the KTown bar on beech

road Killarney also by contacting a member of the Morris family or Jim on 0860893466. Adults are priced at €15 while children under 12 are €10 with doors opening at 7.30 pm and a show start time at 8pm. For further updates on Anthony's story can be found on facebook "Help Anthony Morris Fight Lyme Disease" and on www.yourcaring.com/anthony-morris-533010. Details regarding the Lip Sync Battle, the performers and much more can be found on www.facebook.com/killarneylipsync/.

BRIGHT FUTURE AHEAD FOR CLYDE

A young man with a Killarney connection is making a name for himself on the Irish soccer scene.

Clyde O'Connell is the son of Deirdre Lucey from Glenflesk and Dermot O'Connell from Dublin and has been described as one of the brightest prospects on the Limerick FC Senior team which is managed by Martin Russell.

Clyde has been playing with the club for over two years after spending his boyhood playing with Mungret

Regional FC.

Limerick FC is currently on the top of the Division One table and look certain to return to the League of Ireland Premier Division.

The 18 year old, who scored the winner in the Airtricity U19 League semi final against St. Pats is the grandson of former Kerry footballer, Noel Lucey from Glenflesk.



CLYDE O'CONNELL IN ACTION
PICTURE: CONOR WYSE

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GREAT TURNOUT FOR SHAVE FOR AMY

K-Town was the venue for an amazing fundraiser on Friday last.

Organised by members of the Killarney Fire Brigade and An Post - Shave for Amy saw a capacity crowd fill the house.

From footballers to firepersonnel and postmen to window cleaners - the town of Killarney came together to raise in excess of €20,000 for little Amy O'Connor who is currently battling cancer.

Amy's dad Brendan spoke at the event, thanking everyone from the bottom of his heart on behalf of himself, his wife Triona and of course little Amy.

Colleagues of Brendan at the local Fire & Rescue Service and An Post were joined by members of Dr. Crokes Football Club and neighbours and friends of the O'Connor for the massive fundraiser.

From shaving heads and beards to waxing legs - the capacity crowd got behind the volunteers to raise funds to help the O'Connor's in their ongoing battle.



"SHAVE FOR AMY" AT K-TOWN WITH SEAN TAAFFE & CO. ON FRIDAY EVENING. IN THE HOT SEAT L-R MARTIN GRADY (KILLARNEY FIRE & RESCUE), DAITHÍ CASEY (DR CROKES), PAT FLEMING (KILLARNEY FIRE & RESCUE) & DAN BROWNE (NEIGHBOUR, WHITEBRIDGE MANOR). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

An auction and a raffle on the night helped go towards the final tally - which hasn't been confirmed yet as donations are still coming.

Killarney Outlook photographer Marie Carroll O'Sullivan was in K-Town on the night and captured images of the people who supported this worthy cause.



PICTURED AT K-TOWN BAR AND SUPPORTING 'SHAVE FOR AMY' WERE BACK ROW L-R DAN BROWNE & STEPHEN CREMINS WHO JUST HAD THEIR HEADS SHAVED WITH FRONT ROW L-R MICHELLE, DARRAGH, CIARA & LAURA CREMINS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MADLINE HEALY & CARAGH MOLONEY PICTURED AT K-TOWN BAR TO SUPPORT THE SHAVE FOR AMY FUNDRAISER ON FRIDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DENISE O'CALLAGHAN PICTURED WITH HER BROTHER DAN BROWNE WHO JUST HAD HIS HEAD SHAVED SUPPORTING THE SHAVE FOR AMY FUNDRAISER AT THE K-TOWN BAR ON FRIDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SUPPORTING THE SHAVE FOR AMY FUNDRAISER AT K-TOWN BAR WERE L-R VIVIANNE POWER, FIONA O'SHEA, MAG LEAHY & DON LEAHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT K-TOWN BAR FOR THE SHAVE FOR AMY FUNDRAISER, AMY'S DAD BRENDAN O'CONNOR (CENTRE) WITH CONNIE O'SHEA (LEFT) & JOHN O'GRADY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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MEMBERS OF MILLTOWN-LISTRY COMHALTAS BRANCH ANNOUNCING DETAILS OF THEIR DAY LONG FESTIVAL OF MUSIC, SONG AND DANCE AT KILLARNEY COUNTRY CLUB IN FAHA NEXT SUNDAY, FRONT L-R: MASON COURTNEY, KATIE HOWE, AOIBHE HORAN; MIDDLE L-R: CORA LEE HOWE, JOE HORAN, ROISIN HOWE, COLEMAN COURTNEY, TALLULA BELLE COURTNEY; BACK L-R: KATHLEEN COURTNEY, AOIFE COURTNEY, CHRIS HORAN, SHAUNA COURTNEY, DENIS COURTNEY, REBECCA HOWE, ROBERT COURTNEY, JOHN COURTNEY, MARTINA HORAN.

A tradition of almost 20 years will be honoured this weekend as Milltown-Listry Comhaltas Branch host an open air ceili on Sunday next, July 31st at Killarney Country Club in Fahá.

With a day long programme, Fáilte's Féile Fahá is a free family fun event, whether you want to join in the sets, with your instrument, give a song or just listen along. Jerry McCarthy and Autumn Gold will entertain from 3 p.m. as the dancers take to the platform in the outdoors in the beautiful surroundings beside the Fahá Court Bar.

But that's just one part of the packed programme of events for 'Fáilte 's Féile Fahá' which has been run for the past few years by the very active Milltown-Listry branch of Comhaltas who are no strangers to organising top class events.

The clár for the day begins at 1 p.m. with "Spraoina bPaistí", with a set dancing workshop for kids followed by a mini disco with D.J. Donal.

The outdoor Ceilí starts at 3, with live music by Jerry McCarthy and Autumn Gold. Through the very generous sponsorship of Mike O'Shea

and company at the Fahá Court Bar and Seán O'Mahony of Killarney Country Club, Autumn Gold will take to the stage at 3 p.m. to pump out the sets over the course of three toe-tapping hours.

There's a music session for kids at 7, led by local musicians and all youngsters learning instruments are welcome to join in.

Then there's music with the O'Shea family from Currow from 8 to 10. Then from 11 'til late, Sean Murphy and friends will lead the night's music, again inviting all to join in.

'There's something for everyone at Fáilte is Féile Fahá and this year will be no different,' said branch treasurer, Owen O'Shea. 'There is a great up-and-coming talent at underage level locally and we will be inviting all the children in the area to bring their instruments and get involved.

'We're also thrilled to have Autumn Gold on the stage this year and they are always a huge draw for the set dancers from all over the county. It makes for a great spectacle in the open-air in the beautiful surroundings,' said Owen.

Chairman Tim Wrenn added that this event is unique. "It's great to see families enjoying the music every year. It's a safe location and we encourage everyone to get involved, particularly the young people, and we'll give learners plenty support and encouragement." He also said Vice-Chairman Dennis Courtney has guaranteed a fine day for the occasion.

Fáilte 's Féile Fahá gets underway this Sunday, July 31st from 1pm at Killarney Country Club just off the main Milltown-Killarney road.

TEE OFF TIME FOR STADIUM GOLF CLASSIC

Fitzgerald Stadium in Killarney held their annual Golf Classic sponsored by the East Kerry Board on Friday last July 22nd at Mahonys Point, Killarney.

The event attracted 39 teams with the outright winners being the Currow GAA of Sean O'Connor, Charlie Daly, Matt Keane and Tommy

Murphy.

Golfers gathered in the Tatler Jack bar in the evening for the prize giving and collecting second prize was the Bryan James Team (Ted Healy, Pa Howard, Denis O'Neill and Mike Spogler, while third place went to Agri Vet Team Donie McSweeney, Eddie McSweeney,

Brian Fitzgerald and Tom O'Sullivan.

The Fitzgerald Stadium would like to thank the Killarney Golf and Fishing Club and in particular Enda Murphy and Marian Doherty for all their help. Daly's Super Valu for the food sponsorship. And finally Paul and his staff at the Church for serving up the food.



JOHN LENIHAN FITZGERALD STADIUM, TIM RYAN CHAIRMAN EAST KERRY BOARD PRESENTING FIRST PRIZE TO CHARLIE DALY OF CURROW GAA. FROM LEFT TO RIGHT: JOHN LENIHAN FITZGERALD STADIUM, TIM RYAN, CHARLIE DALY, TOMMY MURPHY, DER BROSNA CHAIRMAN OF FITZGERALD STADIUM



JOHN LENIHAN FITZGERALD STADIUM PRESENTING 3RD PRIZE TO DONIE MCSWEENEY WITH EAMON O'BRIEN FITZGERALD STADIUM AND EDDIE MCSWEENEY.



JOHN LENIHAN FITZGERALD STADIUM PRESENTING SECOND PRIZE TO DENIS O'NEILL WITH BRIAN O'SHEA, PA HOWARD AND DER BROSNA FITZGERALD STADIUM.

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TOUR DE MUNSTER 2016 IS HITTING KERRY

Cyclists are getting in gear and are ready to hit the roads for Down Syndrome Ireland from August 4th - 7th for the Tour de Munster charity cycle is just around the corner. The annual event in aid of Down Syndrome Ireland will be kicking off in Waterford on Thursday, 4th August, and finishing up in Cork on Sunday, 7th August. Over 100 cyclists have signed up for the Tour and are getting geared up for this year's event!

Travelling over 600 km in just four days, the amateur cyclists will make their way through beautiful cities, towns and villages of all six counties of Munster. Joining them will be cycling legend Sean Kelly, who is a huge supporter of the event with this being his 11th year participating in the Tour de Munster. All funds raised from the charity cycle will go directly to the Munster branches of Down Syndrome Ireland (DSI), now in its 7th year as beneficiary of the cycle.

Since its inception in 2001, Tour de Munster has raised over €2 million for its beneficiaries with almost €1.6 million for DSI alone. Paul Sheridan, who established Tour de Munster, could not be prouder of the Tour and its many participants over the last 15 years.

The cycle will arrive in Kerry via the Ferry from Kilimer to Tarbert on Friday afternoon at 3.20pm and their Kerry itinerary includes:

Listowel (Christy's Pub, tea/ coffee): 4.10pm - 4.40pm

Tralee (Dinner: Fel's Point Hotel): 5.45pm



PICTURED FROM LEFT ARE EMILY CONNOLLY, TRALEE, GERRY MURRAY, PRESIDENT, TOUR DE MUNSTER, PAUL SHERIDAN, ORGANISER, TOUR DE MUNSTER, EIMEAR MOLONEY, ABBEYDORNEY AND MICHELLE KING, SALES & MARKETING DIRECTOR, THE ROSE HOTEL.

Stage 3: Saturday, 6th August - Kerry

Tralee: 10am

Stradbally: 10.50am - 11am

Dingle (Lunch: Skellig Hotel): 12.30pm - 1.15pm

Castlemaine: 2.30pm Milltown: 2.40pm

Killarney (Break: Deenagh Lodge): 4pm - 4.30pm

Kenmare (Dinner: Landsdowne Arms Hotel): 5.45pm

Stage 4: Sunday, 7th August - Kerry to Cork

Kenmare: 10am

Glengarriff (The Maple Leaf Bar, tea/ coffee):

11am - 11.30am

Ballylickey: 12pm

Gouganebarra (Lunch): 1pm - 1.45pm

Inchigeela: 2.20pm - 2.35pm

Macroom: 3.15pm

Lissarda (Break): 3.35pm - 3.50pm

Cork (Silversprings Moran Hotel, Regency Suite, reception): 5.15 pm

Please visit <http://www.tourdemunster.com/the-route/> for further details and the latest updates.

REPAIR WORK COMPLETED ON SKELLIG MICHAEL



SKELLIG MICHAEL

Major repair works which were made necessary following damage to a rockfall which damaged a key section of the road and wall at Skellig Michael island have this week been successfully concluded and the Island infrastructure reinstated.

The major damage occurred earlier this year when a large section of rock fractured at a high level on the slopes above the Lighthouse Road, the main visitor access to the famous Monastery site, and fell into the sea, on its way, crashing into and severely damaging the Road and its seaward boundary wall and badly compromising the access to the Monastery. When this was discovered in March last, it gave rise to significant fears that the Island would not be able to open to visitors this year owing to the severe safety risk that it presented and the OPW commenced a major rebuilding and safety project to ensure that the damage was repaired and continued visitor access facilitated.

Visitor access to the Island was maintained throughout the repair project and visitors were

able to safely access the famous Monastery steps just past the works site from the start of the summer season in May last without any significant interruption. The number of visitors landing on the Island this year up to the end of June was 5,232 which is broadly in line with the total of 12,260 for the 2015 season. Demand from tourists remains buoyant with Boatmen and other local business interests reporting a steady flow of visitors to the area. However, as always, the weather and the seas remain the major determining factor in whether the Island can be accessed. While there have been significant periods of good weather between May and July, access for the remainder of the season until 2 October 2016 will be weather dependent.

FREE ENTRY TO CROKE PARK MUSEUM

Heading to Croke Park this weekend to support Kerry? Well there is now an added incentive to do that especially if you are taking the family. Kerry play Derry in the Minor Quarter Final at 12 noon on Sunday before the Seniors take on Clare at 2pm in Croke Park. Croke Park are going to make the experience even better by offering match ticket holders the opportunity to visit the GAA Museum, located - free of charge

from 1pm to 7pm on Saturday 30th July and from 11am to 5pm on Sunday 31st July. Here you will get an opportunity to see the original Sam Maguire and Liam McCarthy Cups up close, and you can locate your personal heroes in the GAA Players Hall of Fame and Player of the Year exhibitions.

KERRY GAA SUPPORTERS BUS

The Kerry GAA Supporters Club will take coaches to the All Ireland quarter finals on Sunday next. All seats must be booked by Thursday 28th July. Bookings from the following; Donie O'Leary, John King and Martin Leane. Buses leave Killarney at 6:30, Tralee at 7:00 and Listowel at 7:30.



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STATESIDE SPONSORSHIP FOR FIRIES GAA



EUGENE COSGRAVE WITH DIARMUID LINEHAN, MIKES' BROTHER FLANKED BY FIRIES U16 AND MINOR BOYS.

A Furies native and former football star who is living and working in New York is to sponsor the Furies Under 16 and Minor teams.

Much to the delight of the club and their respective managements teams, Mike Lenihan of L&M Construction will continue his transatlantic connection with his club.

Mike lined out for Furies at underage level under the careful stewardship of his neighbours; the late Jerry Foley and Tom Shanahan. He was a very committed young player and played the game with great flair and enthusiasm. His underage career culminated with an East

Kerry U-16 Championship in 1996. Following his educational path, Mike took up a carpentry apprenticeship, which has stood well to him to this day. He went on to play senior football with Furies and competed in an O'Donoghue cup semi-final for Furies in 2002. Unfortunately for Furies, Mike moved to New York in 2004 to pursue a career in construction, and not surprisingly and now runs his own successful construction company in New York.

Tim Foley, U16/Minor manager, spoke about the linkage between Furies GAA and L&M construction stating that "Mike Lenihans'

resounding commitment to the club and indeed, the parish is very much appreciated and valued throughout our tight-knit community, our relationship isn't as old as the transatlantic cable, but it is as much valued and appreciated within our footballing family in Furies."

Furies Coiste na nÒg Chairman, Eugene Cosgrave also expressed his gratefulness adding that "It is much anticipated that both sets of players will endeavour to acknowledge Mikes' contribution with many prosperous days in Pairc Eamonn and further afield".



FIRIES MINORS AND U16 BOYS ALONG WITH THEIR MANAGEMENT TEAMS AND MIKE LINEHANS BROTHER

KILGARVAN SHOW THIS WEEKEND

On next Sunday, July 31st, the beautiful village of Kilgarvan is to once again hold its famous Agriculture Show. In fact this Show will be the 32nd such event where farmers will show their animals and home bakers will enter their home made crafts as well as promising something for everyone in the family.. There will be classes for poultry, sheep, cattle and other farm animals. Some of these proceedings will include an Art and Craft Marquee, a Dog Show, with a Judging of Cattle Classes, Sheep Classes and Poultry Classes. Old and young will also enjoy other attractions such as several Magician Shows, a Feis and a Cossack Stunt Horse Show. The Feis will be open for dancers of all age groups and world champion dancer Sarah Godfrey will attend. Other exciting events will take place such as a Baby Show and a Best Dressed lady, gent and granny. A Sheep Shearing demonstration will also take place and the Kenmare Puppy Parlour Final, Tug-Of-War, Sheaf Tossing and a Raffle Draw will also entertain onlookers. Speaking to the Outlook, Helen O'Sullivan, Chairperson of the event said that the "Highlight of the day will be the Cossack Stunt Horse Show. The animals to enter and see in the show will include cattle, sheep, dogs, pets, rabbits and any other animals, really." Helen added, "We are delighted to be running the Show again for the 32nd time. The only time we could not run, it was at the time of the Foot and Mouth Crisis. We hope to build on last year's attendance as well." Minister for Agriculture Michael Creed, who will make the short journey from Macroom to Kilgarvan to

open the event at 3.00 pm, will officially open the Show. Entry Fees for the day are as follows: Cattle €12. Sheep €7. Dogs €3. Arts & Crafts, Flowers, Photo, and Baking €2, Bonny Baby €3. Entry for onlookers will cost €10. Food will be served all day and a large T.V. screen will be present for the Kerry Versus Clare matches on the day. Also, as part of the Kilgarvan Show, a Fancy Dress for all ages will take place at 7.30pm on Friday the 29th of July. On the Sunday, there will also be a children's Sports Event for all age groups and the prize will be the Denis P. O'Sullivan Perpetual Trophy. For further information contact Elizabeth Kelleher on 087 9836098 or Helen O'Sullivan on 087 6243990 or see www.kilgarvanshow.co



RUTH SHEEHAN TEMPLEGLANTINE WITH HER PONY MUFFIN AT LAST YEAR'S ANNUAL KILGARVAN SHOW ON SUNDAY. PHOTO: LISA O'SHEA.

KERRY MINORS TAKE ON DERRY IN CROKE PARK

Kerry and Derry Minors have an early start on Sunday next at 12 noon when they meet in the quarter finals of the Electric Ireland Minor football Championship in the first game of a treble bill at Croke Park. Kerry are making their fifth consecutive appearance at this level of the competition and they are of course the reigning All Ireland champions. They boast a nice blend of youth and experience with the likes of Billy Courtney, Daniel O'Brien, Graham O'Sullivan, Mike Breen and Bryan Sweeney all playing a part in last year's final and of course Kerry had five points to spare over Derry in last year's semi final. The likes of Michael Potts, Daniel O'Brien, David Naughton, Niall O'Donoghue, Billy Courtney, Darren Moynihan, David Shaw and David Clifford, who were part of the St Brendans Killarney Hogan Cup winning side, will also renew acquaintances with some of the St Pats College players whom they defeated in that final. Kerry defeated easily Waterford in their opening game in Dungarvan and then accounted for Clare in the semi final in Milltown Malbay by six points. In the provincial final Kerry got over the Cork challenge with six points to spare. Derry defeated Tyrone by eight points and Armagh by six on their way to the Ulster final where they lost out to a highly rated Donegal side by just two points, 2-10 to 1-11. Referee is John Hickey. The remaining quarter finals involve Galway/Laois, Kildare/Mayo, and Donegal/Cork.



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ACTION IN AGHADOE FOR THE THE JIMMY DEVANE MEMORIAL AUTOCROSS

Autocross enthusiasts will converge on Aghadoe this Sunday for the The Jimmy Devane Memorial Autocross.

Jimmy a well known autocross and rally competitor passed away in 2009 and the autocross is held every year in his memory. Run by Killarney & District Motor Club the action takes place at Nunstown, Aghadoe, Killarney. The venue is directly across from the Aghadoe grave yard and will be sign posted on the day from Killarney Town.

Racing starts at 12 o'clock and should be an

action packed day with some of the best competitors from all over the country taking part driving a wide variety of cars and special buggies.

The track is technical, fast, with some big jumps and precision driving required. There will be some fierce competition for overall honors and the Jimmy Devane Cup which is awarded to the fastest time of the day on the event, last year's winner Ian Byrne is set to return to defend his title. The event will be a counting round of the Munster Autocross Championship.

Spectators will be able to view the complete track from a safe location. There will be plenty of parking, access to the service area and should make for a great spectacle and entertaining day out to enjoy.

Donations on the day and proceeds of the event will go to the Kerry Multiple Sclerosis.

More information on the event can be found on the Killarney Autocross FaceBook page. Contact event COC Denis Nagle 087 2680257



LAST YEAR'S WINNER IAN BYRNE IS SET TO RETURN THIS WEEKEND TO DEFEND HIS TITLE.



TOP KDMC LOCAL IS KILCUMMIN'S TOMMY DALY WHO WILL BE PUSHING HARD IN HIS SEMOG BUGGY.

NEW LOOK FOR KILLORGLIN CYCLING CLUB

Resplendent in their new cycling gear, Killorglin Cycling Club launched its new cycling clothing at The Glencar Resort Hotel on Friday July 22nd 2016.

The club has a proud tradition in Kerry Cycling, with many cyclists from the club soaring to national prominence over the years. The club runs a number of leisure and competitive events throughout the year which cater for all categories of riders. On the competitive side, the club promotes Kerry Group Ras Mumhan over the Easter Weekend, the Killorglin Grand Prix, which was held recently in addition to a round of county league. The club promotes a number of leisure events throughout the year; A Humpy 100 in May, Ring of the Reeks of August Bank Holiday weekend, Iveragh 200 in mid-August and Hamper Cycle in December. The club also has a number of organised cycles throughout the week.

As part of the drive to further promote cycling in the mid Kerry area, and to support the club in its ongoing development, Killorglin Cycling Club is delighted to announce the support of the following partners in this endeavour; The Glencar Resort Hotel, Richard Boyle and Sons Ltd, FEXCO Group and Keane's SuperValu Killorglin. Commenting at the launch, Chairman of Killorglin Cycling Club, Rory McGillicuddy acknowledged the support of partners, noting "the support of sponsors will allow for further promotion of cycling particularly among children and encouraging people of all ages and abilities to take up cycling".



MEMBERS OF KILLORGLIN CYCLING CLUB AND THEIR SPONSORS.

The club also acknowledged the support of the following which allows the club to provide for the running of the club bus which allows club members to travel to races and leisure events throughout the country. O'Sullivan's Bakery Killorglin, Mosca McGillicuddy & Associates Killarney, Selina's Café K Killorglin, Clendennen Electrical Faha, Cliffords Quarry Killorglin, Upper Caragh Fisheries, A Fit Body Gym Killorglin, Slogadh Signs Killorglin. Treasurer of Killorglin Cycling Club, Mary Concannon, thanked all those present for their continued support of cycling in Killorglin.

Full details of all Killorglin Cycling Club events can be found on www.killorglincycling.com or on Facebook - Killorglin Cycling Club



LOOKING GOOD.... KILLORGLIN CYCLING CLUB PICTURED IN THEIR NEW CYCLING GEAR.



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Killarney

TOWN TALK



ENJOYING THE CIAN O'DONOGHUE WALK ON SATURDAY WERE L-R SEAMUS SHEAHAN, CATHERINE SHEAHAN, KRISTINE O SULLIVAN, CÉILIM O SULLIVAN, AOIFE O'SULLIVAN, ANDREW O'SULLIVAN, JOE SCANNELL & PADRAIG SCANNELL AND IN FRONT L-R NOAH O'SULLIVAN & LYNDIA HORGAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

HUNDREDS WALK IN CIAN'S MEMORY

Over 200 people turned out to remember popular Killarney teen, Cian O'Donoghue at a walk in his memory last Saturday.

Cian lost his life in a drowning accident on Lough Lein in July 2013. A talented artist, Cian is the youngest son of Billy and Joanie O'Donoghue from Glenflesk. Cian's parents along with his brother Keith and sister Klara decided to hold the walk to raise funds for the Killarney Water Search and Recovery Team who were involved in the recovery of Cian's body after the tragedy. "We are overwhelmed with the support we have received and are delighted with the turnout at the walk. Everyone donated so generously on the day", Billy told the Killarney Outlook.

The family would like to thank everyone who helped them on the day and everyone who supported the walk.

FRIARY YOUTH CLUB REUNION

A reunion of members of the Franciscan Youth



PICTURED AT CIAN'S WALK ARE HIS FAMILY, KLARA, BILLY, JOANIE AND KEITH. PICTURE: MARIE CARROLL O'SULLIVAN.

Club will take place tonight, July 29th at the Dromhall Hotel at 8pm.

The club was hugely popular in Killarney in the seventies and the organisers are asking people to bring along any photos or memorabilia from their time at the club.

Tickets are €15 and are available on the door of the Deerhunter Suite at the hotel on the night. For more information contact Tom Griffin on 0872309325 or Rita O'Donoghue on 087 7606639

RECENT SHEILA MOYNIHAN MEMORIAL WALK:

The 10th & final Sheila Moynihan Memorial Sponsored Walk which took place recently raised almost €4000 on the day.



PICTURED AT K-TOWN TO SUPPORT 'SHAVE FOR AMY' WERE L-R ELEANOR COFFEY, NICOLA O'CONNOR, HAZEL DOYLE-DEEGAN, CARMEL O'CALLAGHAN, AMANDA FLEMING & JOHN GUEST. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SUPPORTING 'SHAVE FOR AMY' AT K-TOWN BAR ON FRIDAY NIGHT WERE L-R KILLARNEY OUTLOOK EDITOR AISLING CROSBIE, GRAINNE O'SULLIVAN & MARIA O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The organising committee will present the cheque to the Kerry Hospice in the next couple of weeks. Your ongoing support is graciously appreciated.

SUMMER CAMP

Listry GAA Summer Camp will take place from Tues Aug 2nd to Fri Aug 5th, 10am-1pm. Children must have a year done in National School in order to attend the camp. Cost is €30 or €50 for family. Mike Tangney has forms for anybody interested in attending the camp or contact Fergus Clifford 087-9703274 for further details.

THEY SAID I DO

Congratulations to Timothy O'Sullivan, Glounacopple Kilcummin and Mary Delaney who were married recently.

LIBRARY EXHIBITION EXTENDED

The Sun is Rising for Ireland, the 1916 exhibition currently running at the Killarney Library has been extended until August 6th. The exhibition which is curated by Conor Doolan from Kilcummin is free to visit.

LEGS ELEVEN

Bingo takes place every Thursday evening at St. Mary's Parish Hall at 9pm



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Semi detached cottage on 0.5 acre site approx. Only 4 kms from Killarney town. Well maintained with mountain views, Oil fired central heating. 1 Double bedroom, 2 attic rooms.
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Artigallivan, Killarney
Charming 3 bed bungalow on c.0.3 acre site. Stunning mountain views to the rear. Approx 8km from Killarney town. Large detached workshop / garage.
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Knockdooragh, Headford Killarney
Detached 4 bed bungalow (127 Sq.M. 1,367 Sq.Ft.) on c.0.5 acre site located a short distance from Barraduff village and only 10 miles approx from Killarney.
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DIREEN, KILLARNEY
Newly constructed three bedroom semi - detached property within walking distance of Killarney town centre. This house is spacious and well laid out with curved interior walls and extensive natural light in all rooms. There is a private south facing rear garden. This is a must see property.
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Killarney

TOWN TALK



ORGANISERS OF STETSONS AND STILETTOS PICTURED AT THE LAUNCH OF THE EVENT THIS WEEK.

YEE HAW - STETSONS AND STILETTOS LAUNCHED

Members of the organising committee of Stetsons and Stilettos, INEC representative Fiona O Connor and team mates and friends of Amy O Connor from the Killarney Celtic Football Club gathered this week to launch their upcoming benefit night for Amy and St Johns Ward CRMF (Crumlin Research and Medical Foundation). The fun event is set to take place on Friday 23rd September in the INEC.

This fun night of music, entertainment and dance will be led by local artists/musicians along with the Garth Brooks Tribute Band

Trevor Smith "Friends in Low Places" with MC Brendan Fuller and finishing with DJ Gavin O Leary all promises to be a great night.

Stetsons/cowboy hats will be on sale on the night, there will be popcorn and hot stalls, prizes for the best dressed country guy, gal and child and some fantastic raffle prizes to be won.

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



A BEAUTIFUL SUNNY DAY WHERE OVER 200 WERE PRESENT FOR THE CIAN O'DONOGHUE MEMORIAL WALK FUNDRAISING FOR KILLARNEY FIRE & RESCUE. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808

WEDDING BELLS

Congratulations to Aileen Hickey, daughter of journalist Donal and his wife Kathleen from Tiernaboul and Karl McCay from Derry who were married in St. Mary's Cathedral last weekend.

The couple who will live in Copenhagen held their reception in the Malton Hotel.

TOM LAUNCHES SECOND EP

Tonight, Friday, July 29th sees the launch of Tom Lucey's second EP Untold Stories at the Acoustic Club at the INEC.

Tom, from Muckcross Road, is making a name for himself on the music scene and his last gig at the Acoustic was amazing.

Doors open at 8pm.

4-IN-A-ROW FOR SINEAD

Sinead Warren of Gneeveguilla AC who won Gold in the U17 All Ireland Hammer throw in Tullamore last Saturday. It was Sinead's 4th year in a row coming 1st in the All Ireland Hammer throwing event.



SINEAD ON THE WINNERS PODIUM



ENJOYING THE SUNSHINE AT THE CIAN O'DONOGHUE MEMORIAL WALK FUNDRAISING FOR KILLARNEY WATER SAFETY WERE JULIETTE SHEEHAN (RIGHT) WITH HER DAUGHTER SINEAD AND DOG MAX. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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NEW TO MARKET

'ROSLEIN', COUNTESS ROAD, KILLARNEY

Detached four bedroom family home with three reception rooms located in prime residential area within walking distance of all town amenities. 'Roslein' which was constructed in the 1950's has a generous front lawn with driveway and off street car parking. Accommodation includes on the ground floor; entrance hall, livingroom, dining room, guest toilet, kitchen cum diningroom, utility room, study/TV room The first floor comprises four bedrooms, guest toilet and bathroom.



Price Region: €295,000

BER G

9 ELM COURT, DEERPARK, KILLARNEY

Open viewings today Friday, 29th July,
5.00 p.m. - 5.30 p.m.

Newly renovated three bedroom detached family home, overlooking green area, within walking distance of Deerpark Retail Park, Aldi and Gaelscoil primary school. The property is not overlooked and would be ideal for first time buyer, family home or investor. Accommodation includes entrance hall, sittingroom, downstairs toilet, kitchen/diningroom, utility, bathroom, three bedrooms, (master en-suite).



Price Region: €250,000

BER C3

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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Direen, Killarney, Co. Kerry. This three bedroom semi – detached family home finished to a builders finish. An extremely bright house, the design pays much attention to light. In the living room it has a feature curved wall and bay window. The rear garden is private enclosed and south facing. The upstairs partitions and floor joist are filled with Rockwool for sound proofing.

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

IN THE NATIONAL INTEREST – TD'S REVEALED

Six months on from the General Election and **Outlook Publications** catches up with the Five Kerry TD's that were elected to the very new Kerry constituency. This week we talk to Fianna Fáil's **John Brassil** TD

It has been six months since you were elected what immediate changes have taken place in life since then?

The most challenging change is the amount of time I spend away from home and my family travelling up to Dublin every week is a significant change but I am thoroughly enjoying my time in Dáil Éireann and honoured to have been given the opportunity to be there.

As a first time TD we had a lot of work to put in setting up my constituency offices in Tralee, Killarney and Listowel which was demanding given the short space of time we had to do it but we are settled in now and glad to be providing a steady service in the Counties three biggest towns.

The work load is significantly greater than in my time as a Kerry County Councillor, the type and number of representations coming through the offices is much greater however I have the back up of my wife and family and my very hard working staff which has made this transition a lot easier.

It took a while to put the government together, were you happy with its foundation and what challenges do you think lie ahead for it?

The formation of this government was very new to Irish Politics and to be honest I was not convinced right up to its formation that another election was not going to happen, they say a day is a long time in Politics and the weeks in the lead up to it were long. I genuinely believe that the fact that every party and member of Dáil Éireann is now relevant to its survival can make the Dáil more effective and the Government more answerable.

Can you walk us through a week in the life of a Kerry TD?

Mondays, Fridays and Saturdays are dedicated to constituency work. I have clinics across the County from Cahirciveen to Castleisland to Dingle which is an excellent way to touch base with constituents and find out what

issues are affecting people here in Kerry. Tuesdays, Wednesday and Thursdays are Dáil sitting days. The days are filled with a combination of attending Dáil Debates, meetings of the Health Committee of which I am a member

Weekends are filled with clinics and meetings plus attendance at various events. I try to spend Saturday evenings catching up on the events of the week and plan for the following week but every now and again, weather permitting; I try to get out on the golf course in Ballyheigue with my son Noel.

Sundays I do everything I can to keep for my family, but there are some events where my presence may be required and I work in my pharmacy from 12-1 but in general Sunday is family day. I try and keep Sundays for my family, I cherish the time I spend with Bernadette and the children and make every effort to have some family time every week, we would also religiously go on a 1 week family holiday every year.

How conscious are you that you are a Kerry TD?

I am 100% focused on Kerry, the issues affecting people at a local level are the same issues that need to be addressed at National level. They are intrinsically linked, as in what is good for the country is good for the County. So we do our utmost to address issues affecting people personally



ITS ALL LOCAL: MICHAEL MARTIN LEADER OF FIANNA FÁIL ALONG WITH LOCAL DEPUTY JOHN BRASSIL IN TRALEE RECENTLY MET UP WITH LISA HEALY GARVEYS SUPERVALU EMPLOYEE FROM TRALEE.

from Agricultural payments, housing allocation's, hospital appointments, but I want to affect change at policy level which has the potential to improve these issues in the longer term. I am very much aware that we are a rural county and relatively peripheral and the concerns that arise from this need to be addressed at National level, I fully intend to use my voice to lobby for improved services for the County.

What TD outside of Kerry and your party has impressed you most in the last six months and why?

The Green Party leader Eamon Ryan has impressed me greatly with very reasoned and well thought out arguments.

How do you keep an eye on the constituency when too are away in Dublin?

I am fortunate to work with two excellent constituency staff and Cllr. John Joe Culloty. I talk to my PA and SA on the phone daily. Social Media and the internet are also mines of information and there isn't much that would go unnoticed from home that I would spot this way. I have also set up a network working with Cllr John Francis Flynn, Norma Moriarty, Mike O'Shea and Senator Mark Daly in the South West, Jimmy Maloney and John Lucid in the Listowel area, John Joe Culloty and Niall Kelleher in the Killarney area and Norma Foley Tralee all of whom I liaise with on a daily/ weekly basis. The Fianna Fáil team in Kerry is a great one and I'm very lucky to have their support and to be able to support them.

What one footprint have you personally left to date as a TD in Dail Éireann and one that you are proud of?

In my first contribution to the Dáil, I laid out proposals for trying to deal with the thousands of unoccupied houses in towns and villages across Ireland. I put these proposals to the Committee of Housing and Homelessness and they are now part of their recommendation coming before the Dáil.

I am also proud of the contribution I made on Climate Change which was based on Scientific evidence and Fact.



JOHN BRASSIL, AT THE COUNT LAST FEBRUARY WITH LAURA DINEEN, BALLYHEIGUE, HIS SECRETARY KEEPING HIS TEAM ON ALERT AND TALLY ACCOUNTS UP TO DATE. PHOTO: JOHN CLEARY.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



SOME KEY ELEMENTS FOR SUCCESS WHEN INVESTING YOUR MONEY:

We often hear the words "don't put all your eggs in one basket" this applies to investing your money as well. Generally speaking a large percentage of your savings should be in capital guaranteed products. It is important to not put all of your money in one type of product or investment, if you spread your money into various types of products or investments you should be reducing your overall level of risk. Financial advisers have access to different financial providers who offer a wide variety of different investment products and these products should be explained in detail to you in plain simple English before you make up your mind as to what investments suit you best. It is also very important that risk is discussed with you in detail so that you understand if there is any risk attached to the products you are considering. Finally you need to know what are the costs or charges for these products and these need to be compared with different providers.

For more information or to make an appointment to discuss the above contact **Dermot Cronin QFA, APA**, at **064 6622775** or **dermotcroninifa@gmail.com**

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School Around the Corner...

It may only be the end of July but parents across the county are preparing to get their children back to school. In this week's Killarney Outlook we look at some of the best offers available.



BACK TO SCHOOL COSTS 2016

Credit Unions say "Avoid Moneylenders, Shop Around, Plan a Budget".

- Research undertaken in June 2016 by the Irish League of Credit Union indicated that back to school costs negatively impact 26% of household bill payments with 13% of parents saying they will have to sacrifice spending on food to cover these costs.
- School associated costs have increased year on year from 2012 with overall spend for primary children on average is €967 per year per child and secondary €1,474
- On average primary school parents are spending €145 on uniforms per child, secondary school parents spending €234 per child
- 31% of parents find themselves in debt covering back to school costs, borrowing an average of €357
- In 2016 - 60% of parents will shop online for back to school items, up significantly from 47% in 2015
- 79% parents expected to make 'voluntary contribution to school averaging €118 per child, up from €112 in 2015
- 37% of parents feel under pressure to buy branded school supplies, down from 42% in 2015, pressure more evident in secondary school parents.
- Only 14% of parents eligible for back-to-school allowance believe the back to school allowance is sufficient to cover school costs.
- Speaking about the research, Helen Courtney Power, Business Development Officer with Killarney Credit Union said "we are very aware of the increased costs that families are facing when returning children to school after the holidays, we recommend that you plan early by making out a budget, shopping for deals in local retailers and avoid door step credit at all costs. We offer personal micro credit loans for smaller amounts which can be repaid through the household budget scheme or you can also look at our standard education loans for members" she concluded.

WHERE MEMBERS MATTER MOST



EDUCATION LOANS

Make an educated choice with a Killarney Credit Union loan

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(6.2% APR)

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€3,000	12 months	6.2%	€258.24	€3,098.83
€5,000	24 months	6.2%	€221.65	€5,310.40

Typical 6% variable education loan (6.2% APR). Lending criteria, terms and conditions apply. Loans are subject to approval. Killarney Credit Union is regulated by the Central Bank of Ireland.

Third Level Education Bursary Award

€1,000 student award

4 chances to win €4,000 in prize funds

Hurry!! Closing Date is 23rd September 2016

Application terms and conditions apply. See www.killarneycu.ie for more details and application form.



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064-6642111

info@killarneycu.ie

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WHERE MEMBERS MATTER MOST



How can I afford the BACK TO SCHOOL COSTS?



The school year is now at an end and it won't be long until September is with us again and the children go back to school with all the associated costs. The list can seem endless. Rather than wait for the last frantic weeks of August, it's a good idea to start planning now and to try and spread the cost of going back to school over the summer. Here are a few things to consider.

Step 1. Cut the Costs

The school uniform and book list will have been given out already.

- Ask the principal if the school offers the Book Rental Scheme or other supports available under the School Books Grant Scheme
- Check if the school runs a second-hand book and uniform sale.
- Ask friends and family if they have any of the books on the list or organise your own book and uniform exchange with friends.
- Ask your local book-shop if they offer instalment plans and pay for the cost of books over the summer weeks.
- Copybooks, pens and pencils can all be cheaper if bought in large quantities – will a friend split the costs with you if you buy a lot together?
- Re-use stationery items such as folders, files and pockets.
- Watch the shops for special promotions on uniforms. Some may offer discounts if you buy early in the summer.
- Shop around for generic uniform items like shirts, t-shirts, trousers and skirts in local chain stores.
- Check with the principal on other costs that come up over the year for things like art & craft, photocopying, school trips etc., and plan for them.
- Remember the voluntary contribution is voluntary – speak with the principal if you have any difficulty.

Step 2. Make out a Budget

- List the costs using our budget guide.
- Check if you qualify for the Back to School Clothing and Footwear Allowance.
- Subtract it from the total cost to find out the balance needed.

Step 3. Planning to meet the balance needed

- Work out how many weeks are left until September and how much you will need to save each week to cover the cost.
- Can you afford to cover the costs from your income? If not, look at your budget again and see if you can reduce the costs further. For some families there may be very difficult circumstances and they may also need to contact their local Community Welfare Service.
- If you have to borrow, think about whether you can afford the repayments, make sure to get the best rate (APR), and only borrow what you need from a reputable financial institution.

THERE ARE A NUMBER OF SCHEMES WHICH PROVIDE HELP TOWARDS THE COST OF GOING TO SCHOOL, AS FOLLOWS:

BACK TO SCHOOL CLOTHING AND FOOTWEAR ALLOWANCE

The Back to School Clothing and Footwear Allowance helps you to meet the cost of uniforms and footwear for children going to school. The Scheme runs from June 1st until September 30th. You may qualify for the Allowance if you are:

- Getting a social welfare payment (including the Family Income Supplement) or a Health Service Executive payment
- Taking part in an approved employment scheme
- Taking part in a recognised education or training course
- Involved in an Area Partnership Scheme
- Attending a SOLAS, Fáilte Ireland or LES training scheme

To qualify for this allowance, your household income must be below a certain limit, depending on your family size. In general, the rate of the allowance paid for each eligible child aged 4-11 on or before 30th September is €100. For each eligible child aged 12-22 on or before the 30th September and in second level education the rate is €200. Children in third level education are not eligible. The Department of Social Protection will have written to you in early June. For more information, log on to www.welfare.ie or low call 1890 66 22 44.

EXEMPTION FROM EXAMINATION FEES

If you hold a current medical card then your child is exempt from Junior Cert and Leaving Cert examination fees. Enter the medical card details on the fee payment form and return to the school before the required date.

If you are worried about money or debts, call your local MABS office in Killarney on 0761 07 7827

Child 1		Child 2	
ITEM	Cost €	ITEM	Cost €
Books (see your book list)		Books (see your book list)	
Stationery		Stationery	
Uniform		Uniform	
• Skirt/Trousers		• Skirt/Trousers	
• Blouses/Shirts		• Blouses/Shirts	
• Jumper(s)		• Jumper(s)	
• Shoes/Trainers		• Shoes/Trainers	
• Jacket/Coat		• Jacket/Coat	
• Tracksuit & Other physical education equipment		• Tracksuit & Other physical education equipment	
Costs to be paid to the School		Costs to be paid to the School	
• Photocopying costs		• Photocopying costs	
• Arts & Crafts		• Arts & Crafts	
• Voluntary Contributions		• Voluntary Contributions	
• Other		• Other	
TOTAL €		TOTAL €	
Subtract (-) Back to School Clothing and Footwear Allowance (if applicable)		Subtract (-) Back to School Clothing and Footwear Allowance (if applicable)	
BALANCE NEEDED €		BALANCE NEEDED €	

The Money Advice and Budgeting Service has helpful information, budget sheets and sample letters available online at www.mabs.ie. Advice and information is also available by calling the **MABS Helpline 0761 07 2000** (Monday- Friday 9.00 am to 8.00 pm.) and from over 60 offices nationwide.



Kerry Money Advice & Budgeting Service
1st Floor, Park Court, Beech Road, Killarney, Co. Kerry
Tel: 0761 07 7827 | Email: kerry@mabs.ie
www.mabs.ie

DISCLAIMER: Every effort is made to ensure that the information in this publication is accurate. However no responsibility is accepted by MABS National Development Limited, its funders or MABS for any errors omissions or misleading statements on these pages. The information is of a condensed and general nature only and can change from time to time.





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HEALTHY LUNCHES

Good food habits set early in childhood can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them. Here are some tips on how to prepare a healthy lunchbox.

Seven steps to creating healthy, varied and interesting lunchboxes

- Include a wide variety of foods - starchy foods, protein, dairy, and fruit and vegetables
- Try to offer different foods every day - no one wants to be eating a ham sandwich five days a week!
- Vary the types of bread e.g. pitta bread, bagels, wholemeal rolls - keep a stock in the freezer
- Cook extra rice/pasta in the evening - these can make interesting salads
- Theme your lunchbox on a different country, e.g. Italian - try a pasta salad, Mexican fill flour tortillas
- Home-made soup (in a Thermos flask) is great for cold days, while salads are light and refreshing for warmer weather. Both are packed with essential vitamins and minerals
- Fluids are important for children - up to 6 cups of fluid should be encouraged daily. Milk and water are the best options. Straws and brightly coloured drinks bottles can make rehydrating more interesting!

Five steps to food safety

Make sure your child's lunchbox is clean and safe. Remember that sandwiches containing meat or other foods that require refrigeration should be kept as cold as possible until lunch.

Help keep lunches cool and safe by following these tips:

- An insulated box or bag can be used to help keep lunches cool. A small ice pack can also be used or alternatively include a frozen fruit juice carton
- It is important that lunches are not kept in a warm place such as near radiators or in direct sunlight
- Discard any perishable food that hasn't been eaten at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes every day in warm soapy water.
- And last, always remember to wash your hands before eating lunch. Here's what should go in a healthy lunchbox.



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shoe boutique

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

SYMPATHY: To John O'Leary, Ard Mhuire Rathmore on the recent death of his brother, Matty O' Leary, Milleen, Cullen and Joseph Carey Ballinora, Cork / Duagh, brother of Ned Carey Shinnagh Lower Rathmore, May they both rest in peace.

RECENT SHEILA MOYNIHAN MEMORIAL

WALK: The 10th & final Sheila Moynihan Memorial Sponsored Walk took place recently. Almost €4000 was raised on the day. If there is any outstanding money or if anyone would like to donate please hand it into any of the committee members as soon as possible. The cheque will be handed over to the Kerry Hospice in the next couple of weeks. Your ongoing support is graciously appreciated.

KERRY EMIGRANT SUPPORT HOUSING

ASSOCIATION LTD.: A church gate collection will be taken up at all churches in the parish on this weekend of 30th / 31st July in aid of our needy emigrants in England who have fallen on hard and difficult times. Your generous support would be deeply appreciated.

ALL IRELAND SENIORS & MINORS FOOTBALL QUARTER FINAL:

Best of luck to Aidan O'Mahony & Paul Murphy with Kerry seniors on Sunday against Clare in Croke Park at 2pm. and Mark Ryan, Brian Friel Dean Fitzgerald with Kerry minors against Derry at 12 noon in Croke Park this Sunday July 31st and best of luck to all players in both teams and managements.

Rathmore Community Council welcome Kerry



RATHMORE COMMEMORATION GARDEN OF REMEMBRANCE OF RISING 1916, WHICH IS NEARING COMPLETION AND WILL OPEN SHORTLY AT ARD MHUIRE. PICTURED ARE RATHMORE COMMUNITY COUNCIL VOLUNTEERS SEAN CASEY, DAVID TWOMEY AND CHAIRMAN OF RATHMORE COMMUNITY COUNCIL BRIAN KELLY PUTTING FINAL TOUCHES TO IT BEFORE OPENING DAY.

County Council granting planning permission for the doctor surgery at the Rathmore Social Action Group Day Care Centre however the HSE has said that the doctor still can't find a qualified doctor to assist the doctor there one day a week.

FRIENDS OF UNIVERSITY HOSPITAL KERRY wishes to thank everybody who supported their recent Fundraiser night at dogs and help out in any way.

CONCERT

Tureenacahill Community Centre on August 9th, 10th & 11th. Music, Talks & Performance highlighting the Sliabh Luachra Musicians. Open to all ages, Cost €30.

TUREENCAHILL ANNUAL BAR-B-Q featuring top Chef Denis Doody takes place Sunday August 7th at 1pm, music by Tim Gleeson and Mike Cronin.

DVD'S of our Strictly Come Dancing Fundraiser are now on sale for €10. For enquiries on any

of the above Ph.085 1741551 or 087 0576107

RATHMORE GAA:HURLING: Well done to all our U-16 players who played with South Kerry in the Co. U-16 Hurling Championship in the quarter final of the plate v Crotta last rennity in Kilmoyley South Kerry 2-09 Crotta 4-11.

Well done to our U-10 Hurlers who played St. Pats and Furies in Fossa last recently.

HURLING CAMP will take place on August 2nd Tuesday- Thursday 4th in Rathbeg from 10am - 2.30pm, registration Tuesday @ 9.30am. Cost €30 for first child, €25 for each sibling. Free sliothar for every child attending Camp.

BANK HOLIDAY WEEKEND: Safe driving this weekend on our roads and enjoying the weekend. Notes if you would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817. Before 6pm. Sunday,



HARRY O'MAHONY AND NOAH BROWNE AT THE FIRIES CUL CAMP.



UNDER 14 FIRIES BOYS ENJOYING CUL CAMPS



SOPHIE DOONA, SHANE HARMON AND NOAH BROWNE ENJOYING FIRIES CUL CAMP.



UNDER 8 BOYS ENJOYING FIRIES CUL CAMP.

KILCUMMIN NEWS

SYMPATHY

Is extended to the family of the late Brendan Moynihan, USA and formerly Clashnagarrane who died recently. May he rest in peace.

JIGSAW KERRY

Jigsaw Kerry is a youth mental health service for 12-25 year olds with mild to moderate mental health issues. They provide a brief intervention service. An outreach service is available in Castleisland FRC by appointment with Jigsaw, Phone: 066 7186785.

THE SUN IS RISING FOR IRELAND

"The Sun is Rising for Ireland" the 1916 exhibition currently running at Killarney Library has been extended to Saturday 6th August. The exhibition is curated by Conor Doolan. Free admission. All welcome.

CONGRATULATIONS

Congratulations to the U18 Ladies and Mixed Set who were victorious at the Munster Fleadh in Listowel last weekend. Also, to the U18 Half Set who won silver medals. All three sets will now go forward to the All Ireland Fleadh in Ennis in August. Dancers in the Mixed Set were; Conor Coffey, Siobhán Moynihan, Patrick O'Callaghan, Niamh McSweeney, Steven O'Leary, Aisling O'Connor, Nathan Counihan and Shauna O'Leary. Dancers in the Ladies Set included; Niamh McSweeney, Siobhán Moynihan, Aisling O'Connor, Shauna O'Leary, Niamh and Aisling O'Donovan, Jasmine Grey and Mary Murphy. Dancers in the Half Set were; Conor Coffey, Patrick O'Callaghan, Niamh McSweeney and Aisling O'Connor.

Both the U12 Mixed and Ladies sets also gave fine performances on the day, but were

unlucky to finish outside the medals. Well done to all who performed so well over the weekend. Thanks Adrian Moriarty for training the sets and to Conor Moriarty and Darragh Horan who provided excellent music for all sets.

CEMETERY MASSES

New Cemetery Killarney - Monday August 1st; Old Kilcummin - Wednesday August 3rd.

INTERESTED IN BECOMING A VOLUNTEER LITERACY TUTOR?

If you would like to find out more about becoming a literacy tutor or interested in completing an application form for our Volunteer Tutor training which is to commence on Saturday September 24th please contact Deirdre Fitzgerald 086-0460506. Kerry Education & Training Board through our Literacy & Adult Basic Education service provides one to one tuition to men and women who have difficulty with reading, writing, spelling and maths. This service is FREE and confidential and is available in our centres around the county. It operates with the assistance of volunteers from all walks of life in Kerry.

KILCUMMIN GAA

CREDIT UNION CO LEAGUE

Kenmare 1-13 Kilcummin 1-15. Our senior team kept their chances of survival in Div 1 alive with a hard earned win on Sunday last in Kenmare. After a sluggish first half we upped the tempo and along with some positional switches we just about deserved our two point victory. A goal by Shane McSweeney and some marvellous points by Kevin McCarthy were the deciding factors but we also needed some fine interventions from Tommy Brosnan in goal.

Well done to all the team and players but we know there is a lot of hard work ahead if we are to remain among the elite for 2017 but we also know they are well capable.

Team Tommy Brosnan, William Maher, Damien O'Leary, Sean Brosnan, Daniel Moynihan, Gavin O'Connor, James Devane, Shane McSweeney, Kevin Gorman, Daniel O'Leary, Noel Duggan, Mikey O'Shea, Chris O'Leary, Kevin McCarthy, Paul O'Riordan, subs used Tommy Cooper, Eric O'Connor, Richie O'Connor.

CO LEAGUE FIXTURES

14th August away to Austin Stacks - 4th September home to Glenbeigh/Glencar.

KILCUMMIN GAA SUMMER CAMP

For 5 to 12 year old boys and girls will run this year on 2nd, 3rd and 4th August from 10.30 to 1pm each day. Registration 10am on 2nd. €20 per child. €35 for 2 children. €50 for 3 children.

FIXTURES

U11 Boys play Kenmare away on 31st July at 12 noon.

U16 Boys play Keel/Listry at home at 7pm on Wednesday 3rd August.

Senior Ladies are due to play Clounmacon/Moyvane in Clounmacon at 7pm on 29th July in Mary Jo Curran.

MASTERGEEHA FC LOTTO

There was no winner on Friday 22nd July 2016. Numbers drawn were 6, 10, 12, 20. Consolation prizes were €100 Tony Cahill, Knocklebede, Kilcummin. €60 Eileen Sheehan, Lyreatough, Kilcummin. €30 Joanne Looney, Mastergeeha, Kilcummin. €30 Jerry Sheehan, Lyreatough, Kilcummin. €30 Marie Curtin, Knocklebede, Kilcummin. Jackpot now €8,100.

GLENFLESK NOTES

GLENFLESK SENIORS

(Sponsored by the Jarveys Rest) Our Senior team moved onto 8 points in the Co. league with 2 games to play thanks to a magnificent win over a very good Waterville team on Sunday last on a scoreline of Glenflesk 4-09 Waterville 1-16. Darragh Roche was unstoppable on the day and finished with 3-04 from play and in defence Cian Horan was a rock at center back, Shane Courtney was excellent as usual and youngster Sean Lucey really caught the eye with some brilliant defending. Credit must go to both teams who served up some great attacking football with 5-19 being scored from play. Next up for Glenflesk is a home fixture against local rivals Spa on Sunday August 7th

GLENFLESK JUNIORS O SULLIVAN CUP QUATER FINAL

GLENFLESK 1-08 FIRIES 2-07

Fires traveled to Glenflesk on Tuesday July 19th and booked their place in the semi final of the O Sullivan cup.

Glenflesk held the upper hand in the first half and led by 0-5 to 0-2 at the break and it could have been more only for an good stop from a penalty by Billy O'Brien.

Glenflesk continued to control the game after

the break and a Gavin Kelly goal followed by points from Brian and Keiran O Donoghue left them with a commanding lead of 1-07 to 0-03 and it looked like it was really going to be Glenflesks night when Felim Jacob pulled off a top class save from a penalty, but from this point on it was Fires who completely dominated. A goal from Ed Kerrisk followed by 3 points in quick succession left the score at Glenflesk 1-07 Fires 1-06. Both sides missed some chances before William Courtney scored the crucial Goal to give Fires a 2 point win.

GLENFLESK U16S Our U16s bounced back from defeat in the opening round of the Co. league with a win over Annascaul/Lispole on a scoreline of Glenflesk 3-12 Annascaul/Lispole 1-13. They are at away to Dingle on Wednesday August 3rd at 7pm.

KERRY MINORS Best of luck to Daniel O'Brien and the Kerry Minors when take take on Derry in the All Ireland QF in Croke Park this Sunday July 31st at 12pm

KERRY JUNIORS Well Done to Lee O Donoghue and Darragh Roche on reaching the All Ireland Final with the Kerry Juniors where they will play Mayo on August 6th with the venue to be decided.

EAST KERRY MINORS Best of luck to all our players involved with the East Kerry minors when they take on Dr Crokes in the Co. Championship QF on Wednesday August 3rd and also to Seamus Moynihan and John Crowley who are training the team.

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

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

RAHEEN N.S. Congratulations to Eamon Bowler who had the winning lotto no. 6 on Saturday the 23rd of July.

7-A-SIDE WINNERS: Well done to local boys soccer team, JR Spares, who emerged victorious in the Killarney Athletic U12 7-a-side tournament last weekend. The team was Dylan Roche, Evan Lucey, Donal Murphy, Eoghan Kelly, Jack Leader, Dara O'Connell, Ben Switzer and Jack O'Donoghue. The team was managed by Ian and Dara Roche.

FOSSA NOTES

GAA

UNDER 16 BOYS COUNTY LEAGUE

On Wednesday evening our U16 boys took on Ballymac in round 2 of the County League. Looking to bounce back from a poor first round defeat to the hands of Na Gael, the team started brightly with sharp movement between the forwards leading to some early scores. 2-2 from Emmet O'Shea gave Fossa a half time lead of 5 points.

Fossa took to the field for the second half against a stiff breeze but a determined Fossa tightened up along the back line and with some slick counter attacking from Cian O'Shea, Eoin Talbot, Rory Doyle and Eamon Murphy Fossa extended their lead with some early scores.

In the end the determination of the team shone through and Fossa ran out comfortable winners on a score line of 6-12 to 1-10. On the evening it would be unfair to single out individuals as it was an all round team performance which saw the team through.

UNDER 14 BOYS EAST KERRY LEAGUE FINAL

On Sunday evening our under 14 boys took to the field in Fitzgerald stadium to take on Kilcummin in the East Kerry Div 3 final.

Fossa started against a stiff breeze and Kilcummin had the better of the play in the first quarter. An early goal for Kilcummin was followed by a point from Emmet O'Shea after a foul on Emmet Cronin. A 2nd goal to Kilcummin, from the penalty spot that gave Dean Sheehan no chance, was followed by points from Rory Doyle and Jack Clifford. Another 2 points to Kilcummin left Fossa trailing by 2 goals after 20 minutes and Kilcummin looked in control at this stage. Before the half ended however the game was turned on its head. Kilcummin were caught off guard, when a 20m free was sent to the roof of the net by Emmett O'Shea and Jack Clifford added another point minutes after. Almost immediately a strong run through the

centre by Emmett O'Shea led to a chance for Rossa Bellew, who finished expertly to the net. At half time Fossa went into the dressing room leading on the scoreline of 2-4 to 2-3.

In the second half Fossa had the aid of the strong breeze and dominated the play. The defence were now well on top with Joe Cahillane tackling like a demon and Cian Doyle playing superbly in the other corner. Evan Mannix at full back improved as the game went on and finished very strong, controlling the play in the danger zone and put in some very important tackles.

The two wing backs, Cathal Whelton and Eoin Myers had their best games of the year so far - full of energy and smart passing. Rory Doyle mopped up at centre back.

In midfield the Talbot cousins, were very impressive and drove forward and tackled hard. Padraic Talbot fielded some fine ball and Colm was the best midfielder on show.

The Fossa forwards were full of running, Emmett O'Shea added 3 more goals in the second half and finished with an impressive personal tally of 4-5, with one of his points scored from a free all of 50m out.

Harry Buckley was yet again impressive in his role and was constantly on the ball, playing clever in linking play from back to front. He was awesome all day

Jack Clifford was full of running and excellent at wing forward. Rossa Bellew, scored two excellent 2nd half points to add to his first half goal. Darren Cronin fielded some fine ball at full forward and was a handful all evening. Emmet Cronin had a fine game in the first half and his replacement Conor Horgan kicked an excellent point and unlucky not to have a few goals on the day.

Mark McGlynn, Simon Coffey, Jackson O'Mahony, Harry Kelly, Sean Dineen and James O'Shaughnessy all came on towards the end and made some excellent contributions to a

fine team performance.

Dean Sheehan played the first half in goals and Rory Coughlan played the second half, the highlight of which was a brilliant penalty save late in the second half.

Fossa eventually ran out winners on a scoreline of 5-11 to 2-07.

Captain Colm Talbot received the trophy from the East Kerry Board Na nÓg Chairman - and was impressive in his acceptance speech, thanking East Kerry Board for giving all these young players the chance to play in Fitzgerald stadium and Tom Moriarty, the referee.

A big thank you also to the Fossa club who arranged a great meal in The Valley after the game for the team and mentors.

GOOD LUCK

Fossa GAA wishes the best of luck to David Clifford who lines out for the Kerry minor team next Sunday against Derry in Croke Park in the All-Ireland quarter final at 12pm. We also would like to wish the Kerry Senior team all the best against Clare in their clash at 2pm, hopefully we will have double celebrations on the day!

U-13 GIRLS FOOTBALL

The Fossa U-13 girls who had good first outing tonight in the championship overcoming a very talented John Mitchels side. The Fossa girls have secured a semi final against Miltown/Listry next Tuesday evening in Fossa.

LADIES FOOTBALL

The best of luck to Anna O'Reilly, Erica McGlynn and Anna Clifford who are part of the Kerry U-16 team aiming to retain their All-Ireland crown against Dublin on Wednesday evening, this is a serious team and it will take a very good side to dethrone them and we wish them all the best.

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.



THE KILCUMMIN U.18 LADIES SET WHO WON GOLD AT THE RECENT MUMSTER FLEADH IN LISTOWEL. FRONT L TO R; JASMINE GREY, MARY MURPHY, AISHLING O'DONOVAN, AISLING O'CONNOR.
BACK L TO R; SHAUNA O'LEARY, NIAMH MCSWEENEY, NIAMH O'DONOVAN, SIOBHAN MOYNIHAN. THE SET IS TRAINED BY ADRIAN MORIARTY



THE KILCUMMIN U.18 MIXED SET WHO WON GOLD AT THE RECENT MUMSTER FLEADH IN LISTOWEL. FRONT L TO R; AISLING O'CONNOR, NIAMH MCSWEENEY, SIOBHAN MOYNIHAN, SHAUNA O'LEARY.
BACK L TO R; STEVEN O'LEARY, CONOR COFFEY, PATRICK O'CALLAGHAN, NATHAN COUNIHAN AND ADRIAN MORIARTY TRAINER.



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

Tip 9: If you are an advanced runner and want to add in something a little different to your regular run, try adding some light hand weights and feel the burn in those biceps are a short period, this kind of training would be ideal for short interval style running and not recommended for long distances.

REMEMBER WITH ANY RESISTANCE PROGRAMME IT IS ESSENTIAL TO STRETCH AND LENGTHEN THOSE MUSCLES TO AVOID INJURY.

I have used lot of exercise terms in this article if they are new to you or you are unsure of proper form and technique I do strongly advise going to an exercise professional to show you how to do at least the basics correctly. Once you have learned proper form and technique the muscles will never forget so you will have this gift for life. I offer affordable Personal Training sessions and Take Home Illustrated Programmes if you would like to give me a call to book a session to kick start your resistance workout.

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HEALTH TIP

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Tea and coffee are harmless by themselves. It's when you add the full fat milk or cream and sugar that they become fattening. Did you know that having a cup of tea or coffee that has cream and at least two cubes of sugar is as bad as having a big piece of rich chocolate cake?

Beauty tip

Curls

To make curls last, make sure hair is completely dry before you begin with the curling iron. Also, use a heat protectant spray with hold on damp hair to keep hair protected.



MAKE EVERY DAY A SUMMER'S DAY!

As I write this piece for the Outlook I am drenched in sunshine. The sky is blue with only a few fluffy white clouds just pottering by. As I gaze around me my beloved dogs are sleeping soundly in the shade. There is a heady sweet smell of honeysuckle in the air and all feels well in my world.

It's quite extraordinary the difference that a summers day can make. The feeling is so different from that of the grey skies and pouring rain. And yet, we can create the feeling of summer any time we like. We don't need to wait for the sunshine to feel the benefits that a summer's day brings. And whilst it is true that our external environment has a powerful impact on how we feel and live our lives, it is our internal environment that holds the greatest key for our happiness.

Our internal environments comprise the thoughts, beliefs and ideas we have in our minds. When these are positive, uplifting, full of hope and light it's as if we are creating a summer's day every day of our lives. When our thoughts are judgemental, fearful, bitter or critical it doesn't matter how bright the day may be – we are living in the dark.

Make every day shine by consciously choosing to think the better thought, reach for the better feeling and take actions that take you closer to your dreams. Make it your goal to just be a little better than you were yesterday and allow yourself to feel the warmth and lightness in your days.

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

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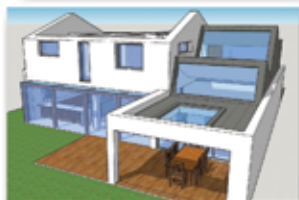
- Keep patio container plants well watered and feed with a liquid fertilizer every couple of weeks.
- If you have Dahlias or Lilies now is a good time to stake them to prevent wind or rain damage.
- Trim back lavender plants if they have stopped flowering so it will keep them nice and compact – you can also prune Summer flowering plants if they are finished flowering.
- Prune climbing roses and rambling roses once they have finished flowering unless they are repeat flowerers, then leave them alone.
- Now is also a good time to spray perennial weeds such as ground elder as there is plenty of foliage to absorb the weed killer.
 - If possible cut lawns at least once a week, keeping the edges neat.
- Lawns should be fed, if this has not already been done. However, if the sun does come out don't mow as often during long, dry spells as this just lets the grass grow longer plus summer feeds shouldn't be used as this encourages new growth. Lawns in drought areas may turn brown during warm weather in the summer, making the look less attractive, but try not to use a sprinkler as they will quickly recover once wet weather returns in Autumn, if not sooner!

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Wednesday 3rd Aug: Lissivigeen Darby O'Gills at 9pm, Aghadoe Old Killarney Inn at 9.30pm, Faha at Faha Court Hotel at 10.15pm.

Thursday 4th Aug: Glenflesk the Kerry Way at 9pm, Barraduff Murphys Bar at 9.30pm, Barraduff Sweeneys Bar at 10pm.

Last Friday of every month: Scartaglin 8.15pm, River Island Hotel Castleisland 9.30pm, Kearneys 10pm.

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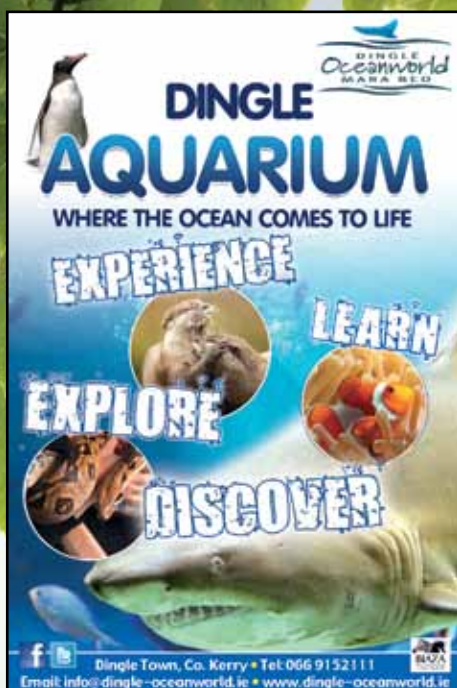
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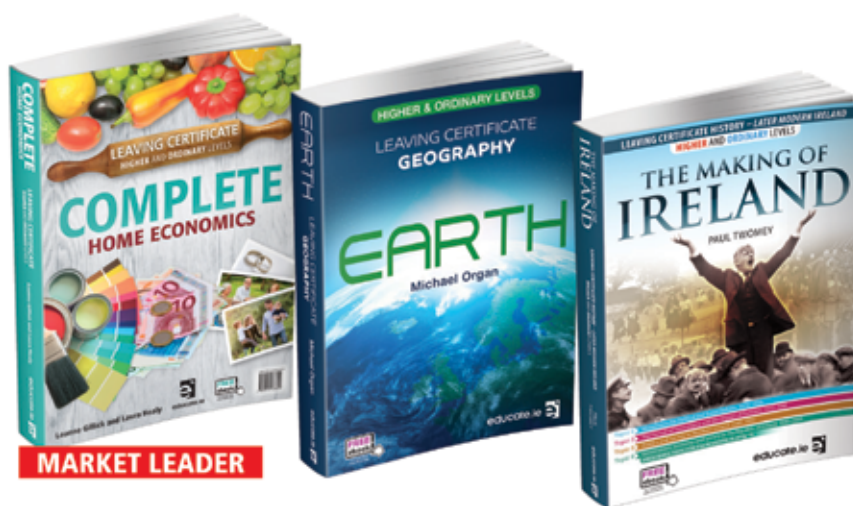
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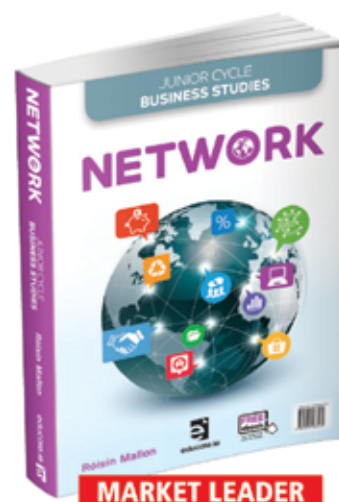


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OUTLOOK SPORTS NEWS

Editor : Donal Barry

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ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP

KERRY TO LOWER THE BANNER COLOURS ONCE AGAIN

KERRY O'SHEA LOOKS FORWARD TO SUNDAY'S ALL-IRELAND SFC QUARTER-FINAL CLASH BETWEEN KERRY AND CLARE

KERRY V CLARE

Croke Park, Sunday 2pm

The late, great John B Keane in his epic play 'The Man from Clare', deals with the personal tragedy of an aging athlete who finds he has no longer the physical strength to maintain his position as the captain of the team or his reputation as the best footballer in Clare. This Sunday, Clare's best footballers put their reputations on the line when they face Kerry on the biggest stage of all, the All-Ireland SFC quarter-finals in Croke Park.

Kerry have one of the most consistent records since the quarter-finals were introduced in 2001 and have lost just twice in 15 years, to Down in 2010 and Donegal in 2012, while this is Clare's first time to reach the last eight.

The sides are already familiar with each other, having met in the McGrath Cup in January when Clare defeated a very depleted Kingdom on a 0-12 to 0-9 scoreline and the opening round of the Munster campaign on June 12th in Fitzgerald Stadium, a game won by the Kingdom by a 2-23 to 0-17 margin.

Since then, Clare have regrouped through the qualifiers and wins over Laois, Sligo and Roscommon has given Colm Collins' charges the opportunity of an outing to Croke Park which they will certainly relish.

Clare's progress in getting to the quarter-finals comes as no surprise to Kerry manager Eamon Fitzmaurice, who spoke to representatives of the local print and broadcast media ahead of the clash with the Banner County on Monday.

"We have played Clare twice this year. I don't think a lot has changed since we met them in June. Their game against Laois was very tight, they played very well last Saturday and should have scored more than they did. They now have three wins under their belts and we always felt they would be around for the summer they have a lot of good footballers, are well coached and play attractive football. They have had a



JAMES O'DONOGHUE'S RETURN FROM INJURY SHOULD SEE THE LEAGION STAR LEAD KERRY'S ATTACK ON SUNDAY

great run through the qualifiers which really suits them. They are playing with energy and verve at present."

Fitzmaurice felt that some comments in Dublin media circles in relation to Kerry's easy passage to an All-Ireland semi-final were disrespectful of Clare and Tipperary.

"Both Clare and Tipp were dismissed because of defeats to Kerry during the provincial championship. Their results since show the sterling work that is afoot in both counties to promote football in largely hurling counties."

The fact that three Munster counties, with the possibility of a fourth have already reached the quarter-finals for the first time ever, was keenly emphasised by Fitzmaurice.

"Clare still scored 17 points against Kerry in Killarney in June. Of the three counties we could have faced, Clare were obviously the best. They have improved since last June. They have confidence and momentum too. They

have Croke Park experience having won the Division 3 title earlier in the year and that is why we have to be at our best in order to beat them."

"We are looking forward to be heading for Croke Park again, we will be chomping at the bit and are keen to play in Headquarters. We are coming in against a team that has a level of match fitness at the moment that we don't," he said.

On the injury front, Eamonn Fitzmaurice confirmed that Kerry will be without Colm Cooper who picked up a shoulder injury after 20 minutes of the Munster final win over Tipperary and the man who replaced him, Mikey Geaney, who subsequently picked up an ankle injury. Johnny Buckley has resumed training following his injury issues but Fitzmaurice stressed that the game may be a week too soon for him.

On the plus side from a Kerry point of view, the return to form of James O'Donoghue who scored 0-4 in the Munster final when coming off the bench was something that delighted Eamonn Fitzmaurice.

Clare will face this game with nothing to lose, they have big, powerful players and in Gary Brennan they have an excellent midfield general and a natural leader.

Brennan's displays for the Banner this year haven't gone unnoticed and he is being spoken of as a possible All Star contender.

David Tubridy, their go to man for scores from both play and frees, Owen Cleary, Cian O'Dea, Cathal O'Connor, the Collins brothers, Sean and dual star Podge, and Pearse Lillis, who scored 0-3 coming off the bench against the Kingdom in June, are all players Kerry will have to be wary of if they are to advance to the last four.

Kerry will be strong favourites to win this encounter and set up the possibility of an All-Ireland semi-final meeting with Dublin, should the Metropolitans win their quarter-final encounter.

ALL IRELAND QUARTER FINAL TICKETS ARRANGEMENTS

Stand tickets for Sunday's games are €30 with terrace tickets costing €20. Students and OAPs get a €10 rebate with valid I.D. at Block D, Stiles 1 to 5 in the Cusack Stand (Rebate can only be claimed on entry into the stadium via Block D). Family tickets in the Cusack and Davin stands cost €30 for adults and €5 for Juveniles.

Club Tickets can be collected at the

County Board offices in Austin Stack Park from until Thursday 5:30pm and on Friday from 12pm to 4pm.

Tickets went on public sale in Austin Stack Park Wednesday 27th July and are also available to purchase from the Kerry GAA Store in the Outlet Centre in Killarney, and participating Centra and SuperValu stores around the County.





ALL-IRELAND JUNIOR FOOTBALL CHAMPIONSHIP SEMI-FINAL

KERRY TAKE TIME TO PLUCK THE RED ROSES

KERRY 4-17
LANCASHIRE 3-10

It took Kerry some time to come to terms with a plucky Lancashire and afterwards team manager Stephen Wallace admitted that "If we are lucky enough to win an All-Ireland, then Lancashire played a huge part in it. Lancashire put us under the cosh here today; they worked hard, they tackled hard and played some damn good football. They gave our guys a serious wake-up call that will stand to us. The football in Britain does not get the credit it deserves but I think anyone here today will see this as differently."

Kerry struggled for large parts of the first half but having gone to the break level, Kerry took no chances and made no less than three changes at the break to renew the Kingdoms challenge and it worked as Lancashire's challenge faltered with Kerry's hunger and fitness evident scoring three goals in eight second half minutes.

Lancashire opened the scoring after three minutes, but Kerry replied with three unanswered from Sean O'Conchuir, Kieran Hurley and Niall O'Shea.

Asdees Darren Russell playing for the Saffrons had the game's opening goal and it proved crucial in seeing them to the break level 1-6 to 0-9.

Then the three changes at the break saw O'Connor, Clifford and O'Donoghue all in and Kerry emerged a new team, inside five minutes they had registered 1-3. The Kingdom had come. O'Conchuir (2) and John O'Connor raised white flags, before Kevin O'Sullivan



ANDREW BARRY HOLDS POSSESSION AHEAD OF LANCASHIRE'S CHRIS CONWAY IN SATURDAY'S ALL IRELAND SEMI-FINAL.

smashed the ball into the net and all of a sudden, Kerry led 1-12 to 1-6. Still Lancashire were not folding any tents and Gerard McCaughey replied with a goal of his own. However, instead of getting back into the game Kerry hit their opponents for three goals in succession to finally see off the British champions.

Hurley, O'Shea and Robert Wharton all goaling to leave the Kingdom youngsters ahead 4-12 to 2-6 ahead, heading down the backstretch.

Kerry: D O'Se; F Clifford (0-2), J Foley, C O Luing; L Bastible, A Barry, R Wharton (1-0); A Spillane, M O'Donnell; B O'Seanachain, K O'Sullivan (1-0), D Foran (0-1); S Conchuir (0-6, 2f), K Hurley (1-4), N O'Shea (1-2, 1f). Subs: J C.



KERRY'S SEAN O'CONCHUIR TRIES TO BREAK FREE FROM THE SHACKLES HIS MARKER. PHOTOS COURTESY OF HOOK AND LADDER MAGAZINE.

O'Connor (0-1) for M O'Donnell, P Clifford for L Bastible, L O'Donoghue for D Foran (all HT); P O'Donoghue for K O'Sullivan (49), Dara Roche (0-1) for A Spillane (55) D O'Shea for R Wharton (55).

Lancashire: M Donnelly; C Owen, D McTaggart, M Collins; M Higgins (0-1), P McGuirk (0-1), G Morris; S Sands (0-3), N Donnelly; M Comney, G McCaughey (2-0), C Mullen; D Russell (1-1), C Conway (0-1), C Harper (0-2, 1f). Subs: D O'Malley (0-1) for C Harper (HT), R Devlin for M Collins (43), D O'Neill for C Mullen (41), J O'Hagan for N Donnelly (48), P Murphy for C Conway, P Murphy for D Russell (56).

LIBERTY PREMIER JUNIOR CAMOGIE CHAMPIONSHIP

KERRY 1-07
CARLOW 1-17

This weekend Kerry faced yet another tough challenge in what was a crucial must win game against a tough and strong Carlow side in their final home game of the Premier Junior Camogie Championship played in glorious sunshine in Abbeydorney. The home side were playing with the wind at their back's in the first half opened the scoring through centre half forward Jacqueline Horgan. Carlow were playing into a strong and difficult breeze in the half but it did not seem to faze them as they racked up three quick scores within minutes. Kerry were struggling hugely in the half with service to the forward line as the Carlow defence were proving far too strong and dealt with any ball that was sent in while on the other hand Carlow were making better use of the possession in the Kerry had of the

field. Kerry were looking to use their wind advantage to claw back at Carlow's lead before the break and did just that with the next score coming from Patrice Diggin who kept her cool to put over a free reducing Carlow's lead to just 3 points. Just before the sides would go in for the break however Carlow's pressure on the Kerry defence finally reaped its reward as Emma Brennan burst through the defence and hand passed the sliotar into Ciara Quirke who calmly shot passed Michelle O'Carroll leaving the score at half time Kerry 0-04 Carlow 1-07. Carlow now playing with the wind in their backs could use that advantage as their forwards were beginning to wade in against the Kerry defence. Carlow were beginning to get too much space and further scores from Emma Brennan, Ciara Quirke and Ali Ruschitzko extending the lead to 8 points 1-10 to 0-5. Kerry were tough and fearless with their

play throughout the game and fought their way back into the game with Jessica Fitzell latching on to a loose ball and hammered it into the Car-low net to bring the score to 1-11 to 1-06.

Carlow weren't finished their however and as the route they took to score they made use of the wings on either side to register scores, Carlow also got into space for count-less scores and kept on the ball proving difficult all afternoon for a brilliant Kerry defence. Eleanor Tracey was brilliant all afternoon for Carlow scoring at will and she would finish on a personal tally of ten points. Carlow proved too strong on the day to send a hardworking, spirited and determined Kerry side out the championship, Kerry have one final game against Limerick on 7th August with a Time and Venue TBC. Final score in Abbeydorney Carlow 1-17 Kerry 1-07.



MARIE COFFEY, OF THE COFFEE POT, GAP OF DUNLOE BEAUFORT PRESENTING A SET OF JERSEYS TO ED O'NEILL, TRAINER OF BEAUFORT'S U16 LADIES FOOTBALL TEAM. ALSO IN THE PHOTO, ARE MEMBERS OF THE TEAM AND CHAIRMAN MICHAEL KISSANE.

GNEEVGUILLA GAA

Gneeveguilla Gaa lotto numbers 9,20,21,26
No jackpot winner next weeks jackpot €12,600
€40 Matt Dobbins Village
€40 Hannah & Danny O'Mahony Lisheen
€40 Han Donnelly Coom
€30 Ciara Mccarthy
€30 Catherine McGillicuddy
€20 Kathryn Moran Yearly ticket.
Congratulations to Gneeveguilla U12 who won the Co League.

Gneeveguilla Gaa will once again be holding a parade as part of the carnival weekend on Sunday September 4th at 12.

Any local groups wishing to enter the parade please contact Mike O'Keeffe 0871261046 for further details.

We will be raffling of a cow box trailer valued at over €3000. We are doing serious upgrades to our field our car park and fencing all around the field. Tickets for the trailer are priced at €5 for 1 and €20 for a book of 5 will be holding our very successful yearly carnival wknd on the first weekend in September.

Gneeveguilla entertained Ardfert on Sunday in Co League Div3. Ardfert got off to a flyer of a start with two early scores from Shane Griffin and John Egan. Gneeveguilla responded with a Mike Murphy long range effort a Fergus McAulliffe 45 and two points from Corneilus Buckley one from a free. Ardfert pulled one back but then gave away penalty when Pdraig O'Sullivan was pulled down in the box. Corneilus Buckley took the penalty a rattled the back of the net Gneeveguilla 1-04 Ardfert 0-03 after 15 minutes. Corneilus buckley then added two more and a Shane Crowley point from the wing looked to have Gneeveguilla cruising. Ardfert fought back and kicked three unanswered points to leave the half time score Gneeveguilla 1-09 Ardfert 0-06.

Ardfert started the second half well with a John Egan free before Shane Griffin was fouled in the penalty box. Up stepped Bobby Regan to fire the ball past Patrick O'Riordan in the Gneeveguilla goals leaving it Gneeveguilla 1-09 Ardfert 1-07. A Corneilus Buckley free and a Mike B Murphy point settled Gneeveguilla

as they restored a four point lead with twenty minutes gone in the second half. Ardfert never gave up and an ball across the Gneeveguilla square was met by Cian Hussey who squeezed the ball into the top left hand corner of the net bringing the teams level with two minutes left on the clock. Neither team looked like scoring after that and both teams had to settle for a draw Gneeveguilla 1-13 Ardfert 2-09. Thanks to all those who attended the game to support our lads and well done to groundsmen and volunteers who had the pitch looking impeccable today. Gneeveguilla are away to Beale on Friday in the next round of the Co League.

FIRIES COISTE NA NÒG NOTES

HAPPY CÙL CAMPERS IN FIRIES GAA

Up to 140 boys and girls enjoyed an action packed week of GAA in Pairc Eamonn; Furies GAA HQ recently. It is a much anticipated camp for many of the junior members of our club and is anxiously awaited each summer. Both the ever patient coaches and co-ordinator; Vince Cooper should be commended for their involvement in this highly enjoyable camp. Well done to all the boys and girls.

U12 BOYS

Furies Coiste na nÒg would like to wish Luke Ring a speedy recovery following an injury he sustained at a recent U12 blitz.

BEAUFORT GAA

RING OF THE REEKS CYCLE

Registration has opened for Ring of the Reeks cycle which will be held this year on Saturday, 30th July.

2 ROUTES: 110km Ring of the Reeks and 60km Caragh Lake Loop. You can get all information and register online at www.ringofthereekscycle.com or www.beaufortgaaclub.com or www.killorglincycling.com. You can also register on morning of the Cycle at Beaufort GAA Clubhouse from 8am for Ring of the Reeks and

9.30am for shorter cycle.

LOTTO Results of Sunday, 24th July for jackpot of €5,200. Numbers drawn: 5,19,23,27. Consolation Prizes-€80 Kathleen O'Connor, Coolmagort. €50 Susie Breen, Shanacloon, Ann Jordan, Cappagh, Siobhan Tangney, Coolmagort.

Next draw for Jackpot of €5,400 will be held in Galvin's Bar on Sunday, 7th August. Tickets available from usual sellers, shops and bars. The Lotto can also be done online.

FIXTURES Kerry U16 Ladies will play Dublin in All Ireland Ladies Final in Nenagh, Wednesday, 27th at 7pm

U16 Boys away Beale, Wednesday, 27th at 7pm in Round 3, Co League

Minors away Cordal/Scartaglin in Scartaglin, Thurs, 28th at 7pm in East Region.

Senior men away Cromane, Friday, 29th at 7pm in Round 5, Mid Kerry Senior League.

U11 Girls home game Friday, 29th.

U12 Boys away Keel/Listry, Friday 29th at 7pm in Round 4, Mid Kerry. Venue to be decided.

U11 Boys home Dr Crokes, Sun, 31st at 12 midday in Round 1, East Region

Junior men home Milltown/Castlemaine, Tuesday, 2nd August at 7pm in Final Round, Mid Kerry Junior League.

BEAUFORT SENIORS Rathmore played hosts to Beaufort on Sunday, 24th July 2016 in Division 2, Round 9 of the County League. There was a slight breeze and light rain in the beginning but this quickly cleared and conditions were very good. Breaking ball was won by Ronan Murphy of Beaufort but their first chance of scoring was just wide of the mark.

Rathmore got off to a flying start with a point each for John Moynihan and Mark Reen and a goal for Owen Lawlor all in under four minutes. A free was awarded to Beaufort in the fifth minute which Fergal Hallissey took from the 45 yard line giving the away side their first point of the afternoon, this was swiftly followed by a point for Rathmore's George O'Keeffe, and then another two points for Beaufort's Fergal Hallissey from a free and Sean Foley from play. Unfortunately Beaufort's Pdraig Doona had to come off due to injury after twelve minutes and he was replaced by Kevin Ferris. Shortly after Ronan Murphy lessened the gap in the score board scoring his first point of the game, however Rathmore's Mark Reen and Donal Moynihan gained ground by scoring three points between them. It was almost ten minutes between Beaufort's next score and their last, this came from Francis Courtney however this was very swiftly followed by another goal for Rathmore after quick passing from Colm Kelly to Mark Reen.

Fergal Hallissey took a line ball in the twenty-second minute, passing it to Darragh Coffey who in turn passed it to Niall O'Connor who sent it straight between the posts scoring his first point. This was followed by another point for O'Connor in the twenty-fifth minute.

Rathmore's Mark Reen looked to be the danger



man once again when he attempted the punch the ball over but it hit the cross bar and came right back to him, his second attempt at scoring was saved by keeper Mike Moriarty. Beaufort put another point on the board after Darragh Coffey passed the ball the Kevin Ferris and he kicked it over the bar, but in the closing minutes of the first half Rathmore's George O'Keeffe scored another point. Half time Score Rathmore 2-07 Beaufort 0-08

Breaking ball in the second half went to Rathmore and they were once again quick off the mark with a goal for George O'Keeffe and a point for Owen Lawlor. Beaufort's Shane Sullivan was shown a Yellow Card for a tackle on O'Keeffe and Mark Reen scored a point from the resulting free. There was another Yellow Card a few minutes later however this time it was for Rathmore's George O'Keeffe and it was Beaufort's Fergal Hallissey who scored a point from the free that followed, this was to be Beaufort's final score of the afternoon.

Mark Reen scored another point in the fortieth minute and again a couple of minutes later after Rathmore were awarded a free following a tackle by Beaufort's Gerard Hartnett. Beaufort had a chance on goal after Ronan Murphy passed the ball to Niall O'Connor but it was saved by the Rathmore keeper but the momentum Rathmore built up after the kick out saw John Moynihan scoring another goal for Rathmore. Play over the next ten minutes resembled a game of cat and mouse as the ball travelled from end to end between both teams. There was fresh legs introduced when Sean Kelleher, Jeremiah O'Sullivan, Gary Coffey and Ronan Ferris were brought on. The stalemate was finally broken by Rathmore's Stephen Lehane when he scored a point. Gary Coffey had two very close attempts at scoring points in the dying minutes of the but both unfortunately were wide and the final point went to Rathmore's Tom Sheahan. Final Score Rathmore 4-13 Beaufort 0-09

Beaufort:- Mike Moriarty, Brendan Cronin, Shane Sullivan, Gerard Hartnett, Jason Foley, James Coffey, James Reilly, Ronan Murphy (0-01), Sean Foley (0-01), Liam Carey, Francis Courtney (0-01), Padraig Doona, Niall O'Connor (0-02), Fergal Hallissey (0-03), Darragh Coffey.

BEAUFORT U13 ladies were well beaten by a strong Desmonds side in the B Championship during the week.

BEST OF LUCK to Fiadhna, Hannah, Tara and the Kerry Ladies U16 Football team who play Dublin in the All Ireland

BEAUFORT U16S sponsored by Killarney Credit Union played Ardferf in Beaufort on Wednesday evening.

Full time score: Beaufort 1-12 Ardferf 1-10
Having lost their opening game last week in Div 5 of the County League, Beaufort U16's made amends by overcoming visitors, Ardferf, in this second round game played last Wednesday. This was a much improved performance from Beaufort mainly attributable to a strong backbone with Sean Coffey outstanding in

goals, Jack Hallissey at full back, Ciaran O'Sullivan at centre back, Ian McGillicuddy in midfield, Jack O'Connor on the '40' and William Joy at full forward.

Though leading by a point at half time (0-8 to 1-4) Beaufort wasted many good chances in the first half, including a missed penalty after Ian McGillicuddy's kick hit the upright, but thanks to Jack O'Connor's supply of ball to the full forward line the points did come.

Beaufort slipped a point behind early in the second half but then Darragh Dennehy got on the end of a great move to crash the ball to the net.

Ardferf fought back to level the game but late Beaufort points from Ian McGillicuddy, William Joy and Jack O'Connor secured the win.

Team: Sean Coffey, Mark Neary, Jack Hallissey, Jack Coffey, Keith Suter, Ciaran O'Sullivan, Shane O'Sullivan-Rouse, Liam Curran, Ian McGillicuddy (0-2), Oisín O'Connor, Jack O'Connor (0-1), Jack Sweeney, Jason Coffey-Hallissey (0-3), William Joy (0-6)(3f), Darragh Dennehy (1-0).

Subs used: Timmy Coffey and Dara Smith.inal on Wednesday 27th July in Nenagh at 7pm.

BEAUFORT JUNIORS play Laune Rangers this week in the MidKerry Junior Championship. They had a good win over Glenbeigh/Glencar in their first game on Tuesday evening. Report as follows:

Glenbeigh/Glencar had first score with point from Rory O'Connor inside the first minute. This was cancelled out by a Michael Fogarty point and 2 frees from Kevin O'Brien put Beaufort ahead. 3 unanswered points from Padraig Griffin, Leon Seidler and Daniel Griffin had Glenbeigh/Glencar ahead inside 16 minutes. The game was played at a lively pace and referee Brendan Twiss punishing any mouthing by players. Beaufort were dominating around the middle with Sean Foley and Padraig Hallissey working hard and levelled again through Michael Fogarty but minutes later Tommy Cahill had a free.

Beaufort midfielder Padraig Hallissey started a move and was on hand to finish a good passing move to the net on 23 minutes. This was followed with a Kevin O'Brien free. Daniel Griffin had a point before Beaufort had a goal disallowed. Beaufort finished with a Kevin O'Brien free to leave the half-time score Beaufort 1-6 to Glenbeigh/Glencar 0-6.

The visitors began the 2nd half well and had a goal chance we'll defended by Beaufort. A Tommy Cahill had a free and Leon Siedler a point to cut the lead to the minimum. Caoilte Purcell saw red after receiving a second yellow. Edwin Kelliher had a point before Beaufort had their second goal. A speculative high ball into the square broke to Ronan Ferris and he finished coolly. This was followed quickly with an Edwin Kelliher point.

Cian O'Sullivan replaced Michael Fogarty who was black carded before Sean Foley set Aaron Foley up for another point. Tommy Cahill had Glenbeigh/Glencar's final point and Padraig

Griffin saw his goal chance go wide. Kevin O'Brien finished the scoring with a free.

Beaufort: Jason Foley Conor Cronin Brendan Cronin Sean Fogarty Conor Breen Shane O'Sullivan Aaron FoleySean Foley Padraig Hallissey Ronan Ferris Micheal O'Sullivan Michael Fogarty Niall O'Connor Kevin O'Brien Edwin Kelliher

SPA CLUB NOTES

COISTE NA NOG

Spa under 11 boys lost their opening East Kerry league game at home to legion on Sunday with a scoreline of 5-11 to 5-13. The boys played against a stiff breeze in the first half & showed well in the half. Cathal Kelly, Timmy Moynihan, Oran Daly, Cormac Walsh, Oran O'Neill, David O'Sullivan & Fionn Daly linked well with each other. Donal Hickey, Evan O'Neill, Christopher Healy, Eric Moriarty played well after been out for most of the season, in the second half. Johnaton O'Donoghue, Daniel Daly, con stack, Oisín McCarthy, Ian Coffey who was playing his first competitive game at this level also played well when called on. Missing for this game was Luke O'Neill, Aron O'Connor & Aiden Cronin, hopefully these guys will be back for our next game.

U14 BOYS With Beaufort leading by 4 points at half time, a much improved second hand performance in the second half helped Spa to victory. Two early points from Beaufort was cancelled out by a well worked goal from spa with Cian Murphy finishing to the net. Another Cian Murphy goal and one from Paul O'Sullivan gave Spa a big lead but this was reduced with four unanswered goals from Beaufort who deserved their lead at half time. In the second half spa lifted their game and raced into 10 point lead with a hat trick of goals from Paul O'Sullivan and a brace from Cian Murphy. The highlight of the game came towards the end of the second half when Cian O'Sullivan pulled off a wonderful save from a penalty kick in a period when Beaufort where making a major challenge to win this game. Spa held out to record their third win of the campaign. Outstanding performances in this game came from corner backs Sean Hickey and Timothy Moynihan and of course the Spa goalie Cian O'Sullivan with that wonderful penalty save. Final Score Beaufort 9-9 Spa 11-9

SPA U16 BOYS Spa travelled to Ballybunion missing a few players and the long journey didn't help, Spa battled hard in the first half going in at short whistle 1-7 to 1-3 down having missed a penalty. The concession of sloppy goals early in the second half gave Beale the advantage, Spa fought bravely to close the gap scoring 1-7 without reply but a goal in the last few minutes for Beale gave them the points on this occasion. The management also like to wish Ryan Kelliher the best who recently attended Ireland U16 Soccer trials last Wednesday.

MINOR EAST KERRY LEAGUE

Spa 1-15 Scartaglen/Cordal 0-7



Another excellent outing for our minors in Spa. Eoin Carroll scored the first point for Spa followed shortly by the impressive Dion Marcos who rattled the net. Cordal/Scartaglen followed with 2 points. David Spillane and Niall McCarthy rifled through their defence scoring 3 more with Dion Marcos ended the first half with another point. Half time Spa 1-6 Scart/Cordal 0-2.

Second half Sub, Conor Stack was excellent when introduced set up scores and scoring himself. Visitors took control of the first quarter of the 2nd half and our lads had to dig deep. Goalie Colm Hickey pulled off great saves. Cian Fahy playing a blinder with 2pts. David Spillane and Oran Claffey lorded midfield. Niall Moynihan was majestic in full forward. Full back line Ciaran Sheehan, Joey McAuliffe and Stephen McKenna worked tirelessly throughout the game. A brilliant game of football.

KELLOGG'S GAA CÚL CAMPS

Are run throughout the summer from Monday to Friday, 10.00am to 2.30pm. Attendance is open to primary school children aged 6 years to 13 years.

Cul Camp will take place in Spa August 1-5 in football.

COST: €55 for 1st. child; €45 for 2nd child; €40 for 3rd and subsequent children.

For children attending a second camp, without gear, the cost is €35.

LADIES FOOTBALL Well done to our u13 girls Spa 3-6 Dr Crokes 0-4 in the Championship. This was a great performance from our young team. A first for many to play on a full pitch and all adapted wonderfully. Great performances from Eimear Cronin, Sarah Fleming, Erin Holland. Player of the game went to Clodagh O'Connor in goals who pulled off magnificent saves to secure our win against an equally impressive Dr Crokes. Our prayers and thoughts are with the family of young Amy O'Connor who is battling cancer at this time.

SENIOR LADIES Spa 2-4 Milltown/Listry 5-10 Lost to a stronger team on the day. Hopefully our injured players will be back shortly.

UPCOMING FIXTURES

U13 Girls Championship

Tues July 26th @6pm away to Kilcummin

O Sullivan Cup Semi Final Tues July 27th @7pm Spa at home to Dr Crokes

Senior Ladies Mary Jo Curran

Fri July Spa away to Austin Stacks @7pm

SPA LOTTO

24/7/2016 In the Heights Hotel.

Numbers drawn; 4, 18, 24, 25.

No Winner Lucky Dips €50 each ;

Maura Gammell Ballaugh, Jim O'Donnell, Lissivigeen, Grainne O'Sullivan Crosstown, Paul Herlihy Lissivigeen. Next draw on Monday August 1st in The Killarney Oaks.

For a jackpot of €7400.

WEDDINGS Congratulations to Michael O'Donoghue, Gortamakerry, on his recent marriage to Muireann Quane, Ballybunion.

REUNION Spa 1996 O'Donoghue Cup Re-Union Thursday August 11th @7pm in Spa.

Friday August 28th 1996 proved to be a historic occasion for the footballers of Spa who brought the O'Donoghue Cup to the club for the first occasion. After the formation of the club in 1948 it annexed both the junior and senior East Kerry titles in successive years but as the O'Donoghue cup was not presented to the EK Board until 1954 the players of the 1948-49 had to be content with a medal presentation for those victories.

While 50 long years may have elapsed since that O'Donoghue Cup victory it has still remained special in the lore of Spa GAA history as it gave the players of that era a sense of self belief which sustained them in the years ahead and also paved the way for a further nine O'Donoghue Cup victories. On Thursday August 11th the surviving members of that panel as well as representatives of those who have sadly passed away in the interim period will assemble in the Spa Clubhouse for a special mass at 7pm for those deceased members which will be celebrated by

Fr Michael O'Donoghue who was a member of that winning side and this will be followed by a social evening when memories and anecdotes will be shared.

A full list of the panel of players and management will be published in next weeks notes.

EAST KERRY NOTES

with Áine Ní Shúilleabháin PRO

MD O'SHEA EAST REGION UNDER 14 LEAGUE

DIVISION 1 FINAL Killarney Legion 5-11 Rathmore 3-9

The Division 1 Final of the MD O'Shea East Region U14 league between Killarney Legion and Rathmore was a fast moving, exciting game with both goalies making great saves. Played in Fitzgerald Stadium, the teams were closely matched in the first half and went in level at the break. However, Killarney Legion pulled ahead in the second half with three goals to run out winners. There were a scatter of points before Aaron Cronin rattled the net giving Rathmore the lead 1-2 to 0-3. It was tit for tat and Rathmore led by two going into the second quarter, 1-3 to 0-5, before Ryan O'Grady scored a goal from the rebound. Legion led 1-5 to 1-3 on 16 minutes. The town side pulled ahead with a Ryan O'Grady goal on 23 minutes, 2-5 to 1-4. In an exciting end to the half, the sides traded points and Rathmore levelled the scores with a Padraig Doherty goal - 2-6 a piece at the break.

On resumption, the sides traded points 2-9 to 2-8 in Legions favour. Legion hit a purple patch on 40th minute, Christian Casey and William Shine, finding the net, followed by with 2 points, 4-9 to 2-8. Rathmore pressed forward and were rewarded when Aaron Cronin goaled. Both keepers made great saves in this game

and the sporting game was a credit to both sides. Legion built their lead with 5 unanswered points leaving the final score Killarney Legion 5-16 Rathmore 3-9. East Kerry Coiste na nÓg chairman, Sean O'Sullivan, presented the trophy to Killarney Legion captain Jack Corridan. He thanked Fitzgerald Stadium and the referee.

Referee: Christy Crowley (Gneeveguilla)

Killarney Legion Team: Daniel Carroll, Jamie Alade, Dion O'Neill, Jack Corridan (Capt.), Christian Casey, Cian O'Leary, Owen Benson, Eoghan O'Sullivan, William Shine, Paudie O'Donoghue, Niall McGillicuddy, Jack McCarthy, George Griffin, Ryan O'Grady, Jake Doona. Subs: Aaron O'Sullivan, Micheal O'Meara, Darragh Fleming, Donnchadh Warren, Kieran Pierce, Kian McCann, Jamie O'Sullivan, Peter Walsh, Darragh Doolan, Sean O'Leary, Patryk Komosa, Brogan Flaherty, Adam May Keane. Manager: Paddy Osborne. Coaches: Diarmuid O'Donoghue, Daithi McGillicuddy, Aaron Benson, Timmy Joe Fleming & Cathal O'Grady.

Rathmore Team: William Casey, Daniel Herlihy, Sean Kennedy, Michael Twomey, Dara Moriarty, Cian Dineen, Andrew Moynihan, Cathal Ryan, Liam McSherry, Darragh O'Brien, Padraig O'Doherty, Lee Phelan (Capt), James Darmody, Aaron Cronin, Kieran Fitzgerald Subs: Daniel Moynihan, Michael Dennehy, Alan Reen, Ian O'Connor, Alan Dineen, Kacper Michalak, Kacper Dominik, Stanistan Swies.

Team Mentors Jack Hickey, Brendan Jenkins, Donal Rahilly, Michael Dineen

DIVISION 3 FINAL Fossa 5-11

Kilcummin 2-7

The Division 3 Final of the East Region U14 League was a close affair played in a great sporting spirit. Kilcummin had a dream start with a goal by Darren Lehane in the first minute. The sides traded points before Darren Lehane converted a penalty giving Kilcummin the lead 2-1 to 0-1, on ten minutes. Fossa reduced the gap with an Emmett O'Shea goal, 2-2 to 1-2 in Kilcummins favour on the 20th minute. The sides swapped points before a Darren Cronin goal levelled on 29 minutes 2-4 a piece. Kilcummin pointed. Half time score: Kilcummin 2-4 Fossa 2-3.

On resumption, Fossa picked up where they left off and led 4-9 to 2-4, on 45th minute, the goals by Emmett O'Shea. Kilcummin tried hard in the last 15 minutes, to get back into the game, but Fossa's physical strength made it hard to break them down. Kilcummin added 3 points while Fossa added 1-1 the goal coming in the 59th minute, the fourth from Emmet O'Shea. Kilcummin's were awarded a penalty on 30th minute but Donnacha Grealy made a fine save. Final score: Fossa 5-11 Kilcummin 2-7

Referee: Tom Moriarty (Killarney Legion)

Fossa: Eoin Myers, Emmet O'Shea (4-4), Ruaidhri Doyle, Emmet Cronin, Colm Talbot, Harry Buckley, Cathal Whelton, Joe Cahillane, Ruairi Coughlan, Padraig Talbot (0-2), Darren Cronin (1-3), Rossa Bellew, Jack Clifford, Donnacha



Greally, Evan Mannix (0-1), Mark McGlynn, Conor Horgan, James O'Shaughnessy, Jackson O'Mahony, James Kennelly, Simon Coffey, Rian Colleran, Dean Sheehan, Harry Kelly, Cian Doyle, Darren Ryan, Sean Dineen, Joe Cahillane (0-1). Team Mentors: Tadgh Kelly, Jim Doyle, Merry Talbot, Pat Clifford, Paul Cronin

Kilcummin team: Conor O'Leary, Nathan McCarthy, Killian O'Brien, Daragh Brosnan, Andrew Lowin, Christopher Moynihan, Evan Murphy, Liam Randles (0-2), Dean Bradley Cronin, Cian Foley, Jack McClain, Adam O'Sullivan, Adam O'Connor, Darren Lehane (Captain) (2-5), Conn Fleming. Subs: Tiernan Roarty, Liam Fleming, Daragh Kennedy, Philip O'Leary, Colm Kelliher, Cian Murphy, Cathal Brosnan, Patrick Daly, Kirill Healy, Jaden Tynan, Micheal Sweeney, Kyle O'Connor Coffey, Gearoid Mulvihill. Teamn Mentors: James Foley, Leo Randles, John Purcell & John Herlihy

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

Glenflesk 1-08 Furies 2-07
Furies traveled to Glenflesk booked their place in the semi final of the Killarney Carpet and Furniture O' Sullivan cup, thanks to a strong finish inspired by William Courtney. Glenflesk held the upper hand in the first half and led by 0-5 to 0-2 at the break. It could have been more only for a good stop from a penalty by Billy O'Brien. Glenflesk continued to control the game after the break and a Gavin Kelly goal followed by points from Brian and Kieran O'Donoghue left them with a commanding lead of 1-07 to 0-03. It looked like it was Glenflesk's night when Felim Jacob pulled off a top class save from a penalty. However, Furies dominated from then on. A goal from Ed Kerrisk followed by 3 points in quick succession gave Furies a two point victory. Finals score: Glenflesk 1-07 Furies 1-06. Referee: Denny O'Sullivan (Scartaglen)

BILL TANGNEY CUP QUARTER FINALS

Fossa 3-13 Scartaglen 2-4
Fossa hosted Scartaglen in the Bill Tagney Cup. The first half was one way traffic with Fossa controlling possession. Tadgh O' Shea kicked three quick points before Padraig Devane won a penalty in the 12th minute which Tadgh O' Shea converted. Kevin McCarthy and Michael O' Keeffe added two points and in the 28th minute Padraig Devane cracked home a goal. Mossie Prendeville pulled off a brilliant save in the closing minutes of the half to deny Scartaglen a certain goal. Fossa lead at the break, 2-07 to 0-01. The second half came to life as Scartaglen roared back into the game with a penalty from Padraig Reen, Donald O' Sullivan scored a penalty for Fossa before Padraig Reen got his second for Scartaglen in the 15th minute. Fossa settled again and gradually took control with points from Mike Keeffe, Donald O' Sullivan, Padraig Devane and Killian Bellew to leave them comfortable winners on a score of 3-13 to 2-04.

Referee: James Brosnan (Currow)

Currow 4-16 Cordal 3-11

Both teams dished up a fast moving game, with



CORDAL TEAM, BILL TANGNEY CUP QUARTER FINALISTS.

some wonderful points from distance when Currow travelled to Cordal for the Quarter Final of the Bill Tangney Cup. The outcome was in the balance until the last eight minutes. Both sides had periods of dominance, with the lead changing a number of times during the game. Currow got off to a strong start and led 1-3 to 0-1 within ten minutes, Davitt O' Callaghan the goal scorer. Cordal responded and equalised 1-3 a piece after 15 minutes with two points and a TJ O'Connor goal, provided by Michael Cahill. It was nip and tuck to the break, with the sides trading points but a Gearoid O'Leary goal on the 27th minute gave Cordal the lead 2-7 to 1-9.

On the restart, it was tit for tat. Currow equalised going into the last quarter, 2-10 to 1-13 and took the lead with a Jack O' Sullivan goal on the 40th minute - 2-14 to 2-10. A John Mc Mahon goal with eight minutes remaining increased the margin, 3-14 to 2-11 but Cordal, who played with determination to the end, found the net with a Pa Naughton goal - 3-15 to 3-11 with four minutes remaining. However, it was Currow's night, and a Jack O' Sullivan goal sealed their place in the semi final against Fossa. Final Score: Currow 4-16 Cordal 3-11.

Referee: Denis Mc Carthy (Scartaglen)

Cordal Team: Jason Cronin, Flor Griffin, John Brosnan, Jack McAuliffe, Michael Cahill, Padraig Brosnan, Brian Reidy, Billy Cronin, TJ O'Connor, Gearoid O'Leary, Gary O'Leary, Michael Flynn, Tim O'Donoghue, Kieran O'Donoghue, Pa Naughton.

Currow team: Shane O'Leary, Niall O'Sullivan, Cahal Daly, Kevin O'Sullivan, Damian O'Sullivan, Jer O'Sullivan, Shane Brosnan, Jack Griffin, Jack O'Sullivan, Luke Fitzgerald, Seamus Brosnan, Stephen Cahill, Davitt O'Callaghan, Tommy Dennehy, John Mc Mahon.

RESULTS Thursday 21st July 2016 at 7pm

The Tatler Jack East Region Minor League

DIVISION 1

Gneeveguilla 1-15 Furies 1-12

DIVISION 2 Rathmore 1-13 Beaufort 1-09

Spa 1-15 Cordal/Scartaglen 0-07

DIVISION 3

Kilcummin 4-17

Fossa 1-08

LEGION GAA SENIORS

County League: Killarney Legion 0-14
Templenoe 0-14

Templenoe started well and despite some nice scores by Billy McGuire, Peter McCarthy and Jamie O'Sullivan, the visitors raced into a five-point lead by the twenty-minute mark. Thankfully for Legion, Jamie O'Sullivan managed to kick three excellent points from distance as the half-time whistle approached and the lads went in trailing by just two.

In the second half, a couple of well-taken scores by David O'Sullivan cancelled out a pair from Templenoe before Peter McCarthy gathered a great ball, turned his man and swung over a great point from a tough angle. A long range effort by veteran forward Kevin Breen had Legion level shortly after.

Teddy Doyle gave Templenoe the lead midway through the second half with a well-taken free but his side were reduced to fourteen men five minute later when Patrick Clifford was sent off. Legion looked to capitalise on the numerical advantage and scores from Shaun Keane, David O'Sullivan and Derek Twomey had them two points to the good with time running out. Great credit must go to Templenoe, however, who battled hard and went on a run of their own, turning the game on its head with three points in a row as the game rolled into added time. There was still time for one final twist, however, and Kevin Breen stepped up to the plate to send over an equaliser with the last kick of the game. Final score in Killarney: Legion 0-14 Templenoe 0-14.

Legion scorers: Jamie O'Sullivan (0-4, 0-1f), David O'Sullivan (0-3, 0-1f), Kevin Breen (0-2), Peter McCarthy (0-2), Billy McGuire (0-1), Shaun Keane (0-1), Derek Twomey (0-1), Legion: KJ Griffin, Ciarán Lyne, Danny Sheahan, Andy O'Sullivan, Donal Lyne, Darragh O'Doherty, Alan Moriarty, Jamie O'Sullivan, Shaun Keane, Kevin Breen, Finbarr Murphy, Billy McGuire, Peter McCarthy, Denis Sheahan, David O'Sullivan.

U-14 BOYS Well done to the U-14 boys who defeated Rathmore in a great Eastern Region



Division 1 final at Fitzgerald stadium. Level at half time (2-6 each) goals in the second half proved decisive and Legion ran out winners by 5-16 to 3-9. Congratulations to all players and mentors.

U-12 BOYS The lads played in a friendly Munster blitz in Fitzgerald Stadium, taking on Moyvane as well as Cork sides Ballyhooley and Tracton. Legion won all three games and played a lovely brand of fast attacking football. Afterwards, Fionn Fitzgerald took the group on a tour of the stadium and told us a few of the activities that go on behind closed doors. Overall, it was a great experience for the lads and augers well for the rest of the year.

U-11 BOYS Our U-11's travelled to Spa for the first round of the East Kerry. Well done to both teams who served up a really entertaining game that was in the balance until the final whistle. A real team performance saw Legion win on a scoreline of 5-13 to 5-11.

U-16 BOYS County League Division 1 results: Sunday, July 17th - Laune Rangers 4-15 Killarney Legion 1-11. Wednesday, July 20th - Killarney Legion 2-11 Kilgarvan/Tuosist 1-14.

SUMMER CAMP The club summer camp will be running from Tuesday, August 2nd to Friday, August 5th. The camp is being run by Chris Flannery, Noel Kelleher and Enda Walshe. Any members of our older age groups who are interested in helping out please contact Enda at 0876447523.

GARDA VETTING Anyone who still needs to be vetted can contact Christina Tangney via email at christina.tangney@mycit.ie or alternatively at 086 1925549.

LOTTO Winning numbers: 15, 18, 22, 27. No winner. Lucky Dip (€50): James Moore (c/o Nora), Vicky O'Regan (Lake Hotel), CRV Carroll (Hawthorne Avenue), Johnnie Lynch (Faugh, Muckross), Bertie Curtin (c/o Pat Moynihan). If you're interested in selling some lotto tickets please contact Seánie Culloty at 087 2225325. Also if you'd like to avail of our Easy Pay system to automatically enter your lotto numbers every week, forms are available from any lotto committee member.

LISTRY NOTES

Lotto Results: Sunday 24th July, 2016

Winning Numbers 12, 13, 15, 16

Jackpot €5,300 Not Won

1x€100 James Daly, Coolroe, Ballyhar

2x€50 Donal Allman, Rockfield

Kyle O'Connor, Beaufort

2x€25 Tony O'Connor, Faha

Kathleen McCarthy, Currow

Draw Entrant Donie Bowler Snr., Rockfield

Jackpot next week

Sunday 31st July €5,450

SENIOR COUNTY LEAGUE RESULT

Listry were away to St. Micheal's Foilmore in Ballinskelligs last Saturday evening. Half time score: St. Michael's Foilmore 0-07 Listry 0-04. Full time score: St. Micheal's Foilmore 1-11

Listry 1-08.

GAME REPLAY County League game v Listowel Emmets which was abandoned on Saturday 16th July will now be replayed next Saturday 30th July at 7pm. Venue Listry. All support welcome.

BACK GAME IN THE COUNTY LEAGUE

Listry v An Ghaeltacht will now be played on Sunday 7th August at 2pm. Venue: An Ghaeltacht. All support appreciated.

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

LISTRY/KEEL U-16S V WATERVILLE/DROMID

On Wednesday 20th of July 2016 Listry/Keel U-16s made the long journey to the sports field in Waterville to take on the locals in the second round of the Co. League. It was a dry evening with a strong wind blowing in from the Atlantic. Listry/Keel played with the wind in the first half. Our boys started well and full forward Micheál Buckley won possession turned for goal and was fouled. Cian Flynn struck it beautifully over the bar from the ground about 30 yards out on the left wing. Mid fielder Liam Clifford kicked a great point and wing forward Killian Murphy followed with another. Both points were the result of good team play. All our forwards, Gary Murphy, Seán Foley, Killian Murphy, Dean Ladden, Micheál Buckley and Seamus Giles were working hard and all getting involved in the play. Unfortunately, we conceded a soft goal, however, it didn't upset us and Gary Murphy, now operating at full forward responded with a super point off his left foot. Waterville/Dromid kicked the next point and again we replied when Killian Murphy after a great solo run just clipped the crossbar with a great shot. Keel/Listry were now defending as a unit, goal keeper Seán Langford, our captain Mark O'Brien, Paudie Horgan, Anthony O'Shea, Killian Broderick, Gearóid Murphy and Darragh O'Dowd were moving the ball well out of defence and setting up attacks. Cian Flynn and Liam Clifford were on the back foot a lot, but, in fairness to the new pairing they showed a great appetite for hard work. We were enjoying a lot of possession mid way through the first half but, we weren't getting scores. Waterville/Dromid played a sweeper and moving Killian Broderick up on the sweeper worked a treat with Killian kicking 2 nice points. Another attack for our boys was rewarded with a free and again Cian struck it beautifully from the ground over the bar. Waterville/Dromid played good football in the first half and had a fantastic free taker who also kicked from the ground. With time almost up in the first half we were ahead 0-8 to 1-2. Waterville/Dromid finished the half with a well taken goal and a another point from a free to leave the half time score 0-8 to 2-3. A point down at half time and facing a strong

wind in the second half. The boys responded well from the restart and after good work from Micheál Buckley, Seán Foley pounced on a loose ball in the goal mouth and finished to the net. Good pressure on the kick out and we were in possession again, after a great move Gearóid Murphy timed his run to perfection to be at the end of a string of passes to score a great goal. Cian Flynn converted another free from the ground and now things were looking good. Waterville/Dromid didn't lie down and replied with 3 points from play and another free taken from the ground. Then the game took a turn. Killian Murphy was fouled and didn't receive a free, play continued but, unfortunately Killian was badly injured and had to leave the field of play. Cian Lenihan replaced Killian Murphy. Our backs played very well in the second half. Mark O'Brien played a captains part and carried the ball up the field against the wind on several occasions. Liam Clifford now playing at wing back was also turning defence into attack at every opportunity. Gearóid Murphy picked up a yellow card in the first half and showed great discipline and maturity to hold the centre of the defence. Anthony O'Shea as always played his heart out and young Darragh O'Dowd also played and great game. Ruairi Murphy was introduced at half time and was fouled on route to goal after his trade mark neat turn. Again Cian Flynn from the ground, kicked a great point. However the local boys battled bravely and only for a great save from Seán Langford and heroic defending from the lion hearted Paudie Horgan, they could have hit the net. Paudie made a save on the line that showed amazing reflexes and determination. Anthony O'Shea was very unlucky to receive a second yellow late in the game after a very honest display. Waterville/Dromid finished with two frees and a superbly struck 45 to level the game. The final score was Waterville/Dromid 2-09 Keel/Listry 2-10. Well done to both teams for providing great entertainment. A feature of the game was the fantastic free taking from the ground. Well done to our boys and best of luck to Waterville/Dromid in the remaining games. The game was refereed by Ger. McGuillicuddy from Derrynane. We were missing Barry Keane (injured), Eoin O'Donnell (holidays), Seán Evans (injured), Colin Foley (injured), Dylan Brennan (holidays) and Diarmuid Kelliher. Thank you to all the parents for making the 5 hour round trip to Waterville. Up Keel/Listry !.

MILLTOWN LISTRY COMHALTAS

The annual Failte 's Feile Faha takes place in Killarney Country Club, Faha, on next Sunday, July 31st with an outdoor ceili from 3pm to 6pm. Music by Jerry McCarthy and Autumn Gold, in what we expect to be glorious sunshine. Young singers and musicians will be invited to join in a junior seisiún at 7 in Faha Court followed by music with the O'Shea's from Currow from 8 to 10. Sean Murphy and friends take over till late. Bigí ann agus scaoil amach é!



DR CROKES CLUB NOTES

County League Division 1 - Round 9

Dr Crokes 2-22 Castleisland Desmonds 1-7

We had a comprehensive win in this round 9 game against Desmonds on Saturday last. our players were determined to put last weekends defeat behind them, right from the start. We were six points ahead at the end of the first quarter. We kept on the front foot fro the remainder of the half and a goal in the 21st minute virtually put us into an unassailable lead. We continued to add on scores and went in at half time with a commanding lead.

Our opponents were much more competitive in the second half and held their own score wise in this thirty minutes. We did however run out easy winners at the end.

Desmonds were missing some key players and that made our task that much easier.

A positive from the game was that twelve of our players got on the score sheet. Our top scorers were Kieran O'Leary 0-5 and Bryan O'Shea 0-4, all nine points from play.

Team: Shane Murphy, John Payne, Mike Moloney, Luke Quinn, Alan O'Sullivan, Gavin White, David O'Leary, Eoin Brosnan, Daithi Casey, Shane Doolan, Gavin O'Shea, Bryan O'Shea, Tony Brosnan, Kieran O'Leary, Chris Brady.

Subs: Jason Lyne, Paul Clarke, Johnny O'Leary, Cillian Fitzgerald, PJ Lawlor.

INTERMEDIATE HURLING C'SHIP SEMI-

FINAL Dr. Crokes 0-13, Kilmoyley 2-15 AET.

We met Kilmoyley in Caherslee, Tralee in the Semi-Final of the Intermediate Hurling Championship on Tuesday last. This was a game we should have won in normal time but a controversial 65 awarded to the opposition with less than 5 minutes to go in normal time meant extra-time was required. We started the game strong, opening scoring and pushing to a 0-02 to 0-00 lead within the first 5 minutes. A serious injury to a Kilmoyley player brought the match to a stop for medical attendance. On resumption, the sides were level and both enjoyed purple patches during the course of the half. At the interval, Dr. Crokes were in the lead on 0-09 to 0-08. Points were constantly exchanged in the second half, with the sides leveling on 5 occasions. A high ball was dropped into the Dr Crokes square late in the half which was deflected and appeared to be wide. While the umpire confirmed this, the referee overruled and awarded a 65 which was converted. Seanie Morris leveled matters before the final whistle to push the game into extra time at 0-13 a-piece. This was the point on which the game turned. Kilmoyley attacked from the throw-in, heading straight for goal and scoring within the opening seconds. The pace of the game had caught up with us and a similar Kilmoyley effort at the start of the second half put them 8 points up with less than 10 minutes left. We performed well in this game but eventually rued missed chances

including scorable frees. It was a great team effort with some inspirational points from Captain Brendan McMahon from a long range free and Rory Waters travelling from half back to score from play. Anthony Keogh had a tremendous game in corner-back, getting in some vital interceptions and relieving pressure on numerous occasions. Mike Milner was well marshaled in mid-filed but put in a huge performance often delivering to Seanie Morris who was a constant threat in the full-forward line. Team: Jamie Lenihan, Anthony Keogh, Kevin Landers, Shane Kavanagh, Rory Waters, Brendan McMahon (C), Barry O'Grady, Jack Lenihan, Mike Milner, Chris Doncel, Mike McCarthy, Cian O'Brien, Seanie Morris, Shane Spellman, Seanie Burchill. Subs: John Ivory, Conor Fitzgerald, Dan Guerin, Kevin Smith. Finally, best wishes on a speedy recovery to the Kilmoyley player who sustained the injury in the first half.

JUVENILE HURLING - UNDER 8

A number of Go Games Blitzes for Under 8's in the South Kerry region have been scheduled over the summer. The next will be this Thursday 21st July in Rathmore @ 7:00pm sharp. These games are a great way for the juveniles to put the skills they've learned in the Academies into practice.

LOTTO Lotto numbers 1, 11, 12, 16. Jackpot €6300 not won match 3 5 by €80. Next draw Monday 1st of August in Tatler Jack. Jackpot €6600.



RATHMORE TEAM FINAL EAST REGION U14 LEAGUE FINAL DIV 1 24 JULY 2016



KILCUMMIN TEAM FINAL EAST REGION U14 LEAGUE DIV 3 24 JULY 2016



KILLARNEY LEGION TEAM WINNERS EAST REGION U14 LEAGUE FINAL DIV 1 24 JULY 2016



FOSSA TEAM FINAL EAST REGION U14 LEAGUE DIV 3 24 JULY 2016.



THE FLEMINGS TAXIS TEAM, WINNERS OF THE O-35 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURED IS TEAM CAPTAIN ALAN BRADY RECEIVING THE CUP FROM KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY. ALSO INCLUDED ARE STEPHEN DARMODY, KILLARNEY CREDIT UNION, KILLARNEY ATHLETIC CHAIRMAN MICHAEL O'SHEA AND OFFICERS DON O'DONOGHUE, JOE DALY, COLLETTE CASEY AND MARY MCCARRICK. PICTURE: EAMONN KEOGH



THE ACME ROLLING TEAM, WINNERS OF THE U-14 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND STEPHEN DARMODY, KILLARNEY CREDIT UNION, AND KILLARNEY ATHLETIC OFFICERS MICHAEL O'SHEA, CHAIRMAN, COLLETTE CASEY, DON O'DONOGHUE AND MARY MCCARRICK. PICTURE: EAMONN KEOGH



THE BEAUFORT GOLF CLUB TEAM, WINNERS OF THE U-16 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND STEPHEN DARMODY, KILLARNEY CREDIT UNION. PICTURE: EAMONN KEOGH



ROBERT O'SHEA, MAN OF THE MATCH AND EMMET CRONIN, CAPTAIN OF THE ACME ROLLING TEAM, WINNERS OF THE U-14 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT WITH STEPHEN DARMODY, KILLARNEY CREDIT UNION, KILLARNEY ATHLETIC CHAIRMAN MICHAEL O'SHEA, KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND DON O'DONOGHUE. PICTURE: EAMONN KEOGH



KAYLAN BROWNE, LIAM HARMON, MARCUS CLIFFORD AND EVAN DOONA.



FIRIES BOYS ENJOYING CUL CAMPS



THE DR. CROKES GAA CLUB BRITISH OPEN GOLF CHALLENGE PREDICTION COMPETITION WAS WON BY MICHAEL O'SHEA, WINNER OF THE €1,000 FIRST PRIZE. ALSO INCLUDED FROM LEFT ARE ED STACK (TREASURER), BRIGITTE AND JAMES WHELAN, DENIS COLEMAN (CHAIRMAN) PETER O'BRIEN (SECOND) AND KARL MCMAHON (THIRD). PICTURE: EAMONN KEOGH



THE CLASS OF 2016 - GRADUATES FROM CREATIVE KIDS PRE SCHOOL, TIERNABOUL NATIONAL SCHOOL PICTURED ON GRADUATION DAY.



CYCLING NEWS

Record numbers and times in iBike Time Trial League:

For the 6 Rounds of the iBike Time Trial League there were great battles in all the categories. Riders picked their best 4 results to count for the overall standings with the u12's and u14's going over 9k against the clock while the u16's and Senior's raced over 20km.

The pace this year was very strong with many riders clocking Personal Best's and there were Course Records for Suzanne O'Sullivan from Currow CC in the Ladies and Kieran Coggins, Tralee Manor West iBike, in the u16's. In the main senior category Moda Kingdom Endurance's Denis Dunworth equalled his course record of 25.47.

DENIS IS THE MAN: Denis Dunworth's of Moda Kingdom Endurance had his season interrupted with a virus but on the 4 nights he competed in the League he was unbeatable and his 48 points sees him crowned the champion.

Tralee Manor West iBike riders Tom Gentleman and George Doyle enjoyed a great battle all season with both riders winning one round and taking second on a number of occasions. However on the final nights racing it was Tom who pipped George for the runners up spot and this secured his second place in the League. Over 40 riders took part in the Time Trial League in this category and the top 5 was completed by Ciaran Slattery (Tralee Manor West iBike) who took 4th and Killarney CC's Conor Kissane in 5th.

SUZANNE'S TOP AGAINST CLOCK: Currow CC's Suzanne O'Sullivan enjoyed a great League and a clean sweep of all 6 rounds was only prevented by a final nights puncture. However her 48 points was enough to give her the title. Sliabh Luachra's Sinead McCarthy pushed the winner all the way and took the 12 winning points on the final night to secure the runner up spot.

Currow CC's Angie O'Sullivan came to the League late on but three very good results including 2 second place finishes saw her take the bronze medal.

Tralee CC riders Anne Marie and Helen Barrett rounded out the top 5 in 4th and 5th respectively.

Kieran beats Robbie on count-back in the u16's: Tralee Manor West iBike dominated the u16 category taking the first five spots. Kieran Coggins won the last 3 rounds following up on his second place in Round 2 to clock up 46 points. Robbie Scott won the first three rounds and had two second places and this also left him on 46 points from his four counting races. The officials had to go to the time sheets and it was Coggins that took the League win having clocked the fastest time. Scott was within a few seconds but has to be content with second while their teammates Jake Deering, Patrick White and David Fitzgerald were 3rd, 4th and 5th.

BARRETT UNBEATABLE IN U14'S: Sean

Barrett of Tralee Manor West iBike missed the first round of the League but was unbeatable on the other five nights. He took the overall top spot ahead of Killorglin's Tadhg O'Shea with another Tralee Manor West iBike rider Eoin Maloney taking 3rd.

Killarney CC's Patrick Galvin ended the League in 4th with Kingdom CC's Ciaran Commene 5th. Kingdom comes for Adam in u12's:

Kingdom CC's Adam Lenihan was very impressive in the u12 League and ended with 4 wins and 2 seconds to take the overall win. Killorglin CC's Aona O'Shea was second and in a show of the strength all over the county at this age group Killarney CC's Shane Galvin was 3rd. Kingdom CC's Eoin Hilliard was 4th and Killarney CC's Killian Caulfield Drier 5th overall. County Championships and Medals:

The Time Trial County Championships date will be announced shortly and the medals for these and the League will be presented in O'Riada's Bar after the Championships.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The final two days of the GloHealth National Juvenile Track and Field Championships was held in Tullamore over the weekend. David Kenney produced a great performance to finish second in the U18 5KM Race Walk. David completed the distance in a time of 25:55.36. Elaina Norris finished 5th in the U18 Discus with a throw of 22.82m. Leanne Cronin finished 7th in the U17 Hammer with a throw of 31.48m which is a personal best throw.

The Gleneagle Killarney Half Marathon was held on Saturday 23rd July. Dermot Dineen completed the distance in a personal best time of 1hr 22mins. Well done.

ATHLETIC'S FIXTURES

SAT 30TH JULY - Munster Juvenile "B" Track & Field C'ships, Waterford RSC

SUN 31ST JULY - Munster Senior & Masters Track & Field C'ships, Waterford RSC

SUN 31ST JULY - Banna 10K & 5K organised by St. Brendan's AC, 9:30am Banna Full details in Munster Athletics website. Please contact club secretary in advance for registration

GNEEVEGUILLA AC

LOTTO: No winner of our lotto 22/07/2016, numbers drawn were 1, 2, 23 & 25. Next week's jackpot €13,000 plus €1,000 bonus

SUMMER 1MILE SERIES: Yet again a big turnout in Ballydesmond on Wednesday last, the following were winners in their respective categories Male: O50 John Barrett, O45 Robert Purcell snr, Jnr Matthew Collins, U16 Francis Cronin, U18 Andrew Purcell, O35 Eamonn O'Keeffe, U14 Jack O'Leary, Snr Tim long Riocht, U13 Donal Burke U15 Donal Daly, U9 Oisín O'Leary, I8 Emmett O'Connor, O60 Mike Riordan, U12 Jack Buckley, Female; Snr; Siobhan Daly, O45 Caroline McCarthy, O50 Caroline Murphy,

U16 Katie Buckley, U14 Sadhbh O'Connor, Jnr Lisa Buckley, O45 Patricia Barry, U12 Delia Foley, U10 Claragh O'Connor, O40 Phyllis Carroll, U11 Danielle O'Riordan, Couch To 5K Una Thompson, The final round of the series is in Gneeveguilla on Wednesday 28th registration in GAA Hall from 7pm race commences at 8.00 pm will prize giving in GAA club House afterwards.

ST. BRENDAN'S ROWING CLUB

FUNDRAISING: Our street collection will take place on Friday 12th and Saturday 13th August. To all club members, please try and keep the dates free as we will need all the help we can get. If you can give your time please let us know so we can organise for each slot to be covered.

CLUB MEMBERS LOTTO: Congratulations to our winners of this weeks club lotto 1st place No.12 Bridie O'Donoghue and 2nd place No.24 Kathleen McCarthy

WORKMEN'S ROWING CLUB

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

FUNDRAISING. Our re-scheduled Church Gate Collection takes place this weekend. Many thanks to everyone collecting, and to all of our loyal supporters.

UPCOMING EVENTS:

CASTLETOWNBERE REGATTA The 'gig' boats will once again hit the roads for Castletownbere this Monday morning, and we look forward to favourable weather and plenty of fun, as well as some highly charged races.

FENIT COASTAL REGATTA Next Sunday 7th August.

ALL-IRELAND COASTAL ROWING CHAMPS Ballyshannon is hosting this prestigious event this year from 12th to 14th August. Our crews are in training, and everyone involved is looking forward to the few days away in Donegal, with plenty of competition and no doubt, some Donegal hospitality.

BEST WISHES TO THE BOYS! Birthday Greetings this week to Joe Rudden. Enjoy your day on August 5th Joe!!

The very best of luck to Dara Moynihan in this weekend's Minor Championship Quarter Final in Croke Park against Derry. We're sure that the 'Workmen's Regatta Burgers' will fuel your feet on this exciting occasion for the Moynihan Clan!! Safe journey to all travelling. For a full list of upcoming rowing events and other information about the sport of rowing, please visit www.rowingireland.ie Why not keep in touch with us by liking us on facebook: 'Workmen's Rowing Club'.

SCHOOLBOY/GIRL SOCCER GROUPS AND FIXTURES ANNOUNCED FOR GALWAY CUP:

The Kerry Schoolboys Girls League are sending 3 teams to the 2016 Galway Cup which takes place in Drom, Galway from Wednesday August 3rd to Saturday the 6th.

2001 CLUB:

In the 2001 Club section Kerry are in with Nenagh AFC and Salthill Devon 01. There are 4 groups of 3 with Kerry in Group B.

The Fixtures for the 2001 Club section are: Wednesday August 3rd v Nenagh AFC at 2.25pm and on Thursday 4th v Salthill Devon 01 at 10.40am

2003 ELITE:

In the 2003 Elite section Kerry are in Group B along with Athlone, Donegal and Carlow. There are 4 groups of 4 in this section.

Here Kerry play Carlow at 9.30am on Wednesday, Donegal at 3.35pm on the same day and finish their group games on Thursday at 3.35pm.

2003 PREMIER:

The 2003 Premier section has Salthill Devon 03, Foyle Harps and Roscommon in with Kerry with 2 Groups of 4 competing here.

Kerry open against Foyle Harps at 11.50 on Wednesday and will play Salthill Devon 03 at 5.55pm. On Thursday they finish against Roscommon at 2.25pm.

The semi-finals will take place on Friday with the

Finals and Play Offs taking place on Saturday.

KILLARNEY CELTIC NOTES SHAVE FOR AMY

Well done to all involved in the Shave For Amy at the K-Town Bar on Friday night, it was a massive event in aid of a great cause.

STETSONS AND STILETTOS

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

KILLARNEY CELTIC STREET COLLECTION

Next Saturday sees our Annual Street Collection and we are asking the public to support the work we do within the Killarney community and beyond. This is a vital fundraiser for our club.

KILLARNEY CELTIC FOOTBALL FOR ALL

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

SOCCER TOTS

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

NEW SEASON

With the new season starting shortly, the club

would love to hear from any partners who would like to be associated with our great club and sponsor a set of gear for one or more of our Underage teams. Killarney Celtic had 16 teams from U11 to U16 in constant action last year, plus our U17 team, non-competitive coaching and blitzes for big numbers from U7 to U10, Football for All, and our Soccer Tots Programme. Contact any executive member or message us on facebook for details.

FIXTURES

Jimmy Falvey Memorial Youths Cup Final Killarney Celtic v Fenit Samphires, Mounthawk Park, Sunday, 4.15pm

This is the very last game of the season and, played in honour of Jimmy, has a special resonance for Killarney Celtic, so please support the team.

LOTTO

Numbers drawn 2, 15, 16, 22. No winner, one x match 3, Niall O'Sullivan, Ballaugh Cross, c/o The Carpet Centre, €150. Next week's jackpot €3000, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

PITCH BOOKINGS

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

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



THE FAILTE TEAM, WINNERS OF THE RESERVE FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURED IS TEAM CAPTAIN JOE FLEMING RECEIVING THE CUP FROM KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY. ALSO INCLUDED ARE KILLARNEY ATHLETIC CHAIRMAN MICHAEL O'SHEA, COLLETTE CASEY, MARY MCCARRICK, PRO, AND EMMA LOONEY, KILLARNEY CREDIT UNION. PICTURE: EAMONN KEOGH



THE CRONIN'S TYRES, CASTLEMAINE TEAM, WINNERS OF THE PREMIER FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURED IS TEAM CAPTAIN SEAN TURNER RECEIVING THE CUP FROM KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY. ALSO INCLUDED ARE KILLARNEY ATHLETIC CHAIRMAN MICHAEL O'SHEA, MARY MCCARRICK, PRO, AND EMMA LOONEY, KILLARNEY CREDIT UNION. PICTURE: EAMONN KEOGH



THE SPEAKEASY-EZ TEAM, RUNNERS-UP OF THE RESERVE FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH



JOE FLEMING, CAPTAIN OF THE FAILTE TEAM, WINNERS OF THE RESERVE FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT RECEIVING THE CUP FROM KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY, RIGHT, AND KILLARNEY ATHLETIC CHAIRMAN MICHAEL O'SHEA, LEFT. PICTURE: EAMONN KEOGH

KILLARNEY CREDIT UNION KILLARNEY ATHLETIC 7 A SIDE

RESULTS Monday 25th July 2016

PREMIER FINAL Cronin's Tyres Castlemaine 3 Charlie's Angels 0

Newcomers to the 7 A side ensured an exciting Premier final in good weather conditions in Woodlawn. Cronin's Tyres Castlemaine was the only score in the first half scored by David Coffey. In the second half Cronin's scored twice first was from Paddy Daly and the 2nd from Matt King. Charlie's Angels could not get the ball past Cronin's goalkeeper and tried very hard to score but it just wasn't to be. Sean Turner Captain of Cronin's Tyres Castlemaine accepted the Premier Cup.

RESERVE FINAL The Failte 5

The Speakeasy-EZ 2

The Reserve Cup final was equally as thrilling. Mikey Joe Kelliher scored first for the Failte, next up was Joe Joe Fleming to score the second, Jack Reen got their third goal but the Speakeasy-EZ pulled one back with a super goal from Shane Horgan. The Failte's fourth goal came from a long ball from the keeper Ger O'Sullivan to Shane Reen who scored. But the Speakeasy-EZ kept fighting back and they got their second goal and again it was Shane Horgan who scored. To finish off the game the Failte scored again and it was Mickey Joe Kelliher who scored his second of the game. Joe Joe Fleming Captain accepted the trophy on behalf of the Failte team.

UNDER 14 FINAL A C Rolling FC 1 Banterlona 0

A very tight game which could have gone either way played in wet conditions. It was nil all at the break but just in to the second half Robert O'Shea scored a cracker of a goal. AC Rolling's goalie pulled off some fine saves. Man of the Match went to Robert O'Shea for his outstanding performance.

UNDER 16 FINAL Beaufort GC 2 Benteke Fried Chicken 1 (own goal)

A very entertaining game which again could have gone either way but Josh Fleming was on flying form for Beaufort GC and scored 2 fine goals. Josh also received the coveted Johnny Heffernan Memorial Shield for Player of the Tournament.

PRESENTATIONS There were a few presentations on the evening in Killarney Athletic. The referees Anthony Morrison, Paddy Osbourne and Adrian Quirke received special trophies for all the help throughout the 7 A Side. Soccer John received Supporter of the Tournament and a special presentation was presented to Jordan Moriarty who helped out every night on the pitches.

PREMIER FINAL Cronin's Tyres Castlemaine 3 Charlie's Angels 0

Newcomers to the 7 A side ensured an exciting Premier final in good weather conditions in Woodlawn. Cronin's Tyres Castlemaine was the only score in the first half scored by David Coffey. In the second half Cronin's scored twice first was from Paddy Daly and the 2nd from Matt King. Charlie's Angels could not get the



THE TIM JONES BUTCHERS TEAM, RUNNERS-UP OF THE O-35 FINAL OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY, STEPHEN DARMODY, KILLARNEY CREDIT UNION, KILLARNEY ATHLETIC CHAIRMAN MICHAEL O'SHEA AND OFFICERS DON O'DONOGHUE, JOE DALY, AND MARY MCCARRICK. PICTURE: EAMONN KEOGH

ball past Cronin's goalkeeper and tried very hard to score but it just wasn't to be. Sean Turner Captain of Cronin's Tyres Castlemaine accepted the Premier Cup.

RESERVE FINAL

The Failte 5 The Speakeasy-EZ 2

The Reserve Cup final was equally as thrilling. Mikey Joe Kelliher scored first for the Failte, next up was Joe Joe Fleming to score the second, Jack Reen got their third goal but the Speakeasy-EZ pulled one back with a super goal from Shane Horgan. The Failte's fourth goal came from a long ball from the keeper Ger O'Sullivan to Shane Reen who scored. But the Speakeasy-EZ kept fighting back and they got their second goal and again it was Shane Horgan who scored. To finish off the game the Failte scored again and it was Mickey Joe Kelliher who scored his second of the game. Joe Joe Fleming Captain accepted the trophy on behalf of the Failte team.

UNDER 14 FINAL A C Rolling FC 1 Banterlona 0

A very tight game which could have gone either way played in wet conditions. It was nil all at the break but just in to the second half Robert O'Shea scored a cracker of a goal. AC Rolling's goalie pulled off some fine saves. Man of the Match went to Robert O'Shea for his outstanding performance.

UNDER 16 FINAL Beaufort GC 2 Benteke Fried Chicken 1 (own goal)

A very entertaining game which again could have gone either way but Josh Fleming was on flying form for Beaufort GC and scored 2 fine goals. Josh also received the coveted Johnny Heffernan Memorial Shield for Player of the Tournament.

Presentations

There were a few presentations on Tuesday evening in Killarney Athletic. The referees Anthony Morrison, Paddy Osbourne and Adrian Quirke received special trophies for the smooth running of the games and all their help throughout the 7 A Side. Soccer John received

Supporter of the Tournament and a special presentation was presented to Jordan Moriarty who helped out every night on the pitches.

OVER 35 FINAL

Fleming's Taxis 2 Tim Jones Butchers 0

A good entertaining game to close the 7 A side tournament in good weather conditions in Woodlawn. Shane Horgan opened the score line with a first half goal and David Looney followed with a second half goal to make it 3 in a row for Flemings Taxis. The Reserve Cup was presented to Captain Alan Brady by Pat Delaney and Stephen Darmody of Killarney Credit Union.

40TH YEAR CELEBRATIONS & AWARDS NIGHT

Date: Friday 29th July from 8.00pm-Late

Awards presentation at 9.00pm for Premier/ Reserve/Over 35

Venue: McSorley (Upstairs)

Everyone welcome to this social night as we will have some memorabilia there for people to see.

Killarney Athletic A.F.C would like to thank our sponsors Killarney Credit Union their representatives from The Killarney Credit Union Pat Delaney, Emma Looney and Stephen Darmody were on hand to present the trophies. To all the teams who took part in the tournament and their Sponsors. A huge thank you to Colette Casey, Tom Tobin, Toirdealbhach O'Lionaird & Lorraine Fleming for the well run tournament and to all the committee who helped throughout. Thanks to the referees for ensuring the games ran smoothly. Also a word of thanks to the local media, Killarney Advertiser, Killarney Outlook, Radio Kerry, John O'Mahony of Killarneytoday and photographers Eamon Keogh & Michelle Cooper Galvin for their fantastic coverage of the tournament. This year was a great success and we look forward to your support again next year.



GNEEVEGUILLA GAA TEAM :FROM LFT TO RIGHT:JOE MCCARTHY,JOHN MURPHY,AMBROSE O'DONOVAN,TIM O'KEEFE AT THE FITZGERALD STADIUM GOLF CLASSIC.

KILLORGLIN GOLF CLUB

Ladies Results: 18 Hole Singles Stableford sponsored by O'Sullivan's Bakery: 1. Emma Daly (20) 36 pts. 2. Eleanor McCarthy (25) 35 pts. 3. Mary Healy (21) 33 pts.

Fixture: Lady Captain Anne Kenny Foley's Captain's Prize 18 Hole Stroke sponsored by Wood Coatings Ireland. 9 Hole qualifying stableford also being held. Time Sheet on Notice Board. Men's 9 Hole invitation can be played before 10.30am and after 2pm.

Silver Swans: 12 Hole Stableford 19/07/2016. 1. Carmel Daly (36) 22pts. 2. Eileen Bell (25) 20 pts. 12 Hole re-entry sponsored by Hon Sec Eileen Bell finishes Sat 30th. Next 12 Hole re-entry sponsored by Peter Keane's Puck Fair re-entry starts Sun 31st July. Open to Green Fees. Visitors pay Green Fee to Pro Shop and entry to competition to Ladies desk in Main Hall.

Wishing Lady Captain Anne a great day on Saturday for her Prize Day.

ROSS GC LADIES

Ross GC Results: Sunday 24th 18H Single Stableford Kindly Sponsored Kennelly's Pharmacy 1st Eileen Fleming (18) 37pts.

Upcoming Events: Lady Captain Lisa's Day Saturday 30th July. Draw for Partners Best of Luck to all Lady Members.

ROSS GC, KILLARNEY - GENTS CLUB

Results :- On Sunday last the Lady Captain's Medal Prize to the Gents was held.

THE WINNERS WERE:

1st: Johnny Brosnan (14) 66
2nd: John O'Halloran (18) 70
3rd: John O'Sullivan (20) 70
4th: Peter Wickham (11) 72

Best Gross: Sean Moynihan (6) 79

FIXTURES: On Sunday July 31st we will a single stableford competition. The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

BEST OF LUCK to Lady Captain, Lisa Kerfoot on her Lady Captains Day on Saturday July 30th. The presentation of prizes will take place in the Clubhouse on Saturday evening. The food will be served at 7 pm followed by the Prizegiving at 9 pm. Tickets cost € 15 and are available for Lisa.

HAPPY RETIREMENT: Friday July 30th will signal the end of an era for the Ross GC and it's members as Denis McCarthy will retire from his duties on that day after a long and distinguished service in the Ross. Denis has been the friendly face behind the bar and the voice at the end of the phone in the Ross clubhouse for many years welcoming members and visitors alike. In addition Denis is a keen golfer and featured in many prize givings over the years. He will be missed by all and we wish him a long and happy retirement.

KILLARNEY GOLF CLUB - LADIES

Results of Open day Wednesday 20th July.

1st.	June O'Brien	(24)	45 pts
2nd	Sheila Crowley	(24)	44 pts
3rd	Robina Penn	(27)	42 pts (bk9)
4th	Kathleen Brosnan	(21)	42 pts
5th	Eimear O'Donnell	(07)	42 pts
6th	Catherine Murphy	(25)	41 pts (bk9)
7th	Katie O'Connell	(23)	41 pts

As part of the Open Day the following Cups were awarded:

LAKE CUP was awarded to best nett score in handicap 18 and under. Eimear O'Donnell,

GUARDS CUP Awarded to best Killarney player handicap 18 and under also Eimear O'Donnell,

CASTLELOUGH CUP awarded to best Killarney player in Handicap; 19 and over Sheila Crowley.

LOUGHGUITTANE CUP Awarded to best score in 36 handicap; - Mary MacMonagle.

Results of Competition Sunday 24th July, Maureen O'Shea Memorial Trophy :

1st	Ursula Daly	(15)	65
2nd	Anne Moynihan Redden	(7)	67
BG	Kelly Brotherton	(+1)	73
3rd	Corrina Griffin	(21)	68

4th	Christine Carroll	(13)	69 (bk9)
5th	Martina Cusack	(22)	69
6th	Agnes Curran	(20)	69
CSS	71		

Next Sunday's Competition July 31st Men's Captain Liam Hartnett's Prize to the Ladies Singles Stroke Mahony's.

BEAUFORT GC LADIES

RESULTS

23rd/24th July - 18 hole Stableford sponsored by Magic Touch Beauty Salon, Killorglin

1st Niamh Carmody (11) 36 pts

2nd Renee Clifford (27) 33 pts

FIXTURES

Sunday 31st July - Ladies Captains Prize. Please ring clubhouse on 064-6644440 to book your tee time. Time sheet will remain open until 6pm Friday. Draw for partners on the day. Meal in clubhouse in the evening (text will be sent with further details).

PRIZEGIVING

Presentation of outstanding prizes will take place on Wednesday 27th July after Scramble at approx. 9pm.

BEAUFORT GC MENS

For Shane O'Sullivan and Irene McCarthy's Captains Prize this weekend please note that there will be a draw for partners in half hour slots from 7:30am with a break between 10am and 11am and 1pm to 2pm. Book the slot that suits you in advance by contacting the club on 064-6644440 and the draw will take place at 6pm on Friday. To find your time call the club on Saturday or check out Beaufort GC's Facebook page. Ladies times are between 11am and 11:30am with the last tee time being 3pm. Food is at 8pm, pre-booking for this is essential, a text with more details will follow. Presentation of prizes is at 9:30pm followed by music by Martin Williams. Please support our captains on the biggest day of the year. Four competitions must have been played to win first prize and competition fees must be up to date.

RESULTS

20TH JULY: Open Scramble, 1st Jerry O'Shea, Tony McMahon, Eve Bird & Timmy Lyne 28 4/12. 21st July: Open Seniors - Gerry Collins & Edwin Spence.

22ND JULY: Open Friday - 1st Michael Galvin, Tralee GC (19) 38 pts

23RD/24TH JULY: 18 Hole Stroke (Yellow Tees) sponsored by Killarney Credit Union.

1st Gearoid Keating (19) 65 Nett

2nd Michael Barry (15) 67 Nett

3rd Darragh O'Reagan (14) 67 Nett

FIXTURES Open Scrambles continue every Wednesday at 6pm and our Open Seniors is every Thursday at 10am.

29th July: Open Friday, singles stableford, entry is €25 with a great prize for the best ladies or gents card.

31ST JULY: Captain's Prize, stroke, white tees, there will be a draw for partners.

6TH/7TH AUG: 18 Hole Stroke, yellow tees, sponsored by Tralee Credit Union.

CASTLEROSSE GOLF CLUB

RESULTS Competition played on Sunday 24th July 18 Hole Strokeplay 1st Roger O' Sullivan (12) 66 net, Runner-up, Mick Clifford (22) 67 net, 3rd place, John O'Reilly (25) 70 net.

Result of Mixed Scramble played on Tuesday 19th July best net return, Donal O'Reilly, Roger O'Sullivan & John O'Reilly.

FIXTURES Weekend competition, 18 Hole Stableford.

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

LADIES OPEN CHARITY DAY 21st July 2016, 3 Ball competition

Winners, Lisa Kerfoot, Sinead O'Shea & Mary O'Sullivan, Ross Golf Club (46 pts), Runner-up Chan Martin, Rosaleen Kennedy & Kitty O'Grady, Castlerosse Golf Club (43 pts), 3rd place, Breda O'Connell, Marie O'Connor & Mary Walsh, Castleisland golf Club, (40 pts).

All monies to Kerry Cancer Support Group, incorporating Kerry/Cork Health Link Bus. Many thanks to all clubs and players for their support.

DEERPARK PITCH & PUTT NOTES

WEDNESDAY EVENING FOURBALL Result of last Wednesday's competition as follows-- Nett Gearoid Cronin, Eileen Switzer and Kieran Fitzpatrick Gross Daragh O'Callaghan Colm Cagney and Michael O'Connor Hole -In -One- Jason O'Connor

SUNDAY MORNING,S STROKE PLAY Nett John Kelly (47) Gross Jason O'Connor (44)

NATIONAL STROKEPLAY Best Wishes are extended to our representatives Damian

Fleming, John McGrath, Creagh Courtney, Jason O'Brien, Johnny O'Brien, and Hugh O'Sullivan in the National Strokeplay competition in Tullamore this weekend

U-16 MATCHPLAY Padraic Loony defeated Gerard Cronin in the final of the main section while Cilian Courtney defeated Erin Moloney in the Plate

SENIORS OUTING AUGUST 3RD Next Seniors Outing will be to Deerpark on next Wednesday August 3rd 10 --15am

NEWMARKET CHALLENGE Deerarks Hugh O'Sullivan is in the process of organising a Deerpark v Newmarket challenge on the Newmarket course on Saturday September 17th -Details later.

CAPTAINS PRIZE: Lady Captain Sheila O'Donoghue and Mens, Captain John mc Grath have arranged their Captains Prize for Saturday August 6th 5pm

KILLARNEY GOLF AND FISHING CLUB, MEN'S CLUB

Club Captain Liam Hartnett is very much looking forward to the August Bank Holiday weekend, next weekend, and the staging of his various Captain's prizes to the Men's, Ladies and to the Junior's Clubs over the weekend.

Liam is hoping for a full time-sheet for all of the competitions, and a few prayers have been offered to the Good Lord for some pleasant weather, which will make Liam's once in a lifetime occasion a great success and all the more special.

Liam has given a sneak preview of his prizes to the winners of both the Men's and Ladies competitions by including the images of those prizes on the reception tickets that he has had

specialy printed for the evening's festivities. They are paintings that have been specially commissioned from local artist and Golf Club member Paul Downey, depicting the 16th hole and the 15th hole on Mahony's Point for the Men's and Ladies Club's respectively, and the worthy winners will both have beautiful reminders of their winning scores to adorn a special place in their homes.

The festivities on Sunday evening will commence with a drinks reception at 7.00 P.M. followed by a buffet until 9.00 approx which will cost you €15.00 per person, The Men's Club Choir will entertain us with their renditions of some of their repertoire, and they will be followed by a guest appearance of "Celtic Steps" who will be followed by music and dancing til late, so a great evening for all is guaranteed, and the tickets are available at the Club House bar. Sunday the 24th of July competition was the away-day at Ballybunion, sponsored by Heather Restaurant Gap of Dunloe, and played on the Cashen Course. The winner Liam Healy who has, only this year, become a member of the Men's Committee says that it has worked wonders for his golf game, and he won by a country mile, with an excellent score of 38 points, so much so, that Liam was the only competitor to have had a handicap reduction as a result of his winning score.

1st Liam Healy, (12) 38 points 2nd Danny O'Sullivan, (17) 34 points, 3rd Brendan Keogh (8) 33 points

4th Eugene O'Sullivan (4) 33 points, 5th Denny Lyons (8) 33 points. category 1 Greg Lanigan (4) 32 points, category 2 James Curran (9) 32 points, category 3 David McIndoe (12) 32 points, category 4 Tony Walsh (18) 32 points. standard scratch was 35 points, and reduction only.



M.D O'SHEA TEAM OF MICHAEL O'SHEA, PAUL O'SHEA, DONIE MULCAHY, JOSEPH KNOBLAUCH AT THE FITZGERALD STADIUM GOLF CLASSIC.



REENS GARAGE TEAM OF DONIE RING, TOM ASHE, CHRISTY SHEEHAN, SID MURPHY AT THE FITZGERALD STADIUM GOLF CLASSIC.

IF YOU HAVE A STORY...

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

Their Special Day



BREDA KELLEHER AND PAUL DROMEY POSE FOR THE CAMERA ON THEIR WEDDING DAY.

THE COUPLE WERE MARRIED IN KILNAMAYTRA AND HELD THEIR RECEPTION IN THE MALTON HOTEL IN KILLARNEY.

PHOTO MICHEAL O SULLIVAN PHOTOGRAPHY
WWW.OSULLIVANPHOTOGRAPHYIRL.COM



AMY KELLY AND NEIL WALSH WHO WERE MARRIED RECENTLY IN NEW YORK. AMY IS THE DAUGHTER OF LIZ O'SULLIVAN, BALLAUGH AND JOHN KELLY FROM KILLARNEY.

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Kerry ETB Training Centre



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

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

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

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

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

Foundation in Media (TR08743) - Tralee.

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

Business Admin with Legal (ET07061) - Tralee.

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

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

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

Medical Administration Traineeship (TRS08) - Tralee.

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

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

These courses comprise year one and two of the two year Diploma for Accounting Technicians. They cover the modules specified in the Accounting Technicians Ireland syllabus. **Start Date:** 12th September 2016. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

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

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

Food Preparation and Cooking (ET20D) - Dingle.

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

MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

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

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

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

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

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

Kerry ETB Training Centre,

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

www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



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DEPOSIT INTEREST RETENTION TAX

Financial service providers such as banks, building societies and post offices, offer accounts where you can save a sum of money (a deposit) for which they will pay you an annual rate of interest in return, usually as a percentage of the deposit.

The interest you receive is subject to a tax called Deposit Interest Retention Tax (DIRT).

DIRT is charged at 41% on all interest payments.

The tax is deducted by the bank or other deposit-taker before the interest is paid to you. If you request it, you are entitled to be given a statement of the amount of DIRT deducted from your interest. If you receive annual interest payments (or similar profit-type payments) of over €300 your bank, building society, credit union or An Post must automatically report this to Revenue.

DIRT is a final liability for income tax purposes. This means that if you have paid DIRT you do not have to pay any further income tax or Universal Social Charge on the interest but it is declared as income if you are making a tax return.

DIRT does not apply to interest on deposits owned by:

- Companies that are liable to corporation tax
- Charities
- People not resident for tax in Ireland
- Revenue-approved pension schemes

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



A NEW ERA FOR CORONATION STREET

New Corrie producer Kate Oates has revealed her plans for Coronation Street and fans of the show can expect a huge and eventful autumn on the cobbles including shock returns, dramatic exits and a massive explosion which will see one resident die.

THE BARLOW'S ARE BACK!

First on Kate's list was the Barlow family and viewers will see three new arrivals rock the family fold. Making a return is Peter Barlow who is set for yet another disastrous love affair. Ken's other son Daniel Osborne is about to make his arrival while Adam Barlow is also making comeback.

THE PLATT'S IN DANGER!

An explosive stunt will rock the cobbles this autumn and at the centre of it will be the Platt family. With Gail's latest husband Michael quitting the soap this autumn could he be caught up in David's revenge plan. With David hell-bent on avenging Kylie's death, things are about to get dangerous down Weatherfield.

THE CONNOR'S LOVE SHOCK!

Affairs of the heart are high on Kate's agenda also as Aidan is about to cheat on girlfriend Eva with her best mate Maria. Following the one-night stand, things will get creepy as Maria becomes obsessed with Aidan.

THE MACDONALD'S BABY DRAMA!

Steve is expecting a baby with Leanne and very soon he'll adding baby number two with wife Michelle. This story is going to be a huge long running Corrie classic as Steve's baby secret looks set to be revealed in a dramatic Christmas Day episode! Expect twists, turns and fireworks!



A SPANISH EX-MONK HAS BUILT A UNIQUE CATHEDRAL

If you want to see an example of great devotion, diligence, care and faith, you need look no further than the wonderful 90-year-old builder of a superb Spanish 'cathedral'. The cathedral is utterly unique in ecclesiastical history since it has been built entirely out of discarded trash. Born in 1925, Don Justo Gallego Martínez was raised by a pious Catholic mother, and grew up to be a lowly peasant farmer. In his early years his schooling was interrupted by the devastating Spanish Civil War, he actually witnessed the communists shooting priests and desecrating his local Church. These atrocities turned him off politics, and the world of violence he saw around him. His ambition was to be a holy monk, set apart from the ways of man to learn the will of God. So he joined the Trappists, but he contracted tuberculosis after eight years and was forced to leave the monastery, ending his dream. However, this man of faith was not perturbed by the turn of fate and instead he pondered how best he could dedicate himself and serve the Lord. So he decided, without any training or experience, to build his own cathedral. Don Justo started work in 1961 on the feast day, Our Lady of the Pillar, with only a vision and no plans. So for the next 55 years right up to the present day, Don, with only his unique personality and certain faith driving him, would begin to work from 6am, always doing 10 hours of labour per day (except on the Lord's day). For most of the time, unbelievably, he worked solo, without any crane, only using whatever trash or donations he could get his hands on for building material. Yet lately he has help from a local man and also some of his nephews. Occasionally volunteers from far afield (as far as Germany) come to help out and learn at the feet of this untrained master, so taken are they by the wonderful virtue of the great but humble man. In 2014, Don Justo predicted

that the Church, christened by him Nuestra Señora del Pilar (Our Lady of the Pillar), would be completed in two to three years. Hopefully this will be the case, as it would be so beautiful for Gallego to be able to sit back and enjoy his finished work. Although the Church has no official status of any kind – neither does he have planning permission, nor does the Catholic Church recognize his 'cathedral' – the building has become a major tourist attraction in the small town of Mejorada del Campo, situated near the capital, Madrid.

If you are interested, you can actually visit the cathedral and see the man at work, as it's open daily between 10am and 4pm. The town is about 40 minutes' drive from the centre of Madrid.

QUOTE

"No two leaves are alike, and yet there is no antagonism between them or between the branches on which they grow" — Mahatma Gandhi

ON THIS DATE – JULY 29TH

1833 - William Wilberforce (b.1759), English abolitionist, died. He was best known for his efforts relating to the abolition of slavery in the British Empire.

1848 - Completion of First suspension bridge over the Niagara Gorge, Niagara Falls.

1890 - Death of Vincent van Gogh, Dutch painter.

1898 - White Pass and Yukon Railway started operations. The 110 mile WP&YR Railroad was completed with the driving of the golden spike on July 29, 1900 in Carcross Yukon connecting the deep water port of Skagway Alaska to Whitehorse Yukon and beyond to northwest Canada and interior Alaska.

1907 - Robert Baden-Powell formed the Boy Scout movement.

1923 - Albert Einstein spoke on pacifism in Berlin.

1974 - Episcopal Church ordained female

priests

1975 - Tom Dunphy, vocalist and bass player formerly of the Royal Showband killed in a car crash near Drumsna, Co. Leitrim.

1981 - Up to 2000 anti-Springbok tour protesters to Apartheid were confronted by police who used batons to stop them marching up Molesworth St, Wellington to the home of South Africa's Consul to New Zealand.

1983 - Marriage of Britain's Prince Charles and Lady Diana Spencer.

TODAY IS INTERNATIONAL TIGER DAY

International Tiger Day is held annually on July 29 to give worldwide attention to the reservation of tigers. It is both an awareness day and a celebration. It was founded at the Saint Petersburg Tiger Summit in 2010. This was done because at that time wild tigers were too close to extinction. Many animal welfare organisations pledged to help these wonderful creatures and are still helping to raise funds to reach this goal.

The goal of Tiger Day is to promote the protection and expansion of the wild tigers habitats and to gain support through awareness for tiger conservation.

- In 1913 it was estimated there was 100,000 tigers in the wild by 2013 that number was estimated to have been reduced to 3,274.

- Tigers have lost 93% of their natural habitat due to the expansion of cities and agriculture by humans.

- There are 6 out of 9 recent subspecies of tigers left on Earth. How long they will be able to survive is in question. Right now all 6 of these remaining species are considered to be endangered.

- The Javan tiger was last recorded in the 1970s, the Caspian tiger was lost in the 1950s, and the Bali tiger became extinct in the 1930s.

- The female tiger raises her cubs without any help from the male, she will find a den for her cubs to be born in approximately 16 weeks after conception. The cubs are blind at birth and she will feed them milk from her body for about 8 weeks before they venture outside of the den with her. She may have from 3 to 4 cubs at a time.

- Usually, only two survive, because the mother must leave the cubs while she hunts, and she cannot kill enough prey to feed so many cubs.

- Tiger cubs mature quickly. At 8 weeks old, they are ready to learn how to hunt and go out on hunting expeditions with their mother. At 2 years old, the cubs will set out on their own, and their mother will have another set of cubs. Less than half of them will survive, they may be killed by farmers or poachers, by males of their own species that are threatened by them or become prey for other types of animals out there in the wild.

STILL WORRIED ABOUT EXAM RESULTS? DON'T BE - THE 32ND PRESIDENT OF THE US WAS A COLLEGE DROPOUT

Considered smart "but not brilliant" by many of his teachers, U.S President Franklin D Roosevelt's success story began long before his presidency. Attending Harvard College, Roosevelt studied economics and served as the editor for the school newspaper. Graduating with a Bachelor of Arts in history, Roosevelt went on to attend Columbia's Law School for three years only to drop out after he passed the bar exam. The degrees didn't matter, of course, since both Harvard and Columbia presented him with honorary degrees once in office.

He served as the 32nd President of the United States in the longest leadership in history lasting four terms and over 12 years. Helping to lead the country through the post-Depression era and again through World War II, Roosevelt was highly praised for his intelligence and ability during such troubling times.

PARROT SAVES CHILD'S LIFE

A 2-year-old named Hannah Kuusk would have choked to death if it weren't for Willie, a Quaker parrot. "While I was in the bathroom, Willie started screaming like I'd never heard him scream before and he started flapping his wings," said Megan Howard from Denver, Colorado, the child's babysitter and the bird's owner. "Then he started saying 'mama baby' over and over and over again until I came out and looked at Hannah and Hannah's face was turning blue." Ms. Howard performed the Heimlich manoeuvre to save the little girl, but she says Willie is the real hero. The bird was later presented with the local Red Cross chapter's Animal Lifesaver Award.

ADVICE FROM 104 YEAR OLD DOCTOR CONTINUED FROM LAST WEEK

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

The following is the conclusion of Dr. Hinohara's advice and beliefs taken from an interview he gave ten years ago:

- Science alone can't cure or help people.

Science lumps us all together, but illness is individual. Each person is unique, and diseases are connected to their hearts. To know the illness and help people, we need liberal and visual arts, not just medical ones.

- Find a role model and aim to achieve even more than they could ever do. My father went to the United States in 1900 to study at Duke University in North Carolina. He was a pioneer and one of my heroes. Later I found a few more life guides, and when I am stuck, I ask myself how they would deal with the problem.

- Until one is 60 years old, it is easy to work for one's family and to achieve one's goals. But in our later years, we should strive to contribute to society. Since the age of 65, I have worked as a volunteer. I still put in 18 hours a day, seven days a week, and love every minute of it.

- Energy comes from feeling good, not from eating well or sleeping a lot.

We all remember how as children, when we were having fun, we often forgot to eat or sleep. I believe that we can keep that attitude as adults too. It's best not to tire the body with too many rules such as lunchtime and bedtime.

CHIMPS TO BE RELEASED FROM RESEARCH CENTRE

It has been announced that 220 chimpanzees are going to be released from the University of Louisiana's New Iberia Research Centre (NIRC) and retired to a 236-acre sanctuary run by Project Chimps. This is ground breaking news; it is the largest ever release of captive chimps. It is also the first time a private research facility has consented to liberating its entire colony.

"We're making history here," said Project Chimps President Sarah Baeckler Davis. "We're thrilled to partner with NIRC on this retirement of so many chimpanzees. It's an unprecedented collaboration and a

momentous occasion for chimpanzees."

The chimps' long-time confinement at the controversial laboratory provoked waves of public criticism. Dozens of petitions were drafted and signed demanding that NIRC retire the animals to a reputable sanctuary. The chimps, whose ages range from one to 50 years, will be relocated in small social groups over a period of two or three years, while Project Chimps arranges for the appropriate accommodations. The relocation of the Chimps began in June!

FINALLY THIS WEEK

John went to visit his 90 year old grandfather in a very secluded, rural area of Saskatchewan. After spending a great evening chatting, the next morning John's grandfather prepared breakfast of bacon, eggs and toast. However, John noticed a film like substance on his plate, and questioned his grandfather asking, 'Are these plates clean?'

His grandfather replied: 'They're as clean as cold water can get em. Just you go ahead and finish your meal, Sonny!'

For lunch the old man made hamburgers. Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked: 'Are you sure these plates are clean?'

Without looking up the old man said: 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass.

John yelled and said, 'Grandfather, your dog won't let me get to my car.'

Without diverting his attention from the football game he was watching on TV, the old man shouted!

'Coldwater, go lay down now, yah hear me?!'





MAKE DRIVING A BREEZE THIS SUMMER

Coping with everything from traffic to tractors
The holiday season can mean high temperatures, increased stress levels, and extra demands on your car – so here's our advice to help with the bigger challenges of summer driving.

WET OR LOST KEY FOBs

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

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

If you do need a replacement car key or key fob, call Key Assist on 0800 048 2800. Our specialist technicians will come to you wherever you are – we're a fully mobile service operating nationwide.

PUNCTURES

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

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

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

OVERHEATING

High temperatures can aggravate cooling system problems too. It's important to check the coolant and cooling system regularly to avoid overheating.

GLARE

Dazzle from the sun causes lots of accidents but you can reduce the effect by keeping your windscreen nice and clean, and by replacing worn or damaged windscreen wipers.

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

DRIVING TIRED

If you feel tired, stop and take a short nap (up to 15 minutes) or drink two cups of strong coffee. It's best to avoid getting tired in the first place if you can. These tips can help:

Include a 20-minute break in journeys of more than 3 hours

On longer trips, take a break every couple of hours



You're better off taking several short (at least 20 minutes) stops than one long one

Don't drink alcohol or eat a heavy meal before driving

Don't stop for a nap on the hard shoulder, and make sure you check parking restrictions before putting your head down at a motorway service area as you could get a ticket for overstaying your welcome.

HAYFEVER

If your hayfever is particularly bad, it's best to get someone else to drive if you can. Also:

Make sure any medication you're taking doesn't cause drowsiness

Close windows and air vents to reduce pollen grains in the car

Clean mats and carpets regularly to get rid of dust

Keep tissues close to hand

Wear sunglasses to block out bright sunlight

Slow down and drop back if you feel you're about to sneeze – at 70mph you'll lose vision for up to 100m

LOOSE CHIPPINGS

Roads repaired with tar and loose chippings are a common sight in the summer but they can cause cracked headlamps and windscreens, and damage paintwork if you're not careful. Stick to any temporary speed limit that's been put in place and keep your distance from the car in front.

FIRE

If you're a smoker, don't just throw your cigarette out of the window when you've finished it. Verges and embankments can become bone-dry and a smouldering cigarette may be enough to ignite roadside grass.

TRACTORS

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

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

WHEN YOU'RE DRIVING IN THE COUNTRYSIDE:

Keep plenty of distance behind a tractor

Remember that a tractor may be longer than it appears – there could be a loader on the front
Before overtaking, make sure you have plenty of room to get past

AVOID A BREAKDOWN THIS SUMMER

Slow down if you come across a spillage – if you hit a bale of straw at speed you will damage your car

Don't park in a gateway or passing place – they are farmers' field access points

Drive extra carefully after rain, which can turn dry mud into a skid pan



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HEALING FROM BETRAYAL



We looked at trust last week and how to build trust, so this week we examine how to heal when trust is broken, or when betrayal happens. There are examples throughout history and in every religious script of serious betrayals, and many great pieces of literature contain betrayal as the main story. This occurs between individuals, e.g. Jesus and Judas; between countries, too many to mention and between religions e.g. Hindu and Muslim. So we all have a clear picture of what happens when betrayal occurs but how do we recover or heal from betrayal. For most of us this is not so easy to do, especially if it has happened in our lives more than once, or if the same situation or person keeps hurting us.

Everyone is different, so any guidelines for how to heal or forgive when betrayal has happened must fit for you, there is no one size fits all. Research in restorative justice, which means what justice helps the person wronged heal, and the person who has done wrong learn and accept the consequences in the most constructive way, has shown that some key steps or issues must be addressed. These steps are quite helpful to think of in terms of healing in relationships as well.

- The person who has betrayed or broken trust must acknowledge her behaviour has caused hurt or pain directly to the hurt person
 - The hurt or wronged person must face this person that hurt him and say what the effect of those actions has had on him
 - Sorry is a good start, but not enough, the person has to actively say what he is going to work on to do things differently in the future, and where or what help she will seek to ensure that this does not keep happening
 - The person who betrayed or hurt has to ask the person what will help to make it better as well, and accept whatever the wronged person asks for, within reason of course.
- Now all of this sounds quite ideal, if not a bit confusing, but these are steps to start not end with. Good communication is the key, and a hurtful situation can be the opportunity to change a pattern.

Often the person who caused the hurt is no longer in our life, and then a way to begin the healing process is to imagine or actually write that person a letter, telling him or her all the pain it caused, then imagine or actually write a letter to yourself from that person asking for forgiveness. By forgiving others we start to heal ourselves.

"To err is human, to forgive divine"

We have had two serious articles for the past two weeks, so next week look out for the connection between mental health and "Make Hay While the Sun Shines".

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

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



To make an appointment call 064 6636416/064 66364100

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



Know Your Rights: PART-TIME WORK AND SOCIAL WELFARE PAYMENTS

QUESTION

I'm working part-time on a low wage. Do I qualify for any social welfare payments?

ANSWER

It depends on your personal circumstances. Many people work part time before taking up full-time employment. If you are working part time you can, in some cases, keep or apply for a partial social welfare payment, or you may qualify for additional supports.

If you work over 38 hours in a fortnight and you have children you may be able to claim Family Income Supplement (FIS). FIS is a weekly tax-free payment for people on low pay. You may be able to claim a jobseeker's payment for the days you are not working. You can work part-time for up to 3 days a week and claim a reduced Jobseeker's Benefit or Jobseeker's Allowance payment. You may qualify for the Part-time Job Incentive Scheme if you were getting Jobseeker's Allowance and find part-time work for less than 24 hours per week.

However, one of the main conditions for getting a jobseeker's payment is that you must be available for and actively seeking work. This means that you must continue to look for work on the days you are unemployed. You must also be unemployed for at least 4 days out of 7 consecutive days.

If you return to work after a period of unemployment, you may qualify for the Back to Work Family Dividend (BTWFD) which aims to help families move from social welfare into employment. The BTWFD and FIS can be paid together and the BTWFD is not taken into account in the means test for FIS. If you are parenting alone and getting a One-Parent Family Payment, you are allowed to earn a certain amount each week and keep your payment. In some cases, people getting disability payments can do some work and keep a social welfare payment.

You can get more information on your options from the Citizens Information Centre below.

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

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

DAIL DIARY....



Before the Dail broke up for the Summer Recess, Deputy Danny Healy Rae spoke on the following issues:

HOME CARERS Deputy Danny Healy-Rae: Since being elected to this House, I and the other representatives from

Kerry have highlighted our dissatisfaction with home help provision for elderly people in our county, which is unacceptable. We raised the issue many times in the discussions on the programme for Government, on the Order of Business and at other times here, but nothing has changed in Kerry with regard to improving home help services.

This Government will be judged on its ability to make a difference to the people we represent. I believe that the people who need home help are not getting a sufficient number of hours. I know of many cases where the husband and the wife are trying to stay in their home but they are not getting a sufficient number of home help hours. A half hour in the morning and a half hour in the evening for five days is not sufficient in terms of helping people to get out of bed, give them a meal or whatever. Very little can be done in that short time. The home helps are wonderful people and they stay longer than they are paid to do. I am aware of an elderly couple that is using the pension of one of them to provide a home help. That is not acceptable.

Very few people get a home help on a weekend. That is not acceptable. They do not get a home help on bank holidays. I mentioned previously that home help was taken from people on Christmas Day, St. Stephen's Day and New Year's Day. That is a time of peace and goodwill when we are all supposed to look after each other, but especially elderly people. That is the service our State is providing.

It appears to me that there is no accountability in this area. The HSE is not accountable to the Minister for Health, but the buck should stop with the Minister. If we raise an issue in this House the Minister should address it and see how it can be approved. If we do not help our elderly people to stay in their homes for as long as they possibly can, we are not doing our duty.

Kerry has been badly let down with regard to the provision of a sufficient number of home help hours. I ask that this matter be addressed. On another issue, Deer Lodge is a new facility that was built 12 months ago at great expense in St. Margaret's Road, Killarney, to deal with people with mental health problems, but the door has not been opened yet. That brand new facility has been lying idle for 12 months. I want the Minister to make a statement on when he will open the doors of that facility. Our county is riddled with suicides, and I am not saying that facility will stop suicides from happening in our county, but it is not acceptable that its doors are not yet open.

As an elected representative, I promised many people that we would do our level best to ensure the facility would be up and running. The facility was completed in June of last year and was supposed to open in July of last year but the doors and gates are closed and it has not yet opened. I want the Minister for Health, Deputy Harris, or the Minister of State, Deputy McGrath, to make a statement on when it will be opened. That is the question we are being asked day in, day out.

Another serious problem is manifesting itself regularly. Consider a person who has had a heart attack and goes to Cork University Hospital in the hope of having a triple or quadruple bypass. I have a constituent who was waiting for three weeks and who had to return home many times during those three weeks because when he went to the hospital, there was no bed available and the operation was cancelled. Imagine the stress and trauma that family had to endure wondering if he would get another heart attack. The operation was cancelled several times. That was not fair on the family, the patient or the patient's poor wife who could hardly sleep for those three weeks all because a bed was not available to cater for that patient following the operation. Those matters need to be addressed.

Members elected to this Chamber highlight these concerns but nothing is happening. The Minister needs to make a statement on what he will do about these serious matters. I am not alone in raising these issues but I ask that they be addressed and that the Minister makes a statement on them.

directly as a result of the implementation of the water services amendment act. The regulation provides that subject to the applicant meeting all qualification criteria a local authority may pay a grant to a person who is required following an inspection to have repairs or upgrades to or replacement of septic tanks or other domestic waste water treatment systems. Application for grant aid are administered by the local authority in whose functional areas the particular domestic waste water treatment system requiring remediation is situated where a local authority pays a grant under the scheme. The Ministers Department will recoup 100% of the amount paid by the local authority.

The Minister was responding to a Parliamentary Question by Kerry TD Michael Healy-Rae who raised the matter in recent days in the Dail.

MUNICIPAL AREA NEWS

MID KERRY WATER PIPES

Cllr. Brendan Cronin is delighted to confirm that the long overdue major water pipe replacement works have begun from Barleymount to Flynns forge. The total funding amounts to €390,000 (€ 300,000 from Flynns Forge to Aglish and €90,000 from Coolroe cross towards Barleymount) for mains pipe replacement and road reinstatement.

These improvement works should benefit over 2,500 homes in the Mid Kerry district from Aghadoe to Rockfield and from Milltown/Listry to Ballyhar including all townlands within this area. Residents in this area have suffered for years with continuous water breaks and I am delighted to have been able to secure and deliver this funding as the pipe network in Mid Kerry is appalling for 21st century Ireland.

IMPROVEMENT OF SERVICES



Cllr. Maura Healy Ray put forward the following notices of motion to Kerry County Council:

"That the members of Kerry County Council revisit the proposal to provide public toilets at

the Courthouse in Killarney with the view to providing a dual purpose facility to service the general public and those who attend court sittings as it is clear the facilities that are in place at present do not cater for the categories outlined in my motion".

"Following an earlier motion highlighting the amount of vacant properties in our county which clearly are not at a standard for the occupation of tenants, did Kerry County Council make any progress with the idea of providing funding to the owners of these properties to bring them up to the required standard which they could retrieve when these properties are being rented".

Editor:

Aisling Crosbie 086 0400 958

Email: editorial@outlookmags.com

SEPTIC TANKS

Home owners who are experiencing problems with their septic tanks and who need financial assistance from their local authorities have been informed by the Minister for the Environment, Community & Local Government that under the Domestic Waste Water Treatment Systems Financial Assistance there is a grant scheme to assist with the cost of remediation of septic tanks and domestic waste water treatment systems which are deemed following an inspection under the Environmental Protection Agencies National Inspection Plan to require repair or upgrading.


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Statement from Home From Home Killarney

The Board of Beaufort Special Needs Project Ltd trading as Home From Home wish to advise our benefactors that our accounts are available for view to any interested party or member of the public.

Due to recent events in the area of Charities we wish to assure all and sundry that all donations etc. have been accounted for and audited. Our charity is run by a voluntary board who receive no remuneration.

We are partly funded by the HSE and Pobal and governance and compliance is carried out in association with them.

We receive advice and assistance from Kerry County Childcare.

Our annual cost of transporting the children from St Francis Special School in Beaufort and from the centre to Kenmare is €12,000 as a result we are in the process of endeavouring to purchase a vehicle for this purpose, therefore reducing the cost, in the long term. We ask for the continued support of the general public to enable us continue to retain the service for the benefit of the children and their families.

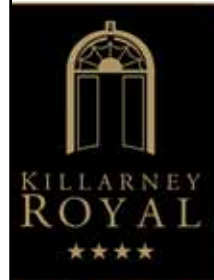
*Thanking you,
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A WORD OF VICTORY

Welcome back dear reader in our world today atrocities are taking place, in every country outrageous things are being done. Even in our own country not too many years ago, terrible violent acts were committed that shocked people all over the world. People are questioning why are these things happening? The Bible speaks of such times in many places including in Mathew's Gospel chapter 24 which point to the return of Jesus Christ to Earth to rule and reign from the city of Jerusalem. Before He comes a world leader will come forward. His title is 'the Anti-Christ'. He will have received powers from the Devil to cause havoc on this planet. His plan is to rule the world for Satan thinking that He can stop the return of Jesus. Jesus said that even in His day the spirit of the Anti-Christ was already at work (1st John 4:3). Every bad and evil thing comes from Satan who always opposes the Word of God and causes people and governments to bring into effect evil laws and religious doctrines that are in complete contradiction to the teachings of Jesus. All the truth that we need to know is given to us in the Holy Bible. Friend, how much Bible do you study? Where do you go to church, and if you do go, is the Word of God being clearly taught and are you being encouraged to follow it? Hosea 4:6 tells us 'My people perish from lack of knowledge'. In the Book of Revelation 3:15-16 Jesus warns the church that they were neither hot nor cold, but lukewarm – and He said the lukewarm He will vomit out of His mouth. Friend, we do not want to be caught in that group. Luke-warmness towards the Word of God makes the Lord sick! What an unimaginable thought, but that's where the majority of people are living today. This should not be – it's time for change - before it's too late call on the Name of Jesus - He is waiting for you right now. God Bless you, more next week....

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THE MIRACLE PRAYER

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

NOVENA TO THE SACRED HEART

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

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Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.

NOVENA TO ST. MARTHA

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

PRAY TO ST. EXPEDITE

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

THE MIRACLE PRAYER

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

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

3RD ANNIVERSARY



In Loving Memory of

PAT LYNCH

Knockasartnett, Aghadoe, Killarney.

**Who died on 27th July 2013
RIP**

*In Gods care you rest above
In our hearts you rest with love
Never more than a thought away
Loved and remembered everyday.*



**Sadly missed by your loving
wife Mary, daughters Ann Marie,
Fionnuala and Katriona.
Sons-in-law Moss and Seamie.
Grandchildren Maeve, Siún
and Mathiona.
Also Conny and Sheila Crowley.**

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

BIRTHDAY REMEMBRANCE



In loving memory of

DECLAN HEALY

**Rockfield, Faha, Killarney
Whose Birthday occurred on
25th July**

You left us lovely memories,
Your love is still our guide,
And though we cannot see you,
You are always by our sides.
We hear your voice in the lonely hours,
When all is quiet and still,
We feel the touch of your unseen hand,
Guiding and helping us still.
Each day you walk beside us,
We love you too much to forget,
Someday, please God we will find you,
Till then Goodnight and God Bless.

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

NOVENA TO THE SACRED HEART

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

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.
In thanksgiving. **J.D.**

THANKSGIVING ST. JUDE

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

NOVENA TO THE HOLY SPIRIT

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

PRAYER TO ST. EXPEDITE

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

THE MIRACLE PRAYER

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

ST. THERESE OF THE LITTLE FLOWER

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times).
Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately. Thank you for favours received.

NOVENA TO THE SACRED HEART

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

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