

*"Out First Every Friday"*

# KILLARNEY Outlook

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



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### FARRANFORE

Kerry Airport  
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### KILLARNEY

Killarney Garden Centre  
Court Hotel  
Amber Centra  
St.Columbanus Hospital  
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Chinese Restaurant  
Topaz Centra  
Maher's Butchers  
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I. BIKE  
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Pork Shop Jones  
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(Upstairs) Shylocks  
Des Shop  
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S /Welfare

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Horan's Fruit & Veg  
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KDYS  
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Fairview Guesthouse  
Casey Video Shop  
Dungeon  
Cronin's  
Failte Hotel  
Adams Jewellery  
Scotts Hotel  
Relish Café  
Variety Sound  
McSorley's  
Ladbroke's

Dan Lenihan Bar

Murphy's Bar  
Arbutus Hotel  
Killarney Towers  
Urban Heros  
Porter House  
Dunloe Lodge  
O'Neills  
Kerry Boutique

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Milestone Interiors  
Peter Marks  
Torc Travel  
Golden Chopsticks

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Star Seafoods  
Sceal Eile  
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Corkery's  
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Eagers  
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Subway Restaurant  
Williams Pharmacy  
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Sheila's Hairdressers  
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Dromhall  
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Pharmacy  
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<b>HOT PURSUIT</b> (12A) 100m 7 Days 6:40 9:00	<b>FANTASTIC FOUR</b> (12A) 7:55m Thurs 8:50	<b>INSIDE OUT 3D</b> (G) 7:10m Sat/Sun 12:05	<b>INSIDE OUT</b> (G) 7:10m 7 Days 2:15 4:15 6:35 9:00 12:15
<b>MISSION IMPOSSIBLE</b> (12A) 140m 7 Days 2:05 4:30 8:45	<b>3D MISSION IMPOSSIBLE</b> (12A) 140m 7 Days 6:20	<b>ANT MAN</b> (12A) 130m 7 Days 2:05 4:30 6:35 8:50	
<b>SONG OF THE SEA</b> (PG) 70m 7 Days 2:05	<b>TED 2</b> (16) 130m 7 Days 8:50	<b>MINIONS</b> (G) 105m 7 Days 2:30 4:30 6:55 12:15	
<b>JURSSIC WORLD</b> (12A) 140m 7 Days 4:00	<b>KIDS CINE CLUB</b> Sat 1st & Sun 2nd August <b>TWO BY TWO</b> (G) 100m 12:10 <b>SONG OF THE SEA</b> (PG) 100m 12:15		

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## HOME TOWN HONOUR FOR GILLIAN



Killarney athlete Gillian O'Sullivan has received the honour of having a roundabout named after her in her home parish.

Gillian, who won a silver medal winner in the 20km walk at the 2003 World Athletic Championships in Paris, has had the roundabout at Lissivigeen, which is near her home in Minish named after her by Kerry County Council after a proposal from her neighbour, Cllr. Michael Gleeson.

"Gillian's achievement places her in very exclusive company as very few Irish people have won medals at this level", Cllr Gleeson told the Killarney Outlook.

"To honour this outstanding achievement Councillor Michael Gleeson proposed that the Council would dedicate the roundabout in her honour. It was unanimously agreed to do so", he added.

The Council recently erected a large sign on the roundabout informing the public of this fact, thus ensuring that all who pass by will know that a lady from the immediate locality achieved excellence when wearing the Irish singlet.

It also reflects the pride that the local community have in Gillian's athletic prowess.

## KILLARNEY SHOWCASE FOR SHORT FILMS

Killarney film enthusiast Hugh O'Donoghue has held the first of what is hoped will be a series of Short Film evenings at Killarney Cineplex.

Hugh O'Donoghue, from Ross

Road hosted the Killarney Short Film Evening to showcase short films produced in the Kerry area. Featuring Maggie by Aodhagan O'Riordan, Fides by Sligo 1588 and KTown Media, The Big Bad Truth by Maria McCarthy and Jamie Re, The Power of Attraction by Diamond Dahling Films, the evening was a great success. It featured an enthralling Q & A session with the director of these short films.

"It was a great evening that really demonstrated the interest in film that Killarney has", Hugh told the Killarney Outlook.

"We hope to host more of these film evenings in the future and welcome anyone who shares this interest to contact us", he added.

Hugh can be contacted on [hughodonoghuemedia@gmail.com](mailto:hughodonoghuemedia@gmail.com)



FILM BUFF: HUGH O'DONOGHUE SPEAKING AT THE KILLARNEY SHORT FILM EVENING

## FAMILY SURPRISE KITTY FOR HER 80TH



KITTY MOYNIHAN (SEATED LEFT OF CENTRE) PICTURED AT THE INTERNATIONAL HOTEL WITH HER 9 SONS AND DAUGHTERS AT A SURPRISE 80TH BIRTHDAY BASH ORGANISED BY HER FAMILY. BACK ROW L-R PAT, KEVIN, AIDAN & GERARD. FRONT ROW L-R SHEILLA, GEMMA, KITTY, RENA, MANDY & MARY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## KILLARNEY IN TOP 15 FOR 2015'

Killarney has been named in the top fifteen of this Year's Leading Tourism Towns. The competition, now in its fourth year, is designed to recognise Irish towns and villages where the local community goes the extra mile to enhance their appeal to tourists. Other Kerry towns to make the list are Tralee, Sneem, Kenmare and Portmagee. The 15 towns will now be subject over the next few weeks to a series of unannounced inspections from a team of independent 'secret shoppers' who will visit each location and who will look for evidence of a high quality visitor experience and of involvement by the local community and businesses in delivering this experience. They will look at the quality of its attractions and sites of interest and how well the town promotes what they have to offer. Westport took home the overall crown for 'Best Large Town' award in 2014, with Kinsale picking up the 'Best Small Town' accolade. Today's shortlist will be whittled down to a final list of ten "Highly Commended Tourism Towns" which will be announced at the National Tidy Towns Awards later this year.

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## MINION MANIA TAKES PLACE THIS SUNDAY



MINION MANIA - GEARING UP FOR SUNDAY'S WORLD RECORD BREAKING ATTEMPT ARE RACHEL GRIFFIN, JERRY GRIFFIN, JO HARTY, AVA HARTY, CHRIS LYNCH AND AISLINN GRIFFIN

You might be mistaken for thinking you had stumbled on to the set of a Hollywood blockbuster if you are in the vicinity of the GlenEagle Hotel on Sunday next August 2nd. All in aid of the development of a 200m community micro track on the grounds of St. Brendan's College, the Minion Mania world record attempt kicks off at 10.30am.

The organisers are aiming to have the largest gathering of people dresses as minions. And if facebook is anything to go by, organiser Jerry Griffin said they could be expecting anything up to 2,000 people on the day. There will be lots of prizes for adults and children on the day along with prizes for the best dressed minion. There will be lots of music and entertainment to keep everyone amused on the day along with face painting, bouncy castle, balloon making and food to suit every

taste.

There will be no excuse to miss the Kerry v Kildare game as plans are afoot to show it on the big screen. And if the weather isn't kind, the organisers have catered for that too - with a back-up plan in place to stage the entire event in the INEC.

The official count for the Guinness Book of Records will take place at 2.30pm and entry is €5 per person or €20 per family and all children must be accompanied by an adult.

The plans for the micro track are going from strength to strength and the committee have applied for sports capital funding from the recent round of dormant account grants. Grant Aid is vital to this project and with a thriving running community in Killarney this facility will be hugely welcomed.

All in all - a great cause and a great day out!

## KILGARVAN SHOW THIS WEEKEND

The 31st annual Kilgarvan Show takes place this weekend with festivities starting on Friday evening with a fancy dress at 7.30p.m.

O'Reilly's Field is the venue for the event on Sunday, August 2nd which includes step dancing competitions, magic shows, face painting and balloon making.

There will be classes in horses, pony's, dogs, cattle, sheep, arts and crafts along with The Puppy Parlour Kenmare sponsored Munster Dog Champion and the Osmonds Ecofleece Ewe lamb all Ireland final.

Radio Kerry will be on hand to broadcast live from the show from 11am to 2pm.

## ELECO HELPS YOU PROTECT YOUR HOME

Don't be a victim - protect your property is the message from Eleco Fire and Security.

In the wake of a number of burglaries in the Killarney area, Eleco are now offering security services including monitored intruder alarm systems, fire alarm systems, access control systems, intercom systems, emergency lighting, barrier access control, automated gate systems, back-up radio transmitting, maintenance services and service contracts along with 24 hour emergency call out services.

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## ITS BUSKING TIME AGAIN IN KILLARNEY

The Market Cross in Killarney will be the venue again this year for the annual busking for charity event which takes place on Monday next August 3rd.

The event is in its 27th year and as always attracts groups of local musicians and dancers who perform free of charge in aid of local charity. It is a wonderful day of music and song which raises much needed funds for worthy causes in the area.

This year's beneficiaries are the Killarney Senior Citizens Day Centre and the South Kerry Branch of Multiple Sclerosis.

This wonderful display of community spirit has been enjoyed in Killarney for many years and marks a wonderful ending to the bank holiday weekend.



PRESENTATION OF TWO CHEQUES FOR €750 EACH TO THE IRISH KIDNEY ASSOCIATION AND THE KERRY MOUNTAIN RESCUE TEAM FROM THE RECENT CLASSIC CAR SHOW FROM KILLARNEY VALLEY CLASSIC AND VINTAGE. BACK FROM LEFT: LIAM WHARTON, THOMAS WHARTON, CYRIL WHARTON, JAMES LOONEY, MICK MYRES, PAT O'SULLIVAN, TOM LESLIE, PAT O'BRIEN AND BERNARD O'SULLIVAN. FROM FROM LEFT: JACQUELINE LOONEY, PADRAIG BUCKLEY, CONNIE BROSNAN, MICK LONG, PAUL O'SHEA AND KIERAN MADIGAN. PICTURE: JOHN O'SULLIVAN.



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[info@killarneycu.ie](mailto:info@killarneycu.ie) [www.killarneycu.ie](http://www.killarneycu.ie)

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## GLENEAGLE CONCERT BAND GETS A MAKEOVER

After eleven years of concerts both at home and abroad, the old Gleneagle Concert Band uniforms have been retired and replaced with slick black waist jackets, black shirts, red ties and black pants as well as smart fleece jackets for outdoor performances and parades.

Members of The Gleneagle Concert Band modelled their new uniforms at a special performance on Main Street in Killarney recently.

To enhance the visual aspect to the band's performances, members worked over a period of months with the design team at The Gleneagle Hotel, to create a new uniform complete with a unique eye catching crest.

"Taking inspiration from the intricate structure and pattern of the brass instruments, I created a unique bespoke design, with elements of a Celtic nature. The twisting, coiling and intertwining of the design represents the unison of the band working, supporting and complementing one another and the community while also creating beautiful music," says Sharon O'Keeffe, Graphic Designer at The Gleneagle Hotel.

The Gleneagle School of Music and Concert Band is currently recruiting new members for September. Children aged nine and upwards are invited to join and there are a limited



MEMBERS OF THE GLENEAGLE CONCERT BAND MODELLED THEIR NEW UNIFORMS AT A SPECIAL PERFORMANCE ON MAIN STREET IN KILLARNEY, UNDER THE BATON OF VINCENT CONDON. THE BAND WAS ESTABLISHED IN 1981 THE GLENEAGLE SCHOOL OF MUSIC IS RENOWNED FOR EXCELLENCE AND PROVIDES A FIRST CLASS COMPREHENSIVE AND COMPLETE MUSIC EDUCATION PROGRAMME, INCLUDING ONE TO ONE INSTRUMENTAL LESSONS, THEORY CLASSES AND VARIOUS ENSEMBLE GROUPS. PHOTO: VALERIE O'SULLIVAN.

number of instruments available, free of charge, on a first-come first-served basis.

Established in 1981 The Gleneagle School of Music is renowned for excellence and provides a first class comprehensive and complete music education programme, including one to

one instrumental lessons, theory classes and various ensemble groups.

Adults with previous musical experience and former band members are also welcome to join the senior Gleneagle Concert Band. For further information contact Vincent on 087-2229513.

## TOWNLAND UNITES TO HONOUR THEIR ROSE



JULETT IS PICTURED WITH HER ELDEST NEIGHBOUR MARY CARROLL.

The small townland of Lyreatough in Kilcummin came together last weekend in honour of this year's Kerry's Rose Julett Culloty, who is one of their own.

The neighbours got together and erected good luck signs to Julett as she prepares to represent Kerry in this year's Rose of Tralee.

The lovely Julett, who works as a care worker is really looking forward to the run up to Rose Week as this time last year she was battling a rare form of Cervical Cancer.



THE KERRY ROSE JULETT PICTURED WITH HER NEIGHBOURS FROM THE TOWN OF LYREATOUGH AT THE WEEKEND.

Thankfully that is behind her now and with all the good wishes of her neighbours, friends

and family, Julett will always be the Rose from Lyreatough.

## KCC NOTICE OF MOTION

"At the recent Municipal area meeting Councillor Michael Gleeson asked if the if the watermain has been put in place on the roadway from Muckross Church to the Burma Road and if so when will the road reinstatement commence?

The Council replied that the pipe laying commenced on July 13th on this 2 Km 150

metre stretch of roadway and it is intended that the work will be completed during September. The trench will be temporarily restored with a 'blacktop' finish as the job progresses and there is funding for the permanent restoration. The date for the full restoration is still not determined.

Councillor Gleeson welcomed the positive response as this work is long awaited. He asked that the Council would make every effort to ensure that prior to full road re-instatement the ducting would be put in place for the provision of Broadband cable as this is a vital importance to households and to the local school.



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Wednesday 2nd Sept

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Thurs. 20th Aug: A Day Tour to the Action Packed Tayto Park

Sat. 22nd Aug: Ballymaloe

Thurs. 27th Aug: Kilkenny & Rock of Cashel

Sat. 29th Aug: Garnish Island & Bantry House and Gardens

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Sun. 13th Sept. Grandparents Day in Knock

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# TINA AND PAT TAKE ON THE BEAST OF BALLYHOURA



KILLARNEY'S TINA REID, COMPETING IN THE CANYONING SECTION IN CLARE GLENS, CO TIPPERARY, IN LAST YEARS BEAST OF BALLYHOURA. PHOTO: VALERIE O'SULLIVAN.

Two Killarney athletes are part of a team of four who are taking on the Beast of Ballyhoura over the weekend, finishing up on Monday August 3rd.

Tina Reid and Pat Rodgers from Killarney will join Corkmen Brian Harman and Brendan Coakley and will compete along with 50 other mixed teams of 4 who have come from all over the world.

The race is over a distance of 450km with a time limit of 72 hours and involves running, trekking, kayaking, abseiling, canyoning, clay pigeon shooting and mountain biking. The one

thing it doesn't involve is too much sleep as racing is continuous! Starting from UL, teams will have to navigate the best route through the uplands of Tipperary, Limerick and Cork. This will include swimming and kayaking on Lough Derg, mountain biking over the Galtee Mountains and canyoning in the Clare Glens in what is considered Ireland's toughest adventure race.

The Beast of Ballyhoura is part of the Adventure Racing European Finals and there will be live tracking from Wednesday 29th July, and up dates on Facebook.

# LETTER TO THE EDITOR

Dear Editor

Do today's Irish men and women still occasionally encounter leprechauns, phookas, banshees or any of the other various Irish fairies' kith and kin? Or has modernity banished the fairy folk to the shadowlands of legend and lore?

In 1959, historian Dermot Mac Manus published *The Middle Kingdom*, in which he collected first-hand accounts of then living individuals who recounted having actual encounters with Irish fairies. To my knowledge no attempt has been made since then to determine if such encounters still occur in today's Ireland.

In the hope of learning whether fairies still haunt the Irish countryside or lurk within secluded urban byways, I am attempting to conduct what might be called an Irish Fairy Census throughout Ireland. I wish to invite your readers to share with me any first-hand encounters they may have experienced with Irish supernatural beings in any of their elusive and fascinating forms. I may be contacted by email at: mlyon@hauntedisles.com or by post at 12364 Summit Ridge Drive, Nevada City, California 95959 USA.

Thank you for both your time and most kind consideration.

Mark Lyon

# KDMC COMPETITORS WERE IN ACTION OVER THE WEEKEND

## THE TYRONE STAGES RALLY COOKSTOWN

**SAT 25TH:** Round 4 of the Northern Ireland Championship. Our KDMC representatives were there in force and a massive battle was had contesting the R2 category, Rob Duggan co-driven by Ger Conway proved once again that they are Ireland's top up and coming young drivers. Delivery of a new Factory Peugeot 208 during the week and with only one test in the car prior to the event. Duggan's ability to adapt was unbelievable as he set fastest time over the first stage by over 7 seconds. KDMC's Noel O'Sullivan Jnr Co-Driving for Jon Armstrong put the charge to Duggan and at the first service halt after 3 Stages both crews were level on the same second. On stage 4 Duggan took back 4 seconds and the lead. The pressure was now on, unfortunately on stage 5 Armstrong and O'Sullivan slid off the road. Rob Duggan and Ger Conway took the win in the R2 Category finishing 4th overall and maximum points for the NI Championship. KDMC's John McCarthy was also Co-Driving for John Delvin in a Talbot Sunbeam the crew finished 17th overall and 5th in class. Massive credit to John who competed in Cookstown on Saturday and also in Dungarvan Imokilly Mini Stages on Sunday. Well done to all crews.

## IMOKILLY MINISTAGES RALLY DUNGARVAN

**SUN 26TH:** Killarney and District Motor Club would like to congratulate all club competitors on their fine results: Dungarvan was host to this new mini stages event which attracted a full entry of 130 cars and a brilliant layout of 2 stages repeated 3 times. Thunder showers of rain one minute and bursts of heat the next made tyre choice vital and the rally more challenging for the crews.

Well done to Denis Cronin and Coleman Hurley in their Subaru Impreza finishing a massive 3rd Overall. Tournafulla's Frank Curtin was Co-Driving for David Guest they finished 5th overall and 1st in class in their Mitsubishi Evo 9. Rathmore's Peter Falvey was Co-Driving for Jason Ryan in their Toyota Startlet the crew had a mighty run to 6th overall, 1st in class and secured the best Imokilly club competitor. Charlie & Johnny Hickey had a faultless run in their Ford Escort to finish 12th overall and 3rd in class. Bantry's Jeremiah O'Flynn and Neil Flynn finished 16th overall in their Ford Escort on Neil's first ever rally. Barraduff's John Hickey and John McCarthy finished 28th overall in their newly built Ford Escort Mk2. Milltown's Donal Falvey was Co-Driving for Steven O'Donovan the crew finished 44th overall and 2nd in class. Noel O'Sullivan and Nicky Burke finished 54th

overall, 3rd in the competitive class 9.

**JUNIOR SECTION:** Robbie "the Rocket" Counihan Co-Driven by Glenflesk's Kieran O'Donoghue on only their second rally showed fierce pace and ability, matching times amongst top regular competitors, they finished 6th overall and 3rd in class. This crew will be ones to watch in the future.

Mark Murphy Co-Driven by his cousin John McCarthy had a great run in the ex Rob Duggan Honda Civic. The crew dropped back over the last two stages but still managed a very credible 7th overall in the Juniors category.

**HISTORIC SECTION:** Donal O'Connor and Derry Long were outright winners of the Historic Section in their Ford Escort Mk1.



ROBBIE "THE ROCKET" COUNIHAN AND KIERAN O'DONOGHUE IN ACTION AT LAST WEEKENDS IMOKILLY MINI STAGES RALLY DUNGARVAN. PICTURE: TED O'CONNELL.



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## RETIRED NURSES HEAD INTO THE WEST

With social activities high on the agenda, the Kerry Branch of the Retired Nurses Association are planning a trip to Galway in September. Since it was established 20 years ago the Kerry Branch of the Retired Nurses Association has been very proactive in relation to issues affecting retired nurses.

A delegation from the branch attended the annual conference in Sligo in May and articulated a number of issues relevant to retirees in the nursing profession including the issue of having associate membership of their former unions being made available to retired members. It was an issue which was well received.

The executive agreed to raise the matter with the executive of all three unions and will report back to the branches in due time.

The Kerry branch has also been pro-active in relation to the organisation of social activities for retirees including outings to places of interest and this year's outing will be a two day event to the Clayton Hotel in Galway in conjunction with O'Callaghan's Coach Holidays Killarney.

The group will leave Killarney for Galway on Tuesday September 1st for a Cruise on Lough Corrib and a visit to other places of interest in the city. Day two will include a tour of Connemara, a visit to the Lenane Sheep and



MEMBERS OF THE KERRY BRANCH OF THE RETIRED NURSE'S ASSOCIATION PHOTOGRAPHED ON THE OCCASION OF A RECENT FUNCTION. L:R: ELIZABETH MONAGHAN, FRANCES FLYNN, BRIDIE BURKE, SIOBHAN O'SULLIVAN, EILEEN O'REILLY, TADGH O'REILLY, DAN MCCARTHY AND NORA MOYNIHAN.

Wool Centre and an afternoon shopping in Galway.

The return journey on Thursday September 3rd will take in the many sights of Clare including the Burren with a stop off at the Lisdoonvarna Music and Dance Festival with a final stop in Limerick city. The trip is inclusive of

accommodation, meals and refreshments and the cost of the various day trips. This outing is available to all retired nurses and their partners and booking is through O'Callaghan's Coach Holiday Company prior to August 6th. Tel 064-6631095 or info@ocallaghancoachholidays.ie.

## THE JIMMY DEVANE MEMORIAL AUTOCROSS "ACTION IN AGHADOE"

The Jimmy Devane Memorial Autocross will take place this Sunday 2nd August 2015. 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



ORGANISERS AND COMPETITORS PICTURED AT THE LAUNCH OF THE JIMMY DEVANE MEMORIAL AUTOCROSS 2015 AT THE KILLARNEY VALLEY HOTEL FOSSA. L TO R DENIS NAGLE - EVENT COC, MARTIN FARRELL - CHIEF MARSHAL, ANTHONY O'CONNOR - CLUB SAFETY, PAT LOONEY, TOM DALY, PAUL O'SHEA, GEORGE SAARY HOTEL MANAGER, DIARMUID LYNCH, NIALL McLARNON, TARA LOONEY, SARAH DALY, DAN Mc SWEENEY, LUKE MOYNIHAN. PICTURE: TED O'CONNELL.



IAN BYRNE - LAST YEARS WINNER IN ACTION. PICTURE: TED O'CONNELL.

honors and the Jimmy Devane Cup which is awarded to the fastest time of the day on the event, last years 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 a family fun atmosphere has been arranged to include face painting, bouncing castles and much more

entertainment to cater for all ages so that both young and old can enjoy the day out.

Donations on the day and proceeds of the event will go to the Kerry Branch of the Irish Kidney Association.

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



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## OPEN AIR CÉILÍ PLANNED FOR FAHA THIS WEEKEND



MEMBERS OF MILLTOWN-LISTRY COMHALTAS BRANCH PREPARING FOR THEIR ANNUAL FÁILTE IS FÉILE FAHA AT THE KILLARNEY COUNTRY CLUB THIS BANK HOLIDAY SUNDAY.

Open air céilís have been hosted by the Milltown-Listry Comhaltas Branch every summer for almost 20 years and the latest instalment will take place on Sunday next, August 2nd at Killarney Country Club in Fahha. The Deenagh Céilí Band will entertain from 3pm as the dancers take to the platform in the outdoors in the beautiful surroundings near the Fahha Court Bar. But that's just one part of the packed programme of events for 'Fáilte is Féile Fahha' 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.

From 1pm, there will be a junior céilí and music for the kids followed by a junior disco on the open-air from 2pm. Through the very generous sponsorship of Mike O'Shea and company at the Fahha Court Bar and Seán O'Mahony of Killarney Country Club, the Deenagh Céilí Band will take to the stage at 3pm to pump out

one set after another over the course of three toe-tapping hours.

Music will continue into the evening with Ciara Kennedy and friends and Seán Murphy and another phalanx of musicians will take the traditional tunes into the late hours.

'There's something for everyone at Fáilte is Féile Fahha 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 the Deenagh Céilí Band back on the stage again 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.

Fáilte is Féile Fahha gets underway this Sunday, 2 August from 1pm at Killarney Country Club just off the main Milltown-Killarney road.

## NEW PENALTIES FOR CYCLISTS INTRODUCED

New laws aimed at cyclists are being introduced today, Friday July 31st.

Among the list of offences which all carry a €40 fine are:

- ◆ No front lamp or rear lamp lit during lighting-up hours on a pedal cycle.
- ◆ Cyclist driving a pedal cycle without reasonable consideration.
- ◆ Cyclist failing to stop for a School Warden sign.
- ◆ Cyclist proceeding past traffic lights when the red lamp is illuminated.
- ◆ Cyclist proceeding beyond a stop line, barrier at a railway level crossing, swing bridge, when the red lamps are flashing.
- ◆ Cyclist proceeding into a pedestrianised street or area.
- ◆ Cyclist proceeding past cycle traffic lights when red lamp is lit. [www.rsa.ie](http://www.rsa.ie)

## CURROW ROADWORKS

Danny Healy-Rae welcomes funding of €94,000 for road works between Farrankeal to Dickgrove's Cross.

Work will commence in the next few weeks.

#lovekillarney

## ROSE TO DESCEND FROM THE SKIES INTO THE TOWN PARK

Rose of Tralee Maria Walsh will be the first Rose to perform a parachute jump when she descends from the skies into Tralee Town Park on Sunday 16th August

The tandem jump, which is subject to licence, will form part of the biggest SkyFest Air Display ever to be staged during the Rose of Tralee International Festival.

This year's show will feature the Irish Parachute Club, a late night pyrotechnic air display from brand new UK aerobatic team Aerospax and the flying dentist, Eddie Goggins, who will enthrall thousands of spectators with a roll rate of 420° per second and a climb rate of nearly 3,300 feet per minute in his CAP231 aircraft.

The crowds can look up to the waving Winchman in the Irish Coast Guard Shannon-based Sikorsky S92 helicopter which will fly over the town centre and land in the Town Park. Another highlight of the air display will be David Bruton, an Aeronautical Engineer from Abbeyshrule, Co Longford who will perform



MARIA WALSH EXPECTS TO LITERALLY DROP INTO TRALEE TOWN PARK ON SUNDAY 16TH AUGUST IF SHE BECOMES THE FIRST ROSE OF TRALEE TO PERFORM A PARACHUTE JUMP IN THE HEIGHT OF THE FESTIVAL. SHE WAS PICTURED AT THE EVENT LAUNCH WITH TONY HYNES OF CPC.IE AND SEAN HORGAN, SKYFEST COORDINATOR. PHOTO BY : DOMINICK WALSH / EYE FOCUS LTD © PHONE MOBILE 087 / 2672033

stunts in the Sbach 342. The Garda Air Support unit will be on the ground in the Town Park during the air display, subject to availability. Anyone who wishes to enjoy the CPC.ie SkyFest

Air Display can do so from the centre of Tralee, while motorists will be urged to park their vehicles near the Dome and make the short walk to Denny Street.





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# ROSE COMPETES THE RING OF THE REEKS

Rose of Tralee Maria Walsh was one of the many cyclists who took part in the hugely successful Ring of the Reeks on Saturday last.

Beaufort GAA and Killorglin Cycling Club hosted the very popular event which consisted of three routes - Ring of the Reeks (110km), Caragh Lake Loop (60km) and Beaufort Loop (32km).

In perfect weather for cycling, the main cycle, The Ring of the Reeks was a 110 KM loop of Ireland's highest mountains the spectacular McGillicuddy Reeks. The cycle

featured two significant climbs, Moll's Gap and Ballaghbeama Gap and traverses some of the most scenic terrain in the area.

The Caragh Lake Loop was a 60km cycle taking in Lough Acoose and Caragh Lake before returning to Beaufort. The Ring of Beaufort cycle was a shorter 35 km beginner/youth cycle. Both cycles starting at Beaufort G.A.A. Club.

This was the third year of the event and one of the most successful to date. Organisers were delighted to welcome the Rose of Tralee,

Maria Walsh who was joined by her friends Jen Feighney and Aoife Dillane for the cycle.

The girls are in training for the Trek2Tralee from 11-14 August. This trek is a cycle from Shrulie in Co. Mayo to Tralee to arrive on 14th August.

The organisers of the Ring of the Reeks would like to thank everyone who helped out on the day and in the run up to the cycle, including their sponsors along with everyone who supplied and manned the food stations, those who helped with registration, parking, marshalling and the general clean up afterwards.



MARIA WALSH WITH AOIFE DILLANE, JEN FEIGHNEY AND NORA HALLISSEY STARTING OUT ON THE CARAGH LAKE LOOP CYCLE.



AND THEY ARE OFF.... CYCLISTS AT THE START OF THE RING OF THE REEKS ON SATURDAY LAST.



PICTURED AT THE START OF THE RING OF THE REEKS CYCLE WERE FROM LEFT: EMMA DENNEHY, AOIFE DILLANE, JEN FEIGHNEY, EILEEN COFFEY, MARIA WALSH ROSE OF TRALEE, NORA HALLISSEY, MARY CAREY, AND ROS WALLACE.



CIARA CRONIN, MARY CRONIN, FRANKIE COFFEY-CHAIRPERSON, MARIA WALSH ROSE OF TRALEE, NORA HALLISSEY PRO, PADRAIG O'SULLIVAN TREASURER AFTER COMPLETING CARAGH LAKE LOOP. MARIA WAS PRESENTED WITH A BEAUFORT CLUB TOP.

# FAMILY WALK FOR A CHARITY CLOSE TO THEIR HEARTS



THE ROCHE FAMILY PICTURED AT TORC WATERFALL FOLLOWING THEIR 25KM TREK ON THE OLD KENMARE ROAD.

Sixteen members of a Kerry family have walked the Old Kenmare Road from Kenmare to Killarney to raise funds for a charity close to their hearts.

The Roche Family were joined by family members from London, Kildare and Cork for the 25km trek through the National Park and raised a remarkable €4415 for the Alzheimer's Society of Ireland

The group set off early in the day after being dropped off in Kenmare, courtesy of Ger Flynn of Castlemaine who sponsored the bus.

The walk which can take anything up to 8 hours

takes you through the amazing scenery of the Killarney National Park.

Although they were tired after the trip, the Roche family were delighted with the amount they raised for this worthy charity.





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# FOLKTASTIC WEEKEND AS TRAD ROCKS THE INEC

Hundreds of music fans from around the country descended on the INEC for a fantastic weekend of folk music with a line up to rival any festival in Ireland.

Top traditional musicians from all over Ireland and indeed the world, played to packed houses as patrons danced and sang along at the numerous concerts over the weekend. The weekend kicked off on Friday evening with live performances from Moving Hearts and Luka Bloom.

There was a total of 12 concerts to choose from on Saturday culminating in the highlight of the evening, Steve Cooney and Seamus Begley.

Sunday's line up boasted ten acts with Sharon Shannon taking to the stage at 11.30pm preceded by Liam O'Flynn, Paddy Glackin, Neil Martin and Michael O'Suilleabhain.

All in all an amazing weekend!



MOVING HEARTS REUNITED FOR A SPECIAL PERFORMANCE AT KILLARNEY FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND FESTIVAL. PHOTO: VALERIE O'SULLIVAN.



MEMBERS OF TINARIWEN, GRAMMY AWARD WINNING MUSICIANS FROM THE SAHARA DESERT REGION OF NORTHERN MALI, PERFORMING AT THE IRELAND FOLKFEST, KILLARNEY AT THE INEC AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.



MARY AND ESTER WALSH ENJOYING THEMSELVES AT KILLARNEY FOLKFEST AT THE INEC AT THE WEEKEND.

PHOTO: VALERIE O'SULLIVAN.



LINDA KENNEALLY, NUALA KELLY, BERN O'DONOGHUE, ENJOYING THEMSELVES AT KILLARNEY FOLKFEST AT THE INEC AT THE WEEKEND..

PHOTO: VALERIE O'SULLIVAN.



MEMBERS OF UNTHANKS WHO PERFORMED AT GLASTONBURY THIS YEAR, PERFORMING AT KILLARNEY FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.



MARIE HAUGH AND KEVIN FAHY, ENJOYING THEMSELVES AT IRELAND FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND.

PHOTO: VALERIE O'SULLIVAN.



ISELT CONLON AND BRIAN AHERNE, KILLORGLIN, ENJOYING THEMSELVES AT IRELAND FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND.

PHOTO: VALERIE O'SULLIVAN.



IAN LYNCH, HARRIET BARTLETT AND WILLIAM HAIGH, ENJOYING THEMSELVES AT IRELAND FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.



SINEAD O'DONOGHUE, ELAINE O'DONOGHUE AND JENNY FRIEL, ENJOYING THEMSELVES AT IRELAND FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.



# Best of luck to James and the Kerry team from all at Gallivan Murphy Hooper Dolan



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# LA ROCHE-POSAYS "YOU SHARE, WE CARE" CAMPAIGN AT AHERNS PHARMACY

It is with great excitement that Ahern's Pharmacy Farranfore can announce La Roche-Posays latest summer offer! The "You Share, We Care" campaign is a sponsorship programme specifically set up to care for most sensitive skin there is, children's. When you purchase two La Roche-Posay products - one to be a moisturiser - you will receive 50% off your second product.

For over 30 years, La Roche-Posay has worked with dermatologists throughout the world to invent skincare and make-up products that meets the needs of Atopic skin. And now its wants to help Temple street hospital raise funds for the amazing work they do.

## HOW DOES IT WORK?

You take a selfie of yourself with your favourite La Roche-Posay product, share it by uploading it onto the LA Roche-Posay website ([www.laroche-posay.ie/](http://www.laroche-posay.ie/)



yesharewecare) and don't forget to tell us why you love the product.

La Roche-Posay Care by donating €1 to Temple Street Children's University Hospital for each of the first 10,000 selfies received.

There will also be a La Roche-Posay Hamper up for grabs at the end of this event for anyone who has participated in helping this campaign.

## WHEN WILL THE CAMPAIGN BE STARTING?

The Campaign will be running from 30th July to 13th August, so plenty of time to pop in-store

to pick up your favourite product and tell us why you love La Roche-Posay. The more selfies taken, the more money Temple Street hospital will get, so please don't be shy.

## Ahern's Pharmacy

Farranfore

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

Advertorial

# ICE ELEMENTS LAUNCH ATTRACTS HUGE CROWD



PICTURED AT THE BREHON HOTEL JUST BEFORE A LARGE CROWD ARRIVED FOR THE DEMONSTRATION OF JM OCEAN AVENUE BEAUTY PRODUCTS WERE AMBASSADORS FOR THE COMPANY L-R COLMAN O'HAGAN, MARGARET BROSNAN & AILEEN O'REILLY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Brehon Hotel Killarney was packed to the rafters for the launch of Ice Elements Skin Care Product Range. Formerly a top-selling product on HSN® live TV shopping Channel and now available exclusively through Ice Element Brand Partners here in Kerry. Ice Element's creator,

Shelly Maguire, created her very own powerful blend of ingredients utilizing optimal amounts of Antarcticine®, Aloe Extract, and KBGA (Klamath Blue Green Algae). These three ingredients have been intelligently combined to produce a unique 3.1 Skin Complex™. When used daily you can sustain moisture and protect your skin with Antarcticine®, feed your skin with Aloe Extract, and repair/restore your skin with the beneficial amino acids found only in KBGA. With Ice Elements Skin Care Product Range, you can dramatically reduce the time involved in your daily skin care routine while still receiving the benefits of an exfoliant, cleanser, toner, pore minimizer, hydrator, and primer—all in one easy-to-use, two-minute solution. The Radiance Brightening Soufflé actually restores the outside mantle of the skin to its most natural state, increasing healthy cell development to aid in the battle with eczema, psoriasis, acne, dry skin, oily skin, dandruff, stretchmark's, scarring, in fact most skin conditions.

The Radiance Brightening Soufflé does not contain artificial colour, fragrance, sulfates

or parabens in its formula. In addition, the exclusive 3.1 Skin Complex found in all Ice Elements products topically hydrates and moisturizes skin while balancing combination and oily skin types. The Radiance Brightening Soufflé also helps fight most skin conditions through natural anti bacterial properties.

C5 is a night serum for skins of all types, including mature and sensitive skin. No artificial color, fragrance, sulfates or parabens have been added. C5 does contain powerful anti-oxidants, to help fight free radicals and the future signs of aging due to environmental aggressors. It also contains Jojoba oils, an essential fatty acid which builds resiliency, and fights bacteria in all skin types.

The C5 with all natural botanicals, which help against skin irritation and inflammation. In addition, the exclusive 3.1 Skin Complex formula found in our entire Ice Elements line increases hydration while stimulating Elastin for added elasticity.

To Book your seat for the next company overview text your name and number to 0851611878

IF YOU HAVE A STORY...

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## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



### WHAT OPTIONS DO YOU HAVE WITH YOUR PENSION WHEN YOU RETIRE?

If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

**Tax Free Cash:** Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

**Taxable Cash:** You may be able to take sum of your pension in taxable cash.

**Annual Pension:** This is a guaranteed income for the rest of your life that is purchased with the money left after you tax free lump sum.

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, some of the money can be taken from the fund to give you a regular income. It is extremely important that you take your time and have all the options explained to you in plain simple English before you make your final decision. As well as the above there is allot more to be discussed about your pension. You should discuss your retirement options with an independent financial advisor before making any decisions, they will help you with the above options and any other queries you may have.

To discuss the above or any other matter **Dermot Cronin** can be contacted at **064 6622775**.

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### 27 KING'S PARK, MUCKROSS ROAD, KILLARNEY, CO. KERRY

Stunning newly decorated and refurbished semi-detached property located in a tranquil, peaceful cul-de-sac in a popular residential development close walking distance to Killarney town center and all amenities. The property is the ideal family, retirement or investor property. The private, walled-in rear garden further enhances the attractiveness of the property.



€255,000

### PINECREST B&B, WOODLAWN ROAD, BALLYCASHEEN, KILLARNEY, CO. KERRY

Superb opportunities to enter the lucrative Bed and Breakfast business and purchase the former Pinecrest B & B in an excellent setting on Woodlawn Road close to Killarney town, St. Oliver's National School and all amenities. The property consists of 9 bedrooms (7 ensuite) comprising 6 guest bedrooms and 3 private bedrooms, 2 bathrooms, Guest lounge, Dining room, conservatory, sun-lounge, kitchen / living room, oil fired central heating, P.V.C. Double Glazed Windows, private garden area at rear, storage shed, ample parking.



€400,000

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## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

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



**Address:** Superb four bedroom detached residence set on manicured gardens in a quiet cul de sac. This property is on the grounds of an attractive development of detached residences in the sought after and peaceful cul de sac Flesk Grove in the Woodlawn area.

**Agent:** ● REA Coyne & Culloty, 2 Main Street, Killarney, Co Kerry.

Tel: 064 6631274 Fax: 064 6633219 Email: info@killarneyproperty.com

**Guide Price:** €350,000



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



## OLD SNEEM GIG RESTORED

Following months of painstaking resortation by the Men's Shed in Sneem, the Sneem Gig was blessed by Fr. Liam O'Brien and launched in Sneem river on Friday July 17th last.

The boat, which was originally built by "Kilderry" of Ballylickey in 1965, was funded by the people of Sneem. The restored boat is back in use and was raced at Kenmare Regatta on Sunday 19th July 2015.

There is a long and rich tradition of rowing in Sneem. This Gig had been raced by many great crews including the Caseys, O'Connors, O'Briens, O'Sheas and the O'Sullivans. It was part of countless great races in Castletownbere, Bantry, Kenmare, Templenoe and Sneem. The restoration project was an obvious choice for the area and for the culture of the Mens Shed movement. Noelle O'Sullivan undertook the role of Project Manager and was ably advised by Noel Casey. Under Noelle's leadership, the boat was stripped down to the bare wood, the ribs were strengthened and all seams were filled. New tafts, out-riggers and canvas were fitted. Following several



HAVING A ROW IN THE CLINKER GIG WHICH WAS RESTORED OVER THE LAST FEW MONTHS BY THE SNEEM MENS SHED. PICTURED L:R: DYLAN VAN DAELE, JAMES O'LEARY, JORDAN KOOL, SEAN O'CONNOR AND COX SEAN O'SULLIVAN. PHOTO: LISA O'SHEA.



MEMBERS OF THE SNEEM MEN'S SHED AT THE LAUNCH OF THE CLINKER GIG WHICH THEY RESTORED OVER THE LAST FEW MONTHS. PICTURED WITH MEN WHO ROWED THE GIG IN THE PAST. L:R: NOEL CASEY, PATRICK CASEY, SONNY LOONEY, STEVE CASEY, NOELLE O'SULLIVAN, EUGENE MCGUINNESS, LOUIS MORIARTY, JOHN GALVIN, JOHNNY CASEY, MAURICE WALSH, MIKE EGAR, DENIS BURNS, BRENDAN GALVIN AND BERTIE CHRISTIAN PHOTO LISA O'SHEA.

months of work she was tested during three journeys – one manned by rowers from the Mens Shed, one by the Casey brothers and one by the Under 14 crew. She was launched in the presence of a big crowd at the pier.

Sneem Mens Shed was founded in March 2014. It has undertaken many projects since then. It is funded and supported by local organisations and individuals, as well as by other Mens Shed groups.

The men of the sheds are rightly proud of their great achievement. They look forward to seeing the boat raced in the future.



**FUTURE OARSMEN:** PICTURED AT THE LAUNCH OF THE CLINKER GIG WHICH WAS RESTORED BY THE SNEEM MENS SHED. THE CASEY TRIPLETS, SEAN, PADRAIG AND MICHEAL. PHOTO: LISA O'SHEA.

## IRISH ROWERS CIRCUMNAVIGATING IRELAND EN ROUTE TO KERRY

A crew of 20 rowers have set off to circumnavigate the island of Ireland – a round trip of almost 1000 nautical miles – in a self-built 15ft skiff to raise funds for Cystic Fibrosis Ireland (CFI) and are fast approaching the shores of Kerry.

Funds will be raised as the boat makes its way around Ireland, with all money going towards fighting Cystic Fibrosis, a fatal genetic disease that affects approximately 1 in 1600 births in Ireland – the country with the highest incidence of CF in the developed world.

The team, comprising 20 rowers of mixed ability and experience, set off from Bray, Co. Wicklow on May 30th with crews of two oarsmen/women at a time rowing in relays. The rowers will stop at 50 designated points along the coast, including Brandon, Dingle, Portmagee, and Derrynane in Kerry with support on hand from a shore-based crew as well as cover boats that will escort the boat on some of the more challenging legs.




CREW MEMBERS FROM ROW-A-ROUND IRELAND INCLUDING JOEY THE DOG WHO WILL BE IN THE BOAT FOR CERTAIN LEGS AT BRAY HARBOUR, CO. WICKLOW DURING THE LAUNCH OF THE ROW-A-ROUND IRELAND CAMPAIGN. PHOTO: GARETH CHANEY.

Although the journey will consist of 50 one-day legs, the changeable Irish weather means

the crew has allowed 120 days to complete the challenge safely.





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## COOLIES, MUCKROSS, KILLARNEY

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



BER C3

Price Region: **€275,000**

## 21 OLD KILLARNEY VILLAGE, AGHADOE, KILLARNEY.

Three bedroom semi-detached holiday cottage is situated in a good residential area. Property which is being sold fully furnished, is conveniently located to Killarney town and all amenities.



BER PENDING

Price Region: **€95,000**

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## DEBUTANTES TURN ON THE STYLE



ALL SMILES SHAUNA O'SHEA AND SEAN O'SULLIVAN ENJOYING THE POBALSCOIL INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL. PHOTO: LISA O'SHEA.



ALL SMILES AT THE POBALSCOIL INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL RACHAEL LOONEY AND AARON MORRIS. PHOTO: LISA O'SHEA.



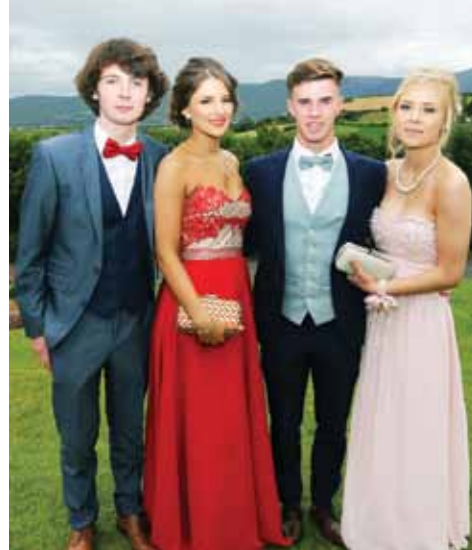
ENJOYING THE POBALSCOIL INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL MOLLY KNIGHTLY AND JOHN MURPHY. PHOTO: LISA O'SHEA.



ENJOYING THE POBALSCOIL INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL MARIA RANGLES AND JOHNNY BREEN. PHOTO: LISA O'SHEA



LOUISE DOYLE AND KIERAN O'CONNOR ENJOYING THE POBALSCOIL INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL. PHOTO: LISA O'SHEA.



DEBUTANTES FROM INTERMEDIATE SCHOOL KILLORGLIN, ENJOY THE NIGHT AT BALLYROE HEIGHTS TRALEE ON TUESDAY EVENING. LTO.R. RYAN SWEENEY, BEAUFORT, CIARA FOGARTY, KILLORGLIN, JAMIE CLIFFORD, AND CLAUDIA OSTERLOH, FOSSA. PHOTO: JOHN CLEARY.



THE BOYS ARE BACK IN TOWN FOR THE INTERMEDIATE SCHOOL KILLORGLIN DEBS AT BALLYROE HEIGHTS HOTEL ON TUESDAY EVENING. PHOTO: JOHN CLEARY.



CHLOE KENNEDY, INCH, AND CONOR CULLOTY, KILLARNEY, FROM INTERMEDIATE SCHOOL KILLORGLIN ENJOY THE FUN AT THEIR DEBS AT BALLYROE HEIGHTS TRALEE ON TUESDAY EVENING. PHOTO: JOHN CLEARY.





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### MILLBROOK VILLAGE, MILLTOWN, KILLARNEY.

A modern well finished and well maintained 3 bed semi. Beside the new Secondary and Primary schools. Only a short drive to Killarney town. A lovely home at a reasonable price.



### MAUGHANTOURIG GNEEVGUILLA, KILLARNEY.

A delightful detached bungalow in excellent condition throughout. It offers the unique charm of its time, 4 bedrooms, 2 double and 2 single. Bathroom, lounge, kitchen/dining. Dual c/h from oil and also from a very modern solid fuel stove. It benefits from mains water and also its own private well. Standing c.1/3 acre this delightful dwelling offers first time buyers a great opportunity to own their own home at a very affordable price. Extreme well maintained, cosy and comfortable with low maintenance costs. BER Pending. **POA**



### CASTLEMAINE, CO. KERRY.

3 bed detached bungalow. Walking distance to Castlemaine village. A short drive to Killarney/ Tralee/Killorglin, schools etc. Oil c/h.

Needs a little upgrading.

**GREAT VALUE.**

B.E.R. pending



### BEAUFORT KILLARNEY (ON THE MAIN RING OF KERRY ROAD).

A unique, magnificent property on c.2.75 acres with extensive frontage on the river Laune and breathtaking mountain and river views. Architecturally designed as a B&B or an executive type house, it comprises 8 bedrooms (7 ensuite) reception rooms etc. Newly decorated with a very high quality finish. It comes with a detached aptm/store/garage. Must be viewed.

**WAREHOUSE TO LET OR FOR SALE** Great access just off the N70. Approx. 1 mile from Killorglin on the Tralee road. Size 110 x 80 ft. x 20ft. high approx. Modern building, totally sealed, cavity wall with insulated roof.

**MILLTOWN VILLAGE** 3 bed semi beside the new Secondary and Primary schools. Excellent condition, great location, great value.

**REEKS GATEWAY TO KILLARNEY** Upstairs office space for sale. All services available.

**KILLORGLIN TOWN** Town centre shop premises to let.

**WANTED** (due to recent completed sales )Semi-detached house in Killarney. Cash client. Immediate decision.

**MAHANTOURIG, GNEEVGUILLA** Charming detached 4 bed bungalow on 1/3 acre, dual c/h, excellent condition

**CLOONALASSAN, CASTLEMAINE** Detached, compact dwelling needing modernisation. Great DIY project, close to village, V. keenly priced, BER Pending

**BARLEYMOUNT, KILLARNEY** 6.5 acres approx. of rough land.

**BARLEYMOUNT, KILLARNEY** 1.75 acres approx. field with spectacular views

**DOOKS, GLENBEIGH,** Old house on 20 acres approx. Extremely scenic and tranquil location. Highly sought after area.

**UPPER PARK ROAD, KILLARNEY,** 3 bed detached bungalow on a large site.

**MUCKROSS ROAD/WOODLAWN CROSS, KILLARNEY-** c. 1/3 acre site. Superb location.

**TIERNABOUL, KILLARNEY** 4 bed bungalow, beside N.S. only 2mls to Killarney town.

**TULLORUM/TIRNABOUL KILLARNEY AREA** 11.5 acres approx. Close to school etc.

**FAHA, KILLARNEY** 4 bed 3 ensuite detached dormer.

**KILLORGLIN TOWN** Large modern warehouse **TO LET.**

**CARAGH LAKE, KILLORGLIN.** Two storey detached house ( requires major repair) on 3.5 acres approx. Beautiful, much sought after area.

**FARM WANTED.** GOOD QUALITY LAND.50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN.TOP PRICE PAID FOR SUITABLE PROPERTY.

**WANTED** Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

**BALLYHAR, KILLARNEY** Beautifully restored 3 bed farmhouse on c3 acres, stables for 4 horses, mature trees and very scenic.

**MILLTOWN VILLAGE** Magnificent, detached two storey house, approx. 1,8000 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

**ROSSBEIGH, GLENBEIGH** Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

**MILLTOWN, KILLARNEY** (Ardmeelode area) Partly built detached bungalow. Nice views. **BARGAIN.**

**FIRIES VILLAGE** Detached, 4 bed bungalow, close to school shops etc.

**GLENBEIGH, RING OF KERRY RD.** New detached 4 bed bungalow, stone fronted with

spectacular sea views, completed to a very high spec.

**CARAGH LAKE, KILLORGLIN** New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

**GNEEVGUILLA VILLAGE** Modern 3 bed semi w/ top energy saving ratings, complete finish

**KILLORGLIN, GOLF COURSE ROAD** Delightful 2 bed detached bungalow, as new, superb location.

**BEAUFORT, Killarney** Beautiful, almost new detached dormer bungalow with stunning mountain views. Comprising approx. 2,300 sq. ft. 4 bedrooms, 2 ensuite. Kitchen/dining room, utility, lounge, bathroom. Built to the highest standards.

**BEAUFORT KILLARNEY, OLD HOUSE** on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. **UNIQUE PROPERTY.**

**BEAUFORT, KILLARNEY,** on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

## FARMS/LAND

**c.57 acres** with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

**c.10 acres** with good sheds, extremely scenic. Artgalvin, Headford area. 5mls from Killarney.

**c. 35 acres** of mixed land in one lot, Ballyhar, Killarney area.

**Tullorum, Tirnaboul, (Spa) Killarney** 11.5 acres approx. 3 miles from Killarney.

**Firies area, Killarney.** Country mansion on 39 acres approx of top quality land all in excellent condition.

**Dooks/Killorglin area (Ballycleave)** 20 acres approx.. with an old house. Mixed quality land with extensive road frontage.

## SITES

**LOUGHGUITTANE/MUCKROSS** area- Site with lake view, roadside.

**AGHADOE** Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

**BEAUFORT AREA** Elevated, scenic site c. 1/2 acre.

**BEAUFORT, KILLARNEY** 1 acre with full planning.

**COOLIES, MUCKROSS, KILLARNEY** c. 1 acre, private scenic location.

**KILLARNEY 2 MILES APPROX** 3 acres or more subject to 1 planning.

**ROSSBEIGH, GLENBEIGH** Site with full planning for dormer, no residency clause.

**Killorglin 1 mile 3/4 acre** site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

**Faha, Killarney,** c. 1/2 acre, dry, roadside, great location, bargain.



# Their Special Day

A look at the Wedding's taking place in Killarney.



LORRAINE O'CONNOR FROM RATHMORE AND JIMMY SPILLANE FROM HEADFORD WHO WERE MARRIED IN SHRONE CHURCH. THE COUPLE TOOK A BOAT ACROSS KENMARE BAY, WHERE THEIR FAMILY AND GUESTS GREETED THEM IN DROMQUINNA MANOR.

PHOTO MICHEÁL O SULLIVAN  
WWW.OSULLIVANPHOTOGRAPHYIRL.COM



MARY LYNCH AND DANIEL O'LEARY POSE FOR THE CAMERA ON THEIR WEDDING DAY, THE COUPLE WERE MARRIED IN RATHMORE AND HELD THEIR RECEPTION IN THE BALLYROE HEIGHTS HOTEL.

PHOTO MICHEÁL O SULLIVAN  
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- Set your alarm an hour earlier in the morning. Use this extra hour to exercise, or prepare your food for breakfast, lunch/dinner & snacks that day. Exercising first thing is a great way of just "getting it done" so you are not open to making excuses later on in the day and putting it off. Also it sets you up for the day on a positive note, as you will be releasing all those positive HAPPY endorphins into your system. Preparation is key for healthy eating so using this extra time to get your food ready & you are guaranteed to stick to your plan for the day. Letting yourself get too hungry and just "grabbing and going" is a definite recipe for failure as you will make the wrong food choices when you are in hunger mode!
- Get the whole family on board with your new healthy active lifestyle changes. Encourage them to help out with food shopping, prepping, cooking, and even cleaning & laundry. This additional time might give you that extra half hour to work out or cook some healthy meals yourself.
- If you don't have anyone around to help with household chores then maybe hiring someone to help out might be an option to "buy you some time". Let's face it we have no problem lashing out the cash for a takeaway or round of drinks in a bar, so why not use this money towards something positive that is going to free up your time for exercise & food preparation. If you aren't buying so much junk any more think of all the money you're saving!

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## Beauty Tip

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Before you apply any eye makeup, blend a creamy concealer onto your lids and into the inner corners of your eyes. This will give your shadow a base to stick to and conceal any redness.



## IF YOU OR A FAMILY MEMBER WAS HAVING A STROKE, WOULD YOU KNOW IT?

### IRISH HEART FOUNDATION URGES NATION TO KNOW HOW TO ACT F.A.S.T

If you or a family member was having a stroke, would you know it? This is the question the Irish Heart Foundation is asking the nation during its annual Act F.A.S.T. awareness week and the national stroke and heart charity says it's still crucial to ensure people know the signs of stroke, which can often be subtle or misunderstood.

Nearly 10,000 people suffer a stroke in Ireland annually according to the Irish Heart Foundation which is more than one stroke happening every hour, but only half of the population would call 999 in the event of a stroke.

Supporting the charity's efforts to spread the **FAST** message, Fair City's acting legend Jim Bartley said: "Everyone – children and adults – needs to know the Irish Heart Foundation's FAST message and most importantly, **T – TIME TO CALL 999** at the first sign of stroke. I've had first hand experience of stroke and I can tell you, I didn't think it would ever happen to me. When it did, it came out of nowhere. A stroke happens so quickly. I am one of the lucky ones who got to hospital for treatment immediately. In today's world, everyone has a mobile phone, even children, and we need to call 999 as soon as we suspect stroke. It could save the life of someone you know."

Jim, who plays well-loved Bela Doyle, knows all about the 'real thing' having suffered a stroke in June 2011. In 2012, for his bravery in sharing his story and advocating the FAST message, Jim was awarded the Irish Heart Foundation Stroke Ambassador Award sponsored by Boehringer Ingelheim. He has remained a keen ambassador for the charity ever since and firmly believes everyone, young and old, should know the FAST message.

Stroke is the third biggest killer in Ireland and claims 2,000 lives here a year which is why the Irish Heart Foundation has targeted 250 local FAST awareness campaigns around the country in local hospitals, communities and stroke support groups using posters and flyers carrying the lifesaving FAST message.

The **F.A.S.T.** acronym stands for:

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- **Time** – time to call **999** if you see any one of these signs.





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THE DR. CROKES GAA CLUB BRITISH OPEN GOLF CHALLENGE PREDICTION COMPETITION WAS WON BY DERMOT AND KEVIN ROCHE, RECEIVING THE €1,200 FIRST PRIZE FROM MALACHY WALSH, TREASURER. PICTURED FRONT FROM LEFT ARE DERMOT ROCHE, DENIS COLEMAN (CHAIRMAN), KEVIN ROCHE AND MALACHY WALSH (TREASURER). BACK FROM LEFT ARE EDDIE TATLER O'SULLIVAN (SECOND), MIKE BUCKLEY (THIRD), JOHN KEOGH (COMPETITION COORDINATOR) AND PJ LAWLOR (FOURTH). PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



MASTERGEEHA SOCCER CLUB MADE A PRESENTATION TO KERRY ROSE OF TRALEE CONTESTANT JULIETTE CULLOTY FROM LYREATOUGH, KILCUMMIN AT A FUNCTION IN THE VILLAGE INN, KILCUMMIN LAST FRIDAY NIGHT. FRONT FROM LEFT ARE JULIE LOONEY, JOE DOYLE (TREASURER), JULIETTE CULLOTY AND NOREEN NAGLE. BACK FROM LEFT ARE BRENDA MURPHY, MIRIAM LOONEY, EILEEN DEVANE, SHAUNA LOONEY AND KATHLEEN DEVANE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



**MILLTOWN DEBUTANTES:** BACK ROW LEFT-RIGHT: KATIE ROCHE, SHANNAN HOWE, REBECCA MCCARTHY, CAITYLN GRIFFIN AND SARAH SHEEHAN. FRONT ROW: SHANE MORIARTY, KILLIAN CORBETT, GAVIN HORAN, EOIN O'MAHONY AND OLTAN HEFFERNAN.



MASTERGEEHA SOCCER CLUB MADE A PRESENTATION TO UNDERAGE PLAYERS DYLAN MURPHY AND PAUL O'SHEA (MEMBERS OF THE KERRY TEAM THAT WON THE KENNEDY CUP) AT A FUNCTION IN THE VILLAGE INN, KILCUMMIN LAST FRIDAY NIGHT. FRONT FROM LEFT ARE JOHN O'LEARY (UNDERAGE TRAINER), DYLAN MURPHY, JULIETTE CULLOTY (KERRY ROSE OF TRALEE CONTESTANT), PAUL O'SHEA AND TADHG BROSAN (SECRETARY) BACK FROM LEFT ARE JOE DOYLE (TREASURER), DARA LEHANE, NOREEN NAGLE, JULIE LOONEY, TIM O'CONNOR, KATHLEEN DEVANE AND DAVE O'LEARY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



PICTURED AT THE LAUNCH OF THE BEAUFORT GOLF CLUB FUNDRAISER IN ASSOCIATION WITH AHERNS BMW IS GABHAN O'LOUGHLIN (CAPTAIN), JOHNNY DOOLAN (PRESIDENT) WITH PAUL AHERN HEAD OF BUSINESS OF AHERNS BMW CASTLEISLAND, WHO ARE SPONSORING THE SINGLES OPEN FUNDRAISER IN BEAUFORT GOLF CLUB ON BANK HOLIDAY MONDAY 3RD AUGUST. COST OF ENTRY IS €20. FOR MORE INFORMATION CALL BEAUFORT GOLF CLUB ON 064 6644440.



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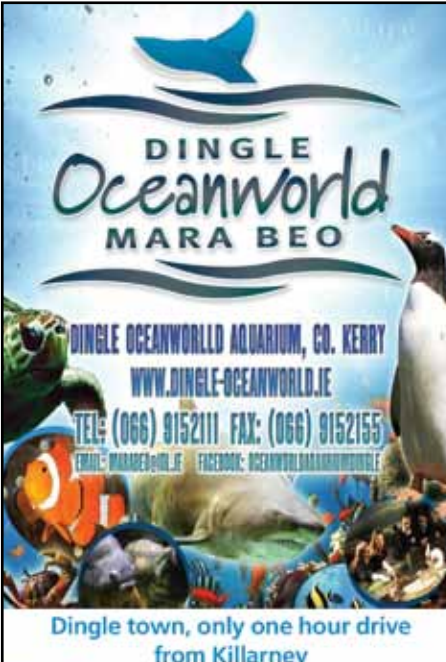
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# OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



## ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP



### KERRY O'SHEA LOOKS AHEAD TO SUNDAY'S ALL-IRELAND SFC QUARTER-FINAL CLASH BETWEEN KERRY AND KILDARE HIGHLY MOTIVATED KILDARE STAND IN KERRY'S WAY

#### KERRY V KILDARE

*The All-Ireland Senior Championship gets down to brass tacks this weekend as all roads lead to Croke Park where Kerry and Kildare renew acquaintances in a footballing rivalry that stretches back to 1903.*

This Sunday's game will be the 12th occasion in which Kerry and the Lily Whites have clashed in the Senior Championship.

In the 11 head to heads to date, Kerry have won 6 to Kildare's 3 with two draws. The sides clashed for the first time in the 1903 All-Ireland final, which was not played until 1905 and then Kerry won 1-4 to 1-3.

The sides last met in the championship on July 27 2002 in a Round 4 Qualifier in Thurles and this time Kerry defeated the Lily Whites 2-10 to 1-5.

The Kerry team sheet that evening makes some very interesting reading. It included Marc O'Se and Colm Cooper both still leading lights in the Kingdom set-up, while lining out at centre-back that evening was a certain Eamonn Fitzmaurice who now dons the manager's bib. Kildare are in this quarter-final on merit. In Leinster, the Lilywhites were held to a draw by Laois before defeating the O'Moore County in the replay. However they suffered a heavy trimming to a bang-in-form Dublin side in the provincial final in June.

Since that defeat, Kildare, under manager Jason Ryan, have regrouped and some impressive wins over Offaly, Longford and Cork have enabled them to reach the All-Ireland quarter-finals, something many Kildare fans would have thought unthinkable after their Leinster semi-final dusting.

Kerry meanwhile scrambled through Munster, defeating first Tipperary and then Cork, but only after a draw, to qualify for a last eight



JAMES O'DONOGHUE WILL NO DOUBT COME IN FOR CLOSE ATTENTION IN SUNDAY'S ALL-IRELAND QUARTER FINAL WITH KILDARE.

spot.

Going into their quarter-final clashes, both defences have had question marks hanging over them.

Kildare have conceded eight goals en route to Croke Park which must be a worry to Jason Ryan, while Kerry have conceded 6.

For Kerry the problem looks sorted as in the replay against Cork, the defence was much improved and conceded just two points from play.

Eamonn Fitzmaurice's starting line-up should make very interesting reading. Will the manager keep faith with the same starting fifteen which lined out against Cork in the replay, or will he make changes to suit a different game plan? Fans are well aware that the manager has been willing to do make some courageous changes in this year's campaign so far.

It is generally expected that Fitzmaurice will

give a vote of confidence to the defence which started against Cork in the replay and to the Moran/Maher midfield combination which was so effective last time out.

If a change is likely, it could come in attack. Colm Cooper impressed when introduced in the Munster Final replay and his vision and quick thinking plus the positioning of Donncha Walsh laid the foundations for the Paul Geaney goal.

Will the Gooch start and if so where? This is the question on every Kerry supporter's lips. What of Paul Galvin? Will the Finuge veteran start or will he be introduced as a sub like he was last time out?

As stated, Kildare are in this Quarter final on merit. Jason Ryan's side were relegated to Division 3 in the league earlier in the year but looked very impressive when defeating Cork in the Round 4 qualifier.

Paul Cribbin, Peter Kelly, Padraig O'Neill and Eoghan O'Flaherty are all proven players and will take some watching, while Niall Kelly turned in a man of the match performance against Cork when he scored 1-4.

Kildare will go into this match against Kerry with renewed confidence. They should have no fears and will approach the tie with absolutely nothing to lose.

Back in 1998 when the sides last clashed in Croke Park, Kerry were defending All-Ireland champions but Kildare, then under the management of the legendary Mick O'Dwyer, upset the formbook and sensationally dumped the defending All-Ireland champions out of the title race with a point to spare.

It is generally expected that Kerry should advance to the semi-final stage with a match against either Monaghan or Tyrone, but this will not be a cakewalk by any means.

## MINOR AND U21'S HURLERS IN ACTION THIS WEEKEND

#### KERRY V KILDARE

The Kerry minor hurlers will commence their All-Ireland 'B' championship campaign on this Saturday when they travel to Newbridge to play Kildare in a quarter final tie.

The panel is as follows: David Egan (Abbeydorney), Eoin Ross, Jack Goulding (Ballyduff), Michael Leane, Brian O'Riordan (Ballyheigue), Billy Lyons, Jason Diggins, Jamie McGrath, Brandon Barrett (Causeway), Tomás O'Connor, Colin Browne (Crotta O'Neill's), Jack Lenihan (Dr. Crokes), John Mark Foley (Kilgarvan), Robert Collins, Kieran Regan, Kieran McCarthy (Kilmoyley), Robert Silles, Liam Mullins, David Silles, Shane Conway, John Buckley, Jeremy

McKenna, Colin Sheehy, Gerard Stackpoole, Jason Keane, Tom Foley (Lixnaw), Aaron Thompson, Fionán Mackessy, Eric Leen (St. Brendan's), Ciarán Breen (Tralee Parnell's). Team manager is Ian Brick (Kilmoyley). If Kerry progress, the semi-final will be on the following Saturday, 15th August (against Down or Donegal) with the final 5th September.

#### THE ROYALS FOR U21'S

The Kerry Under 21 hurlers travel to play Meath on Saturday, 8th August in an All-Ireland 'B' quarter final. If Kerry are involved, the semi-final will be on Saturday, 22nd August and the final on Saturday, 12th September.

## MINOR FOOTBALL CHAMPIONSHIP

Fixtures have been made for Round 3 of the Keane's Supervalu Killorglin Minor Football Championship. There are just three games in Round 3; Mid Kerry, Shannon Rangers, Dingle, St Brendans and Kenmare received byes.

The three games –

**An Ghaeltacht V East Kerry**  
**Spa V Kerins O'Rahillys**  
**Dr Crokes V Austin Stacks**

will be played on Thursday August 6th at 6:30 with Extra Time where necessary.



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# OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



## STEPHENS WALLACES KINGDOM LEAVE IT LATE

**KERRY 3-13**  
**WEXFORD 2-9**

**ALL IRELAND JUNIOR SEMI-FINAL**

Kerry performed a late escape act in Dungarvan on Saturday afternoon to remain on course for the All-Ireland junior title.

With 45 minutes on the clock, Kerry trailed by 2-8 to 0-9 after Michael Dwyer rammed to the roof of the net for Wexford, who were boosted by the arrival of Mattie Forde in the second half.

It forced the Kingdom to take drastic action. Brendan O'Sullivan and Thomas Hickey added the fresh legs powered them forward over the final quarter.

O'Sullivan and Liam Kearney managed to monopolise midfield while Hickey showed enthusiastically in the corner. On 49 minutes, leading marksman Conor Cox palmed to the net at the back post following a fluent passing move and Kerry were back in the game. Seven minutes later, Kearney produced a huge catch before Hickey sprayed across for Cox to punch home once again.

The comeback was complete when Killian Spillane finished another defence-splitting attack involving O'Sullivan and David Culhane in the final minute of normal time. A lethal injection of 3-4 in the space of 13 minutes. It could have turned out very differently as David

Power's Wexford fully deserved their five-point lead entering the last leg of the journey. A thumping drive from Paudie Barden to the top corner of Shane Murphy's net on 16 minutes gave them encouragement.

Donal Shanley and Niall Harney also knocked over fine scores to leave them 1-6 to 0-7 in the clear at halfway. Only a late brace by Philip O'Connor prevented Wexford from holding a more sizeable advantage.

They kicked on further when Power sent in 2004 All-Star Forde for the second half. The Kilanerin man only needed 50 seconds to make an impression and measure a point from the right wing.

Although Cox and O'Connor pared down the arrears to one, Forde sprinkled more magic dust at the other end. He intercepted a stray sideline ball and slipped a pass inside for Michael Dwyer to finish emphatically past Murphy.

**KERRY:** S Murphy; D O'Donoghue, D Culhane, G Crowley; J Walsh 0-1, T Morley, E Kiely; G O'Sullivan, L Kearney 0-1; P O'Connor 0-3, J O'Donoghue 0-1, B Crowley; A O'Donoghue, C Cox (2-4, 0-4 f), J Kiely.

**Subs:** K Spillane (1-0) for J O'Donoghue (44); B O'Sullivan 0-2 for G O'Sullivan (47); T Hickey 0-1 for Kiely (47); A Barry for A O'Donoghue (56).

**WEXFORD:** R Cleary; P Curtis, J Rossiter, P



CORDAL'S PHILIP O'CONNOR CHASES DOWN WEXFORD'S MATTIE FORDE

O'Keefe; S Doyle, R Vallejo, G Carty; G Malone, J White; N Harney 0-2, D Shanley 0-3f, M Dwyer 1-0; M Rossiter, P Barden 1-1, K Rowe.

**Subs:** M Forde 0-1 for Rossiter (HT); C Redmond 0-1 for Rowe (33); A Maddock for Curtis (44); D Murphy 0-1 for Malone (50); S Gaul for White (58).

**Referee:** J Bermingham

## CREDIT UNION SENIOR FOOTBALL LEAGUES

Dr Crokes remain on top of **Division 1** on 13 points after a narrow victory over St Michaels-Foilmore. Milltown-Castlemaine remain two points adrift of the leaders following a big win over Glenbeigh-Glencar but Legion faltered as they went down to Austin Stacks and remain on 10 points with Desmonds and Austin Stacks. At the bottom, Finuge and St Micheals-Foilmore look doomed on two points and Waterville on five points, will be hoping to take advantage of a back game with Dingle.

**In Division 2**, joint leaders Rathmore and Kenmare were both beaten by Templenoe and Spa respectively and are now joined on 11 points by John Mitchels who defeated Laune Rangers. At the bottom, Tarbert are in trouble on 2 points and above them both Currow and Gneeveguilla will be hoping to add to their 4 points haul.

**In Division 3**, Leaders Beaufort were held to a draw by Keel and move to 12 points while Annascaul are in second place on 11 points following their defeat of Brosna who are joint third

on 9 points with Keel. At the bottom, Beale, Ardfer and Na Gaeil are all on 4 points but Ardfer have three games in hand.

Scartaglen top **Division 4** on 10 points following their defeat of Castlegregory while Ballydonoghue, who did not play, remain on 9 points with two games in hand. There are four teams on 8 points; Churchill, Furies, Castlegregory and Dromid Pearsons whose game with Cromane was postponed due to a bereavement. At the other end of the table, Cordal are on 4 points with Dr Crokes and Cromane a point better off. There is a three way tie at the top of **Division 5** where Moyvane, Renard and Sneem-Derrynane are on 10 points following respective victories over Austin Stacks, Duagh and Tuosist. However, both Moyvane and Renard have two games in hand on their promotion rivals.

It is hoped to play as many back games as possible during the month of August. Round 9 of the League will be played on the weekend of August 16th.

## KERRY MINORS PLAY SLIGO IN ALL IRELAND QUARTER FINAL

Kerry Minors will play Sligo in the All Ireland Quarter final at O'Connor Park in Tullamore on Bank Holiday Monday next following the Yeats County defeat to Galway in the replay of the Connaught final on Friday evening last. Galway, decidedly lucky to get a second chance following a low scoring drawn encounter, made no mistake at the second time of asking when winning by 4-12 to 1-8. Kerry have done everything that has been asked of them so far this year and followed up their opening 0-14 to 0-3 victory over Clare in Tralee with a narrow one point victory over Cork (0-16 to 1-12) after extra time in Tralee. They then went on to claim their third Munster Minor title on the trot when defeating Tipperary by 2-14 to 1-11. Opponents Sligo, for their

part, had two fine opening victories in the Connaught championship when defeating Leitrim by 4-9 to 0-12 and followed that up with a 1-14 to 3-5 victory over a fancied Roscommon side. A last minute equaliser by Galway deprived them of an elusive Connaught title (1-4 to Galway's 0-7) in the drawn game.

Kerry will be without their captain, Mark O'Connorthrough injury and of course will also be missing long term injury absentee Cormac Linnane both of whom played in the Munster final defeat of Tipperary. The game in O'Connor Park is the first of a double header that also features the quarter final tie between Tipperary and Galway. The semi final pairing on August 23rd will see Kerry or Sligo play Derry or Longford.



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## EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

### O'SULLIVAN CUP – QUARTER FINAL

**FIRIES 4-10 FOSSA 2-14:** Fossa hosted Firies in a quarter final of the O'Sullivan Cup, Junior championship, sponsored by O'Sullivan Cycles, Killarney, on Tuesday evening in Fossa, in what proved to be a very entertaining game of football, with a dramatic finish. Fossa started this game in whirlwind fashion and very quickly built up a commanding lead with points from Donald O'Sullivan, Lorcan Daly, Michael O'Keeffe and a goal from Chris Myers. Fossa were looking good at this stage and were playing great football but gradually Firies got themselves back into the game with the dangerous Niall McCarthy kicking two points. However Tadgh O'Shea replied with 3 unanswered points for Fossa before James O'Donoghue struck for a goal for Firies almost on the stroke of half time. This left the interval score at Fossa 1-09, Firies 1-03. Fries upped the ante in the second half and reeled off 4 quick points through Padraig de Brún and Niall McCarthy. Fossa kept the scoreboard ticking with points from Bryan Myers and two from Lorcan Daly. Con O'Mahoney drove Firies on and Mike Daly kicked two points before they won a penalty which was slotted home by Connall Murphy. Fossa replied with a great goal and a point from Chris Myers but Firies sealed the win with a goal shot in the last minute from Shane O'Donoghue, saved by the Fossa keeper but finished to the net by Padraig de Brún. Final score Fossa 2-14 Firies 4-10.

Referee: Brendan Brosnan (Glenflesk).

**EAST REGION MINOR LEAGUE:** The East Region Minor League, sponsored by The Tatler Jack, is nearing the knockout stages. Spa, continued their winning run in division 1, with victory against Firies, and so top the league table with all their games played. Gneeveguilla had a three point margin in their game against Legion (0-18 to 1-12) and join Firies with 2 league point a piece. Dr Crokes won against Legion, in a back game, giving Dr Crokes 4 league points, going into their round 5 game against Gneeveguilla on Tuesday evening, so the teams have it all to play for this week. The Division 2 semi final saw Rathmore run out winners against Beaufort, to qualify for the final against Glenflesk, on Friday evening, in Glenflesk. While, in division 3 Scartaglen/Cordal had a convincing win against Fossa.

### EAST REGION MINOR LEAGUE

#### DIVISION 1: SPA 3-14 FIRIES 2-10

Spa ran out winners after an entertaining game, in Farranfore on Thursday evening. Spa had a dream start and built up a 2-03 to 0-03 lead in the first ten minutes, the goals by Dara Moynihan and Aidan Fleming. Firies opened their account with points and a goal from the boot of Liam Brosnan, leaving the score 1-06 to 2-06, in favour of Spa. A point before the break left the score: Spa 2-07 Firies 1-06. Spa again got off to a strong start in the second half,

David Spillane, finding the Firies net within 3 minutes. There were a scatter of points before Firies midfielder, Cathal O'Shea, goaled going into the last quarter. The home side pointed reducing the lead, to 5 points but Spa again pulled ahead with well worked points, for a well earned victory. Final score: Spa 3-14 Firies 2-10. Referee: Christy Crowley (Rathmore)

### DIVISION 2 SEMI FINAL

**RATHMORE 2-11 BEAUFORT 0-14:** This East Region Minor League Division 2 Semi Final, sponsored by The Tatler Jack, saw Rathmore get off to the better start in the opening half, with scores coming from Dean Fitzgerald and Mark Ryan. Despite some prolonged spells of possession from Beaufort, Rathmore opened up a strong lead thanks to two first half goals coming from Anthony Darmody and Ian Cremin. This left the half time score at 2-05 to 0-5 points to the home side. The second half was a closely fought affair which saw a spirited Beaufort side regain their composure and put Rathmore to the sword for long periods of the half. However, despite cutting the deficit to just three points towards the closing of the second period, they failed in their quest to get an all elusive goal. The game ended on a scoreline of Rathmore 2-11 Beaufort 0-14. Rathmore meet Glenflesk in the Final on Friday the 31 July at 7pm in Glenflesk.

Referee: Sean O'Sullivan (Legion)

### EAST REGION UNDER 14 LEAGUE DIVISION 5 FINAL

#### CURROW 2-12 KILGARVAN/TOUSIST

**2-10:** The East Region Under 14 Division 5 League Final, sponsored by MD O'Shea, played in ideal conditions in Kilgarvan, was a closely contested game between two evenly matched teams. There were a scatter of points in the opening ten minutes, Jack Foley (2) and Mark Torpey on target for Kilgarvan/Tousist, while Jason Brennan and Daniel Kelly (4) pointed for Currow. Kilgarvan/Tousist took the lead with a fine Jack Foley goal on the twenty second minute, followed by a Ronan Foley point. However, Daniel Kelly (2) and Aaron O'Connor points saw Currow lead at the break. Score: Currow 0-9 Kilgarvan/Tousist 1-04.

Currow continued their momentum on the restart, and fired in an early goal through midfielder Conor Sheahan. However Kilgarvan/Tousist responded impressively with points from Mark Torpey, Jack Foley and Ronan Foley. A fine goal from Corey Murphy saw Kilgarvan/Tousist take the lead. As the balance of play swung from side to side Currow levelled the game with a point from Daniel Kelly and build a lead with a cracking Conor Sheahan goal and 2 points by Daniel Kelly. The Kilgarvan/Tousist response was swift. Three points from Corey Murphy, Mark Torpey and Ronan Foley reduced the margin, but as they tried for a last gasp goal, the Currow defence stood firm to gain a memorable victory. East Region Coiste na nÓg Chairperson, Sean O'Sullivan presented the Shield to winning captain Conor Sheehan, and thanked the referee and both teams on a fine

sporting encounter.

Referee James O'Sullivan (Firies)

### EAST REGION UNDER 11 GO GAMES:

The East Region Under 11 Go Games, sponsored by MD O'Shea, continue on Sunday evening at 6pm, with round 4.

## SPA CLUB NOTES

**COISTE NA NOG:** U6 and u8 continue to train every Saturday morning at usual times.

**U12 & U14S:** Awaiting east Kerry fixtures.

### LADIES FOOTBALL:

**U12 GIRLS:** County Development continues Saturday Mornings 10-12 for all the girls born in 2003.

**U13 CHAMPIONSHIP KNOCKOUT:** Starts Tuesday away to ISG. This will be played in Kenmare at 7pm.

### U16:

#### SPA/SCARTAGLEN 2-4 BEALE/

**BALLYDUFF 1-2:** This win secures our place in the semi final stages. Ashling O'Connor registered the first point for the home side. This was quickly followed by a goal and a point from Mairead Bennett. Siobhan Collins scored our last score to lead at half time 1-3 to 1-0. Emily Cronin resumed our scoring tally by scoring a superb goal and the final score of the night came once again from Siobhan Collins. A great victory for the girls.

**SENIOR LADIES:** Awaiting confirmation for the final of Junior B Championship against Firies.

### SENIOR LADIES CHAMPIONSHIP:

Scartaglen conceded the opening game to Spa/Rathmore over the weekend as unable to field a team.

### MARY JO CURRAN CUP:

31st July at 7.30 Spa V Legion in Direen.

**FLAG DAY:** Thanks to all who collected for the Annual Flag day last Thursday and gave up their valuable time for the ladies football.

### SENIOR FOOTBALL CO. LEAGUE RD 8:

**SPA 2-11 KENMARE 0-10:** Well done to our seniors who gained a valuable 2 points after defeating Kenmare on Sunday away.

### MINORS:

#### EAST KERRY MINOR LEAGUE SPA 3-14

**FIRIES 2-10:** Spa were quick off the mark with early goals from Dara Moynihan and Aidan Fleming but Firies kept the pressure on throughout and by half time Spa were leading 2-7 to 1-6. A David Spillane goal on the restart extended that lead and a good team performance and some well-taken scores, all coming from play, gave them a fourth league win.

### COUNTY JUNIOR LEAGUE DIV 2 FINAL:

**SPA 2-11 AN GHAELTACHT 2-6:** A mixture of youth and experience helped Spa secure victory in Keel, with Ryan O'Carroll excellent on the night. David Spillane found the net midway through the first half and by the break Spa led 1-7 to 1-2. An Ghaeltacht however came





right back at them in the second half and an unanswered 1-3 gave them a one point lead for a time, but a strong bench and powerful goal by Cormac Cronin in the final few minutes secured the win.

**UPCOMING FIXTURES:** East Kerry O'Sullivan Cup Spa away to Gneeveguilla at 7pm.

**U21 CHAMPIONSHIP:** Wednesday July 29th An Gaeltacht v. East Kerry in Killorglin at 7pm.

**MINOR FOOTBALL CHAMPIONSHIP RD 3.** Thursday August 6th at 6.30pm Spa v Kerins O'Rahillys in Spa.

### KERRY JUNIORS:

**KERRY 3-13 WEXFORD 2-9:** Well done to the Kerry junior team on reaching the All Ireland after their victory over Wexford in Dungarvan last Saturday. Best of luck to players Liam Kearney and Dan O'Donoghue and former Spa player Fergus Clifford on August 8th as they take on Mayo.

**KELLOGS GAA CUL CAMP:** Once again GAA are holding Football Cúl Camp August 3-7th in Spa. You can register online kerrygaa.ie.

### NRH FOUNDATION GOLF FUNDRAISER:

Tom Doherty is holding a charity golf classic, on August 8th at Killeen Championship Course to raise funds for the National Rehabilitation Centre in Dublin. Tom had a serious accident as a child and availed of these services. This centre provides comprehensive rehabilitation services to patients who have acquired a physical disability due to an accident. A team of 4 cost €250. If you would like to sponsor contact Tom 087 29460 or email tomkillarney@gmail.com.

### SPA COMMUNITY NOTES

**WEDDING:** Congrats to Tony O'Sullivan Ballaugh Cross on his recent marriage to Aideen O'Doherty, Knockanes Headford.

**SYMPATHY:** Is extended to Peg Wickham on the bereavement of her mother Terry Keane, Derrymore Tralee, who passed away recently.

## LISTRY GAA

**WEEKLY LOTTO RESULTS:** Sunday 26th July, 2015. Winning Numbers 6, 12, 15, 25. Jackpot €5,150, not won. Jackpot next week Sunday 2nd August €5,300.

**MONTHLY MEETING:** This will take place next Tuesday, 4th August at 9pm in the clubrooms.

**SENIOR COUNTY LEAGUE:** Our next game is due to take place on Sunday, 16th August at 2pm away to Annascaul. Please check for updates on Listry GAA Pro facebook.

**JUVENILE UPDATES:** U10 girls travelled to Milltown on Sunday July 26th where they played out a very competitive game against the locals.

U8s played Keel on Thursday night last in Allman Park. We fielded two teams and both teams played very well.

### MILLTOWN/LISTRY LADIES FOOTBALL:



SPA - JUNIOR COUNTY CHAMPIONS DIVISION 2 WINNERS.

Well done to Ciara Murphy on the Kerry U16 Ladies who defeated Dublin in the All Ireland Semi-Final. Best of luck Ciara in the All Ireland Final!

**LISTRY SUMMER CAMP:** In association with the Dungeon Bookshop takes place August 4th to August 7th in Allman Park. For further details contact Fergus on 087 9703274 or Colman on 087 2182448.

**FAILTE IS FEILE, FAHA:** Milltown-Listry Comhaltas present Failte is Feile, Faha on Sunday, August 2nd at Killarney Country Club, Faha. Programme: 1pm - 2pm Junior Ceili & Sean-Nos workshop with Marie Sheehan and Ciara Kennedy. 2pm - 3pm Family entertainment for young and old. 3pm - 6pm Open Air Ceili Mor with The Deenagh Ceili Band. 7pm - 9pm Trad. Session for younger musicians with Ciara Kennedy and Friends. 10pm till Late: Sean Murphy and Friends. Free Fun Day For All The Family.

## DR CROKES CLUB NOTES

### COUNTY LEAGUE DIVISION 1 - ROUND 8

#### DR CROKES 2-11

**ST MICHAELS FOILMORE 2-10:** In a game in which we led all the way, we were lucky in the end to secure the 2 points. Our opponents who played second fiddle for forty five minutes put in a great last quarter and probably deserved a draw in the end. We were in front by 6 points going into this last fifteen minutes but failed to score in that period, while our opponents kicked 1-3 to leave the minimum between the teams at the final whistle. Its hard to know why we collapsed in this last quarter. Our opponents got on top in most sectors in this last period by some heroic defending near the end enabled us to secure the 2 points and retain our position at the top of the table as we get ready for round nine in two weeks time. In a game, in which we led all the way, we got off to a good start and established 6 points to 2 point lead by the end of the first quarter. Our opponents came more into the game at this stage and conceded only 1 point in the next fifteen minutes and scored

3 points themselves. This left us 7 points to 5 points in front at the end of the first half.

We got off to a good start again in the second half, with a point by Chris Brady after three minutes and a very good goal by Andrew Kenneally two minutes later. This put us 6 points in front. The teams exchanged goals in the next five minutes, ours coming from a good effort by Mike Milner. In the next five minutes the teams exchanged points on two occasions to leave us 6 points ahead going into the fourth quarter. St Michaels Foilmore seemed to galvanise themselves for this remaining fifteen minutes. They put in a mighty effort as they saw the game slipping away from them. They scored 1-3 without reply but fell short by a point at the final whistle. The game was played in a very sporting manner and was well refereed by Paul Hayes. Our best on the night were Cilian Fitzgerald, Aaron Murphy, Brian Looney, Chris Brady and Andrew Kenneally.

**UNDER 16 FOOTBALLERS:** Our under 16 footballers have recently played two games in the County League. We played out an exciting draw against Austin Stacks at Lewis Road on 15th of July having been 6 points down with about 10 minutes left but the team showed great character to level the game and share the spoils with Stacks. We then made the long journey to Gallerus to play An Gaeltacht on Friday 24th July and won this match by 11 points on a score of 4-10 to 1-8. Our next game is against our local rivals Legion at Direen on Wednesday 29th of July.

**LOTTO:** Lotto numbers 7, 8, 11, 18. Jackpot €9900 not won match 3 15 by €30 Draw Monday August 3rd Tatler Jack Jackpot €10200.

## LEGION GAA CLUB NOTES

**SENIORS:** Despite getting off to a great start, with Jamie Sullivan finding the net in the opening few minutes, Legion went down by four points to Austin Stacks in Connolly park Tralee last Saturday evening. We controlled much of the opening half only for Stacks to finish the half with a late scoring flurry that yielded a late goal to give the "Rockies" an





interval lead of 1-05 v 1-03. The second half almost began the same way as the first only for Conor Keane to see his deft lob towards goal shy of the target. The Tralee side gained momentum thereafter and as the old adage goes, goals wins games, certainly rang true as Stacks hit the net twice at crucial stages to hold out for a 3-07 v 1-09 victory

**CHAMPIONS:** Well done to the Legion Under 14 team who retained the East Kerry Division 1 title in a hard-fought 2-8 to 0-10 victory over town rivals Dr Crokes.

The foundation for this victory was laid in the first half when Donal Lucey and Ryan O'Grady raised green flags.

Well done to a great panel and to the management team of Daithi McGillycuddy, Danny Lucey and Paddy Osborne with great assistance from head of logistics Tom Lucey.

**SENIORS:** Despite getting off to a great start, with Jamie Sullivan finding the net in the opening few minutes, Legion went down by four points to Austin Stacks in Connolly Park, Tralee last Saturday evening.

We controlled much of the opening half only for Stacks to finish the half with a late scoring flurry that yielded a late goal to give the Rockies an interval lead of 1-5 to 1-3.

The second half almost began the same way as the first only for Conor Keane to see his deft lob towards goal shy of the target.

The Tralee side gained momentum thereafter and as the old adage goes, goals wins games. It certainly rang true as Stacks hit the net twice at crucial stages to hold out for a 3-7 v 1-9.

**LOTTO:** Lotto results. Numbers drawn 10, 17, 20, 26. No jackpot winner. Next weeks jackpot €7000.

## BEAUFORT GAA NOTES

**LOTTO RESULTS:** Of Sunday, 26th July for jackpot of €2,600. Numbers drawn: 2, 9, 14, 16. No jackpot winner. Next draw for jackpot of €2,800 will be held in Kate Kearney's Cottage on Sunday, 9th August.

**RING OF THE REEKS:** Beaufort GAA and

Killorglin Cycling Club hosted the very popular Ring of the Reeks (110km), Caragh Lake Loop (60km) and Beaufort Loop (32km) on Saturday last. The weather was very kind to us and a very enjoyable day was had by all! Thanks to all the cyclists who completed the cycle down to our youngest ones.

We were delighted and honoured to have had present Rose of Tralee Maria Walsh and friends Jen and Aoife on the cycle with us. What an ambassador she has been for The Rose of Tralee over the last year. She is such a warm, vibrant, sincere and friendly person. She had time for photos and chat before, during and after her cycle. Maria, Jen and Aoife are in training for the Trek2Tralee from 11-14 August. This trek is a cycle from Shrule to Tralee to arrive on 14th August. More details are on [www.trek2tralee.com](http://www.trek2tralee.com) for anyone who would like to join and support Maria on the trip. We wish her good luck and every happiness when she hands over her crown, she will be a hard act to follow for future Roses. She is welcome back to Beaufort anytime.

A sincere thank you to our sponsors on the day. A big thank you to Eileen O'Hagan and her catering team who were up early to make sandwiches etc. for the food stations, to the home bakers for their generosity, and all who helped with serving food and tidy up on the day. To chefs John O'Leary, Chris Devine, Robin Suter and Timmy Brosnan thanks. Thanks to Frankie Coffey and his parking/stewarding team, Michael Galvin for his field for parking, Micheal Concannon for his safety team and ambulance, David O'Sullivan Cycles and puncture repairers, persons who brought food to stations along the routes and owners who left us use their facilities, Mary Concannon and the registration team, Maurice and Jason Foley for course signage, Community council for use of the facilities, MC for the day Colm Kelly and last but not least Patie Hartnett, Eanna O'Malley, Bridget Hartnett and her team for organising, preparing and decorating the ground and facilities etc.

We hope to be back to do it all over again next year.

**BEAUFORT SENIORS:** Remain unbeaten after travelling to Keel on Sunday for their Division 3 County League game and came away with a draw. Final score: Keel 0-11 Beaufort 1-8. They are at home to Ardfer, Saturday, 1st August at 7pm, Round 7, County League back game. Round 1 of Barrett Cup Friday, August 7th. Fixture to follow:

**BEAUFORT U12S AND CROMANE:** Had an impressive battle last Tuesday evening in Cromane. Final score: Beaufort 5 - 10 Vs Cromane 5 - 15. They also played Milltown/Castlemaine during the week. Final score Beaufort (Amber) 5 - 9 to Milltown/Castlemaine 5 - 12. The Beaufort (Blue) team also played. Full-time score Beaufort 4 - 3 to Milltown/Castlemaine 4 - 16.

**BEAUFORT MINORS:** Were beaten by Rathmore on a score-line of Rathmore 2-11 Beaufort 0-14 in the semi-final of the East Region League.

**BEAUFORT U16S:** Travelled to Legion this week to face Legion in Division 1 of County League. This game went down to the wire with two very even teams. At half-time the scores were level Beaufort 2-4 Legion 1-7. Beaufort had their first score from Jason Coffey-a goal while they had points from Paudie Coffey, Pdraig Cronin, a free from Ciaran Kennedy, Jason Coffey and Jonathan Kissane had a goal in the first half. The 2nd half was also very close with Beaufort scores coming from 3 frees from Ciaran Kennedy and point from Jason Coffey. The decisive score came from a penalty that was awarded for a foul on Ian McGillicuddy who made a very strong run from the backs and was eventually fouled in the penalty area. Ciaran Kennedy faced up to the spot kick and dispatched it well to leave the final score Legion 1-13 Beaufort 3-8.

**BEST OF LUCK:** To Mike Breen and the Kerry Minors who take on Sligo next week-end. Date and venue to be confirmed. Also to the Kerry Seniors who take on Kildare in the quarter-final of the All-Ireland on Sunday next in Croke Park.



CASSANDRA BUCKLEY WITH ORLAITH SPILLANE, ERIN HOLLAND AND GRAINNE SPILLANE PICTURED WITH THE MUNSTER SENIOR CUP.



CASSANDRA BUCKLEY KERRY LADIES SENIOR PLAYER, VISITED HER HOME CLUB SPA RECENTLY TO GREAT CHEER FROM HER CLUBMATES U12 AND U14 GIRLS ON HER RECENT SENIOR CHAMPIONSHIP MUNSTER TITLE. DEFEATING CURRENT ALL IRELAND CHAMPIONS CORK IN MALLOW RECENTLY.





## KERRY CROWNED UNDER 16 ALL IRELAND CHAMPIONS



THE KERRY TEAM WHO BEAT GALWAY ON A SCORELINE OF 7-15 TO 3-3 IN BRUFF IN CO. LIMERICK ON THURSDAY NIGHT.

THE KERRY TEAM: KERRY SQUAD: LAURA TEAHAN (KILCUMMIN); KATE MAHER (KILCUMMIN); FAY O'DONOGHUE (FOSSA); TARA BREEN (LAUNE RANGERS); ANNA O'REILLY (FOSSA); LAOISE COUGHLAN (RATHMORE); CIARA MURPHY (MILLTOWN-LISTRY); EMMA DINEEN (GLENFLESK); LEAH HENRY (LISTOWEL EMMETS); FIADHNA TANGNEY (LEGION); CIARA O'BRIEN (LAUNE RANGERS); ELIZABETH MOHAN (LEGION); AOIFE O'CALLAGHAN (RATHMORE); ERICA MCGLYNN (FOSSA); HANNAH O'DONOGHUE (FOSSA).

SUBS: RACHEL MULVIHILL (LISTOWEL EMMETS); SARAH LEAHY (LEGION); LABHAISE WALMSLEY (CASTLEISLAND DESMONDS); MOIRA O'FLAHERTY (MOYVANE); MAEVE MCGIVERN (AUSTIN STACKS); BRID RYAN (RATHMORE); REBECCA MURPHY (LEGION); EMMA MCCARTHY (KERINS O'RAHILLYS); NORA O'CONNELL (NA GAEL); SOPHIE LYNCH (LISTOWEL EMMETS); CIARA NI GRIFFIN (CORCA DHUIBHNE).



KERRY CAPTAIN FAY O'DONOGHUE FROM FOSSA PICTURED RECEIVING THE CUP.



ALL SMILES FROM THE LEGION GIRLS - WHO WERE PART OF THE WINNING TEAM. FIADHNA TANGNEY, REBECCA MURPHY, ELIZABETH MOHAN AND SARAH LEAHY.

PICTURES: ENDA WALSH.

## ROWING TO RIO

The Monika Dukarska  
Blog. The story of a  
Professional Athlete



I have been involved in rowing for close to 9 years now and it has thought me a lot of things. Things that otherwise I could not have learned so young or perhaps things that some people will never discover. I learned a lot about myself as an individual, my family and the network of people around me. I have got to know the sport inside out, I know how it feels to achieve – win a major competition, to lose a race being so close to the finish line, to improve and push yet another limit and to disappoint – disappoint myself.

Being a part of a high performance team requires an individual to adapt, fit into a particular organization, its culture and adopt an attitude. An attitude that requires you to keep going no matter what. In this structure we are constantly challenged and driven to achieve.

Not many people can relate to this journey of self-discovery unless they aimed to be the best at something and in this process they got knocked down to their knees more times than applauded. Each time however we dust ourselves off and we keep going because the dream, the goal that we are pursuing is much bigger than anything else existing at that point in time.

Training these days is done independently in designated pairs with trials being held on Wednesday. It is time to prove once again that I have the right to represent Ireland because I am fast enough. Similarly last year I had to trial for a place in the Women's Double Scull to make the boat go quicker. Participating in trials has achieved just that. I am of an opinion that everything happens for a reason and this is the way it should be. Tests usually bring the best out in athletes hence a bit of "pressure" didn't do anyone any harm (if used correctly).

The trial will involve two 1,500 meters races. The aim of this trial is to race as fast as possible in two combinations and select the quickest one. There is a possibility of a 2,000m race to demonstrate the speed of the selected combination however it is not yet confirmed. For now the focus is on racing as fast as possible from point A to point B.

Also the other day I rediscovered my old love – the single scull. I have done some miles in the single and I enjoyed it very much. It was only me, my boat and the water. Sometimes being a high performance athlete turns into a burden, responsibility and a hard work. This does not fuel results but bad performance. If that happens, it is important to take a step back and remind ourselves why we do it in the first place. Keep her lit!







## CYCLING NEWS

### NEW NAMES TAKE THE LEAGUE POINTS:

The 6th round of the Kerry Cycling Club's Summer League was hosted by the Tralee Cycling Club and took place over the Kilflyn circuit. Raced on one of the best nights of the summer the result was one of the most surprising of the series with the A3's and 4's taking the glory. Starting with a 3 minute advantage this group worked very well to keep the gap from the favourite's A1 and A2's group. One reason for this is that League leader John Brosnan and his Moda Kingdom Endurance teammates were happy to leave this group get away as they watched anyone who could trouble the man at the top of the table.

At the chequered flag Dingle Cycling Club's Ciaran Slattery took the win and the 10 points. Second was the Chain Gang's Stephen Reidy with unattached rider Pierce Brosnan in third. Host club Tralee CC had two riders in the top 6 with Robert McCarthy in 4th and Ger McCarthy in 6th. These were split by Tom Barrett from iBike who was 5th home.

Killarney CC's Pat Leane was the leading lady on the night.

### PATRICK WINS AHEAD OF DRAMATIC SPRINT:

On the night iBike's Patrick White took full advantage of a cat and mouse battle behind him too win very impressively. With Killarney's Eoin Blake and Tralee Manor West's David Fitzgerald locked in a titanic battle neither one wanted to give the other any racing advantage the duo matched each other until a final frantic sprint that would have graced the Tour de France. Blake got up by centimetres on the line and he now tops the League table by 1 point going into the last race.

### KIERAN CONTINUES HIS IMPRESSIVE PERFORMANCES:

Kieran Coggins continued his very impressive season in the under 14's and here he was by far the quickest in the category. Killarney CC's Eoghan Pathwell was second ahead of his club mate Oisín O'Connor. iBike's Sean Barrett and Eoin Moloney took the next two spots with Tadgh O'Shea from Killorglin CC in 6th.

**GIRLS TRIO:** Killarney CC's provided the first 3 home in the Girls section of the u14's. Saidhbh Murphy was the first home just ahead of Tara Kissane and Jaden Leane.

**BROTHERS ON BIKE'S:** Killarney CC's fastest brothers Patrick and Shane Galvin filled the top two spots in that order in the u12's race. Aona O'Shea from Killorglin CC was 3rd, Kingdom's Adam Lenihan 4th and Killarney CC's Lorcan Daly rounding out the top 5. Sarah McGrath was the fastest girl in the race.

**TIME TRIAL:** The final round of the Time Trials Summer League, run by iBike, takes place this Thursday night from 7pm at Ballycarthy. The date for the Time Trial County Championship will also be decided this week.

**DATE FOR THE DIARY:** The County Championship for the Road Racers will take place on August 22nd. Sliabh Luachra will be the host club with the action taking place

around Gneeveguilla. There will be more details in the coming weeks.

## GNEEVEGUILLA ATHLETIC CLUB:

**LOTTO:** No winner of lotto 24/07/2015, numbers drawn were 8, 19, 20 and 23. Next week's jackpot €12,000 plus €1,000 bonus.

**MUNSTER B CHAMPIONSHIPS:** Held in Ennis on Saturday last, Donal Daly was 2nd U14 shot, Jack Greaney 3rd U13 600m, Ciara Casey 3rd U11 Javelin, Sean Doody 3rd U14 long jump.

**ALL IRELAND MASTERS:** Held in Tullamore on Sunday, our Masters were again tops with Shelia O'Donoghue O45 1st in shot & Hammer, Annette O'Brien O40 1st in 100m, 1st in HJ, 2nd in LJ. Brid Stack O40 1st in 200m & 2nd in 100m. Norma O'Connor O45 1st in HJ & 2nd in LJ. Catherine O'Sullivan Moynihan 2nd in LJ and 3rd in 100m. Eileen O'Riordan O45 3rd in Hammer. The relay team of Annette, Brid, Shelia and Catherine won and set a new championship record.

**CAHERCIVEEN ROAD RACE:** Held on Saturday last saw Robert Purcell coming 2nd and Andrew Purcell 6th.

**SUMMER MILE SERIES:** The 2nd leg will be held in Fossa on Wednesday 29th at 7.30pm, registration in the Community Centre from 6.30 pm.

### RESULTS FROM THE BARRADUFF LEG:

Senior men 1st Tony Harty Riocht, 2nd Robert Purcell G/G, 3rd Simon Mangan G/G, 4th Andrew Purcell GG, 5th Donal Kelly Headford. O40 Seamus Murphy G/G, O45 P O'Keeffe, U10 Owen Kelly G/G, U11 Donal Burke Millstreet, U12 Aaron O'Keeffe Mallow, U13 Donal Daly GG, U14 Dara O'Leary, U16 Martin McCarthy Barraduff.

**LADIES RESULTS:** Senior – 1st Martina Kiely St. Finbarrs, 2nd Shauna O'Brien, 3rd Caroline McCarthy, 4th Caroline Murphy G/G, 5th Ursula O'Connor G/G. O35 Oipus Fitzgerald G/G, O40 Mary O'Connell G/G, O45 Patricia Barry, O50 Catherine Murphy, U16 Chloe O'Keeffe Mallow, U14 Orla Burke Millstreet, U13 Denise O'Shea Millstreet, U11 Brianna Gallahue Murphy, U10 Delia Foley.

## KILLARNEY RFC NEWS

**MUNSTER RUGBY SUMMER CAMP:** Last week, Munster Rugby held another hugely successful summer camp at the Killarney Community College. Over 60 children took part and the weather held up in the main to allow for a great week of rugby. On Tuesday, the RBS 6 Nations trophy visited the camp to the excitement of all the children and parents present. Many wonderful photos were taken and the children were delighted to see this VIP visitor and to get the chance to take photos with it. Then on Thursday, two Munster payers - Tomas O'Leary and Darren Sweetnam, visited the camp. There was a very interesting question and answer session with the players,

while all the kids got their shirts signed and got the photos taken with the players. The camp was a huge success, with some of our very own club coaches assisting during the week. The children had great fun and learned some great rugby skills in a fun environment.

**NEW PITCH AT AGHADOE:** Things are really taking shape up in our new pitch in Aghadoe. Our Senior squad have started training up there on Friday nights from 7:15pm. New players are more than welcome. Contact club captain Ger Moynihan on 087-1240365 for details. The Trim Trail is really taking shape with various pieces already up. Last Thursday Munster Rugby players Tomas O'Leary and Darren Sweetnam visited the pitch and were very impressed with the Trim Trail and the playing pitches. The posts have been painted and we are already planning a busy schedule for the new pitches. A Family Day is being planned for Sunday the 6th of September next, more details of which to follow over the next few weeks. There is a friendly match against Newbridge scheduled for the 15th of August, and we will be hosting all of the Kerry senior sides for the Moss Keane Senior Blitz on the 28th of August. A busy time ahead but we are thrilled that these events can take place at a pitch we can now call home!

**MEMBERSHIPS:** Killarney RFC membership subscriptions are now due for renewal ahead of the new season. In the 2014/2015 season Killarney RFC Launched the [www.myclubfinances.com](http://www.myclubfinances.com) membership package which allows membership to be paid online. This has been a great success and membership subs for the coming season are now due and can be paid through [www.myclubfinances.com](http://www.myclubfinances.com). We would ask everyone to please pay your membership for the forthcoming season through this website or by visiting [www.krfc.club](http://www.krfc.club). There are a number of options available from family memberships to minis to job seekers to student and payments can be made via direct debit etc. If you have any questions please contact Club Registrar Paul Murphy on 087-2676377 or Liam Murphy on 087-4145662

## KILLARNEY VALLEY AC

The Munster Juvenile Development Games took place in Ennis at the weekend and our two representatives at the competition had a great day out. Elizabeth Stack got a new PB in the U15 High Jump and won the Silver medal for her efforts while Ruth Courtney also U15 came home with two Bronze medals in the 100m and the Shot Putt. Congrats also to our Super Coach Bríd Stack who won two Gold and a Silver Medal in the 100, 200 and 4X100 Relay representing Gneeveguilla at the National Masters Championships that were held in Tullamore on Sunday.

A reminder to all athletes of our upcoming Mile Challenge Series that will be taking place during the month of August, culminating with a run with Sonia O'Sullivan on August 31st. Sonia will be coming to Killarney to help us launch the new club and is delighted to





DYLAN O'SULLIVAN, KILLARNEY VALLEY AC WHO FINISHED IN SECOND PLACE IN THE U19 HIGH JUMP AT THE RECENT NATIONAL CHAMPIONSHIPS IN TULLAMORE.

get the chance to run with our athletes in the Demense on the day of the launch and we are delighted that she is able to come and visit our club. So, the first night of group running will be on Wednesday August 5th at 6pm and every

Monday in August after that with the final run on Monday 31st.

Also, we are calling on all potential Minions to come out and support the Minion Gathering on August 2nd in the Gleneagle Hotel for the World record attempt to have the largest gathering of people dressed as minions. It will be a €5 single entry fee for the event and €20 family pass. For their fee, participants will have the option to take their photo with Replica trophies on entry, trophies including the Champions League. Plus live music and entertainment including Capoeira Nacao Pernambuco Kerry, Officially Tapped (All Ireland Champion Sean Ós dancing group), balloon making, Pet Road Show, Gleneagle BBQ and magician. There will also be a raffle and prizes to won for best dressed (prizes including Killarney Sports and Leisure Centre membership, hotel break and more). All proceeds going to the Micro Running Track in Killarney.

## KERRY PITCH & PUTT

There were a number of Top 10 finishes for Kerry players at the National Gents Strokeplay

Championships at the Cunnigar course in Dungarvan, Co Waterford last weekend. Damien Fleming of Deerpark finished sixth overall in the Senior event on Sunday with his 54 hole total of nine under par seeing him finishes six shots behind eventual winner John Walsh of Cork on 15 under par. Another Deerpark player, Conor McCarthy, was fourth overall in advance of the final 18 holes, however a final round of level par saw him having to make do with an eighth place finish overall on seven under par. Saturday Intermediate and Junior events saw good performances from Kerry players as well with Castleisland's James Dignan finishing fifth overall in the Intermediate event on three under par, eight shots behind the winning score of 11 under by Dubliner Damien Creevey. Deerpark's Michael Cronin was another Kerry player to make the playoff in this grade with his score of five over par seeing him finish joint 11th overall. In the Junior event meanwhile Castleisland's John Clifton finished eighth overall on eight over par, eight behind the winning score of level par by Paul O'Riordan from the host club.

## KILLARNEY CELTIC NOTES

**ANNIVERSARY:** Two years today we lost a great player, captain, and a great friend John Doyle. Anniversary Mass in Our Lady of Lourdes Church, Kilcummin this Friday, 31st July, at 7.30pm.

**STREET COLLECTION:** Our Annual Street Collection will be on Saturday, August 1st, and we are hoping that our long tradition of volunteers and support continues this year.

**MANAGERS WANTED:** Killarney Celtic are still seeking applications for managerial posts for the forthcoming 2015/16 season at all other grades. We field 24 teams across all competitive grades for men and women, plus full coaching programmes, including non-competitive blitzes, for Football For All and for U10, U9, U8, U7 and Soccer Tots. Please contact Pdraig Harnett at 087 9878983 or [patharnett16@gmail.com](mailto:patharnett16@gmail.com) or Mike Lyne at 086 0836356 if you can help out.

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

Girls teams will be under 12/14/16 and will start on Saturday, September 19th. The U12 Girls League will be 9 a side.

**SOCCER TOTS:** Our hugely popular Soccer Tots programme, to introduce children aged

from four to seven (born between 1/1/08 and 31/12/11) to the joys of soccer in a completely non-competitive, fun, friendly environment with expert coaches, continues this Thursday at 6.00pm. All welcome.

## RESULT: YOUTH LEAGUE FINAL: KILLARNEY CELTIC 3 ST. BRENDANS PARK 1

Park made the better start and Celtic could thank David Carroll for some great saves before Gareth Hickey Brosnan put them 1-0 up. An unruffled Celtic responded superbly as Cathal O'Shea picked out William Courtney with a great cross to level matters. Cathal hit the net himself to make it 2-1 and Stephen McCarthy added a third just before half-time. Both sides played exciting football in the second half but the scoreline remained unchanged and Celtic were crowned champions after a great season. Well done to all the players, management, and supporters who got behind the lads.

**LOTTO RESULTS:** Numbers drawn 3, 10, 17, 19. No winner. Next week's jackpot €2600, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or [jimmyosdarcy@gmail.com](mailto:jimmyosdarcy@gmail.com). Check out [www.killarneyceltic.com](http://www.killarneyceltic.com) for Killarney Celtic news, match reports, or photos.

## KILLARNEY ATHLETIC A.F.C. NOTES

**KILLARNEY ATHLETIC A.F.C. KILLARNEY CREDIT UNION 7 A SIDE TOURNAMENT 2015:** Please see main

feature for fixtures & results.

## 50TH ANNIVERSARY CELEBRATIONS

**TICKETS:** 5th September: Celebratory Dinner in the Dromhall Hotel. Tickets on sale now, to purchase please contact Michael O'Shea on 087 222 6185 or Don O'Donoghue on 086 123 4610.

**THE FOYLE CUP:** Well done to our under 19 team on taking part in the Foyle Cup in Derry last week.

**KERRY JUNIOR TEAM:** Congratulations & well done to Jeff O'Donoghue Jordan Kiely and the Kerry Junior team who beat Wexford last week in the Semi final. Best of luck in the final.

**WEDDING BELLS:** Best of luck to Damien McCormick our Secretary who is getting married to Mairead Moynihan on Saturday. Congratulations to Tadgh Kelly on his engagement to Nessa Driver.

**TESCOS COMMUNITY FUND:** A big thanks to Tesco's for their contribution to Killarney Athletic through the Tesco Community fund. It's much appreciated.

**CONDOLENCES:** Our thoughts will be with the club president and founder Dan Harrington in the coming week as he returns to West Cork to lay the final remains of his wife Monica to rest in Enniskeane. For further details contact Mike O'Sullivan at 0872727173.

Killarney Athletic Website: Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

Contact: If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or [mccarrickmary@hotmail.com](mailto:mccarrickmary@hotmail.com).



## WHISTLE BLOWS ON ANOTHER SUCCESSFUL 7-A-SIDE



TATLER TOFFEES PLAYERS ANDREW KENNEALLY, DAVID NEESON AND SHANE DOOLAN, WHO PLAYED IN ALL THREE IN A ROW PREMIER CUP VICTORIES IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

As yet another successful Killarney Athletic 7-A-Side tournament comes to a close, the organisers have issued a heartfelt thank you to everyone involved.

"Killarney Athletic A.F.C would like to thank our sponsors Killarney Credit Union, Scotts Hotel and all the teams who took part in the tournament and their Sponsors. A huge thank you to Colette Casey for the well run tournament and to all the committee who helped throughout. Also a word of thanks to the local media and photographers for their fantastic coverage of the tournament. This year was a tremendous success and we look forward to your support again for next year when we celebrate the 40th Anniversary of the tournament", a spokesman for the club told the Killarney Outlook.

### RESULTS: UNDER 14 FINAL:

#### LATE ENTRY 3 MAN CHEST HAIR 2

Nil all after half time and full time. Went to extra

time and still nothing could separate the teams. Although Dylan Murphy from Man Chest Hair was unlucky not to score as the ball hit the cross bar early on in the second half. Penalties then followed. Scorers for Late Entry were James Rusk, Darragh Lyne and Sean McGrath. The scorers for Man Chest Hair were Dylan Murphy and Paul O'Shea. Man of the Match was Mark Kelliher who had to dash off to play the under 16 final for Dyslexia United.

### UNDER 16 FINAL:

#### DYSLEXIA UNITED 2 GOGGIN UNITED 1

Cian Callaghan scored twice for Dyslexia United and Ethan Fleming scored for Goggin United. At half time it was 2 1 to Dyslexia United and this remained the full time score. Goggin United scored the first goal. Cian Callaghan received Young Player of the Tournament he received the the Johnny Heffernan Memorial Shield.

### RESERVE FINAL:

#### CURROW CITY 5

**TIM JONES BUTCHERS 2:** Scorers for Currow City were Mike McCarthy 1, Mike Hanifin 3 and Michael Cahill 1. Scorers for Tim Jones Butchers were John Doyle and Corey Doyle. Game was 1 all at half time but Currow City were too strong for Tim Jones Butchers and went on to score 4 goals. John Doyle from Tim Jones Butchers scored one of the goals of the tournament in the second half. Man of the Match went to John Doyle Tim Jones Butchers who received the trophy sponsored by Killarney Medals & Trophies.

### Wednesday 29th July

### OVER 35 FINAL:

#### FLEMINGS TAXIS 4 BUNKERS BAR 3

Nil all at the full time whistle and nothing could separate the sides at the end of extra time. Game went to penalties in a very competitive game. Man of the match was Cathal Bartlett from Flemings Taxis.

### SENIOR FINAL:

#### TATLER TOFFEES 3 SPEAKEASY BAR 2

The score was 3 nil to the Tatler Toffees at half time. Shane Doolan, Brian O'Reilly and Jamie Doolan scored for the Tatler Toffees. The Speakeasy came into the game in the second half and they scored 2 goals both by Shane Horgan one was from a penalty. A very exciting game that went down to the wire, with serious play from the Speakeasy. There was a good crowd attendance on a lovely sunny evening in Woodlawn. Player of the tournament was Mike Moloney who received the Kieran Cahillane Memorial Perpetual Trophy which is his 10 year anniversary next week.

A special presentation was made to Colette Casey for her continuous work in the organisation and commitment of the 7 A Side Tournament. Representatives from The Killarney Credit Union Stephen Darmody and Pat Delaney were on hand to present the trophies. The referees of the tournament were presented with a special memento medal for their hard work throughout the tournament.



CIAN CALLAGHAN, CAPTAIN OF THE DYSLEXIA UTD TEAM, WINNERS OF THE U-16 COMPETITION IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT, RECEIVES THE THE JOHNNY HEFFERNAN MEMORIAL SHIELD FOR THE PLAYER OF THE TOURNAMENT AWARD FROM ATHLETIC VICE-CHAIRMAN DON O'DONOGHUE, KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AND KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



JOHN O'BRIEN IS HONOURD FOR HIS SUPPORT FROM KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA AND VICE CHAIRMAN DON O'DONOGHUE AT THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT.

PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



KILLARNEY ATHLETIC OFFICER COLETTE CASEY IS HONOURD FOR HER DEDICATION TO THE 7-A-SIDE FROM KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA, RIGHT, AND VICE CHAIRMAN DON O'DONOGHUE AT THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).





THE FLEMINGS TAXIS TEAM, WINNERS OF THE OVER 35 COMPETITION IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION OFFICIALS PAT DELANEY AND STEPHEN DARMODY, KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA AND ATHLETIC OFFICERS DON O'DONOGHUE AND COLETTE CASEY.  
PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



CURROW CITY CAPTAIN MIKE CAHILL AND TEAMMATES, WINNERS OF THE RESERVE CUP COMPETITION IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY, KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA AND ATHLETIC OFFICERS DON O'DONOGHUE AND COLETTE CASEY.  
PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



THE TATLER TOFFEEES TEAM, WINNERS OF THE PREMIER COMPETITION IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION OFFICIALS PAT DELANEY AND STEPHEN DARMODY, KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA AND ATHLETIC OFFICERS DON O'DONOGHUE AND COLETTE CASEY.  
PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



THE DYSLEXIA UTD TEAM, WINNERS OF THE U-16 COMPETITION IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. INCLUDED ARE KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY, KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA AND ATHLETIC VICE-CHAIRMAN DON O'DONOGHUE.  
PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



JOHN DOYLE, TIM JONES BUTCHERS, RECEIVES THE RESERVE CUP MAN OF THE MATCH AWARD FROM TOM TOBIN, KILLARNEY MEDALS AND TROPHIES AND KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY AT THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT.  
PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



MARK KELLIHER OF THE LATE ENTRY TEAM, WINNERS OF THE U-14 COMPETITION IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT, RECEIVES THE MAN OF THE MATCH AWARD FROM KILLARNEY CREDIT UNION CHAIRMAN PAT DELANEY. ON LEFT IS KILLARNEY ATHLETIC CHAIRMAN MIKE O'SHEA AND ON RIGHT IS CLUB OFFICER COLETTE CASEY.  
PICTURE: EAMONN KEOGH (MACMONAGLE.COM)







SEAN O'SHEA (SEATED CENTRE) PRESENTING THE FIRST PRIZE IN THE MAUREEN O'SHEA MEMORIAL CUP TO WINNER CHRISTINE CARROLL WITH (FRONT FROM LEFT) CIAN O'SHEA, LILY FOGARTY, FIONN AND DARAGH O'SHEA (SEATED FROM LEFT) MAIREAD COURTNEY 2ND, JOHN O'SHEA, PATSY HANLEY LADY CAPTAIN (BACK FROM LEFT) AMY ARTHUR BEST GROSS, LORRAINE O'SHEA, AIDEN, BELLE AND DEIRDRE O'SHEA FOGARTY, JACK O'SHEA, KIANAN O'DOHERTY, LINDA O'SHEA O'DOHERTY, AOIBHE O'DOHERTY, BERNARD O'SHEA, MARGARET O'DONOGHUE 4TH AND EIMEAR O'DONNELL 5TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.

## CASTLEROSSE GOLF CLUB

**RESULTS: COMPETITION PLAYED ON SUNDAY 26TH JULY.** Winner; Chris Myers (18) 42 pts, Runner-up Steve Shine (18) 41pts, Overall 3rd place Roger O'Sullivan (14) 41pts.  
**RESULTS, 3 PERSON MIXED SCRAMBLE PLAYED ON TUESDAY 21ST JULY.** Best net return, Daniel Shine, Eoin O'Connell & Mary Tobin.

**FIXTURES:** Weekend competition 18 hole stableford, please register on time sheet at Castlerosse.  
Scramble 9 hole competition continue each Tuesday at 6.30pm. Open to Ladies and Gents.  
Away day to Killorglin Golf Club, Saturday 1st August, Ladies and Gents competitions.

## RING OF KERRY GOLF CLUB

**RESULTS: 26TH JULY  
MEMBERS JULY MEDAL**

1st: Jason Taylor (25) Nett 65.  
2nd Michael Kirby (15) 68.  
3rd Eamonn O'Driscoll (5) 69.  
Back 9 Stableford event - Jason Taylor 21pts.  
**TUESDAY 21ST OPEN SINGLES**  
1st Michael Kirby (15) 37pts.

**CONGRATULATIONS:** To the Ring of Kerry Golf Club Dr Billy O'Sullivan team for defeating Castleisland Golf Club at the weekend. The team now move on to the semi-final stages at Castlegregory golf links to play local neighbours Kenmare.

**UP COMING EVENTS:** Friday 31st - Monday 3rd August. Singles Stableford GOTY and a 2-Person Scramble event.  
Enter either competition over the weekend.

## KILLORGLIN GOLF CLUB

**LADIES: LADY CAPTAIN PHIL ANNE FOLEY'S CAPTAIN'S PRIZE: 18 HOLE STROKE:**

1. Maura O'Boyle (26) 64 nett. 2. Eileen Devane (26) 67 nett. 3. Emma Daly (21) 69 nett. Front 9: Agnes Carey 34.5. Back 9: Ann Walker 33 nett. 32-36 H/C: Betty Griffin 71 nett. Past

Captain Jenny Pigott 70 nett. Guest: Noreen O'Callaghan 38 pts. **MEN'S 9 HOLE:** Sean McNamara (10) 20 pts. **18 HOLE STABLEFORD SPONSORED BY MACBEE'S:** 1. Maura O'Boyle (27) 44 pts. 2. Emma Daly (21) 40 pts. 3. Mary Conway (30) 38 pts.

**FIXTURE:** 18 Hole Stroke sponsored by Heartwork Gifts can be played Saturday 1st/ Sunday 2nd/Tuesday 4th. Play either day and arrange.

12 Hole re-entry Stableford sponsored by Handicap Secretary Coral Kiely finishes Saturday 1st August. Next 12 Hole Stableford sponsored by Peter Keane Supervalu starts Sunday 2nd August. Open to Green Fees.

**SILVER SWANS: 21/07/2015:** 1. Mary Conway (29) 27-4/23pts. 2. Kitty Galvin (27) 23pts.

## BUNKERS BAR & RESTAURANT GOLF SOCIETY

**SECOND ROUND OF 9 HOLES: 9 HOLE STABLEFORD AT ROSS GOLF CLUB: MEN'S WINNER:** Enda Curtayne. **LADIES WINNER:** Ann Walker. **9 HOLE STABLEFORD AT CASTLEROSSE GOLF CLUB:** Men's Winner: Jacko Foley. **LADIES WINNER:** Nuala McNery. **9 HOLE STABLEFORD AT BEAUFORT:** Men's Winner: Sean Sheahan 23 pts. **LADIES WINNER:** Betty Griffin 22pts. Third and final round is back to the Ross Golf Club on Wednesday 29th July, Castlerosse Golf Club on Wednesday 5th August and Beaufort Golf Club on Wednesday 19th August.

## KILLORGLIN GOLF CLUB

**MENS COMPETITION 26/07/2015  
SUMMER MEDAL SPONSORED BY OWENS MCCARTHY CLAIMS SPECIALISTS**

1st Denis Dennehy 66 nett.  
2nd Pa Callaghan 67 nett.  
3rd Jason McCormack 68 nett.  
Gross John McCarthy 76 gross.  
4th Moss Joy 68 nett.  
Senior Tommy Murphy 69 nett.

## 12 HOLE COMPETITION

1st John McCarthy 31 pts.

## ROSS GOLF CLUB

**LADIES RESULTS:** Saturday 25th July 18Hole Single Stableford Kindly Sponsored by Han Linehan. 1st Lisa Kerfoot (15) 39pts. Upcoming Events: Sunday 2nd August 18Hole Stoke, Club Sponsored.

## ROSS GOLF CLUB

**GENTS RESULTS AND FIXTURES:**

**RESULTS:** On Sunday July 26th Captain Denis Cronin held his Captain Prize. We had a very large turnout on the day and the scoring was very tight. The good day's golf was followed by an even better social evening with the presentation of prizes, a fabulous meal and lots of caint, ceol agus craic.

**THE WINNERS WERE:**

1. Thomas O'Regan (12) 65.  
2. Donnagh Moynihan (11) 67.  
Best Gross. Mike Brosnan 83.  
3. Virginijus Jonikaitis (20) 67.

4. Denis Lucey (20) 67.  
5. Maurice O'Shea (15) 70.  
6. Tom Coleman (17) 70.  
7. Sean O'Connor (20) 71.  
8. Jim Morris (22) 71.

FN. Tadhg McCarthy.  
BN. Gerry Falvey.  
Past Captain Andy Goulding.  
Guest James Coughlan.

**FIXTURES:** On Sunday August 2nd we will hold a single stableford competition. The timesheet is now available in the clubhouse so please add your name to is as soon as possible.

**BEST OF LUCK:** To our Country Clubs team who will take on Lismore in Catlegregory in the Munster semi final of that competition next week.

**A JUNIOR GOLF CAMP:** Will be held in the Ross GC on 5th and 6th August from 10.30 am - 3.30 pm for ages 6 - 13. The cost will be €59 inc lunch. For more information please call Mark Heinemann, PGA Professional on 087 2209663.

## KILLARNEY GOLF CLUB

**LADIES**

**By Eileen Tarrant, PRO**

**RESULTS OF COMPETITION SUNDAY 26TH JULY, 2015, MAUREEN O'SHEA MEMORIAL TROPHY - MAHONYS POINT-STROKE.**

1st Christine Carroll (12) 67 (bk9).  
2nd Mairead Courtney (18) 67.  
3rd Nuala Meade (21) 68.  
BG Amy Arthur (7) 76.  
4th Margaret O'Donoghue (19) 69.  
5th Eimear O'Donnell (8) 70.  
CSS 70

Next Sundays competition is Michael Quirke's Captains prize to the Ladies, Mahonys- stroke.

## DEERPARK PITCH & PUTT

**NATIONAL SCRATCH CUP:** Deerpark members turned in creditable performances at the National Scratch Cup final in Dungarvan at thy weekend with Michael Cronin making it to



the final 18 holes in the Intermediate grade, while Damian Fleming finished 6th and Conor McCarthy 10th in senior grade.

**WEDNESDAY EVENING FOURBALL:** Winners on last Wednesday were Ger Casey and Michael O'Connor Gross and Luke Ring and Mike Foley Nett

**SPORTS PREDICTOR RESULTS:** Deerpark Sports Predictor came to a close last weekend. The Leaderboard very close going into the last couple of events. However it was Monaghan who claimed the Ulster crown that split the field and gave us clear prize winners. Winner of this year's event was Mike O'Connor Kilgobnet Beaufort. In second place Niall Lynch Donegal (formerly Lewis Road) while Sean Kelly Deerpark took the third prize. We wish to thank all who supported this year's event.

**SENIORS OUTINGS:** Next senior's outing will be to GlenEagle on Wednesday August 5th and to Newmarket on September 3rd. Items for weekly notes can be forwarded to PRO at kellydoolan@eircom.net Landline 064-6632698 Mobile 086-3941769 by midday on Monday.

**MURPHYS BAR GOLF SOCIETY**  
**CAPTAINS PRIZE EOGHAN DONNELLAN KILLEEN, SATURDAY 25TH JULY 2015**



AT THE PRESENTATION OF PRIZES OF THE FITZGERALD STADIUM ANNUAL GOLF CLASSIC IN THE KILLARNEY AVENUE HOTEL FOLLOWING THE EVENT AT MAHONY'S POINT, KILLARNEY ON FRIDAY WERE THE CROSS REFRIGERATION /TEAM HOWARD, SECOND PLACE OVERALL. FROM LEFT ARE MICHAEL HOWARD, PATRICK HOWARD, MIKE HOWARD, HELEN HOWARD, DER BROSNAN, (FITZGERALD STADIUM COMMITTEE CHAIRMAN), TIM RYAN (EAST KERRY BOARD CHAIRMAN, SPONSOR) AND JOHN LENIHAN PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

Winner: Alan Flynn (9) 40 Points.  
2nd Gerry Adams (6) 36 Points.  
3rd Daniel Cronin (11) 35 Points.  
Best Gross: Pat Cussen (5) 21 Points.  
4th Chris Collins (9) 34 Points.  
5th Vincent O'Doherty (26) 34 Points.  
6th Brendan Keogh (8) 33 Points.  
Front Nine: Mark Coffey (18) 21 Points.  
Back Nine: Sean Goulding (11) 19 Points.

Category 18: Seamus McCarthy (19) 32 Points.  
Guest: Steven O'Connor (13) 36 Points.  
Past Captain Gerry Adams (6) 36 Points.  
**MATCH PLAY SEMI FINALS DRAW**  
Jimmy Smith V Johnathan Casey.  
James Curran V Conor Mc Neice.  
**NEXT OUTING:** 7th November, Waterville.



AT THE PRESENTATION OF PRIZES OF THE FITZGERALD STADIUM ANNUAL GOLF CLASSIC IN THE KILLARNEY AVENUE HOTEL FOLLOWING THE EVENT AT MAHONY'S POINT, KILLARNEY ON FRIDAY WERE FROM LEFT, KEVIN CRONIN, NIALL BROSNAN (CAPTAIN OF THE WINNING NIAL AND EOIN BROSNAN SOLICITORS TEAM), DER BROSNAN, (FITZGERALD STADIUM COMMITTEE CHAIRMAN), TIM RYAN (EAST KERRY BOARD CHAIRMAN, SPONSOR), BRENDAN CRONIN AND DONAL BROSNAN. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



AT THE PRESENTATION OF PRIZES OF THE FITZGERALD STADIUM ANNUAL GOLF CLASSIC IN THE KILLARNEY AVENUE HOTEL FOLLOWING THE EVENT AT MAHONY'S POINT, KILLARNEY ON FRIDAY WERE THE BEAUFORT BAR TEAM, THIRD PLACE OVERALL. FROM LEFT ARE JOHN LENIHAN, KEN O'SULLIVAN, EAMON O'SULLIVAN, DER BROSNAN, (FITZGERALD STADIUM COMMITTEE CHAIRMAN), TIM RYAN (EAST KERRY BOARD CHAIRMAN, SPONSOR), TONY NOLAN AND JOEY SHEEHAN. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



AT THE PRESENTATION OF PRIZES OF THE FITZGERALD STADIUM ANNUAL GOLF CLASSIC IN THE KILLARNEY AVENUE HOTEL FOLLOWING THE EVENT AT MAHONY'S POINT, KILLARNEY ON FRIDAY WERE FROM LEFT, DENIS O'NEILL, COLM FOLEY, DER BROSNAN, (FITZGERALD STADIUM COMMITTEE CHAIRMAN), JOHN LENIHAN, KEN O'SULLIVAN AND TIM RYAN (EAST KERRY BOARD CHAIRMAN, SPONSOR). PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



AT THE PRESENTATION OF PRIZES OF THE FITZGERALD STADIUM ANNUAL GOLF CLASSIC IN THE KILLARNEY AVENUE HOTEL FOLLOWING THE EVENT AT MAHONY'S POINT, KILLARNEY ON FRIDAY WERE FROM LEFT, BRIAN MORIARTY, DONIE REEN, MIKE MURPHY, COLM FOLEY AND DER BROSNAN, (FITZGERALD STADIUM COMMITTEE CHAIRMAN). PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



## Tommys Farming Week

The weather of 2015 to date has not been very exciting. No dramatic storms, cold snaps or floods, no droughts and no extreme heat. Possibly that should read no heat at all but that would not be quite true. There was that week in April and the few days in June. The biggest disappointment was tennis week in Wimbledon, from Cork to London the sun shone brightly, but Kerry had to be content with the odd ray working its way through the mist. The country as a whole is below normal, temperature wise, stations only hit average in April, the other five months were below normal, by up to 1.5 degrees on some months. Still, the old saying that "a good start is half the work", is evident on the farming scene. April set us up for a good grazing season, above average grass growth and dry soils sustained us through the wet May and dull summer to date. Grass growth is almost a tonne per hectare greater than average and opportunities to harvest have presented themselves on enough occasions to satisfy most farmers. The year is still young, still time for a taste of that mediterranean style summer, our climate gurus promised all those years ago but it would want to arrive soon.

I couldn't help being struck by the contrast in Dairy farmer fortunes and how both resulted in the same action this last week. In New England, USA, farmers and processors were dumping milk because there was no available capacity to process it while European farmers were dumping milk because they were losing money producing it. The images from Brussels were dramatic and more militant than I have ever seen in that city. Milk being sprayed at force into a cordon of policemen and government buildings, a "thousand tractors" parading through the streets and an anger that was

palpable, created scenes more akin to France than the Low Countries. Typical European costs of production are running at 40 cents a litre, so a price of 26 cents a litre is pretty hard to stomach. Ironically Teagasc issued their assessment of 2013 Irish farm costs just this week and our dairy farmers averaged cost of production came in at 26 cents a litre, with no allowance for the farmers labour or that of his family. Luckily the good grass year and carry over from last year, will help to limit costs some little bit but the lack of income will be felt throughout the country. The price reduction effectively removes half a billion euro from rural Ireland in one year and the generation of commerce that money creates is worth approximately one and a half billion to the smaller towns of Ireland.

So, what exactly is happening in the US, output is at an all time high and price is not falling far enough to limit production. A price equivalent to 34 euro cent per litre is still being paid, record Alfalfa and corn yields and lower energy prices have dropped their production cost per litre, meaning that production across most of the country is still profitable. Capacity to process however is not there so farmers are dumping excess milk in slurry tanks. Meanwhile milk price in New Zealand has fallen to a new low of 17 euro cent this month. The global market is not so global after all.

## MACRA MATTERS

### LOUISE IS REPRESENTING KERRY MACRA IN THE 44th INTERNATIONAL MISS MACRA

Louise Flynn is 20 years of age and is from Keel, Castlemaine. She is a healthcare assistant and is currently working in Ashborough Lodge nursing home in Milltown. She lives on the family farm with her parents and three sisters. Louise has been a member of Mid-Kerry Macra for the last four years. She is currently one of the pro's for mid Kerry Macra and is secretary for Kerry Macra. Louise loves working on the farm and enjoys walking and Zumba.

The final of Miss Macra takes place in Dundrum Co. Tipperary on the 31 st of July until the 2 nd of August. The weekend will include touring Clonoulty/Rossmore, private interviews on Saturday with the judges and on stage interviews Saturday night. On Sunday there will be a sports day and a gala banquet. It's going to be a great experience for me and I'm really looking for the weekend.

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**Miriam Kelly on 066 7141099 or 087 9842234**

**Email: Miriam@frskerry.ie**







# FOCUS ON DRIVER FATIGUE OVER AUGUST BANK HOLIDAY WEEKEND

The Road Safety Authority (RSA) and An Garda Síochána are urging drivers to wake up to the dangers of driver fatigue as figures show that over the past five years (2010 to 2014), 12 people have been killed and 27 people have been seriously injured on Irish roads over the August Bank Holiday weekend. It is estimated that driver fatigue is a contributory factor in as many as 1 in 5 driver deaths in Ireland every year. Furthermore, tiredness-related collisions are 3 times more likely to be fatal or result in a serious injury because of the high impact speed and lack of avoiding action. A survey\* of drivers' attitudes to driver fatigue conducted by the RSA in 2014 revealed that over 1 in 10 motorists have fallen asleep at the wheel. The survey also found that motorists who drive as part of their work, and motorists who admit to driving after taking any amount of alcohol, had a higher than average incidence of falling asleep at the wheel (almost 1 in 5 fell asleep at the wheel).

Ms Moyagh Murdock, Chief Executive of the Road Safety Authority said:

"Bank holiday weekends are more dangerous than others, simply because there are more people on the road who are travelling longer distances than normal. Because of this, we need to adjust our behaviour on the roads and take the necessary precautions. Factor breaks into your journey, particularly if you are travelling with children. Make sure you are well rested

before you take to the roads and if you begin to feel tired, pull over, take a 15 to 20 minute nap, followed by a cup of coffee and some fresh air. This should allow you to continue driving for another hour or so."

Chief Superintendent Mark Curran, Garda National Traffic Bureau added:

"Since 2010, 39 people have been killed and seriously injured on our roads over the August Bank Holiday weekend. Driver fatigue is the silent killer on our roads, particularly when people are travelling long distances. We all need to be wary of being weary. An Garda Síochána will be out in force over the bank holiday weekend to address all aspects of road traffic enforcement with a particular emphasis on high risk, irresponsible behaviour. Last August bank holiday Gardai dealt with 160 drink drivers, over 2,700 speeders, over 200 drivers holding a mobile a phone whilst driving and over 150 drivers not wearing a safety belt." Chief Superintendent Curran continued:-

"Although this year shows a very welcome reduction in road deaths and persons seriously injured, none of us can be complacent. So please, drive with caution, and share the roads responsibly and safely."

Ms Murdock continued:-

"This year, we are partnering with Applegreen again on our Driver Reviver campaign where drivers can get a free cup of coffee at any of the participating Applegreen stations. I would

urge all drivers to plan their journeys with this in mind and don't try to fight sleep at the wheel. Turning the radio up or opening the window will not cure tiredness. The only cure for tiredness is sleep." Applegreen will provide free cups of coffee to drivers at 15 participating service stations. The campaign will run between 2pm and 8pm on the Friday and Monday of the bank holiday weekend. All drivers need to do is mention 'RSA' to the till operator to receive a free cup of coffee.

The RSA and An Garda Síochána have the following advice for tired drivers:

- Stop, park in a safe place and take a nap for 15 minutes (set your mobile phone alarm). This is the most important tactic.
- To really make the most of the break, take a caffeine drink before the nap (150mg of caffeine e.g. 2 cups of coffee). After the nap, the caffeine should have started to take effect.
- Then get some fresh air and stretch your legs for a few minutes.
- By following all of the above advice you should be able to drive for another hour or so.

Next week, the RSA will launch its first TV-led advertising campaign to raise awareness of the dangers of driver fatigue. The campaign will provide motorists with advice on what to do if they begin to feel tired while they are driving. More information on driver fatigue is available at [www.rsa.ie](http://www.rsa.ie)



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## Kerry ETB Training Centre



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

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

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24<sup>th</sup> August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

### Java Associate Course (ET0R7) - Tralee.

This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn to develop applications in Java. **Start Date:** 7<sup>th</sup> September 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

### Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Killarney.

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

### Computer Applications and Office Skills Course (ET430) - Tralee Training Centre.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration, computer applications, payroll and accounting. It's focused on enabling participants to gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 7<sup>th</sup> September 2015. **Duration:** 44 weeks. **Certification:** City & Guilds and FETAC Certificates.

### Medical Administration Traineeship (TRS08) - Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as medical secretaries, administrators or receptionists. It covers all the main administration tasks carried out in medical practices, hospitals, clinics and medical companies. **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

### Accounting Technician of Ireland - First Year (ET214) - Tralee Training Centre.

This course comprises year one of the two year Diploma for Accounting Technicians. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 38 weeks. **Certification:** First Year Certificate for Accounting Technicians

### Accounting Technician of Ireland - Second Year (ET21R) - Tralee.

This course comprises year two of the two year Diploma for Accounting Technicians. It covers Advanced Financial Accounting, Advanced Taxation, Management Accounting and Integrated Accounting Systems (IAS). **Start Date:** 14<sup>th</sup> September 2015. **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.

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

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

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

This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 5<sup>th</sup> October 2015. **Duration:** 50 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

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

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Date:** 12<sup>th</sup> October 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

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

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

For further information, testimonials and application details visit our new website at

**[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie)**

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

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Monavalley Industrial Estate, Tralee,

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2ND - 7TH OCTOBER 2015

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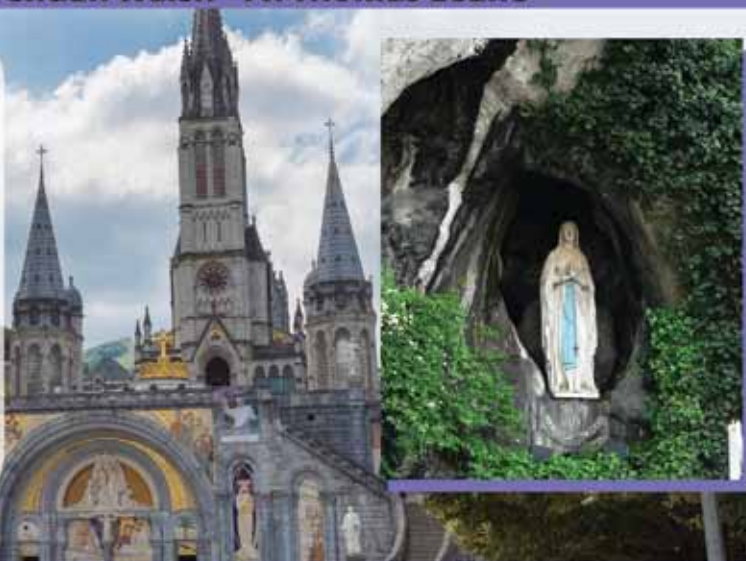
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## FOSSA

### FOSSA GAA: LOTTO 26TH JULY 2015:

Numbers drawn were 8, 17, 21, 26. There was no Jackpot winner and next weeks Jackpot will be €12,150. Next draw takes place on Sunday night 2nd August at 11pm in the Golden Nuggett.

**SENIORS:** Our seniors had a very good and crucially important win against Furies in Round 8 of the County League on Sunday in Farrenfore. Fossa started the game well and Tadhg O'Shea had 1-03 scored in the first 15 minutes which laid the platform for this victory. Further points from Paudie Clifford and Chris Myers had Fossa leading 1-06 to 1-03 at half time. They kept the pressure on Furies in the second half and even though they were against the wind in this period they continued to keep the scoreboard ticking over with 2 points from the excellent Dara Rice and with further points from Tadhg O'Shea and Paudie Clifford, who both had tremendous games, they sealed a great win on a scoreline of 1-11 to 1-07.

**JUNIORS:** Fossa played Furies in the O'Sullivan cup on Tuesday evening in Fossa. The home side started this game in whirlwind fashion and very quickly built up a commanding lead with points from Donald O'Sullivan, Lorcan Daly, Michael O'Keeffe and a goal from Chris Myers. Fossa were looking good at this stage and were playing great football but gradually Furies got themselves back into the game with

the dangerous Niall McCarthy kicking two points. However Tadhg O'Shea replied with 3 unanswered points for Fossa before James O'Donoghue struck for a goal for Furies almost on the stroke of half time. This left the interval score at Fossa 1-09, Furies 1-03 and the home side looked to be in complete control. Furies upped the ante in the second half and reeled of 4 quick points through Padraig De Bruin and Niall McCarthy. Fossa kept the scoreboard ticking with points from Bryan Myers and two from Lorcan Daly and two great saves from Alec Rennie in goals kept Fossa in this game. Con O'Mahoney drove Furies on and Mike Daly kicked two points before they won a penalty which was slotted home by Connall Murphy. Fossa replied with a great goal from the impressive Chris Myers and he followed it up with a point but Furies struck with a goal from Shane O'Donoghue close to the end to seal the win. It was a very entertaining game of football but Fossa will be disappointed to lose on their home patch. Final score Fossa 2-14, Furies 4-10.

**LADIES FOOTBALL:** The Fossa Senior ladies were very unlucky to be defeated by Currow in the Junior County Championship on Tuesday evening losing by 3 pts, 4-05 to 2-08, they gave it their all but just came up short in the end in what was a very entertaining game.

**MINORS:** Unfortunately our minors were well beaten by Scart/Cordal on Thursday evening in

the East Kerry league.

**CONGRATULATIONS:** Well done to Paudie Clifford who was part of the Kerry Junior panel who defeated Wexford in the All-Ireland final last Saturday.

**U-16'S:** The U-16 team lost to Rathmore in the County League on a scoreline of 2-15 to 2-09.

**FOSSA COMMUNITY CENTRE:** Volunteers urgently needed to help with the running of the community centre. If you would like to help with a specific task or become a member of the committee please contact any of the following, Derek 086 389 5142, David 086 323 9148, Eileen 087 628 4053, Billy 064 6644391, Tim 087 241 3116. If help is not forthcoming we may be faced with the situation whereby this fine facility may have to be closed.

**ASTROTURF ALL WEATHER PITCH:** All weather pitch at Fossa National School. Opening hours Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

**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.

## KILCUMMIN NOTES

**BEST WISHES:** As we bid farewell and send our best wishes to Fr. Joe Begley as he begins his new pastoral duties in Dingle, we would like to extend a Céad Míle Fáilte to Fr. John Lucid as our new Parish Priest.

**KILCUMMIN LOOKING GOOD:** We are asking all residents to make a special effort to keep the area outside their own homes litter and weed free. Meeting in the village continues every Wednesday night between 7.00pm and 8.00pm.

**CEMETERY MASS:** Old Kilcummin Cemetery Mass on Wednesday 5th August at 8pm.

**YOUTH 2000 SUMMER FESTIVAL:** Youth 2000 Summer Festival, Cistercian College, Roscrea, Co. Tipperary, 13th – 16th August 2015. For young people aged 16 – 35, an opportunity not to be missed to experience the Catholic faith and meet many new people, with over 1000 young people from all corners of Ireland attending last year. The festival is donation only. Free buses available from all around Ireland. For more info. and to book online, see [www.youth2000.ie](http://www.youth2000.ie) or phone 01 6753690.

**GNEEVEGUILLA ATHLETIC CLUB:** The Gneeveguilla Athletic Club are presently holding a summer 1 mile series of road races. The first one was in Barraduff last Wednesday evening where Tony Harty of Riocht was winner of the men's race and Martina Kiely of St Finbars Cork, the lady winner. The 2nd race takes place in Fossa this coming Wednesday evening

7.30pm start. Assembly the Community Centre. The 3rd leg is in Knocknagree on August 5th Assembly Fairfield Tavern 7.30pm start. The 4th and final leg is in Gneeveguilla on August 12th at 7pm. There will be race Headquarters in the G.A.A. Complex where all prizes will be given out. Last 3 legs out of four to get a prize. A.A.1. Permit granted. Prize giving night after 4th leg. After race assemble at G.A.A. Club for prize giving and refreshments. Entry fee €5 per race or €15 for the lot payable on race 1. Phone Tom Joe O'Donoghue 087-9339087/Nora Flynn 087-7684595

**KILCUMMIN GAA: GOLF CLASSIC:** Beaufort golf Club on September 12th. Teams of 3 for €120. Please contact Muiris in Post Office for tee times. To sponsor a team or tee box please contact any club officer.

**CREDIT UNION CO LEAGUE:** Kerins O'Rahillys proved too strong on Sunday last and had an easy 13 pts victory over our senior team. A huge concerted effort is needed to avoid relegation to Division 2 with just three games remaining.

**SENIOR LADIES:** Senior Ladies play Fossa in the Mary Jo Curran cup at home at 7.30pm on 31st July.

**HURLING COACHING:** GAA Club Hurling Coaching for under 6 to under 12s on the next few Thursdays at Legion GAA grounds at 6pm. All equipment supplied. Contact Garry at 087 2884478

**MASTERGEEHA FC:** There was no winner on

Friday 25th July. Numbers drawn were 10, 16, 19, 21. Consolation prizes were €100 Agnes Gleeson, Mountrodger, Gneeveguilla, €60 Tim Foley, Barleymount €30 John & Margaret Lenihan, Inchicullane, €30 Benny Heffernan, Glounonea, Kilcummin €30 Katie Cahill, c/o Kilcummin PO. Jackpot now €4350.

### MASTERGEEHA FC

#### U17 LEAGUE FINAL MASTERGEEHA 2

**FENIT 0:** Mastergeeha were crowned league champions on Sunday afternoon with a deserved victory over Fenit. In an even game Mastergeeha took the lead in the 20th minute when Sean Twomey scored following cross from Gearoid Kerins. After this Mastergeeha created some good chances with Patrick Warren and Brian Friel going close. In the second half Mastergeeha defended well and went close in the 60th minute when Paul O'Connor had a shot saved. With 10 minutes remaining Mastergeeha scored the second goal when Padraig O'Connor passed to Patrick Warren who crossed with Paul O'Connor finishing well. On the day and throughout the season Mastergeeha boys were excellent and deserved to be League Winner. Well done to all involved after a long hard season it is magnificent achievement for this squad of players and management.

**APPRECIATION:** Many thanks to Mike and John Devane for the kind sponsorship of socks and shorts for the U17 panel for the league final.





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## 20% OFF All Plants and Containers

Reductions on Garden Furniture & BBQ

**CALL IN TO SEE OUR HORTICULTURISTS TRISH & JER FOR ALL YOUR GARDEN ADVICE.**

### This Weeks Gardening Tips

1. To get Blue Hydrangeas next year apply a Hydrangea Colourant
2. Trim hedges of Laurel, Escallonia, Beech and Griselinia
3. Harvest Onions, Shallots & Garlic once they have turned brown and Papery
4. Cut and Freeze Herbs.
5. Continue to dead head Summer Bedding Plants & feed every 10 days with Miracle Gro Tomato food.

## LAVIN PLANT HIRE

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A Track Machine, Rock Breaker, Tractor, Stone Rake & Power Harrow.

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Tiernaboul, Killarney




## BEAUFORT NOTES

**PILGRIMAGE TO KNOCK:** A most sincere thanks to Milltown-Listry Pioneer Centre who organised the recent very successful trip to Knock. Special thanks to Margaret Sweeney and to Michael and Bernadette Foley who were most helpful. Thanks also to the media.

**BEAUFORT PARISH PASTORAL COUNCIL:** Will host a farewell presentation function for Fr. Donal on Thursday 13th August at Kate Kearney's Cottage commencing at 8.30 pm. Contributions towards the presentation can be handed to Peggy Walsh, Peggy Lynch or to any member of the Pastoral Council on or before Sunday 9th August. If other groups or organisations in the parish wish to make presentations to Fr. Donal, they will be most welcome to do so on the night. Finger food and refreshments will be served and we hope to round off the evening with some music and entertainment. The Parish Pastoral Council wishes Fr. Donal good health and the best of luck in his new post as chaplain to I.T. Tralee and we look forward to giving him a memorable send off at Kate Kearney's on Thursday 13th August. Everybody welcome.



HIPSTER STYLE SET DANCING TO SEAMUS BEGLEY AND JIM MURRAY AT THE IRELAND FOLKFEST AT THE INEC, KILLARNEY AT THE WEEKEND.

PHOTO: VALERIE O'SULLIVAN.

## IF YOU HAVE A STORY...

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



## RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

### ST. JOSEPH'S DAY CARE CENTRE

**RATHMORE:** Would like to say a sincere thank you to all who helped organise our recent Coffee Morning and Cake Sale in aid of Cancer Care Services which raised €3,795.00.

We would especially like to thank everyone who did baking, supplied daffodils, supported on the day, made donations or helped in any other way to make it a wonderful success

Thanks also to those who sponsored spot prizes for the Raffle. The following is the result of the Raffle: Hamper: Abbie Sheahan. O'Keeffe's Rathmore Voucher: Denny Sweeney. Sugar Cafe Restaurant: Rose O'Brien. Denis Hickey Voucher: Eileen Kelly. Hair Wise – Mary Dilworth. Voucher: Peggy Herlihy. Marks & Spencer's Voucher: Joan Collins. Killarney Crystal Candlesticks: Lisa Fleming.

Winner of "Guess the Name of the Doll":

Mary Buckley, Knocknacopple, Rathmore.

### A HUGE THANK YOU FROM FR. KEVIN MCNAMARA:

"I cannot express my immense gratitude to each and everyone of you who made my last Mass in Gneeveguilla and the party, celebrations and presentations in the GAA Hall afterwards such an incredible and fantastic success. Your generosity has been simply overwhelming with gifts, good wishes and above all the gift of your presence in such huge numbers which filled Gneeveguilla Church to capacity and afterwards in the hall. As I said in the Mass you have taught me so much - indeed so much about the Gospel of Jesus Christ. All those who spoke on the evening spoke eloquently and lovingly and their words and sentiments touched me deeply. You will always be in my prayers and Masses. Thanks for everything and God Bless" **Fr. Kevin Kevin McNamara.**

**SYMPATHY:** To families, relatives and friends of late Ellen (Nell) Brosnan, Knockeenahone, Scartaglin whose death occurred last week. May she Rest in Peace.

**RATHMORE COMMUNITY MARKET:** Every Saturday 11-2pm. Indoors, more stalls welcome contact Tony 0831588404.

**BINGO:** Rathmore Community centre every Friday night - at 8.30pm. Everybody welcome:

**BEST WISHES:** To Fr. Patrick McCarthy, PP Ballydesmond we wish him best of luck on his retirement from priesthood also best of luck to Fr. Gerard O'Leary, PP Milltown to become Chaplain, Kerry General Hospital. Fr. O'Leary and Fr. McCarthy both native of Headford, we wish best of luck to Fr. Joseph Tarrant who is to become Administrator of Ballydesmond. We also wish best of luck to Fr. Kevin McNamara, CC, Rathmore (Gneeveguilla) in his new parish as PP Moyvane.

**CAKE SALE & COFFEE MORNING /EVENING IN AID OF BRU COLOMBANUS:** Sugar Cafe and Restaurant Rathmore on Tuesday 11th of August from 9am to 12pm and 6pm to 8pm.

We are fundraising for Bru columbanus, to show our support for our colleague Katie Cremin.

Bru Colombanus is an independent charity that provides "home from home" accommodation for relatives of seriously ill patients. It allows the Cremin family to be there with Katie and provide that friendly smile when ever she needs it.

All donations and baking welcome at any time

### KILLARNEY WATER RESCUE LOOKING FOR VOLUNTEERS:

Killarney water Rescue are a voluntary organisation funded entirely from the goodwill of local businesses and the people of Killarney and Kerry through the annual flag day, Church gate collection in Kenmare and donations from Ring of Kerry charity Cycle and local business and fundraisers to whom they are very grateful. Water rescue is available 24/7. The aim of the organisation is to search and recover persons lost in the lakes, river and seas to help the families of the missing persons to find closure by recovering their loved one. They are currently looking for volunteers for following: Divers, Boat Handlers, support Crew, PRO, Fundraisers. Training will be provided. If you are interested in becoming part of this vital service please text your name and contact details to 087-2359466.

**SLIABH LUACHRA CYCLING CLUB:** Sliabh Luachra Cycling juvenile club Fundraiser Draw.

Win a Peugeot 208 sponsored by Reens car sales Rathmore, other prizes: Tickets: €10 per Ticket. Limited to 5000 Tickets, Draw Date: 12/12/15. At 8pm. Venue. Reens Rathmore, Proceeds in aid of Sliabh Luachra Cycling Juvenile Club.

### ALL IRELAND SENIOR & MINOR FOOTBALL

**QUARTER FINAL:** Best of luck to Paul Murphy, Aidan O'Mahony and Darren Brosnan Gneeveguilla and to all Kerry Senior and Minor players and Management this Sunday at Croke Park against Kildare and the minors against Sligo.

### ANNUAL COUNCILLOR ALLOCATION:

Councillor Michael Gleeson wishes to inform that he has allocated the sum of €1,750 from his annual councillor allocation to improve road markings in the vicinity of Gneeveguilla National School. The works are intended to improve safety for children, teachers and parents accessing and leaving the school and to encourage all road users to travel safely at appropriate speeds."

### ROSE OF TRALEE FESTIVAL VOLUNTEER:

The call has gone out looking for people to join the Rose of Tralee Volunteers brigade ahead of what is expect to be one of the best Festivals starting on August 14th. They are required for Transport and Comms, Safety, Dome, Events, Parks, Closure, Locals Night, Air Display, Logistics and Hospitality. The volunteers will receive training in health and safety for one half day. A food hall will be available to the volunteers for their breaks and a special prize for the 'Volunteer Of The Festival Award' is also to be presented to the most deserving candidate. All people wishing to be volunteers are over 18 there are no special criteria or experience needed for joining up - just a focus for one week to make Tralee look it's best for our world wide famous and exciting festival.

For further information on volunteering for a great cause, Contact: streets@roseoftralee.ie or 066-7121322.

**NOTES:** Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6:00 on Sunday.

## GLENFLESK NEWS

**COUNTY LEAGUE DIV 2:** The Glenflesk senior team, sponsored by the Jarvey's Rest, secured two valuable points in Gneeveguilla on Friday last, on a scoreline of 3-8 to 1-9. They now move on to six points in the league, with four games remaining against Kenmare (H), John Mitchells (A), Listowel Emmets (A) and Spa (A).

**EAST REGION MINOR LEAGUE:** The Glenflesk minor team face Rathmore in the East Kerry Division 2 final in Glenflesk on Friday night at 7:30pm.

**KERRY JUNIORS:** Well done to Jeff O'Donoghue and the Kerry Junior team who defeated Wexford in the All-Ireland Junior semi-final in Dungarvan last weekend. They will now face Mayo in the All-Ireland final.

**KERRY MINORS:** Best of luck to Daniel O'Brien and the Kerry minor football team who play Sligo in the All-Ireland quarter-final in Mullingar at 2pm on Monday August 2nd.

**KERRY LADIES U16:** Well done to Emma Dinneen who lined out with the Kerry U16 ladies team against Galway on Wednesday July 29th in the All-Ireland U16 A final, and to Marie O'Connor who was a member of the management team.

**GLENFLESK U11S:** The U11 team had a good victory over Currow on Sunday July 26 in the East Kerry U11, bringing their East Kerry campaign to end.

**GLENFLESK LOTTO:** Glenflesk Lotto draw was held on Sunday the 19th of July 2015, in John

Dan's. Jackpot: €6,000. Numbers drawn: 2, 4, 16, 24. No Winner. €50 **EURO DRAW:** First draw: Mike Favie, Glenflesk. Second draw: Stephen and Louise O'Donoghue, Lisbady. Third draw: Donal O'Sullivan, Barraduff. Fourth draw: Jack Dineen, Headford. Next draw will be held on Sunday August 2nd in Spillane's, Jackpot €6,200.

**RAHEEN NS:** Congratulations to Lorena O'Connor who had the winning lotto number 40 on Saturday the 25th of July.

**CONTACT:** We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or pro.glenflesk.kerry@gaa.ie.



**PRIVATE CLASSIFIEDS - COST: Up to 20 words €5**

**BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20**

\*\*\*\* No More than 20 words \*\*\*\*

**DEADLINE IS WEDNESDAY AT 5pm**

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## BUSINESS

### SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

Call: 064 66 36416 Mon to Fri 10am - 5pm

### AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

Killarney - Mondays, KDYS at 8pm (from October 6th) (please note change of time from 7pm)

Aware Support Groups are free to attend, no referral necessary.

[www.aware.ie](http://www.aware.ie)

### ED 31 8708 REMOVAL SERVICE

Household, Office, Local, Nationwide.

Deliveries anytime 7 days a week. Also, all kinds of clear-outs etc. Also lawn cutting services.

Call: 087 2600407 or 064 66 31979

## WANTED

### Ed 31 8774 WANTED

Reliable person to mind 2 school going children in their own home from 3pm to 7pm. Own car essential.

Call Caroline: 086-3880755

### Ed 31 8815 WANTED

Old Books, Vinyl, CDs, DVDs  
Cash Paid.

Call: 085 - 8744889

## AVAILABLE AVAILABLE

### ED 31 AVAILABLE

Power washing, window cleaning, painting.

Call: 086 2573350 for a good rate.

### AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

Call: Ian 087 6304241

### Ed 31 8814 CHILDMINDER AVAILABLE

Responsible 21 year old girl looking for a job to take care of children.

Reference available, full days or flexible hours.

Call: 087 - 4556414

### Ed 31 8771 CHILDMINDER AVAILABLE

Very experienced childminder in her home with excellent facilities, references and garda vetting available. First aid trained located on Main Road between Killarney and Farranfore.

Call: 085-1314408

## TO LET

### Ed 31 8772 TO LET

Garage 6x10 metres would suit a lot of uses - storage etc. Plenty parking. 5 minute walk from town.

Call: 087-6447532

### Ed 32 8775 TO LET

Two Bedroom house in Glenflesk.

Call Breda: 087-2212223.

### Ed 31 8773 TO LET

One bedroom Apartment, long term. Town area. All mod cons. Would suit working person. N.R.A.

Call: 087-7169570

## FOR SALE

### Ed 33 8804 FOR SALE

Round Bales of excellent quality Barley, Oaten and Wheat. Chopped if required for diet feeders. Delivered if required.

Call: 087 6800355

### Ed 31 8766 FOR SALE

1998 Toyota Avensis in running condition will need water pump and timing belt. NCT until March 2016. New Battery just put in.

Call: 086-0543567

### Ed 31 8809 FOR SALE

00 Toyota Avensis 1.6 Aura Petrol 5 door saloon car silver in colour. Spotless condition. Taxed until the end of the month. NCT until February 2016. A/C good tyres, fully serviced and timing belt replaced. Town car. 155k miles. Drives like new. €1,250.

Call: 087-6237163

### Ed 31 8811 FOR SALE

3 Piece Suite, green, in very good condition. Killarney area.

Call: 087-6685382

### Ed 31 8810 FREE TO A GOOD HOME

2 male Jack Russell/Collie Mix pups. Very friendly and playful.

Call: 085-1200764



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

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Kenmare Clinic  
Atlantic Bar 10pm Every Saturday Night  
Kilgarvan Clinic  
Healy-Rae's Shop 9pm-10pm every Sunday  
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Other Clinic held throughout the Constituency on a very regular basis and advertised locally

Office No.: 01 6183363  
Mobile: 087 2461678  
e: Michael.Healy-Rae@oireachtas.ie  
Danny Healy-Rae MCC: 087 2316055  
Johnny Healy-Rae MCC: 087 2354793



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



### Emmerdale Disaster Week

Starting Monday 3rd August, Emmerdale will air it's biggest week ever as disaster strikes Debbie Dingle and Pete Barton's wedding reception.

#### SNEAK PEAKS AND GOSSIP

Chrissie Sudgen will cause the upcoming disaster.

Pete Barton and Debbie Dingle will get married but Pete will also discover the truth about Debbie's affair with his brother Ross. Cain Dingle will kidnap Ross Barton but has he placed him in deadly danger as the disaster strikes.

Alicia Metcalfe and Rachel Breckle are tipped to the fatalities from the disaster. Alicia's death will be as result of the disaster but rumours suggest that Rachel may well be murdered by Jai Sharma. Finally, Val Pollard is due to depart the Dales, could she use the disaster to fake her own death?

#### HERE IS THE KILLARNEY OUTLOOK'S EPISODE GUIDE TO THE THRILLING WEEK OF DRAMA.

##### Monday (3rd August)

- Ross sets out to destroy Debbie and Pete's wedding.
- A fairground arrives in the village.

##### Tuesday (4th August HOUR LONG)

- Debbie and Pete marry but disaster strikes.
- Chrissie sets fire to Robert's car which has explosive consequences.

##### Wednesday (5th August)

- The village reels in the aftermath of the disaster.
- Adam is surrounded by flames.

##### Thursday (6th August TWO EPISODES)

- Relatives gather at the hospital as the death toll threatens to rise.
- One resident bundles a lifeless body into their car.

##### Friday (7th August)

- There is grief and shock in the village as the weight of the disaster unfolds.

## Citizens Information

### Know Your Rights: PART-TIME WORK AND PRSI

JULY 2015

#### QUESTION

Next week I start working part-time on a schedule that involves working one week on followed by one week off. I have been told that this could cause problems with social insurance records because of when the tax year starts. Can you explain why this is?

#### ANSWER

Each year, the Pay Related Social Insurance (PRSI) contribution week starts at the same time as the tax year on 1 January. This means that the PRSI contribution week can differ from the usual Monday to Friday working week. In 2015, 1 January fell on a Thursday. This means that the PRSI contribution week this year starts each Thursday and ends on the following Wednesday.

As you work part-time, you need to be aware of how this may affect you, particularly in the area of social welfare entitlements. If your working week is the same as the PRSI contribution week, starting on Thursday and ending on Wednesday, and you work every second week, then you will not have a PRSI contribution for each week that you are not working.

This could affect your entitlement to social welfare payments including the State Pension (Contributory) which is based on the average number of annual PRSI contributions you have paid since starting work.

To make sure you have the full 52 PRSI contributions you must work at least one day in each contribution week of the year.

For example, if you work Monday to Friday every second week in 2015 then you will be working when the PRSI contribution week starts on Thursday and so will have a contribution for that week. You will be off work when the next contribution week starts on the next Thursday but will be working again before it ends on the following Wednesday, so you will have a contribution for that week also. Because you are working at least one day in each contribution week you will have all your PRSI contributions paid. Any work pattern where you work at least one day in each Thursday to Wednesday period will ensure that you do not miss paying a PRSI contribution.

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

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.



### LIFE COACHING IS A SPIRITUAL JOURNEY....

Someone asked me the other day what it was that I actually do as a Life & Body Confidence Coach. My answer was that I help people to live their most authentic lives and become the fullest expression of who they can be. For me, it's all about getting in touch with the truth of who you are and then being able to take action and communicate that in ways that feel right for you. Coaching is a process that helps the mind, body, heart and soul align together in what is often experienced as a spiritual journey.

It's interesting as sometimes "Spiritual awakening" is frequently described as a journey to the top of a mountain, whereby we focus on leaving our attachments to the world behind as we slowly make our way to the top. However, I see spiritual awakening more as a journey that goes in and down into the very core and depths of our being. Instead of moving away from turbulence, fear and doubt I seek to welcome it and embrace its message. The fears we create in our heads are illusions. They're not real – however they can feel very real! Once you meet your fear and anxiety with curiosity and openness it loses its power over you. When you allow life and experiences to be as they are without judgment, opinion, criticism or demanding that they be any other than what is present you move down and in to the very stillness and acceptance of your authentic self. Right in the core of your own beautiful being you discover the eternal nugget and lodestone of truth that has always been there. Right in the middle of all of the chaos, frustration, anger and despair you discover the love that will never die. The love that can only be experienced by standing within your own immense light and choosing to shine no matter what and in any way that you can! Like the proudest tallest lighthouse in the Universe you continue to radiate out streams of conscious sparkles of light that illuminate the way for many another traveller.

066 9766374 | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)







## SouthWest Counselling Centre

# PERSONAL BARRIERS TO SUCCESS

Frequently we sabotage ourselves by feeling that we don't deserve success or happiness. Fear of failure can prevent us from moving towards a desired goal. However, this is often to do with our sense of not being enough – more than loss of money or time or reputation. If you have a fear of failure you may be holding some negative belief about yourself which is repressing you. To understand what your barrier may be, fill in the following blank for yourself: "If I try and don't succeed, everyone will know I'm ....."

Another helpful way to identify our blocks to success is to write down, without censoring, the specific thoughts and feelings you have that hold you back. This will help you to identify child-like or vulnerable feelings that may be unconsciously controlling your behaviour. In the same way that a parent might reassure (and not ridicule) a scared child, learn to parent yourself – and assure the vulnerable part of you that you'll take charge and that you have their back.

Perfectionism can hinder our success, leading us to focus more on avoiding failure than accomplishing our goals. Begin to see mistakes as opportunities for learning and not reasons to beat yourself up about something. If you don't get the result you wanted, this doesn't make you a failure. Look at the event as a learning experience and ask what you can take from the situation. Assess if it could have been prevented and ask what you can do differently next time. It is also vital that we not take things too personally and separate what we do from our overall sense of identity. Shifting our focus in this way can be difficult – and is a practice that we can perfect over time.

Self-limiting thoughts or beliefs can be particularly damaging as they limit the possibilities for change and success. If you find yourself thinking a limiting thought – turn it into a question. Rather than thinking "I can't do this – it's impossible", ask "How can I do this" or "How is this possible". Simply changing the statement to a question opens us up to finding new possibilities and sounds more hopeful.

Getting to where you want to be takes many small steps. It is important to begin by firmly establishing in your mind what you want to achieve. Write this down and believe with certainty that it can be accomplished. It can also help to visualise yourself attaining this goal. Continue to take meaningful steps towards your destination until you have reached your goal.

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

Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. [info@kerrylifeline.com](mailto:info@kerrylifeline.com)

To make an appointment call **064 6636416**.

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

## Health Matters....

*With Dr. Michael O'Doherty*

### CONTINUED:

**Pneumococcal Disease:** Pneumococcal Disease is an infection caused by bacteria. It can cause serious, possibly life threatening illnesses, notably: pneumonias (an infection of the lungs), septicaemia (blood poisoning) or meningitis (an infection of the linings around the brain)

- Pneumococcal Vaccine, for most patients a single dose is sufficient

**Influenza:** Influenza is an acute viral infection of the respiratory tract affecting all age groups. It can cause serious, possibly life threatening illnesses, the most frequent complication is bacterial chest infection. • A primary course is completed.

**Meningococcal Meningitis:** A dangerous illness that is spread through coughs, sneezes and close contact. The types that are common in Africa, the middle east and some parts of Asia are mainly preventable. The Saudi Arabian government requires all pilgrims to the hajj and umrah to be vaccinated with a meningococcal vaccine A,C,W and Y strains. The certificate of vaccination is valid for 3 years from 10 days after the vaccination.

- Meningococcal Meningitis Vaccine consists of a single injection which helps protect patients for at least 3 years and up to 5 years. The certificate is valid from 10 days after vaccination and for 3 years thereafter.

**Japanese Encephalitis:** A life threatening virus which affects the brain. It is spread by mosquitoes during the rainy seasons in SE Asia and the Far East.

**Tick Borne Encephalitis:** This disease is spread by ticks that live in forested areas of northern and central Europe especially during late spring and summer.

**Hepatitis B:** Hepatitis B is a highly infectious virus spread through blood, semen and other body fluids. Contact even through tiny quantities of an infected person's body fluid can pass the virus on.

**Travelling tips:** At least 2 months prior to travel, seek more detailed advice from your health care advisor.

**Food and water:** When travelling in countries where hygiene is poor:

- Avoid eating shellfish, salads, unpeeled fruit and uncooked food, make sure cooked food is piping hot.
- Remember "boil it, cook it, peel it or forget it".
- Drink either mineral water or branded / canned drinks at all times, including when cleaning your teeth.
- Do not have ice in your drinks, as it is usually be made from tap water – stand your glass in ice instead.
- Ask your pharmacist about oral rehydration therapy to help you cope in case of dehydration.
- Carry anti – diarrhoea tablets.

**Sun:** • Avoid sun exposure from 11.00 am – 3.00pm.

- Always use appropriate strength sun block suiting your skin type.
- Remember: Slip your shirt, slop on some sunscreen and slap on a hat.

**Insects:** • Use Insect Repellents

- Take antihistamine tablets / cream to treat insect bites or skin rashes

If you require any information on the above article please do not hesitate to contact us. All Travel vaccines can be given at Killarney Medical centre, we can arrange an appointment

to suit you, contact us on **064-6620628**

or visit our website at

[www.killarneymedicalcentre.ie](http://www.killarneymedicalcentre.ie)



**Dr. Michael O'Doherty,**  
General Practitioner  
and Occupational Health Specialist  
**The Killarney Medical Centre,**  
47 New Street, Killarney.  
t: 064-6620628.





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## READERS REQUESTS - THE BENEFITS OF GREEN TEA

If you are on medication please discuss the drinking of green tea with your Doctor before you try it!

Green Tea is loaded with antioxidants and nutrients that have powerful effects on the body. This includes improved brain function, fat loss, a lower risk of cancer and many other incredible benefits. Here are 5 health benefits of green tea that have been confirmed in human research studies.

1. Green Tea Contains Various Bioactive Compounds That Can Improve Health. Many of the bioactive compounds in the tea leaves do make it into the final drink, which contains large amounts of important nutrients and is loaded with polyphenols like flavonoids and catechins, which function as powerful antioxidants.

2. Compounds in Green Tea Can Improve Brain Function. The key active ingredient is caffeine, which is a known stimulant. It doesn't contain as much as coffee, but enough to produce a response without causing the "jittery" effects associated with too much caffeine. However... green tea contains more than just caffeine. It also has the amino acid L-theanine, which is able to cross the blood-brain barrier. Studies show that caffeine and L-theanine can have synergistic effects. The combination of the two is particularly potent at improving brain function.

3. Green Tea Increases Fat Burning and Improves Physical Performance.

If you look at the ingredients list for any fat burning supplement, chances are that green tea will be on there. This is because green tea has been shown to increase fat burning in the short term and boost the metabolic rate, in human controlled trials, although not all studies agree.

4. Antioxidants in Green Tea May Lower Your Risk of Various Types of Cancer.

Cancer is caused by uncontrolled growth of cells. It is one of the world's leading causes of death.

It is well known that oxidative damage contributes to the development of cancer and that antioxidants can have a protective effect.

It is important to keep in mind that it may be a bad idea to put milk in your tea, because it can reduce the antioxidant value.

5. Green Tea May Protect Your Brain in Old Age, Lowering Your Risk of Alzheimer's and Parkinson's. Not only can green tea improve brain function in the short term, it may also protect your brain in old age. Alzheimer's disease is the most common neurodegenerative disease in humans and a leading cause of dementia. Parkinson's disease is the second most common neurodegenerative disease and involves the death of dopamine producing neurons in the brain. Multiple studies show that the catechin compounds in green tea can have various protective effects on neurons in test tubes and animal models, potentially lowering the risk of Alzheimer's and Parkinson's.

(Continued next week).

## AUGUST - LUGHNASADH

The word Lughnasadh or Lunasad is the Irish/ Scots Gaelic for the month of August. At Lughnasadh, the Wheel of the Year begins to shift from growing time to harvest time and Corn is one of the vital crops harvested now. The subtle changes of the waning sun that occurred at Summer Solstice becomes more evident. Shadows are growing longer as the days slowly become shorter. It was one of the major festivals of the Celtic agricultural year and traditionally the festivities lasted from about 15 July to about 15 August. The festival was also associated with Emain Macha home of the famous Red Branch Knights, in Ulster, and was also held in various locations, including the Hill of Tara, the seat of the High King of Ireland. It was said to have been introduced to Ireland by the god Lugh, and so was sacred to this god. The Romans identified Lugh with Mercury. At any rate, both are gods associated with skills, and this festival was celebrated with competitions of skill, including games of athletic prowess and horse-racing in honour of Lugh. In Ireland, these games were often called the "Tailtean Games" a common feature of the Tailtean Games were the "Tailtean marriages" — informal couplings lasting only a year and a day or until next Lughnasadh, at which time the couple would decide to

continue the arrangement or stand back to back and walk away, thereby dissolving the marriage. These 'trial' marriages were usually performed by a poet, bard, priest or priestess of the Old Religion, or shanachie, and were very common into the 1500's.

'Lammas' was the medieval Christian name for the holiday and it means 'loaf-mass'. On this day, Christians would bake loaves of bread from the first grain harvest and lay them on the Church altars as offerings.

## ANSWER TO LAST WEEKS RIDDLE

Can you think of a common word that contains double C, double S and double L?  
A: Successfully.

## QUOTE

"You have not lived today until you have done something for someone who can never repay you" -John Bunyan.

## ON THIS DATE – JULY 31ST

1834 - Inauguration of the first Dublin — Dun Laoghaire horse-drawn "train service".

1886 - Death of Franz Liszt, Hungarian composer.

1893 - Founding of the Gaelic League in order to revive the use of the Irish language and foster appreciation of Ireland's Celtic heritage.

1910 - Doctor Crippin, British murderer, arrested.

1917 - Third Battle of Ypres (Passchendaele), a British-led attempt to break the German line in Flanders, began.

1912 - US government prohibited movies and photos of prize fights.

1925 - Unemployment Insurance Act passed in England.

1941 - Holocaust: Under instructions from Adolf Hitler, Nazi official Hermann Goering, ordered SS General Reinhard Heydrich to "submit to me as soon as possible a general plan of the administrative material and financial measures necessary for carrying out the desired final solution of the Jewish question."

1968 - Beatles close Apple Boutique, giving clothes away for free.

1975 - Fran O'Toole, Tony Geraghty, and Brian McCoy of the Miami Showband were gunned down near Newry.

## 8 THINGS YOU WON'T BE ASKED IN HEAVEN

We live our lives one day at a time. But in our heads, we are always rushing towards something, sacrificing and toiling in the process of becoming better people. But what makes us better, really? What will God ask you, when you pass through those gates? Here are 10 things I'm sure he won't ask.

1 – God won't ask you what kind of a car you drove – He will ask how many people you gave a drive to!

2 – God won't ask how big your house was –



He will ask how many people were welcome as guests!

3 – God won't ask about the clothes in your closet – He will ask how many people you clothed!

4 – God won't ask you about your job title – He will ask if you did your job the best way you could!

5 – God won't ask you how many friends you had – He will ask to how many were you a true friend!

6 – God won't ask which neighbourhood you lived in – He will ask if you treated your neighbours with consideration and respect!

7 – God won't ask about the colour of your skin – He will ask about your character!

8 – God won't ask how many gifts you gave people – He will ask how many times you showed them true affection!

## SPAIN FINALLY RAISES MARRYING AGE TO 16

Spain has finally decided to raise its marrying age, falling in line with European neighbours and giving in to pressure from children's rights groups who said 14 was too young for a child to marry. The minimum age of marrying will now be 16, up from 14, which had been the lowest marrying age in all of Europe. Boys and girls had been able to marry at 14 only with the permission of a judge. 365 marriages involving under - 16s took place in Spain between 2000 and 2014 – with only five in 2014. In the 1990s, however, there were 2,678 marriages involving at least one under-16 – and 12,867 in the 1980s.

## RIDDLE FOR THIS WEEK

How much earth is there in a hole that measures two feet by three feet by four feet? Answer next week!

## TONGUE TWISTER

Bobby Bippy bought a bat. Bobby Bippy bought a ball. With his bat Bob banged the ball. Banged it bump against the wall.

## MAN RUSHED INTO BURNING HOME TO SAVE HIS DOG

Upon returning from a trip to the store on Tuesday, Mark Woodbury was thrust into every pet owner's worst nightmare. While he was away, a fire had begun to engulf his house in Rutherford, Australia, where his dog, Ditch, had been left secured inside. But instead of being paralysed with fear when he saw the growing flames, Mr. Woodbury leapt into action. "The first thing I thought of was Ditch. There was no way I was going to let my dog burn to death," he said. "My dog is everything to me." Risking his own life, Mr. Woodbury raced into the fire-engulfed house to try to retrieve the 4-year-old German shepherd mix he'd adopted as a rescue. Because of the heat and blinding smoke, it took him

several attempts — but on the third, he finally emerged with Ditch draped in his arms. Mr. Woodbury immediately began to perform CPR on his dog, keeping him alive until paramedics arrived with oxygen to revive him. Ditch was rushed to a veterinary hospital where he's said to now be in stable condition — a remarkable outcome only made possible by his owner's dedication to saving his life. And although so much was destroyed in the fire, none of that seems to matter to Mr. Woodbury as he was able to recover what matters most. "I've lost all of my kitchen, all of my appliances, my laundry, my furniture, but it's my dog, that's the important thing."

## BURGLAR HID UNDER BED FOR THREE DAYS

The break-in allegedly took place in May, with police saying the man entered a home in Spotswood, New Jersey, when the owner opened the door to take out his garbage. The burglar then allegedly slipped under a bed in a spare room, where he remained for three days and charged his 4 mobile phone in an electrical outlet he found. He has been charged with burglary and theft of services (for using the man's electricity to charge his mobile phones). He is being held on \$50,000 bail. In Tokyo in 2008, a homeowner noticed a string of burglaries in his home and food missing. Suspicious over the thefts, he decided to set up surveillance video and found that a 58-year-old homeless woman had been living inside his cabinets reportedly for the most of a year.

## SURFER LAUNCHES CLOTHING LINE MADE FROM OCEAN TRASH

Kelly Slater's new clothing line is tackling two pressing environmental issues at the same time: textile waste and ocean plastic. Outerknown, the 11-time world surfing champion's sustainable menswear label, includes a line of 100 percent recyclable clothing made from reclaimed fishing nets. The brand's Evolution Series features board shorts and jackets made with Econyl, a new type of nylon yarn that's made from old nets, carpet and other nylon waste. These clothes can be upcycled over and over into new clothing. "There's an infinite number of times the nylon can be broken down and re-born into new yarn without any loss of quality," Outerknown noted on its website. Abandoned fishing nets, also known as "ghost nets," account for approximately 10% percent of all marine debris, while about 640,000 tonnes of discarded fishing gear gets added to the oceans yearly. These nets are a major plague on marine life. More than 100,000 marine mammals - fish, dolphins, sea lions, seals as well as birds - die every year from the harmful effects of plastic, fishing nets and trash in our oceans, the Marine Mammal Centre pointed out. No stranger to the ocean,


the 43-year-old surfer has been outspoken on the threat of plastic waste to marine life and sits on the advisory board of the Sea Shepherd Conservation Society. "You have problems with not only oil spills and that kind of stuff but also the constant outpouring of plastics," Mr. Slater said. "Single-use plastics all through the ocean, degrading, turning into little bits that are all eaten by the sea life, and they're dying because their stomachs are full of stuff." However with organic cotton blazers for \$495 and T-shirts around \$90, Outerknown clothing won't fit everyone's budget but a truly sustainable clothing line costs a lot of money to bring from the factory to the rack, which explains Outerknown's price tags. "If you're going to use good materials and take care of people working in your factories, the clothing will be exponentially more expensive to produce" Mr. Slater added. "I believe we have an obligation to build better products and understand the way our consumption impacts the world around us. In saying that, the focus of our brand is to make a product that has a positive effect on every possible level." Outerknown has partnered with the Fair Labour Association, which is the best standard for protecting workers throughout the supply chain. Additionally, the clothing company also partnered with Bluesign, a sustainable textile auditing company that seeks to eliminate harmful substances from the beginning of the manufacturing process.

## USE OF FIRE GOES BACK 600,000 YEARS

Chinese scientists are saying an early human ancestor, Peking Man, set up fireplaces and cooked food about 600,000 years ago - the earliest evidence for fire use by a human species yet. They found fireplaces enclosed by a circle of rocks and burned rocks, soil and bones at an important fossil site in the suburbs of Beijing. A cranium and other fossils of Peking Man were found at Zhoukoudian in the 1920s. Scientists also found ashes, rocks, burned bones and charred seeds there in 1929, leading archaeologists to conclude Peking Man used fire. Although scientists estimate that ancient humans began using fire over a million years ago, it had been unclear when people starting using it on a regular basis, for example, for cooking daily meals. Discoveries earlier this year in Quesem Cave in Israel confirmed people were using fire 300,000 years ago, but the Zhoukoudian find provides even earlier evidence.

Finally this week I would like to welcome all visitors to the Kingdom and to wish them, our readers, advertisers, correspondents and all at the Killarney Outlook office and Walsh Colour Print/Educate.ie a safe and enjoyable public holiday weekend, if visiting the countryside please do not discard anything that could start a fire and please dispose of all rubbish responsibly in order to protect wildlife, pets, domestic animals and sealife.





## A WORD OF VICTORY

Welcome back dear reader last week we looked at what it means to have faith. Powerful Faith comes 'by hearing and hearing God's Word' (Romans 10:17) and God tells us that without faith it is impossible to please Him (Hebrews 11:6). One may say 'I have faith' but what is the basis of it? Is it Scripture based faith that when applied, results in pleasing God, or is it faith in learnt traditions of man that produces nothing? Jesus had a confrontation with a group of teachers of religious law and He reprimanded them for the traditions they were handing on to the people of God which nullifies (or makes useless) God's Word the Scriptures (see Mark 7:6-13). For example, if a sick person is taught that their illness is a cross that God has given them to bear it's impossible for that one to be healed as that type of faith prevents God's Word from bringing healing to them. God says in 3 John 2 that He desires above all else that we prosper and are in good health even as our souls prosper. Isaiah 53:5 and 1st Peter 2:24 both declare that by the wounds inflicted on Jesus we were healed (notice it's past tense) - look it up for yourself friend. When God's Scripture is in our heart faith comes and healing comes! The Word of God tells us that we will have whatever we say (Mark 11:23) so we must be very careful how we speak - 'death and life are in the power of the tongue and those who love it will eat its fruit' (Proverbs 18:21). This applies not only to healing, but to everything in life - prosperity, marriage/relationships, work etc - the good things we desire can only materialise when we speak out what God's Word says on the matter. Then, and only then, will we have good success (Joshua 1:8). Friend, if you have any prayer need please call 064 - 6622950 or email [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net), more next week...


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## KERRY LEGEND MICHEÁL Ó MUIRCHARTAIGH RAISES FUNDS FOR CANCER RESEARCH

**Ireland's GAA and Horse Racing stars pick up their hurleys again to raise money for vital cancer research**

A who's who of Irish sportspeople will be taking to the pitch On Tuesday 11th of August, at 6.30pm in Saint Conleth's Park, Kildare for a celebrity hurling match in aid of the Irish Cancer

Society to raise money for cancer research. The event, which has been organised for the fourth year in a row by horseracing legend Jim Bolger and champion jockey Davy Russell, will

see a host of Irish hurling and horse racing

stars come together for what promises to be, yet another, fantastic evening for everyone involved. Hurling for Cancer Research has raised €300,000 for the Irish Cancer Society's various cancer research initiatives to date and this year will aim to bring in even more.

The participants, a mix of GAA and horse racing stars, include; Mark Landers, T.J. Ryan, Pat Fox, Dave Bernie, Damien Fitzhenry, Charlie Carter, James Dowling, Wexford all Ireland winning manager Liam Griffin, Kilkenny Manager Brian Cody, Derby winning Jockeys Kevin Manning and Michael J. Kinane, Colm O'Rourke, Ronnie Delaney, top female jockey Katie Walsh, soccer legend Niall Quinn, hurling legends D.J. Carey and Nicky English, and Cyril Farrell as Referee for the day. Irish icon Micheál Ó Muircheartaigh will be the days craoltoir. Anthony Kearns will sing Amhrán na bhFiann.

To support this great cause come along to what is set to be a great event book your ticket now.



You can order online on [www.cancer.ie](http://www.cancer.ie) or by phone on CallSave 1850 60 60 60. Tickets are €10 for adults and €15 for families. All money raised will go to the Irish Cancer Society.



## 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.) **J.C.**

## NOVENA TO ST. MARTHA

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

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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 this novena to beg of you the favours that I need (make request). For 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. **EC**

## 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.)



## NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks. And to all of the Saints for favours received. **x**

## THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately. Favour granted after 3 days.

## ST. TERESE 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.

## NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle. Pray, whether you believe or not. Publish on the 9th day. "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and always. Your request will be granted no matter how impossible it may seem. Publication must be promised.

## 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.

## OUR LADY OF MOUNT CARMEL

Oh, most beautiful flower of Mount Carmel, fruitful vine, splendour of Heaven. Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me you are my Mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in my necessity (Mention your request here). There are none that can withstand your power. Oh, Mary conceived without sin, pray for us who have recourse of thee (3 times). Holy Mary, I place this prayer in your hands (3 times) Amen. This prayer is never known to fail and is to be said for 3 consecutive days. Publication on granting of the favour must be promised and done.

## PRAYER TO ST. ANTHONY

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

## 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.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## THE MIRACLE PRAYER

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





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