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ON THE HUNT FOR HEROES

Calling all Humanitarian Heroes!

Nominations invited for the 6th Annual Hugh O'Flaherty International Humanitarian Award. As part of the 7th annual Hugh O'Flaherty Memorial Weekend, which will take place from November 14th to 16th in Killarney, The Hugh O'Flaherty Memorial Society are inviting the public and companies to nominate the person or organisation they feel is doing outstanding humanitarian work and most deserving of the 2014 Hugh O'Flaherty International Humanitarian Award.

Last years winner was presented posthumously to Donal Walsh, that brave young man who despite his own imminent passing at such a young age, reached out to those who were troubled by thoughts of self-harm or suicide. His selfless and incredibly touching message resonated throughout Ireland and indeed the wider world. Previous award recipients included the Darfur based Goal aid workers Sharon Commings and Hilda Kawuki in 2009, Columban Missionary Fr Michael Synott in 2010, Trócaire's Regional Director for Latin America, Sally O'Neill in 2011 and, Sr Agnes Hunt of the Irish Council for Prisoners Overseas in 2012.

Monsignor Hugh O'Flaherty, who was from Killarney, was dubbed the Scarlet Pimpernel of the Vatican for his exploits during World War II. During the course of the war he was instrumental in saving the lives of more than 6,500 Jews and American and British soldiers by hiding them from the Gestapo in a number of safe houses throughout Rome.



TEACHER COLM O'SULLIVAN AND PUPILS COLM O'CALLAGHAN AND ETHAN SLATTERY FROM KILLARNEY DRESSED IN TRADITIONAL ATTIRE FOR THE LAUNCH OF THIS YEAR'S FESTIVAL IN KILLARNEY ON MONDAY AT THE STATUE TO THE MONSIGNOR ON MISSION ROAD, KILLARNEY. PICTURE BY DON MACMONAGLE.

Nominations for the 2014 Humanitarian Award are invited from:

- The General Public,
- Humanitarian NGOs operating at home or overseas,
- Humanitarian & Related Societies in 3rd level Educational Institutions

Nominations can be for an:

- Individual,
- Team,
- Organisation,

Providing Humanitarian Services for those in need at home or overseas.

Nominations should be submitted in writing to the Awards Committee at the below address, in

no more than 500 words before Friday June 27th 2014. The Nomination should clearly outline the reasons why the nominator feels that the nominated Individual/Team/Organisation, merits consideration for this award.

An independent panel will fully consider the nominations received and will recommend a recipient to the Memorial Committee. The 2014 Award recipient will be announced in August and will be presented on Saturday November 15th 2014 during the 7th Hugh O'Flaherty Memorial Week.

Further information on the Hugh O'Flaherty Memorial Society visit www.hughoflaherty.com

KERRY TOURISM TRADE DOING BUSINESS WITH INFLUENTIAL TOUR OPERATORS

This week, saw hundreds of the world's top tour operators descend on Ireland, as the biggest annual event in Irish tourism took place - Meitheal 2014 the global travel trade fair Ireland, with a number of Kerry top tourism providers attend over two days in Dublin.

Among the Irish trade attended from Kerry were: J O'Callaghan & Sons; Ballygarry House Hotel & Spa; Ballyroe Heights Hotel; Derrynane Hotel & Holiday Homes; Destination Killarney Group; Dingle Cookery School and Dingle Food; Dingle Skellig Hotel; Dooks Golf Links; Dream Ireland Holiday Homes; Eviston House Hotel; Fairview Guesthouse; Ireland Walk Hire Bike & South West Walks Ireland; Kerry Airport; Kerry County Council; Killarney Horse & Carriage Tours; Killarney Hotels Ltd; Killarney Jaunting Cars Ltd - Tangney Tours Ireland; Killarney

Lakeland Cottages; Killarney Park Hotel & The Ross; Killarney Plaza Hotel & Spa; Mor Active Tours; Muckross Park Hotel & Cloisters Spa; O'Donoghue Ring Hotels; Parknasilla Resort & Spa; Randles Hotels; Rose Travel Chauffeur, Mini Bus & Coach Travel; Sheen Falls Lodge; Siamsa Tire/National Fold Theatre; Star Outdoors; SWING - South West Ireland Golf; The Grand Hotel Tralee; The Lake Hotel; The Malton; The Skellig Experience; Torc Hotel Killarney; Tralee Bay Wetlands Centre; Victoria House Hotel.

The previous weekend some of these influential tour operators saw first hand our newest tourism product, the Wild Atlantic Way, Ireland's first long distance touring route which is already garnering significant interest overseas.



PICTURED AT THE GALA EVENING FOR MEITHEAL, TRAVEL TRADE WORKSHOP ORGANISED BY FÁILTE IRELAND, WHICH WAS HELD AT THE BALLSBRIDGE HOTEL, DUBLIN, WERE (L. TO R.): DANIELLE FAVIER, FÁILTE IRELAND WITH GRETTEL O'SULLIVAN, DESTINATION KILLARNEY GROUP. TOURISM IRELAND [DEREK CULLEN, FÁILTE IRELAND]

IF YOU HAVE A STORY...

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



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THE 21ST CENTURY POSTCARD SHARE THE LOVE

#LOVEKILLARNEY

Killarney is leading the way in social media marketing by encouraging visitors and locals alike to go online and share their love for the tourist town.

The concept is simple, take a picture or write a post about Killarney, tag it with #lovekillarney, then upload it to a social media platform like Facebook, Twitter or Instagram. This simple action allows the pictures and posts to be shared online and viewed right around the world. The use of this hashtag will group the information together in one massive online news stream which can act as a pocket guide to Killarney.

#lovekillarney is the brainchild of Killarney local, Noretta Brosnan who is the Social Media Co-Ordinator for Destination Killarney.

"It's the 21st century postcard," says Noretta. "More and more people are taking and sharing photos on the go. By capturing all these images under one hashtag we can promote Killarney online like never before."



HASTAG LOVE KILLARNEY... THE NEW ART OF SENDING 21ST CENTURY POSTCARDS FROM KILLARNEY, THAT'S THE MESSAGE FROM NORETTA BROSAN, SOCIAL MEDIA CO-ORDINATOR FOR DESTINATION KILLARNEY. GETTING INTO PRACTICE WITH HER SISTER EMMA AND FAVOURITE DOG TEDDY. PHOTO: VALERIE O'SULLIVAN.

"The posts can be about anything, your experience on a jaunting cart, a hike on Ireland's highest mountain, a pint of Guinness with friends - the opportunities are endless."

"Visitors are more likely to visit Killarney if they see or read about real people enjoying real life experiences. When people create and share beautiful or fun pictures or posts of Killarney they're endorsing the town."

This is not a new concept tourism giants like Tourism Australia and Destination British Columbia have already rolled out similar campaigns to great effect. Tourism Australia invited fans to take and post pictures using the hashtag #seeaustralia. Two and a half years

later fans were posting over 1000 pictures every day. Aussie locals, tourists and professional and semi-professional photographers are contributing photos daily.

While it is a marketing tool, the beauty of this concept is it costs nothing. Killarney businesses are asked to promote the hashtag #lovekillarney wherever and whenever possible, while visitors and locals are asked to use it when uploading Killarney related content online.

To learn more about #lovekillarney attend the "Here Comes the Summer" Killarney Tourism and Trade evening which takes place in the INEC, Killarney on April 30 at 6.30pm. All are welcome.

FUN FOR ALL AT THE FAMILY SWIM A MILE CHALLENGE

The Aquila Club were delighted with the fantastic turn out for their 'Family Swim a Mile Challenge' which took place last weekend. With over 85 swimmers taking part the aim of the event was to promote swimming as an enjoyable family activity, as well as it being a great form of exercise. "Many Children participate in our Swim Ireland Learn to Swim Programme and this is their chance to show their parents, families and friends the fantastic progress they have made," says Dieter Gogsch, Swim Co-ordinator at the Aquila Club. "We invited to children's families to take part in our two day Family Swim a Mile Challenge and were delighted to see such a fantastic turn-out". Families were challenged to swim one mile, which is 64 laps of the pool. All the families performed brilliantly with some children beating their personal best. A special mention must go to Ronan Bennett, Sarah McAuliffe and Ian Coffey (aged 6 and 7) who successfully swam the mile (64 lengths). Achieving such a feat at such a young age is a phenomenal achievement and is a testament to their dedication and commitment to their swimming lessons. We are all immensely proud of their achievements. Everyone will receive specially designed certificates and medals for the individuals who achieved the mile swim, along with numerous raffle prizes which will be given out at the end of season party on Sunday May 11th.



DIETER GOGSCH (AQUILA CLUB) PICTURED WITH SOME OF THE COFFEY, MCAULIFFE AND O'NEILL FAMILIES WHO SUCCESSFULLY PARTICIPATED IN THE FAMILY SWIM A MILE CHALLENGE IN THE AQUILA CLUB. INCLUDED ARE EOIN & FIDILUS MCAULIFFE, EMER COFFEY, LYNNE & BRENDAN O NEILL, DIETER GOGSCH, NIALL & IAN COFFEY, ETHAN O NEILL, SARAH MCAULIFFE, FAYE O NEILL, JENNA COFFEY AND ROISIN MCAULIFFE.

HAS BEN THE X-FACTOR?

Killarney Singer/Songwriter Ben Quinlan is through to the last 100 of the X-Factor Auditions.

Over 2000 contestants auditioned for the popular show and Ben will audition again over the next few weeks.

He is currently working on a new Irish album "My Beautiful Isle of Ireland" of which a percentage will go towards the Irish Cancer Society. This can be pre-ordered on line at www.pledgemusic.com/projects/benqisleofireland



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Lee Strand

TASTE THE FRESHNESS



FRIDAY, MAY 23RD, 2014 - CROKE PARK, DUBLIN

Lee Strand is delighted to announce that we have **5 Pairs of Tickets to be Won** for One Direction's sold out concert on Friday, May 23rd! All tickets are seated which is great for the younger One Direction fans. Over the next five weeks a weekly winner will be selected every Friday. So don't forget to enter every week to be in with a chance to win!

SO START COLLECTING NOW ONE DIRECTION FANS ...

If you are a One Direction fan and want to *Live While We're Young*, while singing the *Best Song Ever* in Croke Park and know that the *Little Things are What Makes you Beautiful*. Then this is the *One Thing* you will need to enter to create some great *Midnight Memories* and you can say this is now part of the *Story of My Life*!

To enter simply collect 10 Mighty Mikey Milk mascots featured on the side of any Lee Strand milk 1 litre cartons or 2.5 litre plastic bottle sleeves. Complete the entry form and including your ten mascots return to: **One Direction Competition, Lee Strand, Ballymullen, Tralee, Co. Kerry.**

P.S. You may enter the competition as many times as you like every week!

CLOSING DATES - 5 DRAWS!

The closing dates for the 5 One Direction draws are as follows:

- DRAW 1:** Thursday, April 17th @ 5pm
- DRAW 2:** Thursday, April 24th @ 5pm
- DRAW 3:** Thursday, May 1st @ 5pm
- DRAW 4:** Thursday, May 8th @ 5pm
- DRAW 5:** Thursday, May 15th @ 5pm

ONE DIRECTION COMPETITION ENTRY FORM

Name: _____

Address: _____

Telephone/Mobile: _____

Weekly winners will be contacted each Friday morning. All winners will also be announced on our Facebook page www.facebook.com/leestrandmilk. For further details please visit www.leestrand.ie or 066 7121084. Please note all under 16's must be accompanied by a parent or guardian. Terms & conditions apply.



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THREE CLIMBS CYCLE LAUNCHED

The Three Climbs Cycle which is the final fundraiser for Maurice Brosnan and Tony Galwey's Home to Rome challenge on 19th June was launched on Sunday last by Mick Galwey at Adams Garage, Mile Height Tralee. The Three Climbs Cycle will take place from Killarney on May 10th and will have routes designed to suit and accommodate every grade of cyclist. Route one is a 35k route which is designed for the leisure cyclist or beginner and will be led by a guide for the duration. The second route is a 78k route which Maurice says "is perfect for anyone currently training for the Ring of Kerry", the third route is a 100k and is designed for the seasoned cyclist who likes a challenge. This route will commence in Killarney and head towards Glenflesk and onto Ballyvourney, Coom, Kilgarvan, Kenmare and back to Killarney via Molls Gap.

There will be back bike back up vehicles in place for all three routes as well as lead vehicles. The Gleneagle hotel will welcome all cyclists back with hot food and free showering facilities.

Registration will take place between 07.30 and 09.30 and the cycle will commence at 09.45. The entry fee is just €25.00

The Three Climbs Cycle is a suicide awareness



SUPPORT: LAUNCHING THE 'THE THREE CLIMBS CYCLE', THE FINAL FUNDRAISER FOR THE 'HOME TO ROME CHALLENGE', IN TRALEE ON SUNDAY LAST WERE MAURICE BROSAN (SCARTAGLIN), MIKE GALWEY (CURROW), TONY GALWEY (CURROW) AND ELMA WALSH (TRALEE). PIC BY OUTLOOK PICS.

event. Participants will receive a wrist band with Donal's message #livelife. All proceeds

from the Home to Rome cycle will go to local hospices.

SOUTHWEST COUNSELLING AGM

The annual AGM meeting for SouthWest Counselling Centre was held on Tuesday April 1st at the Centre premises in Lewis Road, Killarney. Two new Directors, Mickey Ned O'Sullivan and Fr. Padraig Breheny were welcomed to the Board of Directors. SouthWest Counselling Centre will be marking its 20th Anniversary this year and are delighted to be offering such a vital service to the community especially following on from another extremely successful year in 2013.

The centre supported 1510 individuals in 2013, an increase of over 200 from the previous year. In the past five years there has been an increase of 33% in the actual number of people accessing counselling services and needing support. The addition of Kerry LifeLine and the support of Suicide Awareness and Prevention have also impacted on the demand for our services. The Centre was delighted to expand its services in the last year by introducing a variety of Workshop and Seminars in the

local community to schools, sports clubs as well as a new Bereavement Support group. Dr Geraldine Sheedy, Centre Director stated that "the centre is seeing more people presenting in crisis and/or feeling suicidal. However whilst we continue to witness this increase in demand for the service, government funding is on the decline. We have never been more dependent on fundraising to ensure the sustainability of the service. Kerry LifeLine – which provides free Counselling and Support for suicide prevention and intervention receives no Government funding – and is entirely reliant on our fundraising efforts". SouthWest Counselling Centre remains indebted to the local community, our fundraisers, supporters and friends of SWCC who have contributed time, expertise, and money to providing this vital service.

The Centre also wishes to thank the Franciscan Friary, staff of SWCC and The Board of Management for their



DR GERALDINE SHEEDY SOUTHWEST COUNSELLING

energy and personal time all of which contributes greatly to the work and success of SouthWest Counselling Centre.

The Centre can be contacted on 064 6636416 or by email on info@southwestcounselling.ie. For further information on our services, workshop and events please refer to www.southwestcounselling.ie or https://www.facebook.com/southwestcounsellingcentre.killarney

LETTER TO THE EDITOR

Dear Editor

Following representations I made to the County Manager Tom Curran and Head of Finance in Kerry Angela McAllen, Kerry County Council have allocated €10,000 towards the Barraduff Community Field project. At a meeting held on Tuesday 1st April 2014 in Barraduff, I proposed that Kerry County Council should contribute funds towards this invaluable community project and that the council should do everything possible to help it near completion. On the night my fellow council colleagues, along with some local election candidates unanimously agreed with and supported my proposal. I would like to commend the brilliant work being done by the Barraduff Community Field Organisation for their effort in providing a vital amenity for the wider Barraduff area.

I would also like to thank Kerry County Council for contributing €4,000, following my request at a recent county council meeting, to Fleadh Cheoil na Mumhan which will take place in Killarney this July. It is important to put on record the work being carried out by the organising committee along with the five local branches, Killarney, Glenflesk, Fossa/Two-mile, Sliabh Luachra and Kilcummin who are hosting this event and this money will hopefully assist them in their efforts.

Kind Regards,
Cllr Brendan Cronin.

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Offers available in Killarney store only, 17th - 21st April.

'A HISTORY OF HURLING' OUR NATIONAL GAME

The Schoolhouse in Muckross, Killarney will play host to a series of talks and discussions about Hurling, our National Game, on Saturday April 26th 2014. The day starts at 10.30 a.m. and the Master of ceremonies for the day is the voice of the GAA, Mr. Micheál Ó Muircheartaigh. The first talk will be given by Mr. Seamus J. King, well known Author from Cashel, Co. Tipperary, who has published a series of books on Hurling. Further talks will be delivered by former National Hurling Director, Mr. Paudie Butler and by Mr. Tomas Mulcahy of Cork hurling fame. The final talk of the morning will be delivered by GAA and Kilkenny Hurling Legend, Mr. Eddie Keher. Following a break for lunch there will be a full panel discussion on:

'The Future of hurling and its importance as our National Sport'
Chaired by Mr. Sean Kelly, former President of the GAA and MEP of the Year.
There will also be a photographic presentation from decades past in association with the Irish Photo Archive.

Tickets can be purchased on line at www.muckcross-house.ie or by calling 064 6630804
For further information contact , 087 6534444 or 087 2531625
E mail; traditionalfarms@muckcross-house.ie



OUR NATIONAL GAME... AT THE LAUNCH ON THE SHORES OF MUCKCROSS LAKE ARE FROM LEFT, ADAM CAREY, JOHN LENIHAN, MICHAEL HORGAN, ALL MEMBERS OF DR CROKES GAA CLUB, SEAMUS J KING, HURLING HISTORIAN AND AUTHOR, WHO BROUGHT A HURL DATING FROM 1888 FROM THE FIRST ALL IRELAND FINAL, IAN O'CONNELL, DR CROKES, AND TODDY DOYLE, MANAGER MUCKCROSS FARMS AND SCHOOL HOUSE. PHOTO: VALERIE O'SULLIVAN

MAYOR PADDY TO HOST THE LAST BALL



MAYOR OF KILLARNEY PADDY COURTNEY LAUNCHING THE MAYOR'S CHARITY BALL THAT WILL TAKE PLACE IN THE MALTON HOTEL KILLARNEY ON FRIDAY 16TH MAY. THE BENEFITING CHARITY WILL BE THE KERRY CANCER SUPPORT GROUP (KCSG) AND THE KERRY/CORK HEALTH LINK BUS. FROM LEFT ARE KARINA COURTNEY (KILLARNEY TOWN COUNCIL), EMER CORRIDAN (THE MALTON), MICHAEL O'LEARY (KILLARNEY TOWN CLERK), JAY GALVIN (KCSG), MAYOR PADDY COURTNEY, CONOR HENNIGAN (THE MALTON HOTEL MANAGER) AND LAURA WICKHAM (KCSG). PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

Mayor Paddy Courtney will host the last ever mayor's charity ball on 16th of May 2014 at the Malton Hotel, Killarney.

Mayor Paddy Courtney will host the event in aid of the nominated charity the Kerry Cork Health Link Bus. This free bus service runs daily from many locations in Kerry to University Hospital Cork for cancer patients who are receiving treatment.

The theme for the evening will be to

acknowledge all past Mayors and chairmen of Killarney town Council as far as mid 1950's. On the night past mayors or a representative member of their family will be invited up to accept a framed certificate in their honour. The night will commence with a drinks reception at 7.30pm sponsored by the Malton Hotel and this will be complemented with entertainment provided by Killarney School of music. The night will continue with a 5 course

meal as well as wine. Other entertainment over the course of the evening will be provided by Celtic steps, Marina Cassidy, followed by dancing into the early hours with the 2 Mikes.

An auction of fantastic items will take place on the night of the event. These will include; a one off piece of jewellery designed by Brian de Staic, a bike from O'Sullivan's bike shop Killarney, a Kerry GAA jersey signed by Colm Cooper, an Ireland soccer Jersey signed by Martin O' Neil, a Munster jersey from Elma Walsh and family, as well as numerous other items.

On the night there will also be a huge variety of raffle prizes on offer donated kindly to the event on behalf of numerous sponsors. €5 is the suggested donation per envelope for this raffle and envelopes will be provided on the tables with the opportunity to enter as many times as one likes.

Mayor Paddy Courtney would like to thank all the sponsors for the extremely generous support they have given to us for this event and I am sure all proceeds will be hugely beneficial to the Kerry Cork Health Link Bus support group.

Tickets for the event will sell at €45 per person and can be purchased at the Malton Hotel. Tickets can be purchased by credit card, laser card or by cash.

Please come along and support this worthwhile event and charity fundraiser.

The last ever Mayors Charity Ball, Friday May 16th, The Malton Hotel Killarney

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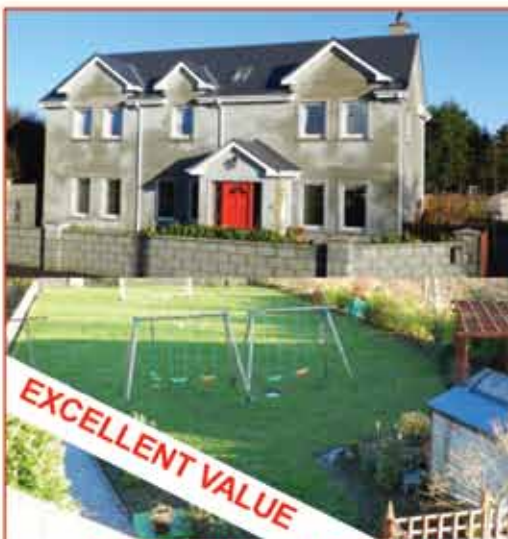
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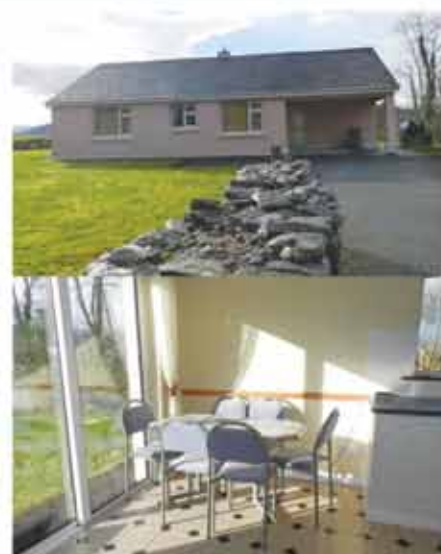
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HOLY WEEK CEREMONIES

ST. MARY'S CATHEDRAL GOOD FRIDAY APRIL 18TH

10.30 a.m. Morning Prayer Led by the Franciscan Friary Community.
3.00 p.m. Solemn Liturgy of the Lord's Passion.

HOLY SATURDAY APRIL 19TH

10.30 a.m. Morning Prayer led by Religious Sisters of the Parish.
Confessions 12 - 1pm, 2pm - 4pm.
9.00 p.m. Easter Vigil with Bishop Ray and Concelebrants.

Please take note: This Holy Saturday there will be one Easter Vigil in the Parish, and this is in the Cathedral.

EASTER SUNDAY APRIL 20TH

Masses at the usual times to celebrate the Lord's Resurrection.
St. Mary's Cathedral: 8a.m. 10.30a.m. and 12 Noon Church of Resurrection: 11.00a.m.
Muckross Church: 9.30a.m.

FRANCISCAN FRIARY HOLY WEEK CELEBRATIONS

CONFESSIONS TIMES: SATURDAY 19TH APRIL
10.30a.m. -12.30p.m; and 2p.m.—5 p.m.

GOOD FRIDAY—18TH APRIL

Morning Prayer: 10.00a.m.
Solemn Liturgy of the Passion: 3.00 p.m.
Confessions 4pm - 6pm, 8pm - 9pm
Stations of the Cross: 7.00 p.m.

9.00 p.m. Stations of the Cross, with Confessions afterwards.

CHURCH OF RESURRECTION HOLY SATURDAY-19TH APRIL

Morning Prayer: 10.00 a.m.
3.00 p.m. Solemn Liturgy of the Lord's Passion, with Confessions afterwards.
7.30p.m. The Way of the Cross, with Anam Youth Choir, through song, powerpoint.

Easter Vigil: 10.00 p.m.
Reflections and personal prayer. Confessions afterwards.

MUCKROSS CHURCH

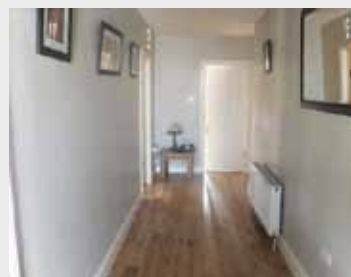
7.30 p.m. Stations of the Cross, with Confessions afterwards.
EASTER SUNDAY 20TH APRIL
Mass as usual times: 8.30 a.m. 10.00a.m. 11.30 a.m. (There will be no Holy Hour).



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



ARE YOU PAYING TOO MUCH FOR YOUR LIFE COVER?

Yes, you could be paying too much for your life cover. If you took out life cover for any reason personal, business, mortgage etc you need to review this regularly. You need to do this for a number of reasons:

- The cost of your cover today may be less than what you are paying for it.
- Your circumstances may have changed since you took out the policy and you may not need as much cover as what you have at present, this could bring down the cost.
- Your premium may not have been compared with premiums from other life companies when you took it out, this can and should be done for you now.
- You may have been a smoker in the past and are a non smoker now with over 12 months.
- You could have been charged a higher premium in the past for health reasons, this higher premium may not apply now.

If your life cover premium was reduced by €20 per month, over the next ten years that's saving you €2400.00. In today's difficult financial world we are all trying to find ways to save money, this is one way that you could save money, it's easy to check this out. Contact an independent financial advisor who will review your cover and explain the options available to you.

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COUNSELLING SERVICES OPEN IN CASTLEISLAND

Emmaus Counselling Services is a new Professional & Confidential Counselling service established in Castleisland specialising in Adolescent Counselling. Located at 39 Main Street, (1st Floor) in Castleisland, the service is run by Siobhan Browne. "I provide a professional and confidential approach to therapy in a safe, warm, caring and non judgemental ambience. Assist my clients to develop insights into their own problems/issues, helping them to find their own resources, strengths and talents to move forward and make possible changes in their lives. The principal approaches used at Emmaus include Person Centered, Solution Focused, CBT, Reality Therapy and Integrative Therapy," said Siobhan.

Services offered include:

- Individual Counselling/Psychotherapy for adults, couples & elderly, Adolescent Counselling (13-18 years) incorporating Family Counselling.
- Personal Development.
- Psychological Education in building resilience in times of adversity, Conflict Resolution,

Communication skills and Stress Management.

- Personal Coaching.
- Support in transitional periods in life, Career, Business, Educational, Geographical location, Bereavement, Separation etc.
- Life Balancing.

"There are many issues which affect each of us in every day life. Most of the time we have the resources and the ability to cope with these however there are times when we become overburdened and find we cannot cope on our own and may need further support," Siobhan said.

Counselling may be helpful if you:

- Are discontented with relationships in your life i.e. marital, partner, parent/s, child/children, siblings, colleagues at work, school, college etc.
- Are unhappy in employment, school, college or at home.
- Are subjected to bullying or abuse of any form.
- Need some to talk to.
- Feel isolated, lonely, hopeless or experiencing depression, anxiety or panic attacks.



SIOBHAN BROWNE EMMAUS COUNSELLING SERVICES

- Are struggling with trauma from the past.
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- Experiencing broken or damaged relationships in your life.
- Struggling with regret, anger etc.

Consultations by appointment only. Day and Evening appointments.

Contact Details: Tel: **087 1733393**.

Email: **siobhanbrowne.emmaus@yahoo.ie**

Website: **emmauscounsellingkerry.com**

RTE'S LAZY STYLE TO GIVE OPENING FOR NEW IRISH TV CHANNEL.

According to the Irish Independent, An Taoiseach Enda Kenny will launch a new TV Channel for the Island of Ireland and will have a worldwide audience. Irish Tv is the brainchild of husband and wife team Pierce O'Reilly and Maireach Ni Mhaolchiarain, and the station will feature 50 home-produced programmes a week and will create 150 new jobs. The couple, backed by Mayo-born multi-millionaire John Griffin, have bought Sky Channel 191, but the programmes will also be available on Freesat, in the US on Public Broadcasting Service and online at IrishTV.ie and IrishTV.com. Mr Griffin, who recently sold the UK's largest minicab service, Addison Lee, for €360m, is chair of the new €15m project. A spokesman said the new company will focus on community news. "Each of the 32 counties will have their own half-hour 'County Matters' show once a week, produced by IrishTV's own nationwide production network. We are putting three open teams in place in each county to produce them." He said the station will take news and politics from RTE Digital, but the home-produced programmes will include everything from cookery and country music to fashion and farming, sports, childrens' programmes, golf and entertainment. Musically, the focus will be on the successful country and Irish format, with stars such as Nathan Carter and Mike Denver and singing sensation Lisa McHugh presenting a prime time Saturday night show. "At the moment, we are in Finglas making a classical music series with up and coming young Irish talent - musicians who have never got a minute on TV before"



Its a costly business producing home produced programmes. We are paying RTE €3 million a week to produce Irish programmes and the Irish people are getting a very poor return. We like to hear about the crisis in the Ukraine but not 24 hour coverage – seven days a week. This is lazy journalism. Ireland is full of talented people doing amazing things and the majority of this is been ignored by the RTE.

CONCERT SEASON AT ST. MARY'S

The Concert season at St. Mary's Church of Ireland continues on Wednesday April 23rd 8pm when the Dartmouth High String Ensemble from Massachusetts, USA and the Kerry School of Music to perform at St. Mary's Church of Ireland, Killarney at 8pm that evening.

Under the direction of Ms. Heather Church, the Dartmouth High School String Ensemble promises a varied repertoire; from Irish traditional, classic to contemporary music. The Ensemble will be performing at venues throughout Ireland on this tour, in association with Discover Ireland Tours, and will be joined by old friends of St. Mary's, an Ensemble from the Kerry School of Music, under the direction of Aidan O'Carroll.

To date the St. Mary's has been filled to capacity and with audiences of locals and visitors alike and we look forward to welcoming you once more.

Given the wonderful Church's acoustics and the concert programme, this promises to be another wonderful evening's entertainment! Admission is free.



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TARMAC BATTLE RESUMES IN KILLARNEY

With entries still open for the Cartell.ie International Rally of the Lakes over the May Bank Holiday weekend, over 90 crews have entered and the stage is already set for battle royal in all classes and categories of the 35th Rally of the Lakes.

The event gets under way with a ceremonial in Killarney town centre on Friday evening with competitive motoring kicking off on Saturday morning to tackle a loop of three stages at Molls Gap, Beallaghbeama and Caragh Lake before returning to Service at the Liebherr Container Cranes factory in Fossa.

A second loop of these three classic stages follows, with a further visit to Service before tackling the final stage at Kilcummin, which is a shortened version of the stage which featured as the finale of the Killarney Historic Rally for the past two years.

The first day's stages will be familiar to most Rally of the Lakes regulars but there are some variations such as a hairpin right at the end of Molls Gap and Beallaghbeama reverting to the longer version which was a feature of the earlier years of the Rally of the Lakes.

Sunday sees the cars tackle Molls Gap for the third time and then it's on to a loop of three



LAUNCHING THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 AT THE GLENEAGLE HOTEL, KILLARNEY ON SATURDAY WERE FROM LEFT, PADDY COURTNEY (MAYOR OF KILLARNEY), CATHY HEALY, SECRETARY, DERMOT HEALY, CLERK OF THE COURSE, PATRICK O'DONOGHUE, GLENEAGLE HOTEL AND JEFF AHERNE CARTELL.IE. THE 35TH RALLY OF THE LAKES WILL TAKE PLACE IN KILLARNEY FROM MAY 2ND TO MAY 4TH INCLUSIVE. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

stages which have not been used for ten years in the Rally of the Lakes,

The first of these, Borlin, is actually a combination of two old classics, Sheen River and Borlin, and takes the rally over the county bounds into County Cork.

The second is the fabulous lakeside stage at Lough Allua, which was a regular feature of the Circuit of Ireland up to the eighties and of the Rally of the Lakes from 84 until 2004.

In recent years the stage has been associated with the Cork 20 International but the Cork 20 version generally runs in the opposite direction

to the Lakes format, starting in Ballingeary and finishing in Kilmichael.

Fuhiry, which starts outside Ballingeary, brings the rally back over the County Bounds, past Creedons at the Top of Coom, the highest pub in Ireland, and finishes on a fast downhill section towards Kilgarvan.

Service in Kenmare Mart is followed by a further trip over the same loop of three and, after a final service in Kenmare, the rally concludes a run over Moll's Gap back to Killarney.

BLOOD, SWEAT & GEARS GARDAS BLOOD4LIFE 2014 CYCLE



Over five days from May 12 to May 16, a group of around 20 Garda will undertake a gruelling 1,000 kilometre cycle that will bring them to each one of the 26 counties. The Garda Blood4Life 2014 Cycle is a novel charity event to recruit blood donors and to raise awareness about the importance of blood donation. Details of the event were announced on Sunday to coincide with a training cycle on the Ring of Kerry over the weekend. Front from left are Paschal Sheehy (RTE), John Kerin, Stephen Cousins, National Donor Services Manager, IBTS, Stephen Roe, Ann O'Donovan, Donor Recruitment Manager IBTS, Paul Hooley and Pat Sullivan. Back from left are John Ryan, Donal Bernie, Don Healy, Dave Callaghan, Mark O'Connor, Peter Kennedy, Jim Hennessy and Pat Harrington. Picture: Eamonn Keogh (MacMonagle, Killarney).

ROY APPEALS FOR VOLUNTEERS

Irish Guide Dogs' most famous patron Roy Keane is looking for volunteers in the County Kerry area to help out with Irish Guide Dogs national SHADES campaign taking place on Monday 28th to Friday 2nd May. Volunteers are required for street collections all throughout the week and a Tesco collection day on Thursday 1st May. Call Louise on 1850 506300 or email louiseosg@guidedogs.ie to sign up today.

"There are loads of benefits to volunteering with Irish Guide Dogs during SHADES," said Roy Keane, Ireland's Assistant manager. "When I leave Guide Dogs I always feel better about myself. I've met lots of blind people over the years and it's just amazing what the dogs do – what they give people. These dogs are giving people back their life."

Irish Guide Dogs largest annual campaign, SHADES aims to raise awareness of the work of the national charity and to try to get communities around the country to help raise €270,000 to fund its vital work.

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Smart Storage provides neat and aesthetically pleasing under stairs and Attic storage solutions for households at an excellent price and are all Irish made. The units are designed to fit seamlessly under stairs and into the eaves of your roof area using a soft close, push-pull mechanism, alleviating the need for handles.

The Attic/loft drawers are proving very popular and they fit snugly into the eaves of the roof and can be used as wardrobes, general storage, or in kids rooms. All of the products qualify for the home renovation incentive announced in budget 2014.



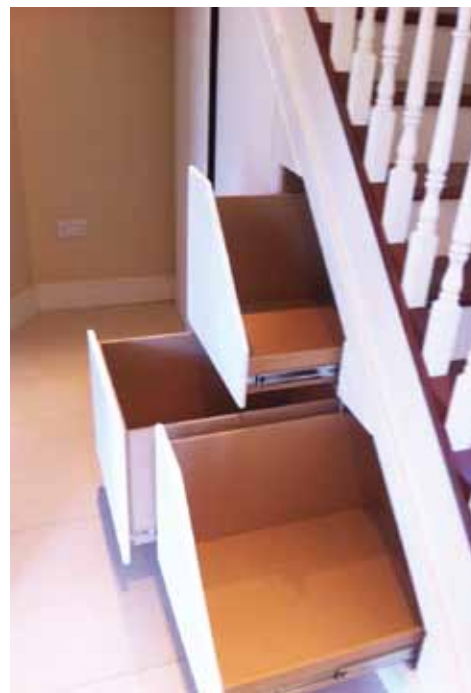
"Through my experience I see storage and poor access in the home ever increasing, most of today's modern kitchens still have poor internal storage fittings" said John, who offers offer a full service in which all these units can be retrofitted with very smart pull out baskets, bins and brilliant corner cabinet as well as sinks and appliances fittings. John offers great value to the customer because he can offer a call out, supply and fit service with brochures featuring a wide range of top quality products, cutting out the overhead costs of showroom and salesmen, thereby saving you, the customer, not only time and money and but really maximising and organising your cabinets.

John has also recently been appointed as a distributor for the new innovator home appliance sweepovac - which fits into the kick board of all existing kitchens. Sweepovac is the easiest way to gather up floor sweepings with no bending and no dustpan offering greater hygiene and dust control.

You can contact John on 087 9125504 or visit his facebook page www.facebook.com/jgriffinsmartstorage.

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Jac Edwards: I'm delighted with my smart storage units under stairs and will be telling everyone I know about you and your product.

Ingrid Graef: John I am delighted to have opted for smart storage which give me lots of additional storage for kitchen appliances etc in my kitchen and it really improves the look of the stairway – A job well done.

KINGA WINS OUR EASTER COLOURING COMPETITION

With hundreds of entries to choose from, 7 year old Kinga Macherzynska emerged as the judges favourite in the Killarney Outlook/Lir Chocolates Easter Colouring Competition. Kinga from Killarney is a first class pupil at Holy Cross Mercy School and according to her mum Barbara, spends most of her spare time colouring.

Kinga was one of three winners of the competition and received her giant Lir chocolate bunny from Alan Oliver of Lir Chocolates.

Lir have opened a factory outlet store on High Street, Killarney (opp Pennys) selling amazing chocolate treats for Easter at factory prices.



KINGA MACHERZYNKA RECEIVES HER GIANT LIR CHOCOLATE EGG FROM ALAN OLIVER OF LIR CHOCOLATES FACTORY OUTLET STORE. ALSO PICTURED IS KINGA'S MOTHER BARBARA. PHOTO: LISA O'SHEA.

5,000 DANCE AT THE WORLD CHAMPIONSHIPS

The 2014 An Comhdháil World Irish Dance Championships kicked off at Killarney Convention Centre last weekend. With over 5,000 competitors from Ireland, America, Scotland, England and Europe to compete for the world title. The eight day competition was officially opened by the Mayor of Killarney Paddy Courtney.

The championships are a welcome boost for the town which has seen fantastic weather over the week as families enjoy the many facilities on offer.



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3 IN A ROW FOR KERRY COUNTY CLEAN UP



KERRY COUNTY CLEAN UP WHO MET LAST SATURDAY AT DALY'S SUPER VALU TO TAKE THREE BUSES TO DIFFERENT KERRY LOCATIONS TO SPRING CLEAN THE KINGDOM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Last Saturday saw the most successful KWD Kerry County Clean up yet with the largest number of volunteers and the most roads covered since its inception in 2012.

130 groups registered with over 2,800 volunteers, who received 13,000 bags between them in an effort to tidy the highways and byways of Kerry. This event is the only one of its kind in Ireland with other county's now looking to host similar events – such is the success of the KWD Kerry County Clean up.

People were out on roads all over the county at different times of the day and many groups also took part in the tidy up in the days leading up to the official cleaning.



DONIE O'SULLIVAN, CENTRE, CHAIRMAN KILLORGLIN TIDY TOWNS, WITH VOLUNTEERS AND LOCAL RESIDENTS IN KILLORGLIN, COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY ON SATURDAY. PHOTO: VALERIE O'SULLIVAN.



CASTLEMAINE TIDY TOWNS GROUP ALONG WITH VOLUNTEERS AND LOCAL RESIDENTS, COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY ON SATURDAY, JOHN GRIFFIN, MARTIN FLYNN, KEVIN FLYNN, SAMANTHA FLYNN, JAMES FLYNN, ANTHONY O'SULLIVAN, MIKE FLYNN, ANTHONY O'SULLIVAN, JOHN FRANCIS FLYNN. PHOTO: VALERIE O'SULLIVAN.

Next year the aim is to have everyone out on the actual day as the large number of volunteers can make the solid and visible statement that we do not accept littering on our Kerry roads .

An example of the improvement over the years comes from news that members and friends of KWD Recycling collected nearly 60 bags of rubbish from the main Annascaul to Dingle road. Three years ago they would have expected a much larger amount of bags on a similar stretch of road and were delighted to see how much it has improved in such a short period of time .

In general roads were visibly better this year and the amounts collected were down on the last 2 years which only goes to prove that people are changing their habits when it comes to litter awareness – this is due in no small part to the “KWD County Clean up”



VOLUNTEERS AND LOCAL RESIDENTS ON INCH BEACH, COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY ON SATURDAY, INCLUDED ARE, ROSS LALLY, CHRISTINE LALLY, MOIRA GRIFFIN, DEPUTY BRENDAN GRIFFIN, TD, AND RACHAEL LALLY. PHOTO: VALERIE O'SULLIVAN.



VOLUNTEERS AND STAFF OF KWD RECYCLING ON INCH BEACH, TAKING TIME OFF AFTER COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY ON SATURDAY. PHOTO: VALERIE O'SULLIVAN.



FARRANFORE TIDY TOWNS GROUP ALONG WITH VOLUNTEERS AND LOCAL RESIDENTS, COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY, SIOBHAN MCCARTHY, EILEEN KENNEDY, LIAM FELL, MICHAEL KENNY, JOHN O'DONOGHUE, DONIE DALY. PHOTO: VALERIE O'SULLIVAN.



CLLR JOHN SHEAHAN AND SEAN FARRELL, HAVING A BIT OF CRAIC WITH VOLUNTEERS AND LOCAL RESIDENTS IN KILLARNEY, BEFORE COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY ON SATURDAY. PHOTO: VALERIE O'SULLIVAN.



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THE CHASE IS ON - KERRY SPORTS STARS RUN FOR THOSE WHO CAN'T



THE CHASE IS ON: KERRY GAA LEGEND SEAMUS MOYNIHAN, IRELAND WOMEN'S RUGBY PLAYER SIOBHAN FLEMMING AND MODEL ALISON CANAVAN IN TRAINING WITH THE 'CATCHER CAR' AT KILLARNEY NATIONAL PARK AHEAD OF THEM TAKING PART IN THE WINGS FOR LIFE WORLD RUN IN KILLARNEY ON MAY 4TH, A UNIQUE GLOBAL RUNNING EVENT IN AID OF SPINAL CORD RESEARCH WHERE A CAR CHASES THE RUNNERS. PHOTO: DON MACMONAGLE.

A host of stars have signed up for a unique history-making global running event coming to The Ring of Kerry, kicking off in Killarney on May 4th.

Kerry GAA legend Seamus Moynihan, Ireland Women's rugby flanker Siobhan Fleming, Munster's Simon Zebo and JJ Hanrahan, Dublin's Bernard Brogan, TV presenter Síle Seoige, model Alison Canavan and thousands of fun and active runners will walk, jog and run at 11am on Sunday, 4th May in Killarney in the Wings For Life World Run - all running for those who can't.

Wings For Life is a not-for-profit charitable foundation set up to help find a cure for spinal cord injury which can happen to anyone at any time. 100% of the €48 entry fee will directly go towards funding cutting edge spinal cord injury research and clinical studies through the work of the Wings For Life Foundation. And, just by signing up to the Irish race, entrants will get a goody bag and go into a draw to win a brand new Honda Jazz car.

The Wings For Life World Run, organised

globally by Red Bull, is the first event in which the entire world can race together, simultaneously. This ground-breaking race format means that on the 4th of May 2014, at 11am GMT, and equivalent times across the globe over 200,000 competitors will start to run in 35 countries across six continents; all trying to stay ahead of a 'catcher car' for as long as possible. The 'catcher car' takes off 30 minutes after the starter gun at 15km's per hour, accelerating by 1km every hour. Entrants keep running until they are caught by the car. The route begins at the Kings Bridge entrance to Killarney National Park (opposite St. Mary's Cathedral) in Killarney, before heading west towards Killorglin and continues anti-clockwise

around the Ring of Kerry. Entrants can set their own personal goal on the day to jog 5km's, run 10km's or maybe beat the catcher car to a half or full marathon.

Organisers anticipate that the best ultra-marathon runners will make it somewhere between Cahirciveen and Waterville before being caught by the Honda CR-V catcher car. Seamus Moynihan commented, "The run is a great challenge for me. I've done some adventure racing in the past but my goal is to get 10 to 15km's of running in before the car catches me and it's all the better that we are running for a higher purpose." Registration closes on April 27th and you can sign up at www.wingsforlifeworldrun.com

'SAM TO THE SUMMIT' IN AID OF ALAN KERINS PROJECTS LAUNCHED



MARTIN BURKE, MICHAEL SAYERS CHAIRMAN MID KERRY GAA BOARD, JOE CROWLEY KERRY GAA BOARD, BRENDAN GRIFFIN TD, TOM PRENDERGAST, DONAL ASHE KEEL GAA VICE-CHAIRMAN, WILLIAM O'SHEA, PJ REIDY & ALAN KERINS AT THE SAM TO THE SUMMIT LAUNCH IN AID OF THE ALAN KERINS PROJECT.

Keel GAA Club was the venue for a unique fundraising event launch which will see Sam Maguire and an All Ireland football medal from each of the 32 counties reach the top of

Ireland's highest mountain, Carrauntoohil. The event aims to raise much needed funds for the Alan Kerins Projects which provides support to the poorest and most disadvantaged people

and communities in Africa through their dedication, friendship and partnership. Getting Sam Maguire to the top will be achieved with the help of some of Gaelic football's greatest names who will also carry their medals to the summit.

In attendance at the launch were former Kerry footballers Darragh O' Se and Tom Prendergast and former Galway dual player and charity founder Alan Kerins.

One additional climber from each county is sought to join the medal holders in their climb. The 32 volunteer climbers/sponsors will be asked to raise €2,500 on behalf of their county through sponsorship or self-funding to be part of this once-in-a-lifetime opportunity.

Climbers will be accepted on a first come, first served basis. For more information on how to join the climb please log on to the website www.samtothesummit.com

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Get your feelings off that fork!

Tackling emotional eating is key to a successful weight loss programme

Emotional eating can be a barrier to success in any weight loss programme, so it's important to understand not just what you eat, but why.

People eat for all sorts of reasons and hunger is not always top of the list. Even without thinking, we often take comfort in calories in order to ease stress, relieve boredom or deal with day-to-day difficulties. However, if you think a broken heart will feel better with a tub of ice cream or anger management is a piece of cake, it may be time to get your feelings off the fork and build a better relationship with food.

Motivation Weight Management have put some tips together to help you get your feelings off that folk!

Eat at your kitchen or dining table. Having meals on the sofa in front of the TV encourages a mindless approach to food and before you know it, you're munching on snacks and sneaking a soda or an extra glass of wine without even thinking about it. Sitting at a table with no distractions helps to separate your feelings from your food and what's more, some good conversation will enhance the eating experience.

Think before you eat. When you feel a craving for food, ask yourself if your hunger is physical or emotional. Are you reaching for that chocolate bar because somebody hurt your feelings? Do you 'reward' a hard day's work with a takeaway? Mindless eating habits can leave you feeling dissatisfied, both physically and emotionally, and before long, you're hungry again. Learn to understand your reasons for eating and you will find it easier to make healthier

choices.

Eating for fun. It's lovely to enjoy a meal with friends, but social eating can quickly turn to social overeating if the camaraderie is expressed through heaping food to the point where everybody is truly stuffed! Visualisation techniques can help you eat, drink and be merry with friends without over-indulging or feeling deprived.

Overworked and overeating. If you're under pressure at work and have little time to spare, turning to junk food can seem like a tempting option. Yet unhealthy food will not give you the energy you need to cope with a busy schedule and ultimately, your weight loss programme will be doomed to fail. Turn your great organisational skills to your own benefit and see – and feel – the difference.

Find alternatives to emotional eating. To succeed in your healthy weight loss plan, try to work out how to satisfy your emotional needs without turning to food. If you reward yourself with food, choose an alternative activity that you enjoy – read a good book, go to the cinema, or treat yourself to a spa treatment, for instance. If you eat to cope with anxiety or sadness, find another way to express your feelings – perhaps by talking to friends, taking up a creative outlet like art or music classes, or joining a walking group.

Don't feel guilty. Changing behaviour is best done one step at a time. If you fall, don't give up. Above all, be good to yourself.

It's not just what you eat, it's why

Motivation Weight Management is best known for its outstanding success in helping thousands of Irish people to reach and maintain their ideal weight long-term. Clinical studies show that the motivation programme has an 86% success rate and the company prides itself in having over 100,000 success stories. Programmes are specially designed for men, women and adolescents with any amount of weight to lose with private one-to-one consultations with experienced advisers and doctors. Motivation's success is founded on the company's unique approach to weight management, which focuses not just on what people eat, but why. This groundbreaking concept was pioneered by world-renowned French-Canadian bariatrician Dr. Maurice Larocque, who developed the revolutionary "Mental Weight" concept, to help people achieve and maintain their ideal weight by identifying and tackling the root cause of their eating habits and behaviours.

According to Motivation Weight Management, 70% of eating is for emotional reasons. An individual person's habits, motivation, stress symptoms, emotions and mental self-image all make up their 'Mental Weight'. Motivation Weight Management is an Irish company almost 20 years at the forefront of weight management in Ireland. For more information or to arrange a no obligation assessment consultation call **Tralee** on **066 7197049**, **Killarney** on **064 6630467** or visit **motivation.ie**



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GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 1 - WEEK BEGINNING APRIL 14TH - PREPARATION/TRAINING CONCEPT

Are you considering doing the 2014 Ring of Kerry Cycle? If so, now is the time to get your gears in motion! With exactly 12 weeks to go, and the evenings getting longer, now is the time to start clocking up the mileage.

This weekly column is aimed at the novice leisure cyclist, interested in increasing their fitness and physical activity levels, whilst motivated to raise funds for this years Ring of Kerry very worthy charities.

As we countdown the weeks, always remember to yourself, that "the more mileage I clock up before the Ring of Kerry, the easier it will be for me on the day!" The ultimate goal is to gradually increase 'my' mileage each week leading up to the cycle. So every week a mileage guide will be issued, which is based on the Ring of Kerry Cycle Training programme. By doing it this way, not only will you be able to help avoid injury, burnout and fatigue, you will be able to detect any issues with your body or your bike that you need to fix before July 5th. A much better approach than deciding to start training a fortnight before the Ring!

So again the important goal is to build this mileage around your own personal schedule.

People find it easier to do the longer spins at the weekends, interspersed by rest days during the week. Or perhaps as an idea, you might decide, where possible, to cycle to and from work one or two days a week so as not to encroach on family time.... It is entirely up to you. Start with slow rides on easy routes for a couple of weeks and then in time we will be moving on to more intensive work.

The best way to learn tips, such as hydration, nutrition and training is to learn from and cycle with people who have cycled before. That said you could certainly do it on your own.

As you start aim to do your best to reach the targets set out in the Ring of Kerry Cycle training programme. It shows the distance of the longest ride each week, typically a Saturday or Sunday, as well as the total distance per week.

Sat, Sun, Mon, Tues, Wed, Thu, Fri, 20k, 20k, Rest, 15k, Rest, 15k, Rest, 70k. Happy & Safe Cycling... ENJOY!!


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SCHOOLS CYCLE AGAINST SUICIDE

Killarney Secondary Schools are very proud to be taking part in this year's Cycle Against Suicide. There are approximately 70 students and 8 teachers from Killarney Community College, St. Brigid's Secondary School and St. Brendan's Secondary School cycling on Thursday 1st May.

The route is from Cork city centre, through Macroom and Ballyvourney and finishing that evening at the Aura Health and Leisure Club in Killarney.

Killarney Community College Principal Ms. Fiona O'Brien who is also taking part in the cycle said "The cycle against suicide has been an extremely positive experience for students and staff in the school. The increased participation, training and goal setting were highly motivating for all involved. We were privileged to have Mr. Jim Breen come to Killarney Community College on Friday 11th April to reiterate the message of the campaign "it is really OK not to feel OK and that its more than OK to ask for help".

The student leaders from each of the three secondary schools have been liaising and these students were involved in the organising of the event in May. Training took place once a week after school for the past 8 weeks in Killarney Community College with their 40 students. They cycled between 45 and 50 kilometres on those occasions.

We are extremely grateful for the support of



FRONT L-R: ROSSA FOLEY, RYAN CASEY, LOUISE LANIGAN, NIAMH HICKEY, EIMEAR COURTNEY. BACK L-R: MARGARET MCGRATH (TEACHER IN ST. BRIGIDS), DONNACHA O'SULLIVAN, MR. JIM KENNEDY (MD O'SHEAS), KARON MCLYSAGHT (TEACHER IN ST. BRENDANS), MS. MARIE O'RIORDAN (TEACHER IN KILLARNEY COMMUNITY COLLEGE), MR. JER O'SULLIVAN (TEACHER IN KILLARNEY COMMUNITY COLLEGE), MR. JIM BREEN, JARED MCINERNEY, AIDAN O'LEARY, MS. KAREN RICE (TEACHER IN ST. BRENDANS), MS. MAIREAD MCELLIGOTT (TEACHER IN ST. BRIGIDS)

local business, MD O'Sheas who are providing the transport for all the cyclists from Killarney to Cork on Thursday morning.

Fundraising for the event will be taking place by the students continuously before the event and all money raised will be donated towards South West Counselling Services.

The organising committee for the Cycle Against Suicide are also looking for your help. They need over 300 beds for all of the cyclists that will be arriving into Killarney on Thursday 1st May. They will be staying for the night before heading off again on the next leg of the journey on Friday 2nd May.

FOOD DUDES ON THE WAY

Preparations are underway at both the Black Valley NS and Holy Family NS Rathmore as pupils and teachers alike pave the way for the introduction of a new healthy eating programme. The objective of the Food Dudes programme, run by Bord Bia, with funding from the Department of Agriculture, Food and the Marine and the EU School Fruit Scheme, is to encourage children to eat more fruit and vegetables both in school and at home. The programme is currently being introduced to primary schools nationwide. The Food Dudes programme focuses on three factors: taste exposure, peer modeling and rewards. Children are given the opportunity, through videos, to watch peer models – a group of slightly older children called the Food Dudes – gain superpowers from eating fruit and

vegetables.

The national roll out of the Food Dudes programme began in April 2007. To date, almost all of the primary schools in the country and some 465,000 pupils have participated in the programme, with a further 250 schools to be completed by June 2014. In an independent evaluation carried out by University College Dublin, 99% of the teachers surveyed found the programme to be beneficial to participating children. In addition over 95% of the parents surveyed said the children enjoyed the programme and almost 94% found their children eating more fruit and vegetables both in school and at home. The intake of fruit and vegetables in Ireland is below international guidelines and the national target of 500g or 5 portions a day.



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- St Columba's Comprehensive School, Donegal •

CAHILL WELCOMES €28,000 FOR KILLORGLIN BUS SHELTER



Independent Councillor Michael Cahill has welcomed the announcement whereby the National Transport Authority has provided funding to Kerry County Council for a Bus Shelter in Killorglin Town. In response to a 'Notice of Motion' from Councillor Cahill at this month's meeting of the Council, Acting Director of Services, Ger McNamara said the Council has received confirmation from the NTA of funding approval to the value of €28,000. Bus Éireann has also agreed to install the Bus Shelter at Library Place. The Local Councillor said he is delighted with this news as he has campaigned for this facility over a number of years. The Killorglin Councillor who had raised the matter on numerous occasions with Kerry County Council, Bus Éireann and the National Transport Authority said 'the provision of a Bus Shelter in

Killorglin is long overdue as members of the public including elderly people with hospital appointments, mothers with small babies, locals and tourists alike had to stand waiting for buses under appalling weather conditions and this is not acceptable in this day and age'. The Local Councillor said Killorglin is one of the larger towns in the county and serves the entire Mid Kerry area and is on the most famous tourist route in the country, the Ring of Kerry and should have a Bus Shelter. The Acting Director of Services also assured Councillor Cahill at yesterday's meeting that works would commence in the near future. The announcement was also welcomed by Kerry Independent TD Tom Fleming who had raised the matter in the Dail with the Minister for Transport, Tourism and Sport.

KILLARNEY TOWN COUNCIL – NOTICE OF MOTION

CLlr. Sean Counihan enquired about the present position of Aras Padraigh.

CLlr. Counihan praised the Franciscan Order for their wonderful gesture in donating this building to the people of Killarney. This building was offered to the town council over five years ago and there have been legal matters holding up the final signing over of the Aras.

CLlr Counihan welcomed the reply from the Town Clerk that he was hopeful that this matter would be resolved before the demise of the town council.

CLlr Counihan requested that the monies that would be required to do up the building

would be put aside to bring this building back to use for the many local community groups who made great use of the Aras Phadraig down the years.

CLlr Counihan said it was imperative that we get the building as soon as possible so that the Council could oversee its refurbishment.

Therefore it was vital that this council respond in kind to the great gesture of the Franciscan Order by insuring that we set aside money to do what is necessary to bring this back to the community.

The executive outlined that they may be in a position to update the council at its last Town Council meeting in May.

KERRY COUNTY COUNCIL NOTICE OF MOTION

Councillor Michael Gleeson proposed the following Notice of Motion at the April 2014 monthly meeting of Kerry County Council:

"In view of the rapidly deteriorating quality of the surface of the N22 from Killarney to the County Bounds, that this Kerry County Council calls on the National Roads Authority (NRA) to undertake the work necessary to ensure that this vital road into our county returns to the required standard for National Primary Roads". Kerry County Council replied that the National Roads Authority (NRA) is currently prioritising pavement and minor improvement schemes on a national basis. The condition of this section of the N22 National Primary Route has been brought to the attention of the NRA. During previous discussions the Council has been informed that the funding available to the NRA for pavement schemes will be limited in 2014 due to financial constraints and it is unlikely on this basis that a significant improvement scheme on the N22 will progress. However, targeted repairs may be possible through maintenance funding.

Councillor Gleeson stated that the N22 is a vital artery to our County, particularly so for tourists and freight carriers. If it continues to deteriorate the economic life of Kerry will inevitably suffer. He asked that the Government would as a matter of urgency be informed of the importance of this road to the job retention and prospects for the county.

HOME GPS CO-ORDINATES CLLR TOM DOHERTY

That This Council contact the HSE and other relevant authorities to equip all ambulances and emergency vehicles with satellite navigation equipment. A campaign should be put in place to ensure that households are aware of their GPS co-ordinates so they can relay this vital information in an emergency situation.

These Co-ordinates can be stored alongside other vital contact details such as South Doc, the fire service and other emergency numbers. This list could be placed on a central household point such as the fridge door. With the centralisation of emergency ambulance controls far away from rural communities there is need for real local geographical knowledge in an emergency situation. Therefore having GPS co-ordinates readily available in a stressful

situation gives peace of mind to the caller of the emergency and the patient in need of medical attention. It also gives confidence to the ambulance driver that they are heading to the correct address in the shortest possible time.

We are already aware of many stories of emergency ambulance going to the wrong address so just like a vaccination campaign the relevant authority will highlight and promote the need for access to this life saving data.

CLlr Tom Doherty requested that the Council erect seating at the Grotto in Rock Rd.

The grotto is a long established landmark in Killarney. It is a place to meet and centre of reflect. It is also a place frequented by our senior citizens on a regular basis. The council will erect seating at the Grotto within a few weeks.

MOBILITY SCOOTER USERS

Kerry County Council Candidate, John O'Shea has highlighted the hazards faced daily by mobility scooter users from the moment they leave their front doorstep.

"Mobility scooter users in busy Killarney housing estates are being forced to drive along the roads because the footpaths around their homes can't accommodate them", explains John O'Shea.

"Mobility Scooters are used by people with mobility problems as a means of independent transport. They are designed solely for use on footpaths and pedestrian walkways and are not designed for use on public roads."

"This is an accident waiting to happen and needs to be addressed as soon as possible. As a councillor my aim is to have remedial works

carried out which will address this problem. On paper, the solution is simple, sloped verges which allow easy access to the footpaths. Knowing exactly where this needs to be done is the hard part. I know the neighbourhoods from my work both as a postman and as a community activist. As a councillor I will make sure this work happens."

VOTE NO. 1




COUNCILLOR JOHN JOE CULLOTY

Local Election Candidate for Killarney/Castleisland Area

'A Strong Reliable Voice Working For You'

- Member of Regional Health Forum South
- Board Member of North & East Kerry Development
- Member of Housing & Social Support Strategic Policy Committee
- Member of Local Traveller Accommodation Consultative Committee
- Member of Kerry Joint Policing Committee
- Chairman of Health & Safety Committee of North & East Kerry Development

087 130 8000
 clrjcculloty@eircom.net
 John Joe Culloty @clrjcculloty

NEW CANDIDATE NEW IDEAS

VOTE 1



FIANNA FÁIL
THE REPUBLICAN PARTY

KILLARNEY / CASTLEISLAND


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CARERS provide an invaluable service to those in need. They **SAVE** the State (Taxpayers) many millions in the cost of Residential Home Care. It is imperative that this most cost effective form of Caring should be retained and the allocated hours restored to 2009 levels.

Please Vote **No 1 Gleeson Michael**



Ár mBuíochas
 t: 064 6632767 | m: 087 2130973
 michaelgleesonkta@eircom.net



FIANNA FÁIL
THE REPUBLICAN PARTY

If elected I will see that remedial work is carried out in the housing estates where users of mobility scooters live. This would enable them to use the footpaths instead of having to go out on the public roads and get around the vicinity of their own homes.

One Mighty Session!

MUSIC & FUN!

Friday 25th April
The Gleneagle Hotel
Greenroom
9.30pm - Late

FUND-RAISER FOR JOHN O'SHEA
FIANNA FÁIL CANDIDATE

Everyone Welcome!



JOHN O'SHEA

KILLARNEY CANDIDATE



MOLONEY WELCOMES WORLD-CLASS GREENWAY FOR KERRY

Labour Senator Marie Moloney has welcomed today's announcement by Public Transport Minister, Alan Kelly, of a major new and world-class greenway as part of a national €11 million funding for cycling infrastructure. The centre-piece of the funding will go towards construction of one of the world's most dramatic scenic greenways – running along

an old railway line, over viaducts through mountainous tunnels overlooking the Atlantic Ocean and Ring of Kerry.

"Having been involved in this initiative for Kerry from the beginning, and after organising meetings between the Department and Council, I am so pleased that €3.4 million will go towards the construction of 26 kilometres of Greenway from Glenbeigh to Caherciveen. This will be a special visitor attraction along the old Great Southern Railway. Cyclists from all over the world will benefit from the outstanding natural beauty of our Kerry coastline."

"An additional benefit of this development will

be the fact that the annual Ring of Kerry Charity Cycle, where close to 10,000 cyclists take part, can now utilise this greenway and no longer have to use the main road in this area. The road between Glenbeigh and Caherciveen is part of the Ring of Kerry route where many tourist buses and cars drive each day and so this development will be safer for all concerned."

"It is estimated that construction will create in the region of 40 jobs and it will contribute as much as 70 jobs to the local economy over time. The greenway will be constructed over the next two years and on completion can be enjoyed by families, guests, adventures, cyclists and lots more."



Vote No. 1
or next highest preference

Danny Healy-Rae M.C.C.

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WITH KERRY COUNTY
COUNCIL

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COMMUNITY CANDIDATE**

CLLR. TOM DOHERTY

22 ST. ANNE'S ROAD, KILLARNEY
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Email: tomkillarney@yahoo.ie

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Please Vote


NO.1

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THE TRUE INDEPENDENT

"Let Common Sense Prevail"

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Web: www.donalgrady.com



AN ACTIVE COUNCILLOR

VOTE NO. 1
ANNE MCELLISTRIM M.C.C.

FOR CASTLEISLAND / KILLARNEY ELECTORAL AREA

FIANNA FAÏL
THE REPUBLICAN PARTY

CHOOSE
**ANNE
MCELLISTRIM**

COMHAIRLEOIR
GNÍOMHACH

Anne McEllistrim a new and young councillor for your area with ten years experience as a member of Kerry Council and having previously represented parts of this new electoral area.

Educated at Maynooth University with a degree B.A. Arts, Higher Diploma in Education. Fourth generation of McEllistrim in politics, granddaughter of Tommy Mac commander of republican forces who fought at Headford Junction and at Ballybrack, two incidents of note in the fight for Irish Freedom. Anne has served at local level on the following committees, Chair of Kerry County Joint Policing Committee, Kerry County Enterprise Board, Roads and Transportation Strategic Policy K.C.C., Kerry County Rural Water, Kerry Education and Training Board, Kerry Airport PLC Board, Governing Body I.T.T.

For a strong active, honest and reliable representation for your area,
Choose Ann McEllistrim, M.C.C.

Contact me at 086 8628451 or e-mail: annemcellistrim@eircom.net.



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Michael Healy-Rae T.D.

**Will Attend Scotts Hotel
every Saturday at 3.00pm**

Castleisland Clinic
River Island Hotel
3rd Monday of every month 6.30pm & the
last Friday of every month 9.30pm


Killorglin Clinic
Jim Shea's Vintage Bar
2nd Monday of every Month at 7.00pm

Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night

Kilgarvan Clinic
Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

Other Clinic held throughout the Constituency
on a very regular basis and advertised locally

Office No.: 064 66 32467
Mobile: 087 2461678
e: Michael.Healy-Rae@oireachtas.ie
Danny Healy-Rae MCC: 087 2316055
Johnny Healy-Rae MCC: 087 2354793



**Cllr
Brendan
Cronin**
Independent

VOTE NO. 1

'I would like to thank KCC for their contribution of €10,000 towards **Barraduff Community Field** following my proposal and calls for the council to do so.
I would also like to acknowledge KCC's contribution of €4,000 in support for **Fleadh Cheoil na Mumhan** following a motion I raised at a recent council meeting.'

Ballyhar, Killarney, Co. Kerry
Tel/Fax: 064 66 33534 | Mobile: 087 2069657
Email: cllrbrendan.cronin@kerrycoco.ie

Killarney Municipal District

VOTE NUMBER 1
Counihan Sean

*Working
for you,
Experience
Matters.*



Labour 

*Honesty, Integrity,
Fair Representation for all.*

Tel: 087 7606392 | Email: counihansean@gmail.com

**CLLR.
JOHN
SHEAHAN**



Working for You

I have served in Kerry county Council since 2007,
working for the betterment of the Killarney and East Kerry Area.
I am seeking your support for re-election May 23rd.
I am a worker and available to you.

**VOTE NUMBER.1
SHEAHAN JOHN**

and continue your preference to my Party Colleagues:
Bobby O' Connell and Cathal Walshe.

Email: j.sheahan@yahoo.com t: 087 9267360

FINE GAEL 

**Vote No. 1 John
BUCKLEY**



*A New Voice - For
Positive Change*
Killarney Electoral Area

 **Sinn Féin**

Contact: 086 843 5028
Email: buckleyjohn99@gmail.com

 **Putting Ireland First**
Ag Cur Éireann Chun Chinn

Liadh NÍ RIADA
South Constituency

Vote Liadh Ní Riada for Europe





UNA O'LEARY, KILCUMMIN, KILLARNEY, 3RD FROM LEFT, MAKING A PRESENTATION CHEQUE TO THE ONCOLOGY UNIT AT KERRY GENERAL HOSPITAL FROM DONATIONS RECEIVED FOLLOWING THE PASSING OF HER HUSBAND BRENDAN O'LEARY. BRENDAN RECEIVED WONDERFUL CARE AT THE PALLIATIVE CARE AND ONCOLOGY UNIT AT THE HOSPITAL. UNA DIVIDED €2020 BETWEEN THE TWO VERY WORTHY UNITS. UNA PRESENTED THE CHEQUE TO, STAFF NURSES, MICHELLE O'DOWD, SINEAD DUNNE, MICHELLE DOOLAN, THERESA WALSH, AND THERESA BRUTON AND NOREEN NAGLE, BRENDAN'S SISTERS. PHOTO: VALERIE O'SULLIVAN.



AT THE KENYA TABLE QUIZ TO HELP RAISE FUNDS FOR EDDIE SHEEHY'S SCHOOL PROJECTS IN KENYA WERE L-R KEELIN O'SULLIVAN, MARY O'LEARY & KAREN O'LEARY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



STAFF AT THE KILLARNEY VTOS ON OPEN DAY - FRONT L-R KATHLEEN KEATING, FRANCES BRENNAN, MARY HARRINGTON, LILIAN LISTON, DOROTHY BYRNE, RONNIE MOORE BACK L-R, REDMOND ROCHE, ANNMARIE CAMPBELL, MARY O'CONNOR, TARA NAGLE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



EDDIE SHEEHY (CENTRE) WITH HIS WIFE CARMELA, DAUGHTER TRIONA (LEFT) AND SON DAIRE (RIGHT) AT THE GLENEAGLE HOTEL FOR HIS FUNDRAISING TABLE QUIZ FOR PROJECTS IN KENYA.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CAROLINE GRIFFIN FORMALLY OF ST.BRENDAN'S TERRACE KILLARNEY AND NOW RESIDING IN THE UAE CELEBRATED HER 40TH BIRTHDAY WITH AN INTIMATE GATHERING OF FORTY FAMILY & FRIENDS FROM KILLARNEY AND ABROAD AT THE CAHERNANE HOUSE HOTEL ON ST.PATRICKS NIGHT, WHICH BEGAN WITH A CHAMPAGNE RECEPTION FOLLOWED BY DINNER IN THE HERBERT DINING ROOM. PHOTOGRAPH SHOWS CAROLINE IN FRONT WITH HER PARENTS ANGELA & DENIS GRIFFIN, EMMA KATE GRIFFIN, BRENTON GRIFFIN & MADELINE HEALY. PHOTO: DON MACMONAGLE

If you have a picture you would like to publish
Email to: editorial@outlookmags.com

OUTLOOK ON THE STATE EXAMINATIONS

Plan your approach in the final term

(By Billy Ryle)

As they face into the final school term, it's reasonable to assume that every exam candidate has already done a certain amount of work. Many students have worked diligently and consistently throughout the year. Others may have been less focussed and motivated as they traversed the road to next June's exams. But the fact remains that each and every exam candidate has a foundation of work, however solid or precarious, on which to build over the next few weeks. It's absolutely vital to appreciate that effective and judicious use of the remaining time will be sufficient to get you safely over the finishing line. No matter how little work you have done to date, you can still achieve a worthwhile result in your exam if you are prepared to put your best effort into the final few weeks. It's also important to realise that you know a great deal more than you give yourself credit for. The immediate priority now is to reassess your goals and set out a plan of action for the run into the exam. The subject teacher at school, who, after all is the expert, will guide you through the last few weeks in revision, examination techniques and overall strategy. If you do your share by regular attendance at school during the final term and by rigorous attention to your work schedule, you are giving yourself every possible chance of achieving your goals. In order to achieve those goals you must be clear in your own mind as to what exactly they are. You must have belief in your ability to achieve them. You must put a plan in place to accomplish your aim and, critically, you must execute your plan by doing the necessary work.

Before you return to school for the final term review your exam programme. Make a decision about the level – higher, ordinary or foundation – of the paper you will answer in each subject. Set a target grade in each subject to help motivate you. It's vital at this late stage to set realistic goals. For example, if you feel you may not be able for a higher level paper in a particular subject, are you not far better off taking an ordinary level paper in that subject where you may achieve a decent grade? Consider what you would like to do after the Leaving Certificate Examination. A singular determination to achieve enough points to get a place in your course of interest is a great motivator. Perhaps, your primary motivator should be to do yourself justice in the exam and to achieve results that reward your ability and effort. Having clear and focussed goals will make your last term more productive and rewarding. Regard the next few weeks and the actual exam as a challenge that you will meet headlong and with determination. Approach it with confidence and belief in yourself. Take total control of your life and channel your energy in a positive direction. Every time you have a doubt or a negative thought about yourself replace it with a positive one. You will feel better about yourself if you are in control of your situation. To assume that control use the holiday period to make out a plan of action. Decide what topics you need to revise between now and the examination. Make out an overall time schedule, a weekly schedule and a daily schedule. Make out that plan of action over the next few days.

In the next article, I will take a detailed look at how best to implement the action plan.

CHECKLIST

- Every exam candidate has already done a fair amount of work.
- Proper use of the remaining time will get you safely over the finishing line.
- It's important to realise that you know much more than you give yourself credit for.
- Regular attendance at school during the final term is absolutely vital.
- Put a clear plan in place to accomplish your aim.
- Implement your plan by doing the necessary work.
- Have confidence in your ability to achieve your goal
- Set a target grade in each subject to help motivate yourself
- Your primary motivator should be to do yourself justice in the exam
- Regard the exam as a challenge that you will meet headlong
- Take total control of your life and channel your energy in a positive direction
- Every time you have a negative thought about yourself replace it with a positive one

Billy Ryle is a Career Guidance Counsellor and freelance writer.



Kerry ETB Training Centre



Are You Interested In A Career In Information & Communication Technology
We are now recruiting for the following courses.

MTA Software & Networking Fundamentals Course (ET124) – Tralee.

If you wish to get started in a career in ICT this entry level course offers experience in the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course. **Start Dates:** 12th May 2014. **Duration:** 17 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, Net Fundamentals, and Networking Fundamentals.

IT Support Traineeship (ETS78) – Tralee Training Centre.

This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 26th May 2014. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Java Associate Course (ET087) – Tralee.

This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

Digital Web Design Course (ET326) – 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 Dates: 19th May 2014 in Tralee. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience.

Information & Communication Technology Course (ET45R) – Castleisland.

This course is an excellent starting point for people wishing to develop their knowledge, skills and competence in a range of information and communication technologies. It's an entry level course for people who are eager to work with computers and learn a range of practical computing skills. **Start Date:** 6th May 2014. **Duration:** 20 Weeks. **Certification:** FETAC Level 3 Major Award in Information and Communication Technologies.

Marketing Course (ET489) – Tralee.

This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 6th May 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

Legal Administration Traineeship (ETS07) – Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 19th May 2014. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

CAD – 3D Parametric Modelling Course (ET481) – Tralee Training Centre.

Are you a proficient CAD technician who wants to bring your 3D modelling skills to the next level? This course offers participants the opportunity to develop the advanced parametric modelling skills needed to design 3D models of components and engineering assemblies.

Start Date: 9th June 2014. **Duration:** 21 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee,

TEL: 066 7149600, E-mail: training@kerryetbtrainingcentre.ie

Entry requirements and other information on our courses are available at www.solas.ie



BUSINESS SLOW?

GET THINGS MOVING CALL DES ON 087 659 3427

RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

FRIENDS OF THE CHILDREN OF CHERNOBYL: Rathmore Committee Annual Envelope Collection:

This year we plan to bring 14 children and 2 interpreters to our parish in July. As usual these children and interpreters are kept by our generous host families free of charge. To make this programme financially possible, we need €13,000 approx. to cover the cost of air fares, insurance, etc. We are most grateful for your support over the years, and hope you will assist us once again in this worthwhile undertaking. The Friends of the Children of Chernobyl (Rathmore) Committee confirm that all donations received are used strictly to finance the summer programme. Envelopes are collected before all Masses next weekend 19th /20th April.

CONGRATULATIONS To Rathmore Ranked 2nd best rural town by Teagasc last week.

RATHMORE COMMUNITY COUNCIL: Rathmore Annual Spring Clean is now on to 22nd April. We would like people to pick litter in their own area any time in these 2 weeks. Litter bags available from The Washbasket.

SUPPORT OUR AUTISM AWARENESS FUNDRAISER:

Autism Golf Classic will be held on Friday April 25th at Beaufort Golf Club, Killarney. Team of 4 for €200 (incl. meal), or sponsor a tee box for €50. Contact Sonny (087) 2438535 or Brigitta (087) 6303659 for entries and enquiries. The fundraiser continues on that day with an "After Party" at Bobs Bar & Restaurant, Ballydesmond at 9.00 pm. Music by DJ James Healy. Monster raffle on the night, (top prize of a weekend away at the Sneem Hotel). Tickets on sale locally. A night not to be missed! Everyone welcome.

GNEEVEGUILLA COMMUNITY COUNCIL

SPRING CLEAN: Annual Spring Clean for the Gneeveguilla area is now on until the 23rd April. Bags are available from Dillane's Garage and can be left at the depot across from Dillanes. Please support and do your part by keeping your own countryside clean & tidy.

SCRAP METAL COLLECTION: Contact Tel No: 087-2685448 for info. Details of date and time will be advertised later.

SYMPATHY: To family and friends of Michael Nagle Gortacorin, Headford, formerly of Tralee and Kerry General Hospital whose death occurred recently. May he Rest in Peace

PANTO DVDS ON SALE -"Robinson Crusoe Copies of the recent PANTO DVDS ON SALE -"Robinson Crusoe

Copies of the recent panto which was staged in Rathmore recently are now available to buy. This two and a half hour presentation showcases the very best of local talent and is ideal as a gift or simply to enjoy. The double disk DVD is beautifully packaged and is available through Michael O Mahony by phoning 0876676817 at a cost of €12.00. DVDs of previous pantomimes are also available on request.

CHARITY DANCE: In aid of Friends of Leukaemia Patients Cork, Bone Marrow for Leukaemia Trust and Brú Columbanus & Moynihans, Islanderagh want to thank everyone who attended last Friday nights fundraiser in Darby O'Gills Hotel. Thanks for all the donations and to those who bought tickets for spot prizes etc... Thanks to all for making the night a great success and again for all the support!

EASTER GREETINGS: We would like to wish every one of Our Readers A very Happy EASTER and safe weekend.

RATHMORE GAA NEWS: By Michael O'Mahony

LOTTO RESULTS FOR 07/04/14. No's drawn: 8, 14, 23, 24. No jackpot Winner. Next week's Jackpot: €6,200. Consolation prizes: €40 O'Keefes XL Gift Voucher: Kathleen Philpot c/o SAG. €40 each: Con Spillane, Headford. Damien Cahill, c/o locallotto.ie

Dermot O'Sullivan c/o locallotto.ie Dermot O'Sullivan, c/o locallotto.ie Next week's lotto sponsored by Connie K's Bar.

HURLING FOR U8 & U10: Will take place for the next few weeks in the Astro Turf in Rathmore on Saturday morning 11am-12noon. Come along bring a friend and learn the skills. Hurley's & helmets provided. Be sure to wear your shin guards.

FOOTBALL FOR U8 & U10: Will start this Friday 11th April 6.30pm in Rathbeg. Looking forward to seeing you all back for 2014 season; don't forget you must have a gum shield.

EASTER FOOTBALL SKILLS CAMP FOR PRIMARY SCHOOL: Kids will take place in Rathbeg on Tuesday 22nd & Wednesday 23rd April 10.30am- 2.30pm on both days, come along and meet some of the senior players.

THE DRAW FOR THE GARVEY'S SUPERVALU SFC 2014: Round 1 has been made.

It is as follows; Rathmore v Dr Crokes. E Strand County League Div 3 (U12 Hurling) Result: Rathmore 3-01 St Brendan's 4-07 Credit Union Co League Div1 (Result): Rathmore 2-22 Currow 0-5

NOTES: If anyone has any information they would like to add to the notes, please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00 on Sunday



KILLARNEY BROWNIES AND THEIR LEADERS AWAIT THE EARLY MORNING TRAIN TO MEET 2,500 BROWNIES AT DUBLIN ZOO, TO CELEBRATE THE 100TH ANNIVERSARY OF BROWNIES IN IRELAND.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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Attention prospective Cyclists
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The 31st Ring of Kerry Charity Cycle
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The uptake this year of registrations has
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We are appealing to local cyclists to
PLEASE PLEASE REGISTER NOW
WHILE THERE ARE STILL SPACES LEFT!!

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PLEASE NOTE

there will be NO waiting
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Ring of Kerry Charity Cycle Committee



www.ringofkerrycycle.ie

SPA NEWS

U12 BOYS A and B played st home to Ballyduff but were defeated in both games.

U12 GIRLS: Spa v Dr. Crokes. Played in Lewis road and on the night our neighbours had their scoring boots on. The girls never gave up and Caoimhe Claffey, Grainne Spillane, Liadh Beasley were outstanding in defense while Sarah Fleming, Elaine Kelly and Erin Holland all tried hard up front.

SPA U 14 A BOYS V FOSSA Played away against Fossa in this County League on Wednesday night. Despite missing some regulars Spa hit the lead midway through the first half with goals from Ryan Kelliher and Ronan McClure. However three well taken goals in rapid succession from Fossa threw this game on its head, leaving Spa with an uphill climb at half time. With Stephen McKenna and James Lynch working hard in defence he boys in blue plugged away and were rewarded with further goals from McClure and Kelliher. But with too much of a deficit to make up Fossa ran out worthy winners. **SPA 14 BS V AUSTIN STACKS:** Spa 14 Bs played away to Austin Stacks in the County League. Spa were in contention for most of this game until they conceded a couple of sloppy goals eventually losing by 5.15 to 4.08. Should both teams qualify for the next stage of the competition Spa would look forward to meeting the same

opposition.

U14 GIRLS: Travelled to north Kerry to play Duagh. Slow starting and Duagh had built up too much of a margin for our girls to make up the gap. Never gave up and unfortunately were very unlucky with some chances. Ciara Moynihan 0-5, Eimear Beasley 0-2 and meghan Cronin 0-2 all scored on the day. Twins Marie and Grace Courtney, Hannah Daly, Elizabeth Stack, Elena O Donoghue were outstanding also for Spa.

SPA SENIOR LADIES: Halftime spa 2-13 Milltown/listry 0-3. Full time Spa 4-18 Milltown/listry 0-6. Niamh Kearney 2-8, Mags Cronin 1-0, Camie Kelliher 1-2, Alma O'Mahony 0-3, Miceala O'Connor 0-4, Claire Moynihan 0-1. Welcome our new trainer Michael Brosnan who will no doubt bring his valuable experience as a coach to our senior team. **UP COMING FIXTURES:** Spa Seniors away to Castlegregory on Saturday April 19 at 6.30pm. Senior Ladies v Dr. Crokes away Fri April 18th at 7pm. Minors away to Dingle Friday 18th. U14 girls v Laune Rangers Sunday at 5pm home 27th April. U12 girls v Firies home April 22nd at 6.30.

LOTTO: Numbers drawn 5, 13, 16, 28.



WELL KNOW KILLARNEY BUSINESSMAN THE LATE DONIE BROSNAN MAKES A POINT ON SOME SPORTING ISSUE TO JOHN KELLY. PHOTO TAKEN BY RENOWNED KILLARNEY PHOTOGRAPHER THE LATE DONAL McMONAGLE OUTSIDE THE HANDY STORES AFTER ALL THREE HAD WATCHED OXFORD DEFEAT CAMBRIDGE IN THE 1974 ANNUAL BOAT RACE BY 5LENGHTS IN A TIME OF 17MINS 35 SECS.

No Jackpot winner. Next week whopping Jackpot €9,800 in Darby O Gills. Get your tickets. **SENIOR SCÓR:** All Ireland final takes place in Castlebar on Saturday 26th April. Best of luck to Ray O'Sullivan in the Recitation. Ray has been a great representative for Spa in Scór over the past number of years.

WEDDING: Congratulations to senior footballer Ivor Flynn, Ballaugh and Julie Ghirardani, Ardaneanig on their wedding.

SPA COMMUNITY NOTES: Sympathy is extended to the relatives of Johnny O'Sullivan, Knockragh who died at the weekend. May He Rest In Peace.

BEAUFORT NEWS

By David Doyle

BEAUFORT TIDY TOWNS: We would like say a huge thank you to everybody who turned out for our County Clean Up over the weekend. There was a fantastic turnout around the parish. It was great to see so many people out, doing their bit to keep Beaufort litter free. Our weekly clean ups continue now on Tuesday evenings, meeting at the Barracks, at 7pm. If you could just give one hour, it would make such a difference. A range of jobs need to be completed, so all abilities needed. Let's keep Beaufort looking beautiful.

HEALTHY CLUB PROJECTIN AID OF KERRY HOSPICE: Under Healthy Club Project Beaufort GAA will host a Walk in association with the Kerry Hospice on Good Friday April, 18th. The route will be the new Bridges over the Gaddagh between Mealis and Lislibane. All monies raised will go towards Extension to the Palliative Care Unit at Kerry General Hospital. The route starts at Kissanes Shop, to Cronins Yard, over the Bridges, to Lisleibane and back to Kissanes Shop.

LOTTO: Next draw for a lotto jackpot of €4,000 will be held in Kate Kearney's Cottage on Sunday, 20th April Easter Sunday. Tickets are €2 each or 3 for €5. They are available from usual sellers, shops and bars. If interested, €50 annual Tickets or Standing Orders are available from usual Lotto sellers.

OUR SENIORS: sponsored by Maurice Foley of MF Decorating travelled to Churchill on Sunday

last in the 3rd Round of the County League but came away empty handed after going down on a full-time score-line of Churchill 4-7 to Beaufort 1-12. The old cliché of goals win games certainly was true in this game. More detailed Match Reports are available weekly on the Club website

OUR B SENIORS: Played Glenbeigh/Glencar on Tuesday, 15th April in Glenbeigh.

OUR MINORS: Sponsored by Melvin of Carsons Daybreak play Listowel Emmets in Beaufort on Friday next at 6.45p.m.

OUR U16S: Sponsored by Killarney Credit Union played Currow on Monday evening in Currow in the Eastern Region League.

OUR U-14S: Qualified for the county semi finals of the division 2 Feile on Saturday. In their opening game Beaufort defeated Firies 2-2 to 0-4, they also defeated Milltown/Castlemaine 4-3 to 2-3. They lost to Na Gaeil 0-7 to 0-3 but qualified alongside them for the semi finals.

BEAUFORT U14S Were defeated by a strong Dingle team in Division 2 county league on Wednesday last in Dingle. Having travelled with only 15 players Beaufort competed well in the first half but Dingle showed their superior strength in the second half. Beaufort play John Mitchells in round 3 this Wednesday in Tralee and have Spa at home on Wednesday next.

OUR U12 LADIES: Travelled to Cromane on Wednesday and were beaten by a stronger, more physical side. Beaufort tried hard and

their player of the match was Hannah O'Connor at wing-back.

OUR U-12S: Were at home to Gneeveguilla on Monday evening. The U12 team had a big win in their game and no doubt will come up against stiffer opposition while the U11s had a very close game and were unlucky to lose to a late goal. The score of the evening came in this game from Brendan O'Donoghue. Their next game is away to Firies. Our U6s-boys and girls, U8s-boys and girls, U10 boys will begin training on Sunday week 27th April at 11.30 a.m. If possible please pay Registration beforehand. See details below.

MEMBERSHIP REGISTRATION EVENING: will take place on Friday, 18th April from 8pm to 9pm in Clubrooms. Please come along and pay Membership (if you haven't already done so) because players/adults are not covered if anything happens to them during games, training or using the Clubs facilities. New members welcome. Family Membership €50 covers all children under 18 and 1 adult has use of the Gym. €50-Senior Player. €30-Individual Membership of the Club only. Reduced rate for Actively Retired and there is also Gym Membership for only €50. The Registrar is Patie Hartnett 0872515311 or Bridget 0879975737

CLOTHES COLLECTION: There will be a Clothes Collection at the GAA Clubrooms on Saturday, May 17th. More details later.



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Wedding Open Day - Sunday 4th May

The 5 star Dunloe, Killarney, set overlooking the picturesque Gap of Dunloe, invites you to an exclusive wedding consultation day on Sunday 4th May from 9am - 5pm. Discover how The Dunloe can turn your dream wedding into reality while enjoying a glass of bubbly and canapés.

Contact Jason for more information - jason.clifford@thedunloe.com
The Dunloe, Beaufort, Killarney, Co. Kerry 064 - 6644111 reservations@thedunloe.com
www.thedunloe.com www.facebook.com/TheDunloe



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WOMEN'S BEGINNERS JOG GROUPS

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KILCUMMIN NEWS

ANNUAL SPRING CLEANUP: Volunteers who would like to take part in the cleanup during the month of April in their own area can do so at a date convenient to themselves. All bags will be collected at a later date. For bags and pickers contact the Rural Development Office on 064-6643357 or John on 086-1579381. Your help is much appreciated.

KILCUMMIN HOSPICE WALK: Registration in the Recreational Hall 10.00-10.30am. The Memorial Book containing names of friends and loved ones who died from cancer will be available for signing. A special Mass for all those whose names are in the book will be celebrated in Kilcummin on Friday May 2nd at 7.30pm. Please support this worthy cause.

ICA AGM: At the Annual General Meeting of the Guild the following Officers and Committee were elected for the coming year. President: Bridie O'Connor, Vice President: Eileen O'Sullivan, Secretary: Eileen Finn, Treasurer: Phil Doolan, Tea Hostess: Ann McSweeney & Noreen Fleming, An Grianán Teachta: Eileen Moynihan, Timire Gaelge: Joan Collins, P.R.O: Judy O'Connor. Kerry Federation President Breda Browne and Information Officer Eileen Daly attended the meeting.

COMHALTAS: The County Fleadh will be held in Cahirciveen from June 18th-22nd. Entries to Branch Secretary (tel. 086 0810208) before May 7th. Details of Programme and Accommodation on www.kerrycomhaltas.ie.

STEWARDS: Stewards are needed for the County Fleadh in Cahirciveen (June 18th-22nd). Please contact Kilcummin Branch Secretary (086 0810208) if you are available to help. The deadline for Fleadh entries is May 7th and a list of accommodation is available from the Branch Secretary. A number of changes have been made to Fleadh rules-details on www.kerrycomhaltas.ie The TTCT (Traditional Music/Teaching) Course for 2014 will take place from Oct. 26th - Nov.1st at an Chultúrlann and applications invited for applicants specialising in fiddle, flute, whistle, concertina, button

accordion, harp and banjo. Closing date for applications June 11th (email siobhan@comhaltas.ie).

ANABLA NATIONAL SCHOOL NEW/USED CLOTHING COLLECTION: Anabla National School Parents Association will hold a new/used clothing and mobile phone collection on Thursday 8th May 2014. The following items of new/used unwanted clothing can be included; men's, women's, children's clothing, household textiles (i.e. curtains, towels etc.), shoes, handbags, belts, soft toys etc (any condition once they are clean). If you have clothing or old mobile phones that you would like to donate and you are unavailable on the collection date, please contact any member of the committee or e-mail anablaparentsassociation@gmail.com. All items must be dropped to the school before 9.30AM on Thursday 8th May 2014.

KILCUMMIN GAA

SENIOR CO LEAGUE DIV 1: Kilcummin continued their good start to their Co League campaign against high flying St Michael's Foilmore on Sunday last in Ballinskelligs. This was a competitive encounter with the hosts showing plenty of skill and enthusiasm but credit to our lads who kept up the pace and following some shrewd moves we finally killed off the game with a Jamie O'Sullivan goal after a good run by Shane McSweeney. This win leaves us with six points from three games and our focus now turns to this Saturday night and a first round Club Championship game against Co Intermediate champion Currow.

CO CHAMPIONSHIP DRAW: Shannon Rangers v Kilcummin June Bank Holiday week-end.

RACE NIGHT: Kilcummin Senior players are holding a fund raising race night in the Klub on April 19th Easter Saturday night immediately after the club championship game against Currow. To sponsor a horse or a race contact any one of the senior players. Lines €10, Horse €30 and Race €100. Please come along and support the lads who are making great commitments and sacrifices to bring glory to

our parish and the proceeds go towards team medical expenses and physio.

SCOR NA BPAISTI: Well done to all who competed in the County Final of the competition on Sunday last. The quiz team came 2nd on the day and were very close to the top spot. Well done to Micheal Sweeney, Liadan O'Connor, Bebhinn Brosnan and Conn Fleming. Well done also to their dedicated mentor Jason O'Connor for all his fantastic work, time and dedication. Shauna O'leary came third on the day and did her club and district very proud. Well done also to the set dancers who came first on the day. Well done to Micheal Sweeney, Nathan Counihan, Danny Cronin, Darren Lehan, Shauna O'Leary, Shauna O'Donoghue, Nicole Williams, Katie O'Leary and Alison Moynihan. Well done to their fantastic mentor Marguerite O'Connor for all her time, dedication and hard work.

SCOR FUNDRAISER: Please support the Senior Set dancers in their bid for all Ireland glory. The quiz takes place in the Klub on Easter Monday April 21st at 8pm. Adult tables of 4: €40, Juvenile table of 4: €20. Please support.

LADIES GAA CLUB: Second hand Clothing collection on Friday 25th April from 7-9pm and Saturday 26th April from 10-1pm. All clothing curtains, blankets towels, sheets and old mobile phones gratefully accepted.

UNDER 14 BOYS: U14 Boys play Keel/Listry at home on Wednesday 16th April at 7.15pm.

SENIOR LADIES: Senior Ladies play John Mitchells at home in Division 3 of the County League at 7pm on the 18th April.

UNDER 12 GIRLS: U12 Girls play Laune Rangers at home on Tuesday 22nd April at 18:30 in Phase 1 of Co. League.

GAA JUVENILE ACADAMY: GAA Juvenile Academy continues on Saturdays at 10.30am, new players welcome.

HURLING/CAMOGIE: Hurling/Camogie continues every Thursday evening at 6pm at the club for all children aged 5 to 10 years.

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to remind seniors in the Listry/Milltown Parish and surrounding areas that the next Social Day will be day out in Killorglin golf club on Tuesday 29th April 2014. The usual Bus Service will operate and start collecting passengers at 10.30 approx.

BINGO: The next Bingo Session will be held in Listry Community Centre on Wednesday 23rd April 2014 at 8pm.

LOTTO: 1 x €100: John Hickey, Killarney.

2 x €50: Annette Courtney, Coolbane.

Grainne & Elaine Murphy. 2 x €25: Sean O'Connor, Coolroe. Tess Flynn, 17 Deerpark Crescent. Draw Entrant: Andreas Larkin Lahard. Next week Jackpot: €6,350 on April 20th.

RING OF KERRY CYCLE: Just over 2 months to go, so time to get the bike out and start training. You can register locally for the following two charities. Margaret Gallagher 087-6327973 for Kerry Hospice. Tony Darmody 087-2563883 for Kerry Parents and Friends. Your support would be greatly appreciated.

GOOD WIN FOR U12'S: The under twelve team continued their good run in the county league on Sunday evening. They beat an excellent Cromane by one point. There were impressive displays all over the field and all of our squad spent plenty of time on the pitch. The final score was 5-10 to 3-15. Special note to our attackers for racking up this impressive tally and our defence for holding the Cromane attack especially restricting them to only

three goals. We have training on Tuesday but no game for Easter Sunday. Our next game is at home to local rivals Keel on the following Sunday.

SYMPATHY: Votes of sympathy at recent meeting of Listry community council members a vote of sympathy was passed to bereaved families, relatives and friends of following people who died recently, Mary McGough (nee Lynch) of Coolroe, Faha, and late of Danesfort, Loreto road, Killarney. Ester (Nora) Lyons (nee Cronin) of Ballyphehane, Cork/Bantry Cork. David Leane of Cricklewood, Engalnd and Tullig, Beaufort, Co. Kerry. Catherine (Kitty) Hayes (Nee O Sullivan) of Rusheen, Castlemain. May their souls rest in peace.

BACK BY POPULAR DEMAND!

DR. CROKES EASTER CAMP

VENUE: Dr. Crokes, Lewis Road, Killarney

DATE: Tuesday 22nd, Wednesday 23rd
& Thursday 24th of April

Time: 11am to 2.30pm

Registration: Tuesday 22nd April at 10.30am

Dr. Crokes invite boys and girls aged 5 to 12 in the killarney area to a special fun filled easter camp to learn the skills of gaelic football from qualified coaches with loads of fun.

New members especially welcome!!

Cost: First Child €25 • Siblings €15

Please bring packed lunch and drink.

Details Contact Coaching Officer John O'Shea 087 248 8768



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- To date we have funded the adult CF clinic which opened in 2011 at a cost to us of €350,000.
- This year we will fund the adult inpatient isolation bedrooms at a cost of €2,300,000 in Ward 5B in CUH. Ward 5B will care for all adults with chronic respiratory illnesses including, Cystic Fibrosis, Asthma, Lung Cancer, Emphysema, COPD from all over Munster
- We have paid for all of the medical equipment for all of the Cystic Fibrosis facilities in CUH.

This ad has been sponsored!

GLENFLESK NEWS WITH DONAL KELLY

BCFO UPDATE: Barraduff Community field Organisation Committee recently convened a meeting on March 31st with cross party delegation of both existing and potential new Councillors. It was acknowledged by all that Significant fundraising efforts over the last 2 years by community at large provided a strong basis to request KCC to make financial contribution to help progress the project. It was unanimously agreed by all present that best approach was to make one submission to Kerry County Council for financial contribution on behalf of all Councillors. We are delighted to inform public that Kerry Co Council have acknowledged all the work we have done and will be making a financial contribution of €10,000 towards our ongoing fundraising efforts. We would like to acknowledge and thank ALL public representatives and Councillors who attended the meeting and followed up with Kerry County Council officials to help make this happen. We currently still have a shortfall of €50,000 to complete the project and are currently organizing a Golf Classic on May 17th in Kenmare, Teams of 4 players €200 and T Box Sponsorship is €50. Contact Johnny 087 9054666 or Paud 087 2586448. We thank all those who have supported us in the past and welcome any support from any business or members of public for our Golf classic.

COUNTY LEAGUE DIV 3: The Glenflesk senior team, sponsored by Molly Darcys, were held to a draw by Brosna in the third round of the county league played in Glenflesk on Saturday April 12th. In an entertaining game, Glenflesk had the better of the opening exchanges and led 0-10 to 0-7 at half-time, but Brosna finished strongly with four unanswered points to draw

the game at 0-15 points a piece.

INTERMEDIATE COUNTY CHAMPIONSHIP: Glenflesk play Annascaul in the first round of the Intermediate Championship in Glenflesk on Saturday next April 19th at 6:30pm.

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Sunday the 13th of April 2014, in the Kerry Way. Jackpot: €2,800. Numbers drawn: 5, 6, 9, 11. Next club lotto draw will be held on Sunday the 27th of April 2014, in John Dan's, Jackpot: €3,000.

WELLY WORLD RECORD: On Sunday May 11th 2014 at 12 noon, the people of Glenflesk invite you to walk proudly with them into the Guinness Book of Records. Glenflesk GAA in association with Rentokil Initial will host a WELLIE RUN, and need to get more than two thousand people to walk one kilometre in a pair of wellington boots. The walk, led by Nathan Carter and other celebrities, will be one element of what promises to be a great family event, with lots of other attractions in store. All it costs is €5 per person or €20 per family. All funds will directly benefit the club.

MINOR COUNTY LEAGUE: The Glenflesk minor team turned in a strong performance in defeating St. Pat's Blennerville on Friday April 11th on a scoreline of 4-12 to 2-5. They will now face St. Senan's in the semi-final, likely to be played in Glenflesk within the next few weeks.

COUNTY LEAGUE U14: The Glenflesk U14s beat Na Gaeil in the second round of the county league in Na Gaeil on Wednesday April 9th (Glenflesk 7-3 Na Gaeil 3-10). This week (April 16th) the U-14s travelled to Kerins O'Rahillys, and next week (Wed April 23rd) they are scheduled to play Cordal/Scart in Glenflesk.

COUNTY LEAGUE U12: On Sunday April 13th the U-12s welcomed Currow to Glenflesk in the

county league. The first team were defeated on a scoreline of 8-7 to 7-14, while the second team won on a scoreline of 5-12 to 1-5. On Sunday week (April 27th) the Glenflesk U-12s are away to Ballymacelligott.

SPONSORSHIP LAUNCH – RESCHEDULED: On the night of Thursday April 24th Molly Darcys Traditional Pub and Glenflesk GAA will formally launch their new sponsorship agreement in the Muckross Park Hotel. Anyone interested in attending this event is asked to contact club secretary Denis O'Sullivan (0868113443).

31 CARD DRIVE: Well done to Derry Crowley and Tom Morris who won the cards in St. Agatha's Hall Glenflesk on Friday April 11th. The final night of the cards before the summer break takes place on Friday April 18th. All welcome.

COMMUNITY TEXT ALERTS: The community text alert system is now up and running in the Glenflesk area. This system is used to make local people aware of any suspicious or criminal activity in the area. If you would like to be included on the list of those who receive these texts please contact Danny Doherty on 064-7754229.

KELLOGGS CUL CAMPS: This year's Cul Camp takes place in Glenflesk between the 7th and 11th of July. These camps are a great opportunity for boys and girls aged between 6 and 13 to develop their football skills in a relaxed fun-filled environment. Application forms will be delivered to schools in the parish over the coming weeks. Parents can also register online at www.kelloggsculcamps.gaa.ie

SCOR NA BPAISTI: Congratulations to the Glenflesk figure dancers who won in the county final of Scor na bPaisti.

FOSSA NOTES By Gene Moriarty

FOSSA GAA: FOSSA LOTTO 13/04/2014:

Numbers Drawn: 1,13,16, and 24

Jackpot: €3,750. No Jackpot Winner:

New Jackpot: €3,900. Tickets on sale at the usual outlets, at the club grounds on Sunday mornings at juvenile training, and from club members and players. Next draw takes place on Sunday night April 20th 2014 at the Golden Nugget Fossa at 11p.m.

FIXTURES: Friday April 18th Minor County League Ardfert v Fossa at Ardfert 6:45 pm.

Senior ladies County League Duagh v Fossa at Duagh 7:00pm.

Wednesday April 23rd County Under 14 John Mitchells v Fossa at Ballyseedy throw in 7:30pm.

SENIORS: Well beaten by Castlegregory in round 3 of the county league on Saturday evening. We play Reenard in Round 1 of the county novice on Sunday week April 27th.

MINORS: Travel to Ardfert on Friday evening for final group game in County League throw in 6:45pm.

COISTE NA NOG: Under 12s began their season with wins against Ballymac on Friday evening and Milltown/Castlemaire on Sunday

evening. The under 16s had wins against Keel/Listry and Dr Crokes B, while the Under 14s made it two wins out of two in the County league with a victory over Spa at Fossa. We hosted Feile Peile na nOg on Saturday where we lost to John Mitchels and Glenflesk and drew with Kenmare.

LADIES FOOTBALL Congrats to the Fossa u14 girls who overcame Southern Gaels on Sunday evening in Fossa on a scoreline of 3-7 to 0-5. The girls have secured 3 wins out of 3, playing in Division 1 of the County League.

Well done to all involved.

SCÓR: Well done to the Fossa leiriú group who came second in the County Final of Scor na bPaisti in the Tintean in Ballyunion today. All the girls portrayed fabulous talent on the stage. Many thanks to their mentors Theresa & Courtney. Proud to see Fossa GAA on national TV on Sunday night when our ceolteoiri performed with perfection on Scor Encore on TG4.

ASTROTURF ALL WEATHER PITCH: all weather pitch@fossa national school. Opening hrs, monday/friday 4pm/10pm, Saturday/

Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger o Connor 083 4228977 or email fossaweatherpitch@gmail.com

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sports field every Thursday evening from 6:00pm to 7:00pm until further notice. The next session takes place on this Thursday April 24th. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

FOSSA COMMUNITY ALERT: Just to let you know, our new signs are now in place, with the phone number of Killarney Garda Station on them. So to make sure our "Text Alert System" keeps working to its full potential don't hesitate to ring that number should you see any suspicious activity in the area.

For anyone who hasn't already signed up to the system and would like to do so, just contact any member of the committee.

GARDENING OUTLOOK



with **John O'Sullivan**

PLANT AN EASTER BOWL

When planting a colourful Easter bowl choose your bowl from either terracotta or plastic but make sure to get a saucer underneath when purchasing. Then put some gravel around the base surrounding the hole and add compost mixed with slow release fertilizer.

Fill your bowl to about one inch from the top as this will make it easier when watering afterwards. When choosing the plants start with the centre piece. An ideal plant for this would be an evergreen grass. This is an ideal plant as when you are finished with the bowl, the evergreen grass can be planted outdoors.

There are a huge range of plants with colour to fill around the centre piece. Some of the most popular to choose from are trailing variegated ivys, heathers in flower, primroses, polyanthus, forget-me-nots and you will also still be able to get some potted daffodils and tulips.

When finished planting make sure to water the plants in well, and if you decide to keep the Easter Bowl indoors make sure that the saucer is underneath. Keep the finished Easter bowl in as much light as possible and this will flower well into the time for Summer bedding. As certain flowers go off before others, don't be afraid to remove them as this will keep your bowl looking good for longer.

Next Week I will focus on Alpines.

**JOHN O'SULLIVAN, FOUR SEASONS GARDENING
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RECIPES OF THE WEEK

HAKE, BROCCOLI AND CHEDDAR CHEESE BAKE

This recipe is perfect as a starter or a main course. If serving as a starter just use individual serving dishes instead of the large baking dish. Serves 4

INGREDIENTS

700g hake, skinned, boned and cut into 4cm chunks.
200g broccoli, cut into small florets.
Salt and freshly ground black pepper.
300ml light cream.
200ml fish or vegetable stock.
1 tablesp. Dijon style mustard.
2 cloves garlic, peeled and chopped.
2 bay leaves.
150g grated cheddar cheese.
1 tablesp. capers.

TOPPING

25g butter
50g stale white breadcrumbs
2 tablesp. chopped parsley

TO COOK

Cooking time
20 minutes

METHOD

Place the broccoli florets in a saucepan of salted boiling water. Bring back to the boil then reduce the heat and simmer for one to two minutes

until the broccoli is just tender. Remove from the heat immediately and drain well. Transfer to an ovenproof baking dish (approximately 24cm x 24cm). Set aside while you prepare the sauce. Add the cream, stock, mustard, garlic and bay leaves to the saucepan and bring to the boil. Add the hake and simmer very gently for 4-5 minutes. Remove from the heat and gently stir in most of the grated cheddar cheese, keeping aside 2 tablespoons for the topping. Add in capers and season with salt and pepper. Then spoon this mixture over the broccoli. Combine gently. In a separate pan melt the butter then add in the breadcrumbs, reserved cheese and chopped parsley. Mix together then sprinkle over the top of the hake and broccoli mixture. Brown under a hot grill and serve with steamed potatoes and a tomato salad.



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EASTER CANDY CAKE

What You'll Need:

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking soda
- 1/4 cup unsweetened cocoa
- 1 cup mayonnaise
- 1 cup water
- 1 teaspoon vanilla extract
- 1 (16-ounce) can white frosting
- Green decorating sugar, jelly beans, and

marshmallow chicks

WHAT TO DO:

1. Preheat oven to 350 degrees F. Coat a 9- x 13- baking dish with cooking spray then flour lightly.
2. In a large bowl, combine flour, sugar, baking soda, cocoa, mayonnaise, water, and vanilla; blend with an electric beater on medium speed until well combined.

3. Pour batter into baking dish and bake 25 to 30 minutes, or until a wooden toothpick inserted in center comes out clean. Let cool completely.

4 Ice cake and cut into 15 squares. Decorate each square with coloured sugar and Easter candies.



LEGION GAA NOTES

AWARDS AND SOCIAL NIGHT: All roads lead to the East Avenue Hotel this coming Sunday night as the club hosts its annual awards night. Here we will be honouring those, both on and off the field of play, for their great efforts throughout the year. Amongst those being honoured are Clubperson of the year, Marie O'Sullivan, Senior player of the year, Podge O'Connor, Hall of Fame, Jim O'Leary and to Selina Looney, Tim O'Regan and Jack O'Neill who will collect the ladies, junior and young player awards respectively. Winning teams will also be presented with their medals on the night. The club will also be launching its 5 year plan on the night which will highlight our hopes and vision for the club for the coming years. So come along and lend your support and enjoy the night. Special guest on the night will be none other than Cheltenham legend Jim Culloty. Admission is free and complimentary finger food will be served. Throw in 7.30pm.

SENIOR COUNTY LEAGUE: The seniors travelled to Gneeveguilla last Saturday evening in round 3 of the County league and maintained their good start to this competition eventually accounting for the Slieve Luachra side on a 2-13 v 0-11 scoreline. It must be said that the scoreline was somewhat flattering as it wasn't until the last five minutes that this game was fully decided as the homies fought all the way and it took three unanswered points and a Tom Moriarty goal to seal this win. Legions other goal coming from the ageless Mike Sullivan following an exquisite James Donoghue pass to find Kevin Breen who in turn laid it on for the score.

U12 COUNTY LEAGUE: Well done to both the Green and White teams who both came away with wins last Sunday evening away to John Mitchels.

U14 FEILE: Great results from the group stage of Feile which was hosted at Derreen last Saturday. John Culloty's side claimed victory in all 3 group games against Churchill, Spa and Dr. Crokes thus qualifying for the Feile semi final to be played this Saturday against Listowel Emmets at a venue to be decided.

CLUB SHOP: Club shop will be open on Saturday morning from 10.30 to noon and they have a wide variety of club merchandise on offer.

CLOTHING COLLECTION: Why not do your spring clean now and kill two birds with the one stone as not only will you be tackling that once a year job at home that you dread but also help raise funds for our girls teams. All bags of old clothing will be accepted at the clubhouse up until May 17.

MAY RACES: The racecourse committee are designating the Sunday of the May races as a Gaa club day with clubs from surrounding areas attending and also taking part in a place



THE WINNER OF DR CROKES NATIONAL LEAGUE CHALLENGE WAS DENISE O'SULLIVAN RECEIVING HER PRIZE FROM CLUB TREASURER MALACHY WALSH.

kicking competition. Backed by Croke Park and with Hector ui Heachagain being guest mc, this promises to be a great day and in addition to this the club has a limited number of low price admission tickets for sale. More details on this next week

FIXTURES: Junior East Kerry League semi final v Gneeveguilla Tuesday 22 April.

Minor County League away to Ballydonoghue Friday 18 April.

U14 Feile playing Listowel Emmets Saturday 19 April, venue tbc.

Underage academy every Saturday morning 10.30 to noon.

LOTTO: Numbers drawn for Sunday 13 April 2, 5, 11, 18.

EAST KERRY NOTES

By Áine Ní Shúilleabháin PRO

RESULTS: EAST KERRY JUNIOR LEAGUE

Dr Crokes 2-09 Legion 1-05.

Spa 1-13 Fossa 0-05.

Rathmore 2-08 Kilcummin 0-09

EAST KERRY JUNIOR LEAGUE: Dr. Crokes claimed victory over local rivals Legion in Division 1 round 2 of East Kerry Junior League, sponsored by Patrick Doyle Haulage, at Lewis road during the week. First half goals from Tony Brosnan and Keith O'Leary gave the home side the platform to lead at the break 2-05 to 1-02. The Legion goal coming from Jack O'Neill. Dr Crokes kept their noses in front in the second half, notching up 4 points to 3 for Legion and ran out winners on a Final score of Dr Crokes 2-09 Legion 1-05. Referee: Mike Brosnan (Spa). In Division 2, Rathmore proved too strong for a determined Kilcummin outfit, in their round 2 game, played in perfect conditions

in Kilcummin. The teams found scores hard to come by early on with both defences on top and it was mainly a goal by Rathmore's Pdraigh O'Callaghan that separated the teams at the break. It could have been more but for a great double save from Kilcummin's Conor Teahon. Half Time Kilcummin 0-5 Rathmore 1-6. In the second half Rathmore's superior fitness was very evident although Kilcummin never gave up taking the game to the opposition. A good goal by Brian Moynihan put daylight between the teams and despite the efforts of the likes of William Maher, Kieran O'Donoghue and Damien Doolan, Kilcummin could never bridge the gap. Daniel O'Sullivan, Conor Jenkinson and Derek Moynihan made sure the visitors finished comfortable winners by 5 points. Final score Kilcummin 0-9 Rathmore 2-8. Referee: Tadhg Ahern (Listry).

Spa had a convincing win when they hosted Fossa, in the second Division 2 game, scoring 1 goal and 13 points to Fossa's 5 points. The Spa goal came from Colm Tobin. Referee: Jim O'Connor (Scartaglen).

WELL DONE IN COUNTY FINALS SCÓR

NA BPÁISTÍ: The East Kerry competitors did extremely well last Sunday in the County Finals of Scór na bPáistí which were held in the Tintean Theatre Ballybunnion. Glenflesk, trained by Norrie Sheehan and Joanne Cashmann came first in the Rince Foirne and Kilcummin, trained by Marguerite O'Connor, came first in the Rince Seit. Fossa came second in Léiriú, Fíries (Kian Ó Síocháin) came second in Recitation and Kilcummin came second in the Trá na gCeist. Well done to all competitors.

HISTORY OF HURLING SEMINAR AT MUCKROSS:

The Trustees of Muckross



House are hosting a one day seminar, entitled 'The History of Hurling', on Saturday 26th April 2014, starting at 10.30am with MC Mícheál Ó Muirheartaigh and an interesting line up of speakers. The venue is Muckross at the School House. For booking phone 064-6630804 or online at www.muckross-house.ie.

Further information phone 087-6198193 or 087-2531625.

MID KERRY NEWS

By: Joan McGillycuddy

SENIOR LEAGUE: The game between Cromane & Keel will be played on Good Friday night 18th at 7pm in Keel. Final to be confirmed.

JUNIOR LEAGUE: Rd 1 results Miltown/Castlemaine 5-13 Glenbeigh/Glencar 1-08, Laune Rangers 2-11 Keel 1-13, Beaufort had a bye.

Rd 2 will have been played Tuesday night last with Rd 3 continuing Tuesday night 22nd. Beaufort host Keel.

Glenbeigh/Glencar entertain Laune Rangers. Miltown/Castlemaine - bye.

U21 CHAMPIONSHIP FINAL: Glenbeigh/Glencar/Cromane take on Laune Rangers in Miltown on Easter Saturday Evening at 6pm (extra time in this game if needed). Man of the Match Award is kindly sponsored by the Towers Hotel Glenbeigh.

CHURCH GATE COLLECTION: Will take place in Killorglin & Cromane at all Masses Easter Weekend.

DR. CROKES GAA CLUB NOTES

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 2, 8, 9, 19. The jackpot of €8100 was won by Donie O'Meara. Next week's jackpot is €3000. Draw will take place in the Jack C's.

FIXTURES: Senior Ladies League: Home vs. Spa, Friday 18th April, 7pm. Minor League. Div 1: Away vs. An Ghaelteacht, Friday 18th April, 6:45pm. Please support.

RESULTS: Senior League. Div 1: Dr. Crokes 1-12, Milltown/Castlemaine 1-07. Senior League Div 5: Dr. Crokes 3-11, Renard 0-09. EK Junior League: Dr. Crokes 2-09, Legion 1-05. Senior Ladies League: Dr. Crokes 6-14, Dromid 1-05. U14 Co. League: Dr. Crokes 'A' 1-06, Laune Rangers 12-07. Dr. Crokes 'B' 3-10, Laune Rangers 4-02.

SENIOR LADIES: The Senior Ladies made it 3 for 3 over the weekend as they continue on their winning ways in the Senior County League beating Dromid Pearses at home on a scoreline of 6-14 to 1-05. With goals coming from Amanda Brosnan (2), Megan Kiely (2) and 1 each from Rheanna O'Shea and Lisa Courtney. All the girls put in a great team performance.

SATURDAY MORNING ACADEMY: Our Saturday morning hurling & football academies continue this weekend: Hurling from 10:00am

to 10:40am, followed by football 10:45am to 12 noon. Both codes are supervised by qualified coaches and all equipment is provided.

COISTE NA NOG - FOOTBALL: U12 footballers continue their preparation for the season on Tuesdays and Thursdays from 5:00pm to 6:15pm.

The U12 girls train on Mondays 4:30pm - 5:45pm and also on Thursdays with the U14 & U16 girls from 6:00pm to 7:15pm. New players welcome. Don't forget your mouth-guards!!

U14 GIRLS: The U14 girls traveled to Scartaglin on Sunday last. They played a hard fought game but it was not to be and were beaten by a last minute goal in the dying stages of the game. Final-score: Dr. Crokes 1-04, Scartaglin 2-06.

U12 GIRLS: This team have played two games so far in the Phase 1 of the Under 12 Co. League, coming away with a victory in both games. They travelled to Kenmare for the first game where the girls put in some great team work and came away the deserved winners on the night. They then took on near neighbours, Spa, in their second game which was a much tighter affair but again the girls worked well together. Niamh Stack And Treasa O'Sullivan worked well in the middle of the field setting up some nice balls in to Caoilinn O'Donoghue, Julie Delaney and Lyselle O'Shea who got some great scores. Five new girls to the team this year, Sarra Neher, Sarah McMahon, Megan Greame, Megan Linehan and Ailbhe Gallaher played in their first competitive competition and where excellent. The back line was solid with Holly Power showing the way. She was ably assisted by Emma Kelly and Leanne Kerins, Jade Potts and Siabh Murphy. Miriam Greene marking was superb. Ana Sheehan had a great game between the posts pulling off some lovely saves.

U14 HURLING: South Kerry U14 Hurlers had a comprehensive win over Causeway in the second round of the County League Division 1 game on Saturday, 5th April in Lewis Road, Killarney. From the outset, South Kerry were up for this game and took control early on. With a few vital positional changes from the previous game, this team looked a more balanced outfit and really hurled well for the full hour. Donal O'Sullivan was in great form at centre-forward and immediately made a run through the middle for a great goal. This early lead appeared to settle our players and they proceeded to dominate in almost all areas of the field. Liam Twomey excelled at full-back and was ably assisted by Michael Horgan and Conor Lucey. Michael Lenihan, at centre-back also had a tremendous game and delivered great ball into the forwards. Dan McCarthy and Griffin Wharton dominated the middle of the park for the full hour and both put in a huge amount of work. Frank McGuire looked lively all through at wing-forward and Cian O'Sullivan was strong in possession on the opposite wing, both contributing 2 points. Inside, Tom

Murnane and Gary Randles worked hard and played their part. Ian O'Connell, Patrick Crehan and Dara Smith came off the bench to make good contributions also.

MASTERS GOLF CHALLENGE: A huge thanks to all who contributed to this years Masters Challenge Fundraiser and to all the card sellers. Results can be found on Facebook and www.drcrokes.com.

SYMPATHY: To the family and friends of Dorothy Henggeler.

LISTRY GAA

LISTRY WEEKLY LOTTO RESULTS: 13th April, 2014

Winning Numbers 3, 10, 14, 26. Jackpot €6,200 Not Won. 1 x €100 John Hickey, Killarney, 2 x €50 Annette Courtney, Coolbane, Grainne & Elaine Murphy. 2 x €25 Sean O'Connor, Coolroe, Tess Flynn, 17 Deepark Crescent.

Draw Entrant Andreas Larkin, Lahard.

Jackpot next week Sunday 20th April €6,350.

SENIOR FOOTBALL LEAGUE DIVISION

2 RESULT: Round 3 Venue Laune Rangers. Laune Rangers 1-12 v 2-9 Listry.

MINOR FOOTBALL LEAGUE DIV 3A

ROUND 5: Friday 18th April at 6.45 pm - Venue Listry. Keel/Listry v Kilcummin.

NOVICE CLUB FOOTBALL CHAMPIONSHIP ROUND 1:

Saturday April 19th at 6.30 pm. Venue Listry Listry v Moyvane.

LISTRY COISTE NA NÓG: U6/8/10 -There is no training next Friday (Good Friday) 18th. Training will resume on Friday 25th. Very important that all the kids continue to practice at home every day.

U-12: Listry U-12 boys and girls had a great battle with Cromane on Sunday 13th. Listry won on a scoreline of Listry 5-10 Cromane 3-15. Our next U-12 game is at home to Keel 27th April.

U-14: Listry/Keel will play 2 rounds of the Co league this week v Kilgarvan/Tousist and Kilcummin.

U-16: Listry/Keel have finished off the East Kerry league with a good win over Dr. Crokes. The Co. league will start Wednesday 18th June. Best of luck to all our players in the Junior cert. exams.

Happy Easter to all in Listry and Keel GAA clubs.

LOCATIONS OF DEFIBRILLATORS IN

THE PARISH: Listry GAA Ground, Kerry Woollen Mills, Listry Community Centre, O'Sullivan's Shop, Beaufort Bridge, Listry Church, Courtneys Yard, Rockfield

MATCH OF THE WEEK

EAST KERRY UNDER 16 LEAGUE DIVISION 1 FINAL

DR CROKES 3-22 RATHMORE 1-06

Rathmore got off to the better start in the East Kerry Under 16 Division 1 League Final,



sponsored by MD O'Shea, in Gneeveguilla, on Monday evening, with Mark Ryan scoring 1-02 in the opening minutes. However, Dr Crokes struck back scoring 2-06 in the next 11 minutes to leave the score 2-06 to 1-02 at the end of the first quarter, the Crokes goals ably scored by David Shaw and Jack Griffin. The sides exchanged points for the remainder of the half. Score at the short whistle: Dr Crokes 2-10 Rathmores 1-5. Dr Crokes upped the pace in the second scoring a goal and 3 points in the third quarter, the goal coming from the boot of Jack Griffin. Rathmores notched up a point from wing back Timmy Kelly to leave the score Dr Crokes 3-18 Rathmore 1-06 going into the last quarter. Rathmore showed real character and pressed hard in the final 15 minutes, as they tried to break through the Crokes defence and goalie Nelu Doherty who was in top form. Dr Crokes finished strongly with 4 points. Final score: Dr Crokes 3-22 Rathmore 1-06

Referee: Christy Crowley (Gneeveguilla). East Kerry Coiste na nÓg Chairman, Sean O'Sullivan, presented the trophy to the Dr Crokes winning captain, complimented both team on a skillful sporting game, thanked the referee for a great game and congratulated Dr Crokes on winning.

TEAM PANELS DR CROKES: Nelu Doherty, Connor Harrington, Lorcan MacMonagle, Shane O'Connor, James McAuliffe, David Naughton, Murt O'Shea, Billy Courtney (0-07; 3f), Michael Potts (0-04), Mark O'Shea, David Shaw (1-06), Donie O'Sullivan, Jack Griffin (2-02), Mark Hartnett (0-03), Brendan Coppinger, Ryan Casey, Dion Marcus, Evan Kelly, David Rae, Jack O'Connor, Conor Quirke, Jack Galvin, Luke Casey, Patrick Wrenn, Cian Casey, Cian Tangney, Aodhainn De Bruinn, Mark Fitzgerald, Kieran Fitzpatrick, Gavin O'Sullivan, Jack Kelliher, James Kelly, Ethan Fleming, Sean Courtney, Cian O'Hare, Darren Mulcahy.

RATHMORE: Paul Cremin, Naoise Clifford, Fergal O'Connor, Killian O'Sullivan, Nikodem Swiczewski, Darragh O'Callaghan, Timmy O'Doherty (0-01), Michael O'Leary, Damien Cronin, Cian Jenkins (0-01), Mark Ryan (1-02), Donal Monyihan, Ian Cremin, Dean Fitzgerald (0-02), Brien Friel, Derry Mc Carty, Darragh Desmond, Damien Nagle, Sean Clifford, Joey Lynch, Trevor Cronin, Anthony Darmody, Sean Cronin.

KERRY LADIES GAA

KERRY THROUGH IN FIRST ROUND

Kerry minor ladies defeated Limerick in the first round of the Munster Ladies Minor Championship on Saturday. In a restructured competition Kerry will at least be guaranteed 2 games, last year Kerry & Cork faced off in a straight final, which was no good to both teams. It was a stuttering performance in the first half with Kerry slow to settle. Limerick took advantage of this and also played with the strong breeze. However Kerry's Aisling O'Connell settled Kerry with a goal & Kerry



KERRY MINORS: BACK ROW BILLY MANGAN (MANAGER) CLODAGH QUINLAN, EMMA O'SULLIVAN, PATRIZ BROSNAN, CAROLINE DINEEN, MARTINA GUINEY, AMY REIDY, MEADHBH JOHNSTON, NIAMH MYERS, AOIFE SHINE, ELLEN WINTERS, KATIE DENNEHY, SHAUNA HANAFIN, ALAN HANAFIN (SELECTOR). FRONT ROW: DEIRDRE O'SULLIVAN (LIAISON OFFICER), TINA MANGAN, DENISE DUNLEA, ERIN FINUCANE, NIAMH CARMODY (CAPTAIN), MEGAN O'CONNOR, JANE LYNCH, AISLING O'CONNELL, AILEEN SHEEHAN, SHANNON O'SHEA, BRID SEARS, CLÍODHNA HAYES, PAT BROSNAN (SELECTOR).

nerves seemed abated. Half time score Kerry 2-06, Limerick 1-02. Kerry took the field in a more determined manner in the second half & made the breeze count scoring some fine long range scores. In the end Kerry saw out an embattled Limerick Full time score Kerry 4-14 Limerick 3-06. Kerry face Tipperary next on Saturday 19th in a Tipperary venue TBC. Tipperary will present a much tougher task, as Tipperary schools have reached nearly every schools final this year across all grades, so that will filter down to inter county teams also no doubt. Also on the inter county front Kerry U14's face a strong Waterford side on Saturday in a Cork venue TBC. Kerry who had a poor first outing against Waterford will be aiming for a much better performance against a quite strong Waterford side. Waterford topped their group beating Tipperary, Clare & Limerick & are showing very strong in this age group. The venue for Kerry senior ladies Tesco HomeGrown NFL semi final against Cork has been set for Dromcollogher/Broadford in Limerick on Sunday 27th April at 2 pm. Kerry who topped the table will be hoping to secure a spot in the league final, in our first year back in Division 1. Domestic action was in the spot light with games across all 4 Divisions in the Rhyno Quality Feeds Co League. In Division 1 saw Castleisland Desmonds travel to Laune Rangers to take on the current champions. Laune Rangers despite fielding without Sarah Houlihan & Edel Murphy were still a very strong outfit. The first half was very evenly matched with score Laune Rangers 1-07 Castleisland Desmonds 3-07. However Castleisland blitzed the Laune side in the second half, & also held the home side to just 3 points in the second half. Final Score Laune Rangers 1-10 Castleisland Desmonds 7-08, with goals coming from Aine O'Connor (3) Leanne Mangan (2) Stephanie Murphy & Aisling Leonard. Meadhbh Johnston scored Laune Rangers sole goal. Other results in Division 1 Southern Gaels across the county to Listowel Emmetts & it was a journey worthwhile

Listowel 0-7 Southern Gaels 5-12. In an exciting game where Scartaglen defeated Inbhear Sceine Gaels after, going in a goal down at half time to winning by a goal. Scartaglen 2-15 Inbhear Sceine Gaels 2-12 In Division 2 Corca Dhuibhne's passing, movement & superior fitness was too much for the combined Abbeydorney/Kerins O'Rahillys. Though Sinead McKessey & Emma McCarthy dominated in midfield, they combination side couldn't hold the ball inside the forward line. While Corca Dhuibhne were much tighter in defence & very quick on the counter attack. Final Score Corca Dhuibhne 6-16 Abbeydorney/Kerins O'Rahillys 2-09. In the other game in that division, Na Gaeil hosted neighbours Austin Stacks in a Tralee derby. In a high scoring game Na Gaeil used their experience to push ahead. Final Score Na Gaeil 7-10 Austin Stacks 5-03. In Division 3 Dr Crokes are continuing their rich vein of form defeating Dromid, Dr Crokes 6-14 Dromid 1-05. Spa are also continuing their great form, it will be an interesting clash when both these teams meet. Spa defeated Miltown/Listry with their forwards displaying a master class in forward movement. Final Score Spa 4-18 Miltown/Listry 0-06. Finally Currow inflicted a heavy defeat on Kilcummin 6-06 to 0-04. In the sole game of Division 4 Duagh ran out easy winners against newcomers Cromane.

Next round of action is due to take place on 18th April; however with some clubs containing county minors some games will be deferred. All fixtures/results on the website. In the Educate.ie U14 Co league Fossa remain top of Division 1 with only scoring difference separating them from Laune Rangers who also have full points. Division 2 also very close with only a 5 point scoring difference separating table toppers Miltown/Listry & John Mitchels. Cromane are stealing the show currently in Division 3 with no team able to contain them. Finally in Division 4 Ballymac are leaders, unbeaten in all games. Next action in the U14 Educate.ie Co League is 27th April.



KILLARNEY COUGARS BC

JUVENILES NEWS

ALL IRELAND CLUB CHAMPIONSHIP FINAL

Killarney Cougars 27 St Mary's 41

Cougars competed for the first time in the All Ireland Club Championship at the weekend and came through the difficult group stages following a great weekend of basketball to reach a first All Ireland Final following some excellent performances. Cougars defeated Portlaoise Panthers in a great opening game with Erica McGlynn impressing to top score with 17pts giving Cougars a deserved winning start and Cougars defeated Limerick Celtics in a very tight game thanks to good displays from Anna O'Reilly, Shelly Clifford, Grace Cahillane and Kate Stack. Cougars suffered a tough defeat to Galway Champions Maree however Cougars still advanced to a final meeting with St Mary's who easily overcame Longford Falcons and also proved to strong Ulster Elks to set up the All Kerry decider. The large attendance were treated to very exciting final in Cuman loasef, Tralee on sunday afternoon with the Cougars setting the pace racing into an early lead with Kate Maher, Shelly Clifford and the excellent Ciara Griffin with six points putting Cougars ahead 15 - 10 this despite getting into serious foul trouble in the opening minutes . The second quarter saw the sides go basket for basket with St Marys impressive Labhaoise Walmsley hitting two great baskets for St Marys with Cougars responding with baskets by Kelly Ahern and Kate Stack to just hold the lead 19-17 at half time with Cougars Erica McGlynn, Shona O'Brien and Ana Bellew all working hard on defence to keep Cougars in front.

St Marys pressed hard in the third quarter and eventually took the lead towards the end of the quarter with great baskets by Kayala O'Connor to deservedly lead 27 - 22 after a intensely hard fought quarter with the Castleisland starting to take control over a tiring Killarney side.

Cougars were reeling having lead for so long and with Cougars failing to take good chances from the free throw line. St Marys were very sharp and proving to be more clinical scoring great baskets by Shauna Ahern, Siobhan Collins and Kayala O'Connor who was named the games MVP as the game slipped away from the Cougars as St Marys finished much the stronger to deservedly take the title following a great sporting contest. Cougars never gave up and gave the good support plenty to look forward to in a bright future following a great weekends basketball. Silver Medals were presented for Basketball Ireland by Mary Gardiner Kerry Juvenile Officer. Best for the winners were Labhaoise Walmsley, Nicole Downey, Kayala O'Connor, Siobhan Collins and Shauna Ahern with Cougars best performances coming from Shelley Clifford, Kelly Ahern, Erica McGlynn, Kate Stack, Ciara Griffin and Kate Maher.

Top Scorers Kayala O'Connor 12 pts St Marys , Kate Stack 10 pts Cougars.

GROUP RESULTS:

Cougars 34 Portlaoise Panthers 27

Cougars 19 Maree 33

Cougars 26 Limerick Celtics 18

Cougars 27 St Marys 41

COUGARS ACADEMY TRAINING: Cougars Academy training for boys and girls Under 10 concluded last friday with the presentation of Easter Eggs to all members following the end of the fourth and final term. Many thanks to Academy coaches Mary Coleman, Kate Looney, Majella Ahern, Colm McCarthy and Patrick Regan for all their work on friday evenings and the U10 matrch days. Training will resume later this summer further details contact Secretary on 087-4175493.

SCHOOLS SUPER SEVENS 2014: The Annual Schools Super Sevens games continued last week with the Girls Phase II Group Stages being completed to see 8 teams advance to the Cup/ Shield Quarter Finals O'Brennan v Fossa, Furies v Nohoval, Athea v Ballyguiltenane, Knockaderry v Rathmore, Plate Semi Finals Cullina B v Fossa B, Kilcummin v Twomile. The games are now becoming more intense with Knockaderry Athea and O'Brennan all coming into the Quarter finals unbeaten so far and looking good to complete a Super Sevens Grand Slam winning all seven games. Games resume after the Easter Break. Full details on this years competition are available on the web www.schoolssupersevensbasketball.com

A full details on upcoming events on the club website www.killarneycougars.com

MURPHY CUP

KEVIN MCCANN WINS 2014 MURPHY CUP:

The Murphy Cup & Peg Murphy Cup finals were played last Monday night. In the semi-finals of the Murphy Cup James Broderick beat Nial O'Donoghue 4-1. Kevin McCann beat Tom Biggane 4-1. In the final Kevin was always in control and beat the favourite James Broderick 5-2, to win his 2nd Murphy Cup Title last winning in 2001.

In the Peg Murphy Cup semi-final John Hill beat Moss Teehan 3-1 and Mike Teehan beat Jack Leen 3-2. In this final Mike Teehan from Cromane played some fantastic darts to beat 2009 winner John Hill 3-1.

A feast of darts was enjoyed by all on the night. Dale McCarthy was crowned 180 Champion 2014.

BADMINTON

Pride of place must go to the division 5 men's team last week as the Killarney men won Div 5 Mens league final beating Listowel. it was 2 games all and 5 sets all and they won by six aces 181 to 176 Team John O'Keeffe Alex Goggins Navroop Johnson Luke Kelly Jason Brosnan and Paddy Osborne and team Manager Danny Cronin. No joy for killarney at div 2 and 4 mixed championships on Friday but all battled well ..

On Sunday last the munsters doubles and mixed took place in UL Limerick ,again Killarney had a great crew qualified as winners in some of the countys divisions.

Winner alright on the day again Maeve Twomey who represented her club Killarney with great distinction as she went on to win the Munster doubles and mixed on the day. Well done Maeve.

UPCOMING EVENTS: April 22nd and April 23rd knockout cup finals Ballyheige with Div 3 and 5 on 22nd and Castleisland with Div 5 on 23rd . Don't forget Kerry badminton social and prize giving on the 25th.

KILLARNEY SOUTH COMMUNITY GAMES

ATHLETICS QUALIFIERS: Our area athletics qualifying will take place on Thursday may 1st. Registration is at 6.30pm with first race due odd @ 6.45pm. Any parents who wish to assist on the night will be appreciated. There will be a full programme of events catering for under 8's to under 16's.

TEAM QUIZ: Best of luck to our Under 14 quiz team who will participate in the qualifying competition on Friday April 18th at Darby O Gills.

FACEBOOK: Please follow Killarney South Community games on Facebook for all new updates, pictures and reports. All electronic queries can be forwarded to killarneysouthcommunitygames@gmail.com. Telephone enquiries to Noreen Cooper 087 674 6189.

GNEEVEGUILLA BASKETBALL

Gneeveguilla Basketball Club held their end of season award night on Friday 11th April.

Awards were presented for Team Player of the year in all age groups and Most Improved Player of the year in all age groups.

The club also congratulated Laoise Coughlan who made the under 16 Kerry Team and Marie-Ann Fleming who made the U18 Kerry Team.

Our photo is of the McAuliffe sisters who took the Team Player of the year

Award in their age groups. Christine U18 Div 2 Girls Award Centre Roisin Academy Girls Team Player and Rachel Under 16 Girls Div 2 Team Player.

DEERPARK PITCH & PUTT

CONGRATULATIONS to our Junior and Intermediate teams who have progressed to the second round of the Inter- club competition by virtue of their 6-3 victory over St Annes on Saturday, The team members were Aidan and Kieran O'Keeffe, Creagh Courtney, St John Kelliher, Paddy Murphy, Hugh O'Sullivan, They play Castleisland in the next round on Saturday



26th April.

SUNDAY MORNING COMPETITION: Winners of last Sunday mornings competition were Paul Cronin and Gerry O'Sullivan

WEDNESDAY EVENING FOURBALL: The Wednesday evening Fourball competition will continue each Wednesday 7pm

DANNY NOLAN MEMORIAL: The Danny Nolan Memorial competition will be staged at Deerpark on Saturday April 26th 6-30pm. Entry fee €5 and competition is open to members and non members, A good turnout for this competition will be appreciated in honour of a loyal clubman the late Danny Nolan, Prize giving will take place immediately after in Corkery's.

SPORTS PRESENTOR: During the course, of this summer Deerpark will be running a SPORTS PRESENTOR, event, It is based on forecasting the winner or winners of ten major sporting events which are taking place. This is a fundraiser with a difference as it will take almost six months to complete, Tickets are priced at €10 each with a first prize of €500 up for grabs, We would encourage all members and supporters of our club to contribute to this as funds made will go towards the upkeep of this wonderful facility.. We will keep you updated after each event on our website (www.deerparkpitchandputt.com) or on Facebook, Tickets are available from our committee members or alternatively you can contact Aidan 087 3364705 or Colm 087 7673742

MEMBERSHIP: Members who may not have renewed their membership for 2014 are advised to contact Sean Kelly 086 0508686 or Colm O'Dowd at 087 7673742, there will be a 10% discount for new members or lapsed members wishing to rejoin the club.

COMMITTEE MEETING: Next committee meeting will be held in the Clubhouse on Monday 21st April at 7.30pm. All committee members to attend.

SENIORS OUTING: Next Seniors Outing will be in Deerpark on Tuesday May 6th 10.30am.

MILLSTREET LISTRY COMMUNITY GAMES

ATHLETICS DAY: Our Athletics day took place last Saturday at Milltown/Castlemaine GAA Grounds in Milltown. It was a very enjoyable afternoon with a comprehensive programme of events being run off efficiently and successfully. While the athletic events were the main attractions we also ran a number of novelty events which proved very enjoyable and entertaining! Thanks to all who gave of their time in planning it and helping on the day to ensure it's success. Thanks to Milltown/Castlemaine GAA Club who had the field in excellent condition for us and Murphy's Shop for setting up a small shop there. Most of all a special thank you to all the children and their parents who turned up and participated.

We certainly want to assist and benefit the children in our Area in every way and will provide training by trained coaches in both Milltown and Listry over the coming weeks starting Monday Apr 28. This training will be open to all children residing in the Milltown/Listry area with more details next week as well as all the results from last Saturday.

UPCOMING EVENTS: Please note that Swimming, Gymnastics and Cross Country events are coming up shortly and we will need to finalise entries.

If there is any queries re those events or any other event please don't hesitate to contact Denis 087-9662332 or Pa 087-6447788

Best of luck to our U14 Quiz team who have been training over the past number of weeks and who will now participate in the Co. Final this Friday Apr 18 in Darby O'Gills Hotel, Killarney.

KILLARNEY BRIDGE CLUB

CONGRATULATIONS to all winners in the Presidents Prize, Mr. Michael O'Connor - Presidents Prize.

1st. Joan Lenihan and Pauline Lyne

2nd. Hazel O'Connell and Marjorie Barton

3rd. Joan Culloty and Phyllis O'Regan

4th. Helen McCarthy and Mary Moynihan

1st Session winners-Ann O'Shea and Mary Trant

2nd Session winners-Maura Moynihan and Kathleen Naughton

WORKMEN'S ROWING CLUB

CONGRATULATIONS are an absolute must for Workmen's finest, Bernard Sweeney who married Caitriona Kelly, both from Beaufort, the couple were married at Beaufort Church, by Fr Donal O'Connor on Friday. The day was a big secret to their unsuspecting families as they travelled by bus for dinner at the Cahernane Hotel. At 6pm the real party began at The Dromhall Hotel, where friends and neighbours and members of the Workmen's RC gathered for the real celebration of their marriage. Caitriona is the daughter of Colm and Catherine Kelly and Bernard is the son of Bernie Sweeney and the Late Anthony Sweeney. Bernie is our Club joint President. We wish Bernard and his beautiful wife Caitriona a wonderful life of love and friendship together.

It's that time of year again, you've guessed it, Easter Sunday...the Children's Easter Egg Hunt! All children to assemble at the Car Park at 12 noon (after rowing of course) you will be called to root out and find the hidden treasure!!! don't worry there will be an Easter Egg for everyone! Timmy Included!!!

Joanne and Anthony left word to say that Sunday Tae and bishkits are back also!...See you all on Sunday.

KILLARNEY RUGBY CLUB

West Munster U18 Cup Final - Killarney RFC 3

Tralee RFC 13 - Last weekend the curtain came down on what was a successful season for Killarney's U18 side when they put on a great display against the excellently organised Tralee team in a thrilling Cup Final. Runners Up in both the League and Cup is no less than this side deserved after a season of many highs and a few lows. To have kept the team going when several Senior clubs in the province failed to do so at U18 level was an achievement in itself. There was very little between the two sides in this encounter as the scoreline suggests and a one score difference would probably give a truer reflection of the match. Tralee scored a nicely executed try out wide after twenty minutes but Killarney full back Lorcan Howe converted a fine penalty kick to leave the score 5-3 at half time. Tralee's second try should not have been allowed as the ref failed to spot an infringement, but the score stood. Tralee were deserved winners, and must be congratulated on a superb season. Killarney can kick up the heels for a few weeks now before refocusing on next season where it is hoped they can take it one step further to claim the first piece of silverware for our new home in Aghadoe. The squad: Feargal Courtney (coach), David Corlette, Broghan Edmonds, Michael O'Donoghue, Andrew Courtney, Shane Howe, Patrick Courtney, Luke Sullivan, Corey Doyle, Daniel O'Sullivan, Aaron Jones, Fergus Cronin (coach). Front L-R Alan O'Riordan, Kyle Byrne, Lorcan Howe, Fionán O'Donoghue (c), Robert Leen, Matt Lane. Killarney Minis hosted Killorglin at all ages on Saturday last 12th April in what was to be the penultimate day of the season, In spite of pressure from other codes both clubs were well represented with two teams each at under 12s and 10s and a team each at under 8s and 7s. The skill levels of all players involved were really exceptional, and maybe as recently as ten years ago you would seldom have seen such talent on a consistent basis. Well done to all involved. We will be finishing up next Saturday the 19th of April, and all players who are registered are invited to attend to receive their medals for what was a tough season, additionally player awards will be also made. Queries 087/2657994.

Bag Packing - Thanks to all those who kindly gave their time and funds to help our bagpacking event at Tesco's a success. Half the proceeds went to Habitat. We are grateful to Tesco for allowing us perform this task. Senior XV forfeited the Shield tie V Bandon last Sunday as the squad had depleted numbers. The team finished a creditable mid table after a tough season.

Aghadoe - new changing rooms have been secured in a recent transaction nailed by Ger Moynihan who has been doing great work on the grounds on an ongoing basis. More fundraising is required however and meetings will need full support to start the next fundraising initiatives.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto dated 11/4/2014, numbers drawn were 2, 25, 28 and 29. Sellers prize to Paddy O' Donoghue, €50 yearly ticket prize to Grace Kelly Ballydesmond, €50 to Kathleen Murphy Lisheen, €40 each to Lauren McCarthy c/o T Sheehan, Bertie Hickey c/o Bar Knocknagree, Mike Flor O' Riordan Annagh. Bonus not won numbers drawn were 1, 7, 23 and 26. Next week we draw €8,600 plus €1,000 bonus.

At Limerick AC Open Sports held in UIL on Sunday April 13th Francis Cronin was 1st in U14 800m, Jack O'Leary was 2nd in U12 600m, Oisín O'Leary was 1st in U7 sprint.

At the County Road Championships in Killorglin on Sunday Gneeveguilla won the senior team prize, team was Robert Purcell snr, Robert Purcell jnr, Ed Murphy and John Barrett. Robert snr was 1st 045, Robert jnr 1st novice, John Barrett 2nd 045, David O' Keeffe 2nd junior, Caroline Murphy 1st 045, Nora Flynn 2nd 045, Breeda Barrett 1st 050. Ladies came third team in the Masters category.

All road lead to Kiskeam on Easter Monday for the Jack O' Keeffe Festival of Road Races. Everyone will be catered for from U5 right up to O70 in what has been a very enjoyable day for young and old. See you there! Juvenile races start at 1pm sharp, registration will be in the community Centre from 12 noon and the big race at 2pm.

A defibrillator course will be held in the Community Centre Gneeveguilla this Easter Saturday 1.00 pm.

Gneeveguilla Open sports will be held in Riocht Track on Sunday May 18th @ 1.00 pm

MUCKROSS ROWING CLUB

SKIBBEREEN REGATTA: Well done to all our crews who competed in the Skibbereen Regatta last weekend. The large regatta took place over Saturday and Sunday at the National Rowing Centre in Inniscarra. Congratulations go to Holly Hickey and Kara O'Connor who were winners in their heat of the Womens Division 1 Pair and the only Junior 18 crew to reach the A final of the category which featured Senior, Intermediate and U23 crews. A strong performance against the older crews resulted in a fifth place finish overall but ensured they were the winners of the Junior 18 category. Congrats also to Dan Murphy and Rob Shaw who were heat winners in the Mens Division 2 Scull and also winners in the C Final of the category. Well done to Olivia O'Donoghue and Mairead Joy who were winners of the C Final of the Womens Junior 16 Double. Our thanks to all the parents and coaches who travelled to the event. Next up on the regatta calendar are the Limerick Regatta and Schools Regatta, both at O'Briensbridge on 26th and 27th April.

FUNDRAISER BBQ: On Sunday 11th May,

the club will be hosting a special barbecue event at the Muckross Park Hotel from 2pm to 6pm. Proceeds raised will go towards vital equipment to serve our junior members in the years ahead. Tickets are €15 for adults, €10 for under 18s and €50 for family tickets. With live music, great food and a bouncing castle for the younger kids, the barbecue is set to be a great gathering for members and supporters, young and old. Bring all the family and kick start your summer! It will be a great opportunity to catch up and we are especially appealing to former members for their support. If you are in contact with a former member of the club, please let them know. Tickets will be available from club members shortly. Further details of the event will be available on our Facebook page www.facebook.com/muckcrossrc and our club website www.muckcrossrowingclub.ie. Don't miss it! All welcome.

GET GOING GET ROWING: If you are interested in trying out rowing, the club is always open to new members. Our beginner junior group for those aged 12-14 continues to train on Sunday mornings at 12pm. We are also open to new members at adult level. With the longer evenings, thoughts also now turn to our local Killarney Regatta. Calling on all former and new members interested in rowing the Six oar this summer! From Juvenile to Veteran and all events in between, all those interested should pay a visit to the boathouse weekend mornings. Training for both mens and womens groups takes place midweek at the Muckross Community Centre and weekends from the boathouse. Rowing will also be taking place weekday evenings weather permitting. For enquiries or further information contact Eadaoin Moynihan 086 152 9476.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

QUIZ U14: Our U14 quiz team will be taking part in the county competition on Friday 18th, we wish the children and team coaches John O' Neill & Daniel Vincent O' Connor the best of luck. Team members are: Niamh Finnegan, Padraic Finnegan, Dara Moriarty, Ciara O' Keeffe, Anthony Darmody and Brendan Casey. We thank John and Daniel Vincent for their help in preparing the team for this competition, thanks to Teach Iosagain for the use of their room for training sessions. We are grateful to all the children and parents who expressed an interest in this competition. Best of luck to all.

KILLARNEY CYCLING CLUB

We're getting to the sharp part of the Road racing season now and this week we were in Nenagh for the Visit Nenagh Classic. This race in its third year attracted a large high quality field from all over Ireland and there was even a visiting field from Holland.

Our numbers were good but somewhat diminished because some of our team decided that discretion was the better part of valour and decided to rest the legs ahead of the Easter weekend and the sufferfest which is Ras Mumhan.

In the A1/2 race we had Benny Cassidy, John Mannix, Mike Lucey and Matt Slattery. The racing started off at a strong pace. The racing just got harder and harder as the miles went on and the course got more punishing. Well done guys on a very good showing for Killarney Cycling Club on a very hard day....

In the A3 race Patrick Clifford, Mike O Mahony and Leigh Hewerdine were in action and all of them acquitted themselves well and they were all in the top twenty of the A3 race although no prizes this week.

We were represented in the A4 race as well as Dan O'Brien and Joe O'Leary lined out and yet again and they had a good race by all accounts. Next weekend one of the highlight races of our domestic calendar, RAS MUMHAN and Killarney Cycling Club are in the privileged position of having 10 riders in two teams entered in this international race. It looks like a busy week and weekend ahead but all in a good cause!!! Best of luck to all who will be taking on the challenge and here's hoping that all stay safe in what promises to be a huge weekend of cycle sport over the Easter weekend.

COMMERCIAL ROWING CLUB

EST 1886--"DOWN MEMORY LANE 1957"

John Kelly

Close finishes in all race was the main feature of the Killarney Regatta held at O'Mahoneys Point on Sunday July 7th. Racing was so close that at times victory was snatched from the leading crew at the finishing line as was the case in the senior sixes when it appeared as if Flesk Valley would win but a late effort by Robin Hilliard saw Fossa snatch victory at the line. Another splendid race was the Ladies Sixes which St Finans won in a photo finish.

Commercials lined out as follows Junior Sixes Stroke Terry Ryan, A N Other, E O'Shea, Paddy Harnett, C Cronin, John Kissane, Cox Jack Scully, Juvenile Sixes Stroke Mick O'Sullivan, Brian Moroney, Jn Murphy, M O'Connor, M Ryan, L Nolan Cox Dave O'Connor, Senior Sixes--Stroke Denis O'Brien, Sean O'Sullivan, Patrick Galvin, Jimmy Redpath, Pat Brick, Neilus Daly Cox Dave O'Connor, Ladies Sixes Stroke Kathleen Ann Fogarty, Mgt Rahilly, Nora Guerin, Sheila O'Connor, Sheila O'Meara, Noreen O'Sullivan Cox Jack Scully, ,Commercials are currently recruiting new members for the 2014 Regatta Contact D J O'Riordan 064 6631743 John Joe Healy 064 6643136 Jimmy Doyle 064 6639856 Henry Clifton 064 6632252 John Kelly 064 6632698

MASTERGEEHA FC

U12 MASTERGEEHA 12 PARK 3: The U12s completed their league with a deserved win at home on Saturday morning. Philip O'Leary, Shane Warren, Lee Phelan, Liam Fleming, Barren Lehane and Evan Murphy were the scorers in this good team performance.

U14 MASTERGEEHA 3 KILLARNEY CELTIC 1: In this local derby played midweek the boys defended well playing against the breeze in the first half to go in level at the break. In the second half Mastergeeha upped the pace and took the lead after 10 minutes when David Twomey scored after a good move. Mastergeeha doubled their lead 5 minutes later when David Twomey scored again following a cross by DJ O'Leary. Mastergeeha continued to play well and Dillon Murphy increased the lead further after a through ball by Paul O'Shea. With 15 minutes remaining the visitors pulled a goal back however Mastergeeha defended well for the remainder of the game for a deserved win. All involved were excellent.

U16 KERRY CUP ¼ FINAL MASTERGEEHA 2 PARK 3: In this close game Mastergeeha faced national cup ¼ finalists. In the first half Mastergeeha created an early chance when Paul O'Connor went close. After this the Park took the lead in the 15th minute and scored again in the 30th minute. However just before the break Mastergeeha pulled a goal back when Patrick Warren scored. In the second half the Park scored again in the 50th minute. After this Mastergeeha pushed forward and got a goal back when Patrick Warren scored again. In the closing stages Gearoid Kerins and Patrick Warren went close by the visitor's goalkeeper saved well. All played well and pushed a very good Park side all the way.

COMMUNITY GAMES: Mastergeeha hosted the Kerry U12 soccer Community Games on Sunday. Kilcummin took part in the group stages winning some games. All enjoyed the day.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 11th April. Numbers drawn were 8, 14, 17 & 23. Consolation prizes were €100 Noreen Mahony, c/o Con; €60 D.G. Sheehan, 2 Forge Lane, Barraduff; €30 Kathleen Murphy, Ballyvourney, Co. Cork; €30 Lianne Fleming, c/o Pat McGlynn; €30 Dee McGlynn, c/o Pat McGlynn. Next draw Thursday 17th April in the Village Inn, Kilcummin. Jackpot now €10,800.

KILLARNEY ATHLETIC A.F.C.

FIXTURES: Kerry Schoolboys/Girls League Saturday 19th April. Under 15 Kerry Cup Quarter Finals. Killarney Celtic A v Killarney Athletic A 12.00 noon

LEAGUE FIXTURES: Daly's Supervalu Under 13 Division 1 Killarney Athletic v Ballyhar 10.30am

ACADEMY: Our academy 6 - 10 year olds is moving back to Woodlawn today Friday April 11th from 5.00pm - 6.30pm

INTERNATIONAL CHILDREN'S GAMES:

Congratulations to Elizabeth Mohan and Elaina Galvin on being selected to play in the Girls Soccer team in the International Children's Games to be held in Australia in December. It's Elizabeth's second time being selected. She was also selected last year for the games which were held in Canada. Well done and best of luck

Condolences: Sincere Sympathy is extended to the Nagle Family, Killarney & Rathmore, the O'Neill Family Muckross and to the Moriarty Henggeler Family Baltimore USA & Killarney on their recent sad losses.

GOLF SOCIETY: Anyone interested in playing golf in Adare Manor with Killarney Athletic golf society Saturday week, please contact Alan Brady ASAP (087) 124 7297

Merchandise: Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

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

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

SCHOOLBOY/GIRL SOCCER

Cup Semi -Finals beginning to take shape:

JOHN MURPHY 12'S CUP:

Last 16 (played mid-week)
Inter Kenmare 2-2 Killarney Celtic A
Killarney Celtic won 7-6 on penalties)

¼ FINAL:

Killarney Athletic 1-2 Ballyhar
Park A 3-1 Kingdom Boys
Castleisland 7-2 Killarney Celtic B
Killarney Celtic A 8-3 Killorglin A.

13'S CUP LAST 16:

Killarney Celtic A 9-0 Ballyhar
TOM HAYES 14'S CUP ¼ FINAL:
Inter Kenmare 5-0 Killarney Celtic B
Tucker Kelly 16's Cup ¼ Finals:

Mastergeeha 2-3 Park
Killarney Celtic A 5-0 Killarney Athletic A.

LEAGUE ACTION:

JK Sports 12's Division 1
Mastergeeha 8-0 Park C
Fenit 2-4 Park B
Daly's Supervalu 13's Premier
Park A 0-2 Killorglin

DIVISION 2:

Kingdom Boys B 0-8 Camp
Listowel Celtic B 6-1 Asdee

FOUNDATION SPORTS 14 PREMIER:

Killarney Celtic 3-1 Inter Kenmare

DIVISION 1:

Mastergeeha 3-1 Killarney Celtic B
Killarney Athletic 7-1 Killarney Celtic C

KILLARNEY PLAZA 15 DIVISION 1:

Killorglin 5-0 Castlemaine
Tralee Trophy World 16 Plate
Killarney Celtic B 3-1 Killarney Athletic B (mid-week)
Park C 3-1 Killarney Celtic B

GIRLS 16 PREMIER:

Killarney Celtic 2-0 Listowel Celtic

REPORTS: Cup Semi-Final's beginning to take shape: With action in mid-week and at the weekend the semi-final line up of the John Murphy 12's Cup has been completed. Killarney Celtic and Inter Kenmare were involved in a Last 16 cracker on Tuesday night with an amazing 20 penalties taken before Celtic progressed 7-6. The game finished 2 all after extra time with Colm Crowley getting both for Inter and Chris O'Leary and Emmet O'Shea netting for Celtic. Ryan O'Grady, Jack McCarthy, Dylan Doona, Tom Doyle, Jason Kerins, Neil O'Shea and Ruairi Doyle were all successful from the penalty spot for Celtic.

And Killarney Celtic A took full confidence from that win to get past Killorglin in the quarter final on Saturday. Niall McGillcuddy and Padraic Looney both scored 2 each with Jack McCarthy, Ryan O'Grady, Ruairi Doyle and Ian O'Connor all getting one each. Killorglin battled well and had a hat trick from Gar Hassett.

Killarney Celtic B couldn't join their teammates as they went out after a good Cup run. Castleisland booked their place with a 7-2 win at home. Connie O'Connor and David Kelly both scored twice. Redmond O'Connor, Ryan Dennehy and Paul Brown all scored one each to book their place in the last 4.

Ballyhar are into the hat for the semi-final thanks to Dylan Callaghan who got both his sides goals in a 2-1 win away to Killarney Athletic whose reply came from Evan Looney. The fourth quarter final was the Tralee derby and it is The Park who go through after a 3-1 win over Kingdom Boys at Christy Leahy Park. Colin Walsh from the penalty spot, Liam Tobin and Mervyn Shambala were the Park scorers while John Carmody replied for Kingdom Boys.

13'S CUP LAST 16: Killarney Celtic A took the last place in the ¼ finals after a good win over Ballyhar. Ryan Kelliher was on fire from the start and hit a hat trick inside 13 minutes. Eanna Coleman, Peter O'Sullivan, Ian Darmody and Ryan O'Grady were also amongst the goal.

¼ FINAL DRAW: The draw for the ¼ finals was made following this game and Killarney Celtic A will travel to Listowel Celtic C, Killarney Celtic B are at home to Listowel Celtic A, Kingdom Boys will cross the road to take on The Park and Camp are at home to Mastergeeha.

TOM HAYES CUP ¼ FINALS: Inter Kenmare are the first team to go through to the Tom Hayes 14's Cup semi-finals after a 5-0 win over Killarney Celtic B. Dylan O'Connor got 2 with Boki Nici, Daniel Casey and Tadgh Suchrie getting one each for the Inter side who welcomes Eoghan Dowling back after a long injury. The other 3 quarter finals: Killorglin A v Listowel Celtic A, Park B v Killarney Celtic A and Kingdom Boys against Park A are all being played this week.

TUCKER KELLY 16'S CUP: Killarney Celtic A took the derby against Killarney Athletic to book their place in the Tucker Kelly 16's Cup last 4. Mark Harnett, Billy Courtney, Cathal O'Shea, Michael Potts and Conor McCarthy were the goal scorers. Also through are The Park who just got by Mastergeeha 3-2 at Kilbrean Park. Jesse Stafford Lacey, Stefan Akumba and Fergal Ryan

got the goals for the Tralee side while Patrick Warren replied with two for Mastergeeha. Inter Kenmare will play Castleisland and Listowel Celtic will take on Fenit in the other two quarter finals.

LEAGUE ROUND UP: JK Sports 12 Division 1: In the JK Sports 12 Division 1 Mastergeeha and Park B both added three points to their titles as they chase the sides above them. Goals from Liam Fleming, Lee Phelan, Shane Warren, Darren Lehane, Philip O'Leary and Evan Murphy gave Mastergeeha the win over Park C. But there was better news for Park B as they were 4-2 winners away to Fenit. This game was in the balance until the last minutes when The Park got the insurance goal. Liam McGee, Robert Morrissey, Cillian Ryan and Darragh Blennerhasset were the Park's scorers.

U13 DIVISION 2: Listowel Celtic 6-1 Asdee: Listowel Celtic moved into second place in the Division following a 6-1 win over Asdee. Sean McGrath got 3 of the goals with Conor Hogan, James Twomey and Kevin Goidling all netting one each.

13 DIVISION 2: Leaders Camp are unstoppable in this Division and now have a record of 9 wins from 9 player. Colm Murphy hit 3 which were added to by goals from Killian Falvey, Jack Farrell, Chris O'Kane and Ruairi Begley to see the unbeaten run continue.

FOUNDATION SPORTS 14 PREMIER: Killarney Celtic moved into 3rd place with a 3-1 win over Inter Kenmare and still have a game in hand on second placed Kingdom Boys. Josh Fleming, Ryan Kelliher and Michael Devlin were the Hoops scorers. Dillon O'Connor replied for Inter.

DIVISION 1: With leaders Camp not playing Killarney Celtic B missed the opportunity to close the gap by three points going down 3-1 to Mastergeeha who remain in 4th. A Gearoid Murphy free kick gave the Hoops a goal but goals from David Twomey and Dillon Murphy gave the Kilbreen boys the points.

Killarney Athletic jump ahead of neighbours Celtic B following an easy win over the other Celtic C. Alex got a consolation for Celtic C but two goals from TJ Buckley and one each from Shavez, Ryan O'Keeffe, Liam Curran and Kevin Thomson sees Athletic move to within 4 points of the leaders.

KILLARNEY PLAZA 15 DIVISION 1: Killorglin move into joint second place following a 4-0 win over Castlemaine. Dylan O'Sullivan scored twice and Ciaran Kennedy and Johnny Kissane one each to see them sit on 24 points.

TRALEE TROPHY WORLD 16 PLATE: Killarney Celtic B played twice this week winning one and losing one. They were 3-1 winners over Killarney Athletic B thanks to goals from Stephen McCarthy, James McAuliffe and Cian Casey. They then went down by the same score-line to Park C. Eamon Sheehy, Gary Howard and Rory Kelly were the goal getters for The Park while Ciaran Sheehan replied for Killarney Celtic B.

16 GIRLS PREMIER: Killarney Celtic 16's Girls were crowned Premier champions without

kicking a ball as they received the three points from Listowel Celtic.

GIRLS IN GREEN: It's another week and more Kerry players pulling on the Green of Ireland. This time it's the girls we are cheering on. Congratulations to Savanna McCarthy, and her u19 teammates, who have qualified for the Euro finals later in the summer. Savanna has just stepped up from the 17's and has fitted in perfectly to the older age group.

This week another Listowel Celtic girl is in International action. Leah Henry lines out with the Irish 15's team who are in the UK for the Bob Doherty Tournament. They Irish girls will face Northern Ireland, Slovakia and England.

KILLARNEY CELTIC

FAMILY FUN DAY: Killarney Celtic will be hosting our annual Family Fun Day from 2.00 - 5.00pm on Monday, May 5th. One and all of every age are very welcome.

SOCCER TOTS: Our hugely popular Soccer Tots Programme, an introduction to the game for 4-6 year olds, is back up and running on Tuesday nights from 6.00pm to 7.00pm. This is a completely non-competitive fun introduction to soccer and one and all are welcome to bring their kids along.

LAST MAN STANDING: Round 9 and still 8 contenders to be the last on their feet - a lot of them are depending on Aston Vil to do the business this week!

RESULTS: Denny Premier A: Listowel Celtic 2 Killarney Celtic 2

Listowel went 1-0 up through a penalty but Stephen Hayes brought us back into it. 1-1 at half-time. Ten man Killarney Celtic went down again in the second half but stayed focussed and were fully deserving of a share of the points after a brilliant strike by Gintarus Paketuras.

U16 Girls: Killarney Celtic 2 Listowel Celtic 0 Disappointingly, we received a walkover when a game against a very good Listowel side would definitely have been our preference. As it is, the uncontested points mean that Killarney Celtic are the new league champions. Very well done to all players, management, and supporters.

U16 Kerry Cup: Killarney Celtic 5 Killarney Athletic 0

Killarney Celtic A took the derby against Killarney Athletic to book their place in the Tucker Kelly 16's Cup last 4. Mark Harnett, Billy Courtney, Cathal O'Shea, Michael Potts and Conor McCarthy were the goal scorers.

U16 Kerry Plate: Killarney Celtic B 1 Park C 3 Our U16 B's were out twice last week. They were 3-1 winners over Killarney Athletic B thanks to goals from Stephen McCarthy, James McAuliffe and Cian Casey, but they couldn't repeat that performance against Park C. Ciaran Sheehan got our goal but a good Park team stayed in control.

U14 Premier: Killarney Celtic 3 Inter Kenmare 1 Killarney Celtic moved into 3rd place with a 3-1 win over Inter Kenmare and still have a game in hand on second placed Kingdom Boys. Josh Fleming, Ryan Kelliher and Michael Devlin were the Hoops scorers.

U14 Div One: Mastergeeha 3 Killarney Celtic B

1

A brilliantly struck free kick by Gearoid Murphy provided Celtic's goal, but it wasn't enough for a win.

U14 Div One: Killarney Athletic B 7 Killarney Celtic C 1

Alex scored a great goal but it was very much against the run of play.

U14 Kerry Cup: Killarney Celtic 5 Park B 3

A great game and a battling Park side deserve a lot of credit, but they couldn't match a great team performance that included goals from Peter O'Sullivan (2), Ryan Kelliher (2), and Lee Downing.

U14 Kerry Cup: Inter Kenmare 5 Killarney Celtic B 0

No questions and no complaints; the lads gave it everything but it wasn't enough against a very skilful Kenmare side.

U13 Cup: Killarney Celtic 9 Ballyhar 0

Killarney Celtic A took the last place in the ¼ finals after a good win over Ballyhar. Ryan Kelliher was on fire from the start and hit a hat trick inside 13 minutes. Eanna Coleman, Peter O'Sullivan, Ian Darmody and Ryan O'Grady were also amongst the goalscorers.

U13 Div One: Killarney Celtic C 2 Park B 5

Conor Casey scored for us and Dylan McCarthy added a brilliant header to our scoresheet.

U12 Kerry Cup: Killarney Celtic 2 Inter Kenmare 2 (Celtic win 7-6 on penalties)

Played on Tuesday, the game finished 2 all after extra time with Chris O'Leary and Emmet O'Shea netting for Celtic. Ryan O'Grady, Jack McCarthy, Dylan Doona, Tom Doyle, Jason Kerins, Neil O'Shea and Ruairi Doyle were all successful from the penalty spot for Celtic.

U12 Kerry Cup: Killarney Celtic 8 Killorglin 3

Celtic took full confidence from that win to get past Killorglin in the quarter final on Saturday. Niall McGillcuddy and Padraic Looney both scored 2 each with Jack McCarthy, Ryan O'Grady, Ruairi Doyle and Ian O'Connor all getting one each.

U12 Kerry Cup: Castleisland 7 Killarney Celtic B 2

The lads put in a huge effort but Castleisland's A side were very strong and deserved winners.

FIXTURES: Denny Premier: Killarney Celtic away to Killorglin, Sunday, 11.30am

U17 League: Killarney Celtic away to Killorglin, Saturday, 2.30pm

U15 Kerry Cup: Killarney Celtic at home to Killarney Athletic, Saturday, 12 noon

U13 Kerry Cup: Killarney Celtic A away to Listowel B, Saturday, 11.00am

U13 Kerry Cup: Killarney Celtic B at home to Listowel A, Saturday, 11.00am

LOTTO RESULTS: Numbers drawn 10, 14, 22, 24. No winner, one x match 3, Jackie Healy Rae, €150. Next week's jackpot €6400, draw in the Faile on Monday night. Tickets available from all club officers.

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

RING OF KERRY GOLF CLUB

Results 14th April: 2-Person better Ball

1st: Jerry Kearney (17) & Chris Garde (13) - 50pts.
2nd: Joe Field (13) & Joe O'Neill (5) - 47pts.
3rd: Toby Steadman (6) & Sebastian Jardine-Ottway (15) 45pts.

UP COMING FIXTURES: 19th / 20th - Easter Hamper - Open event €25 for visitors.
18th / 21st - 2-Person Scramble - Open €25 visitors.

ST. FINAN'S LADIES G.S.

By: Mary Conway

1st Outing of 2014, with our Lady Capt Eileen O'Reilly, will be held in O'Mahonys, Killarney G.C., on Monday 28th April. Draw for partners at 11.30am. Tee off at 12 noon. All members, and especially ex-members, are more than welcome to join us.

FIXTURES: for the coming year as follows:
O'Mahony's 28/04/2104, 12m/d.
Beaufort 13/06/2014, 2pm.
Kanturk 18/07/2014, 2.30pm.
Killorglin 08/08/2014, 9.30am.
(Lady Capt. Eileen O'Reilly's Day)
Dooks 17/10/2014. Xmas Hampers.

SYMPATHY: We would like to express our deepest sympathy, to Maura Fitzgerald and her extended family, on the death of her niece Dorothy(Dott) Moriarty Henggler, at a very young age. May she rest in peace.
Also welcome Lady Capt. Killarney G.C., Maureen Culloty, into our Society this year.

ROSS GC, KILLARNEY, GENTS CLUB

RESULT: On Sunday April 13th we held an 18 hole single stableford competition which was the second round of the MD O'Shea Spring League. This was sponsored by Lenehan's Bar and we had a large turnout on the day.

THE FOLLOWING WERE THE WINNERS:-

1st Timmy Kelly (18) 40pts. 2nd Renaldas Bendikas Jnr (19) 39pts. 3rd Thomas O'Regan (12) 38pts. 4th Denis Lucey (20) 37pts.
On Sunday April 20th we will hold the third round of the MD O'Shea Spring League. This will be an 18 hole single stableford competition and the timesheet is now available in the club house so please add your name to it as soon as possible. On Monday April 21st there will be a mixed scramble and the entry sheet for this is also available now in the clubhouse.

KILLARNEY GOLF CLUB (MENS) FOURSOMES QUALIFIER

13th April 2014, Mahony's Point. Sponsored by International Hotel. 1st John O'Shea (13) & Dan Joe Cahill (16) 43 pts. 2nd Ronan Kelliher (4) & David O'Callaghan (4) 43 pts. 3rd Fergus Houlihan (9) & Seamus Doheny (21) 42pts. 4th Conor McNeice (6) & Brendan O Toole (4) 40pts. One pairing with 34pts with 20pts in back 9 qualified. Next week Easter Hampers sponsored by Daly's SuperValu on Killeen

PITCH & PUTT NEWS

By: Jason O'Connor

LAST Saturday saw the start of the National

Inter-Club competition with two matches of Kerry interest in the Inter/Junior Gents section as both Deerpark of Killarney and Castleisland were in action. Deerpark started off exactly the way they finished the competition last year as they face St Annes of Cork in a repeat of last year's Final in the same venue as the decider last October, Bruff, Co Limerick. The Killarney club gained a small degree of revenge for their defeat in the decider with a 6-3 win over the defending champions. Victories for the combinations of Creagh Courtney and Hugh O'Sullivan along with St John Kelliher and Paddy Murphy in the Scotch Foursomes gave Deerpark a 2-1 lead after the First 18 holes before victories in the Singles for Kieran O'Keeffe, Kelliher, Courtney and O'Sullivan in the Singles gave them the ideal start to their campaign. Castleisland unfortunately didn't fare so well in their debut losing by 7-2 to Cork club Collins at the Majestic course in Mallow. They always faced an uphill battle after losing all three of their Scotch Foursomes matches with victories for James Dignam and John Clifton in the Singles preventing a whitewash at the end. Both Deerpark and Castleisland meet in the Second Round of fixtures in Tralee on Saturday week April 26th themselves with Tralee themselves making their debut for the campaign against Collins in Bruff the same day. In other news, confirmation of the postponement of the Provincial Matchplay competitions was made during the week meaning the scheduled Qualifiers in Tralee and the competition itself have been put back to a later date. All those who enter the event will be refunded their entry fee through their registered clubs. The National Matchplay Qualifiers will take place as scheduled in Deerpark beginning the week of April 28th however.

KILLORGLIN GOLF CLUB

LADIES RESULTS: Ladies Open Day sponsored by FEXCO Team of 3: 1. Mary Curran (22), Helen Aherne (18), Noreen Coffey (12), Dooks/Killarney 63 pts. 2. Colette Burghoff (32), Kitty Galvin (25), Christina O'Sullivan (26), Killorglin 62 pts (B9). 3. Ursula Daly (12), Eileen Fleming (19), Mary Cronin (23), Ross 62 pts.

SILVER SWANS: 12 Hole Stableford:

1. Eileen Bell (23) 26 pts. 2. Mary Conway (33) 23 pts.

SPRING LEAGUE: The Final of the Spring League was won by Emma Daly's Rose Team on a count back over the Eileen Bell's Snowdrop Team. Congratulations to both Teams and thanks to all who enter.

FIXTURES: Sat 19th/Sun 20th/Tues 22nd 18 Hole V Par sponsored by Joseph Crowley Mulvihill Pharmacy. Play either day.

MIXED SCRAMBLE: 18 Hole 3 person Mixed Scramble sponsored by Pat & Julie Sheahan is on Monday 21st. Best of Luck to the Challenge and Minor Teams and Managers for their matches next week.

KENMARE GC

RESULTS: MEN: SENIOR MEDAL

1st John Maye (12) - 69 nett.
2nd Dave Burke (9) - 70 nett.

MINOR MEDAL: 1st Paul Brown (21) - 66 nett.
2nd Bernard Hourihan (19) - 66 nett (OCB).
Next weekend is an 18 Hole Stableford (GOTY).
LADIES: 1st Margaret Hanley [19] 40pts.
2nd Jane O'Sullivan [20] 39pts.
3rd Marie James [18] 37pts.
Best Gross Danielle Froment [11] 36pts.
Next Weekend 18H Sford.

KILLARNEY GOLF CLUB - (LADIES)

RESULTS: Of Competition Sunday 13th April, 2014, Sponsored by Sean Taaffe Hair Salon-Singles Stableford, Killeen Course.
1st Angela O'Connor (30) 41 pts.
2nd Siobhan Brosnan (12) 38 pts (bk 9).
3rd Eileen O'Reilly (32) 38 pts.
B.G. Noreen Coffey (12) 23 gross pts.
CSS 75

FIXTURE: Next Sunday April 20th, Daly's Supervalu Easter Hampers/ Singles Stroke Mahonys Point.

COMMISERATIONS To our Minor Team who were narrowly defeated by Glengarriff in Kenmare on Sunday April, 13th.

KILLORGLIN GOLF CLUB

RESULTS:

WEEKEND AWAY TO FOTO AND WATER ROCK

Overall Winner Timmy O'Neill 66pts.
2nd - Martin Smith 65 pts.
3rd - Robert Gallagher 59 pts.
Winner Day 1 Dan Kissane 33 pts.
Winner Day 2 - Larry Daly 33pts.
CLUB SINGLES AT HOME:
1st - John Carmody (28) 49 pts.
2nd - Craig Counihan (17) 45 pts.
3rd - Ivan Hickey (20) 44 pts.
4th - Brendan Murray (20) 43 pts.
Winner of 12 hole - Mike Griffin (21) 29 pts

BEAUFORT GOLF CLUB (LADIES BRANCH)

RESULTS - 12TH/13TH APRIL - EASTER EGG COMPETITION (SPONSORED LADIES BRANCH)

1st Olive Sheehy (29) 30 pts.
2nd Helen Clifford (28) 29 pts.
3rd Peggy O'Riordan (33) 28 pts.

FIXTURES: 19th/20th April - 18 Hole Stableford - Sponsored by Ladies Branch. Draws for Ladies Single Matchplay will take place on 12th May (please ensure you have put your name on list in ladies locker room before then). Club Scramble Starts Wednesday 7th May at 5.45pm.

BEAUFORT GOLF CLUB (MEN'S BRANCH)

FINAL RESULTS: Spring League (Sponsored by: Cahillane Butchers, Killorglin) - 13 hole re-entry. 1st Johnny Doolan (17) 71 points.
2nd Barry Woulfe (12) 69 points.
3rd Joe McMahon (12) 66 points.
Sunday 13th April - Easter Egg Competition (Sponsored by Frank Coffey Consulting Engineers)
1st Shane O'Sullivan (6) 42 points, 2nd Gabhan O'Loughlin (13) 39 points, 3rd Donal Carroll (20) 39 points, 4th James Sheehan (24) 38 points.



MARYANN MURPHY AND ADRIAN TOBIN WHO WERE MARRIED IN GLENFLESK AND HELD THEIR RECEPTION IN THE KILLARNEY OAKS HOTEL. PHOTO MICHEÁL O SULLIVAN WWW.OSULLIVANPHOTOGRAPHYIRL.COM



ELAINE TREACY AND ERIC MOYNIHAN WHO WERE MARRIED IN ST. MARYS CATHEDRAL IN KILLARNEY AND CELEBRATED WITH FAMILY AND FRIENDS IN THE KILLARNEY OAKS HOTEL. PHOTO MICHEÁL O SULLIVAN PHOTOGRAPHY WWW.OSULLIVANPHOTOGRAPHYIRL.COM

ON THE OCCASION OF THEIR MARRIAGE, BERNARD SWEENEY WHO MARRIED CAITRIONA KELLY, BOTH FROM BEAUFORT, THE COUPLE WERE MARRIED AT BEAUFORT CHURCH, BY FR DONAL O'CONNOR ON FRIDAY. THE DAY WAS A BIG SECRET TO THEIR UNSUSPECTING FAMILIES AS THEY TRAVELLED BY BUS FOR DINNER AT THE CAHERNANE HOTEL. AT 6PM THE REAL PARTY BEGAN AT THE DROMHALL HOTEL, WHERE FRIENDS AND NEIGHBOURS GATHERED FOR THE REAL CELEBRATION OF THEIR MARRIAGE. CAITRIONA IS THE DAUGHTER OF COLM AND CATHERINE KELLY AND BERNARD IS THE SON OF BERNIE SWEENEY AND THE LATE ANTHONY SWEENEY. ALL CLOSELY CONNECTED TO THE WORKMEN'S ROWING CLUB, KILLARNEY.



MARGARET O LOUGHLIN AND JER MURPHY POSE FOR A PHOTOGRAPH WITH THEIR BRIDAL PARTY ON THE OCCASION OF THEIR WEDDING. THE COUPLE WERE MARRIED IN CURROW AND HELD THEIR RECEPTION IN THE EARL OF DESMOND HOTEL IN TRALEE. PHOTO MICHEÁL O SULLIVAN PHOTOGRAPHY WWW.OSULLIVANPHOTOGRAPHYIRL.COM



CYCLE SAFETY

With preparations underway for among other things, the Ring of Kerry cycle – Outlook Magazines takes a look at cycle safety.

Motorists should always be conscious of cyclists, giving them plenty of space because of their vulnerability. Drivers of larger vehicles, in particular, should always be on the look-out for cyclists and take extra care whenever they encounter them.

You should be doubly vigilant around younger riders and always remember the 'Look Twice' advice at junctions and when using mirrors before turning, changing lane or overtaking. Only overtake if there's a safe opportunity to do so and do not drive too close to cyclists before overtaking. Think how you would want motorists to drive near you or your loved-ones when cycling.

Cyclists should ensure they are visible to motorists and other road users at all times by wearing bright-coloured clothing. In dark or low light conditions you should always wear reflective clothing and ensure you have effective, working lights. Remember it is generally good advice to wear a cycle helmet. Always be mindful of the speed of other vehicles and consider using cycle lanes when available, and if appropriate.

It is also important to choose your routes carefully and to consider the experience of your fellow cyclists. For example, never ride more than two abreast and be prepared to recognise that on many roads this is not a safe way to ride. In addition, you should always match your cycling style to the road condition, just as you should when driving.

Motorists and cyclists are equally subject to the



laws of road as – every road user is expected to abide by these rules.

THINK! advice for when you're driving

1. Look out for cyclists, especially when turning – make eye contact if possible so they know you've seen them
2. Use your indicators – signal your intentions so that cyclists can react
3. Give cyclists space – at least half a car's width. If there isn't sufficient space to pass, hold back. Remember that cyclists may need to manoeuvre suddenly if the road is poor, it's windy or if a car door is opened
4. Always check for cyclists when you open your car door
5. Avoid driving over advanced stop lines – these allow cyclists to get to the front and increase their visibility
6. Follow the rules of the road including 'stop'

and 'give way' signs and traffic lights

THINK! advice for when you're cycling

1. Ride positively, decisively and well clear of the kerb – look and signal to show drivers what you plan to do and make eye contact where possible so you know drivers have seen you.
2. Avoid riding up the inside of large vehicles, like lorries or buses, where you might not be seen.
3. Always use lights after dark or when visibility is poor.
4. Wearing light coloured or reflective clothing during the day and reflective clothing and/or accessories in the dark increases your visibility
5. Follow the rules of the road including observing 'stop' and 'give way' signs and traffic lights
6. THINK! recommends wearing a correctly fitted cycle helmet, which is securely fastened and conforms to current regulations.

REMEMBER 'MORNING AFTER' IF DRIVING OVER EASTER – DRINKAWARE.IE

As thousands prepare to travel on Irish roads over the Easter bank holiday weekend to meet up with family and friends, drinkaware.ie is encouraging people, if socialising with alcohol, to remember the morning after.

The secret to sobering up is TIME – no amount of coffee, energy drinks, cold showers or breakfast rolls will speed up the process. You might feel better but it doesn't mean you are fit to drive. You can find out how many drinks you have on a night out by using the Standard Drinks Calculator on www.drinkaware.ie said drinkaware.ie Chief Executive, Fionnuala Sheehan

She added "Morning After driving is clearly linked to weekend socialising." According to official Garda figures, 124 drivers were arrested for "driving under the influence" over the Easter bank holiday weekend last year. There were also over 400 incidents of "drivers under the influence" between the hours of 8 a.m. to 1 p.m. on Saturday, Sunday and Monday mornings in the period from January 1st to September 27th 2013.

In that period, on Saturday mornings, a total of 101 such detections were made by Gardai; on Sunday mornings the number was 208, more than five times greater than the mid-

week detection figure. On Mondays, between 8 a.m. and 1 p.m. over that period, a total of 94 incidents of "drivers under the influence" were reported.

The message from drinkaware.ie is to take responsibility for your drinking this Easter. "If you are having a night out involving alcohol this weekend, do the maths and if you suspect that you might not be okay to drive the morning after, then don't risk it," added Ms Sheehan. "Equally, the message to others drinking over the weekend is not to get in a car with anyone who you think is not safe to drive."

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12 Ford Mondeo

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11 Kia Ceed

1.6 CRDi, Alloys



11 Ford Mondeo Est

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09 Ford Focus

1.6 TDCI, Titanium, 79k



10 Ford Mondeo

Grey



11 Ford Focus

Sport, Alloys, privacy glass, Sat Nav, Fog Lamps, Full Ford Service History



08 VW Golf

Comfortline, 1 owner, full VW service history, 65k, 1.9 TDI



11 Ford Mondeo

2.0 TDCI, 90k, 5dr HB

DIESEL CARS

- 11 Ford Focus** 1.6 TDCI, 44k
- 11 Ford Mondeo** 2.0L, Zetec, 1 owner, full Ford S/H
- 11 VW Golf** 1.6 TDI, 95kms, White
- 11 Hyundai i20** 1.4Dsl, Blue, 26k, 5yr warranty
- 11 Kia Ceed S.W.** Manufacturers warranty to 2017
- 10 Kia ProceeD** 39k, Manufacturers warranty 2018
- 10 Citroen Picasso** 1.6HDi, 35k, 1 owner, Full S/H
- 10 Nissan Qashqai** 1.5DCi, 60k, Panoramic Roof
- 10 Ford Mondeo** 2.0 TDCI, Titanium, Panther

- Black, alloys, 1 owner, Full Ford Service History
- 10 Ford Focus** 1.6 TDCI, sports, sat nav, bluetooth, alloys, fogs, 83k, full Ford S/H
- 09 Audi A4** 2.0TDi 92k, Black, Full Audi S/H
- 09 Ford Focus** 1.6 TDCI, Titanium, 97k
- 09 Ford Focus** 1.6 TDCI, Titanium, Full Ford S/H
- 09 Kia ProceeD** 1.6, Alloys, Fogs, 3dr H/B
- 08 Ford Mondeo** 1.8 TDCI, Zetec
- 07 Ford Focus** 1.6 TDCI
- 07 Renault Megane Scenic** 2yr Test

- 06 VW Passat** 1.9 TDCI, Black, NCT Tested
- 06 VW Passat** 1.9 TDCI, Green, NCT Tested
- 06 Citroen C5** 1.6 HDi, 106k, 1yr Test
- 04 Opel Zafira** 1.7 Dsl, 1yr Test
- 03 Skoda Octavia** 1.9 TDI, silver, 1 owner

CARS

- 09 Renault Clio** 1.2, Alloys, fogs, A/C, Sat Nav
- 08 Kia Rio** 1.4, Automatic
- 07 Renault Megane Cabriolet** 1.6, full leather
- 07 Suzuki Swift** 1.3, NCT Tested

- 05 Suzuki Liana** NCT Tested
- 04 Ford Focus** 1.4

COMMERCIAL

- 11 Citroen Dispatch** Choice White or Black
- 09 Opel Combi Van** 90kms
- 09 Ford Transit Connect** 90kms
- 08 Opel Combi** 1.3 CDTi
- 07 Opel Combi** 1.3, Sliding Door
- 05 Mitsubishi Pajero Sport** Silver, 2.5, very clean



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Citizens Information

Know Your Rights:

SINGLE PERSON CHILD CARER CREDIT

QUESTION

I claimed the One-Parent Family Tax Credit last year because I share custody of my son with my former partner. My notice of tax credits for 2014 didn't include it and I'm told I can't claim it any more if she claims it. Why is this?

ANSWER

The One-Parent Family Tax Credit (OPFTC) was a credit for people parenting alone that reduced the amount of tax that they had to pay. If a child stayed with each of its parents for some part of the year, then both parents could claim the full amount of the tax credit for that tax year.

The OPFTC was abolished at the end of 2013 and the Single Person Child Carer Credit (SPCCC) was introduced from 1 January 2014.

Only one parent can claim the SPCCC in a tax year. In general, the SPCCC is given to the person with whom the qualifying child lives for the whole or greater part of the year (more than 6 months). This person is called the primary claimant. If both parents have equal custody (by court order), entitlement to the credit is decided by which parent gets Child Benefit.

When the SPCCC was introduced, Revenue automatically allocated the new credit to people who were due to receive a One-Parent Family Tax Credit and were also getting Child Benefit. If you believe that you qualify as the primary claimant but the credit has been granted automatically to your former partner, you should complete Form SPCC1 (available from Revenue) and return it with any relevant evidence in support of your claim. In the event of a dispute you can appeal Revenue's determination to the Appeal Commissioners.

If your former partner is the primary claimant, she can choose to give up the credit so that you can claim it. To do this, she submits Form SPCC1 and you submit Form SPCC2. You must meet the qualifying conditions and your son must live with you for more than 100 days in a year (for the purpose of this limit, it can count as a day if he is with you for most of the day).

You cannot claim the SPCCC if you are: jointly assessed as a married person or civil partner; cohabiting; married or in a civil partnership (unless separated). The SPCCC is €1,650 in 2014. If you get the SPCCC you are also entitled to an €4,000 extension in the standard rate tax band, increasing it to €36,800.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Castleisland 0761 07 7790, Caherciveen 0761 07 7780

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

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Do join me on Facebook and at my next Life Lounge! It's on Wednesday 28th May (7.30 – 9.30pm) at the Meadowlands Hotel, Tralee. My guest will be Life & Parent coach Joan Barrett. I am really looking forward to it!

Please call me or email to reserve your seat!

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EASTER CEREMONIES IN THE PARISH OF KILLEENTIerna

The Church of the Immaculate Conception, Currow, Good Friday 3pm Liturgy of the Lords Passion. Stations of the Cross at 7pm. Holy Saturday, Easter Vigil 9pm. Easter Sunday Mass 11am. Church of Saints Theresa and Colmcille Currans Good Friday - Stations of the Cross at 8.30pm. Easter Sunday Mass 10am.

I would also like to sincerely apologise to readers of my notes that missed any of the Holy Week Ceremonies because of the errors I made in time and venues.

100 SONGS FOR CANCER

Pat Cassidy from Castleisland will sing 100 Songs in aid of Kerry Cancer on Saturday, May 3rd in The Ivy Leaf Theatre, Castleisland from 1pm to 5pm. A Special Cause, A Special Day, Everyone Welcome to sing and dance the afternoon away. All Musicians Welcome. Please support Pat in this Singaton - Admission is free but donations will be accepted at the door.

DRIVERS CAUGHT TEXTING FACE FINE OF UP TO €1,000

A new amendment signed into law by the Transport Minister Leo Varadkar, means that convictions will result in a €1,000 maximum fine for a first offence. This will rise to a maximum fine of €2,000 for a second or subsequent offence and a €2,000 maximum fine and or up to three months in prison for a third or subsequent offence within a 12 month period. Although sending text messages was previously legislated for, the use of hands-free devices was not specifically covered and the new regulations cover text messages and multimedia messages. The new law will take effect on the 1st of May.

NEXT TUESDAY IS EARTH DAY

In the 1960's U.S senator and environmentalist, Gaylord Nelson, tried to galvanise the conservation movement through the

appropriate creation of a national celebration. Mr. Nelson made a lot of efforts in the Congress to pass a legislation which protected the popular Appalachian Trail. He also tried to pass a legislation to ban the use of DDT. In order to organize the first Earth Day, Mr. Nelson sought some help from Denis Hayes, who was a graduate at Harvard University. The first Earth Day was celebrated on 22nd April, 1970. It was specifically designed as an environmental awareness program. Its aim was to educate participants about the importance of conserving the environment. In 1990, Denis Hayes organised a global Earth Day. It was observed in more than 140 countries by 200 million people. In the early 21st century, most of the activities organized during the Earth day revolved around raising awareness about many different environmental concerns. The primary focus was on the threat of global warming and depleting natural resources. It also focused on the importance of renewable energy sources. Earth Day 2014 is not much different from the other ones. However, this occasion gets better with each passing year. Besides focusing on general awareness about conserving the environment, it will also focus on respecting life on our planet. It will also make sure people are aware about growing problems of water, soil and air pollution. You can celebrate Earth day by picking up roadside trash, planting trees or fruit bearing shrubs in your garden, using reusable containers for lunches and snacks and recycling etc, the list is endless. There are many people who also sign petitions to Governments on this day. These petitions call for immediate and stronger actions to stop global warming, and even reverse environmental destruction.

EVERYTHING IN NATURE HAS A PURPOSE

The dingo is a dog-like animal about 1.2 m long, including a 30-cm tail, and stands about 60 cm tall at the shoulder. It has short, soft fur, a bushy tail, and erect, pointed ears. Its colour varies from yellowish to reddish brown, often with white underparts, paws, and tail

tip. According to a new study the dingo is a distinct member of the dog family, not a kind of wild dog as previously believed.

The primitive dingoes were associated with hunter-gatherer societies and later with sedentary agricultural population centres where the primitive dingoes were tamed and subsequently transported around the world including from mainland Asia to Australia and other islands in Southeast Asia and the Pacific between 1,000 and 5,000 years ago. To find a specimen of a dingo unlikely to have cross-bred with domestic dogs, scientists from the University of Sydney looked at specimens pre-dating 1900 and examined 69 skull specimens and 6 skin specimens to create a benchmark description of the dingo. The physical features that define the animal were found to be a fairly broad head, tapered muzzle, erect ears and a bushy tail. Relative to similar-sized domestic dogs, dingoes have

longer and more slender muzzles. The 19th century dingoes examined, like wolves do not possess dewclaws on the hind legs. The researchers said dingoes have an important role in conservation through their regulation of species such as kangaroos, wallabies, invasive red foxes and rabbits.

QUOTE FOR THE WEEK

Books are the perfect entertainment, no commercials, no batteries, hours of enjoyment for each dollar spent – Stephen King.

ON THIS DATE – APRIL 18TH

- 1689 - Siege of Derry began.
- 1690 - Five regiments of Irishmen sailed for France and formed the nucleus of France's Irish Brigade.
- 1792 - A Catholic Relief Act allowed Catholics to practise law, and Protestants and Catholics to intermarry.
- 1881 - The Natural History Museum in London opened.
- 1909 - Joan of Arc was beatified.
- 1949 - The Republic of Ireland withdrew from the British Commonwealth. The British Parliament recognised the declaration but asserted sovereignty over the six northern counties. Ireland did not recognise the British claim.
- 1955 - Death of Albert Einstein, German-American physicist.
- 2000 - RTE confirmed that Glenroe's Mary McEvoy would be killed off in dramatic fashion after 17 years of playing the part of Biddy Byrne; Mary McEvoy requested that she be written out in order to take on other challenges.
- 2000 - The low-fares war on the Shannon-London route intensified with Ryanair accusing Richard Branson's Virgin Express of copycat tactics.
- 2000 - According to an annual survey released on this date, Ireland was named the seventh most competitive nation in the world.

THIS WEEKS GOOD NEWS

When a homeless man in Thurston County,

Washington, found himself sick and unable to move, he turned to the one being he could count on - his dog. The man wrote a note and attached it to his dog's harness and sent the dog out to find help. Though the dog, named "Buddy," never left his guardian's side, this time, he seemed to know that he had a mission to accomplish. A woman found Buddy near railroad tracks in Tumwater, she could see that a note was attached to the dog's harness and she stopped to see what it said. The note read 'Help,' Send Help. No Joke. Cannot walk' The flip side stated: 'Medicine not working. Need doctor.' Unfortunately, there was no other information - not a name, a location or a phone number. The woman who discovered Buddy and the note contacted the police, who had heard of a homeless man who had a dog in the area. A search by the authorities led them to the man who was in need of help at his camp which was established in the woods. The man was unable to walk and completely alone. A police spokesperson said the man was taken to a hospital for treatment, and later released, the man and dog were reunited and are living quite happily in their camp.

FORMER SALT MINE TRANSFORMED INTO UNDERGROUND THEME PARK

About 368 feet below the ground in the Transylvanian underworld lies one of the world's most eerily spell-binding theme parks. Salina Turda salt mine near the town of Turda in Transylvania, Romania was originally carved by hand in the 17th century and is now a veritable history museum of salt mining. The excellent state of preservation of mining and machinery that used to transport the salt that was a decisive factor in the development of this prosperous town from Roman times until today is now a museum and theme park featuring a Ferris wheel, mini-golf, an underground lake with paddleboats, basketball courts, a spa and more. Descending into the defunct mine transports you to an otherworld filled with an air of history and magic with a temperature of approx. 10 °C and humidity around 80% if you are ever visiting the mine you would need to dress warmly. Fairy-like lighting illuminates the caverns, the salt patterns on the walls resemble marble and reflect off the underground lake to give the impression that they descend into infinity. The Mine is also listed in 22nd place of the unbelievable travel destinations in the world.

SCIENCE FICTION IS WAY BEHIND THE TIMES

The Commute-Case electric scooter, which is expected to hit the market soon, is the product of a new company called Green Energy Motors Corporation. This neat little device weighs 27 pounds and can convert from something you

carry into something that can carry you in just a few seconds. After you pop out the wheels, footrests and handlebars, it can scoot along at up to 12.5 miles per hour. That's about four times faster than walking on a busy city street. This briefcase turned scooter can travel up to 25 miles between charges and can be recharged in less than an hour and those 25 miles use just 10 cents of electricity while producing no carbon emissions. The bad news is that the scooter will cost \$5,990. But Green Energy Motors says it is "currently taking pre-orders to help finance production" and people can order a scooter right now at half price (\$2,995) or reserve one for just \$150 (with 10 additional PayPal payments to follow). The company doesn't say when it expects its Commute-Case scooters to be available, but it promises a satisfaction guarantee and a one-year warranty. However before rushing off to buy one make sure Green Energy is a legitimate company just in case this is yet another scam.

A RACIST SWAN!

Warwick University in Coventry, England has erected a fence around a campus lake to stop swan attacks on students. A 4ft tall bird, with an 8ft wingspan, has been accused of behaving aggressively towards foreign students as they cross over a footbridge near its nesting place at the university's Gibbet Hill campus. The footbridge is used by hundreds of students everyday between their accommodation and university buildings. Undergraduates say the swan only appeared to target students from ethnic minorities.

LIKE FATHER LIKE SON

A \$26 million donation was recently made to South Africa's Kruger National Park by Howard Buffett, son of billionaire investor Warren Buffett who has himself donated millions of dollars to various causes. The donation will be used to aggressively fight rhinoceros poaching in the sanctuary, and to test new anti-poaching methods that could be implemented elsewhere in the world. Kruger National Park is home to 40% of the world's remaining 22,000 wild rhinos, a species in danger of total extinction due to poaching. In three years, over 1,000 of the animals were poached in South Africa alone, as well as another 172 animals less than three months into 2014. Despite the increasing rarity of wild rhinos, the number of animals poached is rising each year. Rhinoceros horns are highly prized in some Asian countries as a status symbol or, more frequently, for use in traditional medicine. Pound for pound, ivory is worth more than gold, cocaine, or platinum in street markets throughout China. The proceeds from this illegal trade often go to fund poaching rings or other criminal gangs. The money donated by Howard Buffett will provide the park with a helicopter and land vehicles equipped with high-tech electronic sensors to help locate poachers. The donation will also allow the addition of specialised rangers and elite canine units, creating an Intensive Protection Zone within the park. This

new technology and additional anti-poaching staff could help even out the losing battle against poachers in Kruger National Park, while trial of Intensive Protection Zones could lead to improved conservation for many species worldwide.

LIKE TO TRAVEL?

Saint Helena named after Saint Helena of Constantinople, is an island of volcanic origin in the South Atlantic Ocean, measuring about 16 by 8 kilometres (10 by 5 mi) and is one of the most isolated islands in the world it was uninhabited when discovered by the Portuguese in 1502. Saint Helena is a neighbour to Tristan da Cunha and Ascension Island (Well, relatively speaking: they are 1,510 and 810 miles apart, respectively) and is dominated by Diana's Peak, a 2,684-foot-high mountain that doubles as a national park. A little more than 4,000 hardy souls call Saint Helena home, most the descendants of British colonists. Saint Helena residents make their living working for the British government, exporting goods like coffee and prickly pears, and growing New Zealand flax. If you want to travel to Saint Helena, you'll need to vie for one of the few seats available to civilians on a flight operated by the British military or buy a ticket on one of the ships that visits its port about 30 times a year.

DID YOU KNOW

It has really only been the last 100 years or so that people have bathed more than once a week (Saturday night baths were the norm for most of history), daily showering is actually not objectively healthier or better; and in fact, one of the most common reasons that people cut down on showering is actually for skin-health reasons, not laziness. As far as being actually physically dirty, most of us who don't work outside or aren't otherwise involved in daily work where we might get covered in dust, dirt or grease probably don't get any real dirt on anything other than our faces and hands most weeks. Many people have found that when they stop washing hair and skin so often, after an adjustment period, the body naturally decreases the amount of oil it produces and less washing is needed. Of course, how often you shower depends on your level of activity, how healthy you are (if you work out often and eat healthfully, you naturally produce less body odour) and what you do for a living, and it depends on the season too.

FINALLY THIS WEEK

Wishing all Readers, Advertisers, Correspondents, all at Killarney Outlook and Walsh Colour Print & Educate.ie - an Easter that's bright and filled with love and happiness in every way for you. If you are visiting the Kingdom you are very welcome and visitor or resident please slow down, arrive alive and please help make this a Happy Easter for everyone.



SELF-ACCEPTANCE

One of my favourite Oscar Wilde quotes says 'Be yourself, everyone else is taken'. So why is it so difficult for us to do just that? Liking ourselves and being ourselves has to do with self-acceptance. Self-acceptance refers to our ability to embrace all facets of ourselves and not just the positive, acceptable parts. Whilst we may recognize our limitations and weaknesses – accepting ourselves fully means we accept these aspects of ourselves too. We stop judging ourselves and being so hard on ourselves.

Research shows that before the age of eight we are unable to form a sense of ourselves separate from that which was transmitted to us by those who care for us. So often I hear clients say to me that their parents were unable or unwilling to communicate the message to them that they were totally okay and acceptable. In addition to this we may have received much disapproval and criticism from teachers, siblings, other relatives and/or our peers. Is it any wonder then that we come to see ourselves as inadequate in many ways? A consequence of this is that we may go on to regard many aspects of ourselves negatively. We 'beat ourselves up' often telling ourselves the very same thing that an overly critical parent or teacher may have said.

So how then do we become more self-accepting?

Developing self-acceptance requires that we develop more self-compassion for ourselves. The Buddhist teacher Pema Chodron says that "Compassion isn't some kind of self-improvement project or ideal that we're trying to live up to. Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don't even want to look at".

However learning to be self-compassionate and kind to ourselves can seem like quite a new idea and represents a deep change in our attitude and way of being. In order to ensure our survival our brains have been designed in such a way as to give attention to the negative stuff. Self-criticism has in fact played an important role for us. However, this criticism needs to be tempered with kindness and not allowed to be a habit based response formed from patterns laid down in our early childhood. Whenever we criticise ourselves we are triggering the same threat and protection systems in the body and brain that get activated when threatened by other people.

By cultivating more self-compassion we come to like ourselves more and to view ourselves as deserving of love and respect. This in turn can lead us to showing not just more kindness and goodwill toward ourselves but towards others as well.

Next week we will look further at developing and cultivating self acceptance.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call **064 6636416**.

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

TRAVEL VACCINATION PART 1

Thinking of travelling abroad...? Have you taught about travel Vaccines...? if so here is some information that may help you get organised.

As you are already aware some destination may require some of the following vaccinations.

Typhoid Fever: A serious infection caught from contaminated food or water. It is prevalent in areas where sanitation is poor.

- Typhoid Vaccine (injectable). This is a single injection that helps protect patients for 3 years

Hepatitis A: Like typhoid fever, this disease is spread by contaminated water or food, wherever there is poor sanitation.

- Hepatitis A is a single injection followed by a booster dose helps provide long terms protection and lasts for 10 years.

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.

- Hepatitis B Vaccine: This is a standard Schedule consists of 3 vaccinations given over a six month period. The first dose at an elected date, the second dose a month later and another 5 months later after that. It is very important that all three doses are received.

Cholera: Cholera is a serious bacterial disease that occurs in regions of the world where sanitation and food and water hygiene are inadequate or lacking

Diphtheria: Diphtheria is a serious disease spread through droplets contained in coughs and sneezes. This is a significant risk in some parts of the world including Russia and the Ukraine.

Tetanus: This is a potentially fatal disease, is contracted when spores in the soil enter the body through cuts or scratches. Tetanus exists all over the world.

Polio: Polio can cause paralysis and in some cases can be fatal. Although polio has almost been wiped out in industrialised nations, it is still a risk in some developing countries.

- **Diphtheria, Tetanus and Polio** is combined of a total of five injections that help protect patients for a lifetime. However, a booster dose may be required for persons travelling abroad.

Yellow fever: A potentially fatal disease that is spread by infected mosquitoes. In some areas of the world, you have to carry an international certificate of vaccination as proof of vaccination to gain entry into certain countries (available at designated yellow fever vaccination centres and included in this booklet). This is valid for 1 year from 10 days after vaccination and immediately after Revaccination.

- Vaccinations for yellow fever consist of one injection every ten years. The international certificate is valid from ten days after primary vaccinations and for ten years thereafter. It is immediately valid for a further ten years if revaccination is performed before expiry of current certificate.

NEXT WEEK PART TWO OF TRAVEL VACCINATIONS



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

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

In Loving Memory of



**FR. TIM
BUCKLEY**

**Toorbona, Rathmore and
Ardaneanig, Killarney.**

As we remember Fr. Tim Buckley on this, his 1st anniversary, his family, including his brothers John Joe and Jeremiah Buckley, his sister Kathleen Daly, sister in law Myra Buckley and brother in law, Dermot Daly and many nephews and nieces, would like to express our sincere gratitude for wonderful kindness, love and support extended to us over the course of Fr. Tims illness, funeral and over the past year.

We would like to thank all those who came to Fr. Tims home to sympathise and extend their warm stories of Fr. Tim, to those who sent cards, letters and messages of support, and to those who kindly donated to the Alzheimers Society of Ireland. To extended family, friends and exparishioners, and to the people who gave their time to cater for the people that came to Fr. Tims home and the stewards that helped with traffic control, thank you all.

We would also like to thank Fr. Fitzgerald, his co-celebrants and those who contributed to the funeral mass in Millstreet Church and to Marina Cassidy for the wonderful music that filled the church.

Thank you to O' Shea Undertakers, Killarney, and Tarrants Undertakers, Millstreet, for their care of Fr. Tim, and their continued help, and advice during the course of the funeral.

We would also like to take this opportunity to again thank the many people that contributed to the care of Fr. Tim during his long illness, the public health nurses and home helps that helped him at home, to the staff of St. Columbanus' Nursing home where he spent the last of his days. To Dr. Laura Malone, from which he received great care and compassion, thank you all.

Lastly, we would like to acknowledge all those who have been a source of strength over the past year. It would be impossible to thank everyone individually, but to all those who sent messages, letters, cards and spoke kind words, thank you, and you are in our prayers.

Fr. Tims anniversary Mass will be celebrated on Tuesday the 22nd April at 7.30 pm at Ballydaly Church.

Ar dheis De go raibh a anam dilis.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

In Loving Memory of



Denis O'Leary

**Clounts, Rathmore
Who died on 26th April 2013**

On this, Denis's first anniversary, his family wish to thank most sincerely all those who sympathised with us on our sad loss. Thanks to all our neighbours, friends and relatives for all their support and kindness.

We thank those who called to the house, attended the removal, the funeral Mass, the burial and those who travelled long distances, those who sent Mass cards, perpetual enrolments, floral tributes or took a minute to share kind words and memories of Denis.

Our thanks to Fr. McNamara who officiated at the removal. A special thank you to Fr. Pat O'Donnell for making the funeral Mass so personal, special and meaningful and also to Fr. Michael O'Dochartaigh for celebrating Denis's Mass.

Our thanks to Greta Bowler and Sheila McSweeney whose singing and music enhanced the Mass and all Denis's grandchildren who read sang or played music which made it all so special.

Thanks to O' Keffe's funeral directors for their professional service and to Ann and Frank Buckley for the catering.

As it would be impossible to thank everyone individually please accept this as an acknowledgement of our sincere thanks.

The Holy Sacrifice of the Mass has been offered for your intentions.

Sadly missed by his sons Timmy and Eugene, daughters Kathleen, Eileen, Sheila, Abina and Nora. His sisters Julia and Bridie, brothers, Phil, John, Nealy and Michael, sisters in law, brothers in law, nieces, nephews and grandchildren.

**In our heart you will always stay.
Loved and remembered everyday.**

**Anniversary Mass for Denis will be held on
Friday 25th April at 7.30 pm in St. Josephs
Church Rathmore.**

NOVENA TO THE SACRED HEART

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

x

17TH ANNIVERSARY

*Cherished memories of a loving wife, mother,
grand mother and great grand mother*



Catherine (Kitty) Moriarty

**Clash, Lissivigeen
Who left us on 25th April 1997.
R.I.P.**

*Along the road of suffering,
You found a little lane,
That took you up to heaven,
And ended all your pain
You may be out of sight,
We may be worlds apart
But you are always in my prayers
And forever in my heart*

**Loved and remembered always Kitty,
Your loving husband Gene.**

*You did so many things for us,
Your heart was kind and true
And when we needed someone
We could always count on you
The special years will not return
When we were all together
But with the love within our hearts
You will walk with us forever*

**Always remembered by your daughters
Mary Frances and Eileen, son Timmie,
sons in law Paudie and Neil, daughter in
law Therese.**

*Today we think of some one special
Gentle, sincere and true
Someone we loved with all our hearts
That someone Nana is with you
You left us suddenly without a fuss
You broke the hearts of all of us*

**Never forgotten by your grandchildren
Elaine, Karen, Lisa, Darragh, Pdraig,
Nicole, Caitlin, Evan, David, Daniel and
Aaron, Great-grand Children Madison
and Ella.**

Anniversary Mass on Friday 25th April at
9.30am in the Church of the Resurrection,
Park Road, Killarney.

14TH ANNIVERSARY

In Loving Memory of



Chris Kearney

**Knocknahoe, Killarney,
Who died on 19th April 2000**

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

Always remembered by your loving family.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

M.O.D.L.

NOVENA TO THE SACRED HEART

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

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

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

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

P.O.D.

PRAYER TO THE VIRGIN MARY NEVER KNOW 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. **M.O.D.L.**

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