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Memorial Mares Hurdle

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TUE
12th

Great Racing

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MIKE APPEALS FOR HELP IN DEVESTATED NAPAL

Killarney Adventurer Mike O'Shea is appealing to the people of Killarney to help the people who have been affected by the Nepal Earthquake.

Mike, who is from Beaufort is an ambassador for the Himalayan Stove Project and he is now working on raising awareness and trying to facilitate people who want to help those who have been devastated by the earthquake.



KILLARNEY ADVENTURER MIKE O'SHEA.

Mike has a direct connection with two people who are working actively with the Himalayan Stove project and have a hands on approach to helping Nepalese long before this unfortunate event, so they are well placed

to help and understand what is required.

"The main aid agencies are heading to the bigger towns and cities and little is happening in the villages from the epicentre outwards, our aim is to focus on helping two villages" said Mike.

"We know very extensive damage has occurred with virtually all the houses destroyed and that many people were killed, however, since then



NAPAL EARTHQUAKE DEVESTATED THE COUNTRY.

all communications have stopped. Our concern now is for their protection from the elements and the amount of food that they have access to - both communities live from hand to mouth and as per the tradition all food materials would be stored in the houses, and presumably that is now either destroyed or contaminated"

"Many people have emailed me asking how they can directly help. There is a definite need for quick-term intervention and that is all I am proposing. I believe there is foreign aid being diverted into Nepal but much of that will go to the main centres of population or to the Government for strategic support. I doubt if any will get to the very local grass root level, certainly not in the immediate future".

If you would like to donate on-line go to: www.himalayanstoveproject.causevox.com/irisheffort. Meanwhile a coffee morning to raise funds for the disaster will be held in Noelle's Cafe on Old Market Lane on Tuesday morning, May 5th from 9.30am - 12.30pm - everyone welcome.

KILLARNEY ARTIST TO EXHIBIT AT THE GREENLANE GALLERY



A talented young Killarney artist is set to exhibit some of his work at a group exhibition at The Greenlane Gallery, Dingle this weekend.

Diarmaid O'Sullivan

from Ballagh is part of Studio 8, a group of contemporary artists based in Kerry. Diarmaid graduated from Crawford College of Art & Design in 2013 with a BA Hons in Fine Art, specialising in Oil Painting. Since his Degree show Diarmaid was awarded a one year post graduate busary in the Backwater Artists Group in Cork and purchase prize from the OPW and has exhibited all over Ireland (Dublin, Limerick, Antrim, Derry, Cork, Roscommon & Kerry). The youngest son of Andy and Kathleen O'Sullivan, Diarmaid is currently living and working in Singers Corner Studios, Washington St. in Cork City and is a member of STUDIO 8-Kerry Contemporary, a recently established Kerry Artist Collective. The group will be exhibiting new work in their debut show 'Home and Place' in the Greenlane Gallery, Dingle from the 1st-15th of May. The show will be opened by renowned Irish artist John Coll on Friday 1st May at 7.30pm as part of this years Feile na Bealtaine. The artist is also available for commissioned work and can be contacted via the details below. "My work deals with the immediate world around me. My inspiration is derived from ordinary or everyday scenarios, objects and places. I try to add a sense of value to things through painting, recreating different textures and colours that might not be noticed at first glance. Fleeting moments of natural light can turn any mundane thing into something extraordinary and these are the moments that I love to capture, recreate and preserve in paint on my canvases."



CRASH BARRIER TO BE ERECTED AT SPA



CLLR JOHN JOE CULLOTY PICTURED AT THE PITCH AT SPA GAA CLUB. HE HAS DONATED ALL HIS ALLOCATION OF €3,800 TOWARDS THE COST OF THE CRASH BARRIER AT THE SPA FIELD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A number of potentially serious traffic accidents has lead Cllr. John Joe Culloty to assign his entire Councillor's allocation of €3,800 towards the erection of a crash barrier at a dangerous bend at Spa GAA Pitch.

"The most recent accident resulted in the bumper of a car landing next to the dug out" said

the Mayor of the Killarney Municipal Area, "this will serve to protect motorists and spectators at this highly dangerous bend, where many accidents have occurred in the past", he added. Spa GAA club are delighted with the allocation and say that work is due to begin in the very near future.



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NATHAN'S DARKNESS INTO LIGHT WALK TAKES PLACE NEXT WEEKEND



NATHAN'S WALK DARKNESS INTO LIGHT KILLARNEY COMMITTEE.

Next weekend is the fourth Nathan's Darkness into Light walk, and Nathan's family, Marie and Denis O'Carroll are hoping for another big turnout for the event.

The event, in aid of Pieta House will take place in Killarney on the morning of Saturday, 9th May. Supported by Electric Ireland, Darkness into Light is a unique, early morning fundraising event which begins in darkness at 4.15am as thousands of people walk or run a 5km route while dawn is breaking. Killarney's walk, known locally as Nathan's Walk in memory of Nathan O'Carroll, will begin and finish at the Killarney Racecourse.

"Darkness Into Light is a truly unique and moving event. The sight of thousands of people in yellow t-shirts walking and running towards dawn is simply extraordinary. The event has turned into

a national awareness campaign loved by Irish people everywhere. I'm encouraging everyone to get out and register, don't let this special event pass you by" said Joan Freeman, founder of Pieta House.

While Darkness Into Light raises much needed funds, it is also about awareness, solidarity and local communities. This year, Pieta House is asking those taking part to connect with others at the event. Walkers/runners are encouraged to speak to the person beside them, tell a story or simply say hello, connect and acknowledge one another. Make your presence known.

Pre-registration is available on line and on Thursday 7th and Friday 8th May at Killarney Racecourse from 6-8pm and also on the morning of the walk.

MOLLY MAKES IT FOUR-IN-A-ROW



MOLLY O'MAHONY.

A Killarney teenager has won a creative writing competition award at Listowel Writers' Week for the fourth year in a row.

Molly O'Mahony (16) has been announced as a winner in the Creative Writing For Youth

category which is sponsored by Kerry County Council.

Molly, from Lackabane in Fossa, was also a winner last year as well as in 2013 and 2012.

She will be presented with her prize by the inaugural Laureate for Irish Fiction, Anne Enright, at a ceremony in the Listowel Arms Hotel on May 27.

Molly's entry was a witty short story about an over-active rescued golden retriever named Benjamin Netanyahu who, through a bizarre series of events, ended up being the toast of the Academy Awards ceremony in Hollywood, in the company of Michael Fassbender, Julia Roberts and Antonio Banderas.

Molly is a fourth year student at Intermediate School Killorglin, and she is a daughter of John and Geraldine O'Mahony from Fossa.

TEERING OFF... THE MON HOST PITCH & PUTT FUNDRAISER

Parents at the Presentation Monastery N.S are all out practising their pitching and their putting for their up coming Fun Day at Deerpark Pitch & Putt Club this Bank Holiday Monday, May 4th.

The event is a 3 ball scramble with 3 per team and entry fee is €30 per team. Tee off times are 10am 12pm and 2pm. With a BBQ and refreshments included, and lots of prizes on the day including a perpetual trophy and category prizes - its sure to be a great day. All proceeds goes directly to the school and entries will be accepted on the day or prior to the event or by contacting the school on 064 66 33687.



PICTURED AT THE MON BOYS NS TO LAUNCH THE PITCH & PUTT FUNDRAISER THIS BANK HOLIDAY MONDAY AT DEERPARK PITCH & PUTT CLUB WERE L-R NEIL O'SHEA, CHRISTIAN CASEY, EVAN O'CALLAGHAN & TOM DUNNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.





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CLIFFS OF MOHER & THE WILD ATLANTIC WAY

Saturday May 16th



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Explore the Cliffs of Moher and tour the limestone spectacle that is the Burren along the Wild Atlantic Way on this all inclusive Day Tour from Killarney

YOUR DAY TRIP INCLUDES: ● Return Luxury Coach Transport ● Expert Driver/Guide ● Tea/Coffee and Scones ● Lunch ● Entrance into the Cliffs of Moher ● Evening Meal

COBH & SPIKE ISLAND

Thursday May 21st
& Thursday
August 6th



ONLY
€95
pp

Discover the history of Cobh in the Cobh Heritage Centre and afterwards immerse yourself into the history of Spike Island from the monastic period to the War of Independence with a Guided Walking Tour of the island. A wonderful all inclusive Day Tour from Killarney.

YOUR DAY TRIP INCLUDES: ● Return Luxury Coach Transport ● Expert Driver/Guide ● Tea/Coffee & Scones ● Entrance into Cobh Heritage Centre ● Lunch ● Guided Tour of Spike Island ● Evening Meal

DISCOVER DINGLE & THE WILD ATLANTIC WAY

Saturday 23rd May,
Thursday 16th
July & Saturday
17th October



ONLY
€85
pp

Journey along a beautiful scenic route encompassing the Wild Atlantic Way on this all inclusive Day Tour from Killarney. Take a guided tour of Dingle Whiskey Distillery. After lunch continue along the route, visiting the Blasket Island Visitor Centre. Enjoy an evening meal before making the journey home.

YOUR DAY TRIP INCLUDES: ● Return Luxury Coach Transport ● Expert Driver/Guide ● Tea/Coffee and Scones ● Guided Tour of Dingle Distillery ● Lunch ● Entrance into the Blasket Island Visitor Centre ● Evening Meal

KINSALE GUIDED WALK, CRUISE & CHARLES FORT

Thursday 28th May



ONLY
€85
pp

Explore Kinsale through a guided walking tour. Afterwards cruise the harbour before visiting Charles Fort a late 17th century star shaped fort. A value packed all inclusive Day Tour from Killarney.

YOUR DAY TRIP INCLUDES:
● Return Luxury Coach Transport
● Expert Driver/Guide ● Tea/Coffee and Scones
● Guided Walking Tour of Kinsale
● Lunch ● Cruise in Kinsale
● Entrance into Charles Fort ● Evening Meal

SHAKESPEARE & THE ENCHANTING COTSWOLDS

Wednesday
20th May -
Sunday
24th May



€580pps
*Single
Supplement
€105

YOUR 5-DAY HOLIDAY INCLUDES: ● Return Luxury Coach Transport and Ferry ● Professional Driver/Guide who will act as Tour Manager for the group ● 4 Nights Hotel Accommodation ● Full Breakfast on 4 mornings ● Evening Meal on 4 evenings ● Entrance into Bleinheim Palace, Anne Hathaway's Cottage and Warwick Castle

Discover GALWAY, CONNEMARA & THE ARAN ISLANDS

€395pps
*single
supplement
€90



Monday 1st June – Thursday 4th June

YOUR 4-DAY HOLIDAY INCLUDES: ● Return Luxury Coach Transport ● Professional Driver/Guide who will act as Tour Manager for the group ● 3 Nights Hotel Accommodation in Galway ● Full Irish Breakfast on 3 mornings ● Evening Meal on 3 evenings ● Lunch on 3 days ● Return ferry crossing from The Aran Islands ● Guided Tours of The Aran Islands and Galway City ● Entrance into Kylemore Abbey

€180pps
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€25



Thursday 28th May – Friday 29th May

YOUR OVERNIGHT STAY INCLUDES:

● Return Luxury Transport
● Professional Driver/Guide who will act as Tour Manager for the group ● 1 Nights Hotel Accommodation
● Lunch on 1 day ● Evening Meal on 1 evening
● Full Breakfast on 1 morning ● Entry Ticket to Bloom in the Park

€690pps
*single
supplement
€110



Wednesday 15th July – Sunday 19th July

YOUR 5-DAY HOLIDAY INCLUDES: ● Return Luxury Coach Transport ● Professional Driver/Guide who will act as Tour Manager for the group ● Return Ferries from Belfast to Cairnryan ● 4 Nights Hotel Accommodation ● Evening Meal on 4 evenings ● Full Breakfast on 4 mornings ● Lunch on 2 days ● Entrances into Inveraray Castle, Edinburgh Castle, Glengoyne Distillery Cruise on Loch Lomond and a guided tour of Edinburgh City

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SPA REMEMBERS THEIR OWN AT AWARDS NIGHT



PICTURED AT THE CHEQUE PRESENTATION WERE IVOR FLYNN (AWARDS COMMITTEE), KATHERINA BREEN (SECRETARY), ADRIAN O'SULLIVAN (AWARDS COMMITTEE), GERARD MANGAN (CHAIRMAN SPA GAA), KATHLEEN O'SHEA (TREASURER), EUGENE O'SULLIVAN (CHAIRMAN KILLARNEY/SOUTH KERRY BRANCH) AND ANDREW GARNETT (CHAIRMAN AWARDS COMMITTEE).

With their first Awards night under their belt, Spa GAA club Awards Committee have made a generous donation to the Irish Cancer Society.

Held in November the inaugural awards night saw many of the awardees receive their awards in honour of deceased players that passed away from cancer including, John Doyle, Aidan Cronin and Pat Corcoran.

The awards committee who include Andrew Garnett (Chairman), Adrian O'Sullivan, Anne Holland, Ivor Flynn and Sean Kelliher all contributed towards the donation and €700 was raised. This cheque was recently presented to members of the Killarney/Kerry South Branch Irish Cancer Society Eugene O'Sullivan (chairman), Katherina Breen (secretary) and Kathleen O Shea (Treasurer).

#lovekillarney

KERRY TAKES TWO AT IRISH TOURISM AWARDS

Kerry initiatives a 'shining example' at Irish Tourism Awards 2015

Kerry picked up two awards at the first ever Irish Tourism Industry Awards 2015, at a Gala event in the Doubletree Hilton, Dublin at the weekend.

The Minister of for Transport, Tourism and Sport, Paschal Donohoe TD presented specially commissioned trophies to Kerry County Council for "Best Local Authority Tourism Innovation" and The Adventure Travel World Summit 2014 – Kerry Convention Bureau & Advantage pco for "Best Business Tourism Innovation".

The awards are to celebrate the inaugural national scheme identifying those who are making major difference in the tourism industry. Designed with the intention of rewarding innovation in tourism, significant initiatives at home and overseas and the best examples of improvement to the tourism experience, the Irish Tourism Industry Awards ultimately identified Kerry County Council and The Adventure Travel World Summit 2014 – Kerry Convention Bureau as worthy winners from a very strong field of over 330 entries.

Kerry County Council, working with Fáilte Ireland and Tourism Ireland, has been a major driver of the highly successful tourism industry, the county's main driver of growth and its largest sectoral employer. It has been involved in planning environmental protection, provision of tourism facilities and services, marketing, event development and management. County Kerry consistently out-performs other counties, outside of Dublin, in terms of the holiday / leisure market segment. It has retained its competitive advantage by delivering on its promise to visitors of giving them a superb holiday experience.

The Adventure Travel World Summit 2014 -



JOHN GRIFFIN, KERRY TOURISM OFFICER (LEFT) WITH MEMBERS FROM KERRY COUNTY COUNCIL AT THE IRISH TOURISM INDUSTRY AWARDS 2015 AT DOUBLETREE HILTON HOTEL IN DUBLIN. THE AWARDS WERE ORGANISED BY THE IRISH TOURIST INDUSTRY CONFEDERATION (ITIC) ALONG WITH THEIR INDUSTRY PARTNERS FÁILTE IRELAND AND TOURISM IRELAND. PHOTO: PETER HOULIHAN / FENNELLS.

Kerry Convention Bureau & Advantage pco: In October 2014 more than 700 visitors from 31 countries descended on Killarney for the World Summit of the global organisation for adventure and activity tourism. It was a hugely successful, complex event requiring management of groups of delegates, buyers and media running into multi-layered conferences with plenaries, marketplace, media connect and various workshops. It also involved 21 pre-summit adventures and 31 days of adventure as well as a world-class social programme.

WINNERS:

- Best International Marketing Initiative - CIE Tours International, New Jersey;
- Best International Access Initiative - Shannon Airport;
- Best Leisure Tourism Innovation - The Guinness Storehouse;

- Best Business Tourism Innovation - The Adventure Travel World Summit 2014 – Kerry Convention Bureau & Advantage pco;
- Best Environmental Tourism Innovation - Lough Boora Discovery Park, Co Offaly;
- Best Local Authority Tourism Innovation - Kerry County Council;
- Best Festival / Event Experience – The American Football Croke Park Classic 2014;
- Best Adventure Experience - Vagabond Adventure Tours;
- Best Food Experience - The Food Summit with Good Food Ireland;
- Best Cultural Experience - Glasnevin Cemetery Museum;
- Best Urban Experience - Fab Food Trails - Dublin, Cork & Kilkenny;
- Best Design in Tourism - Inis Meáin Restaurant & Suites.

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GUIDE PRICE €180,000

4 Bedroom (1 ensuite) Semi-detached property (1,280 sq ft) Concrete First Floor. Private Rear Garden. Oil Fired Central Heating.

REF 737 (BER Pending)



KEEL, CASTLEMAINE
Guide Price €290,000

4 Bedroom Detached Home on approx 0.5 acre site with mountain views. Concrete first floor & all block internal walls. Fully Alarmed. Oil Fired Central Heating.

REF 734 **BER B3**



**50 CAHERNANE MEADOWS,
MUCKROSS ROAD**
Guide Price €250,000

4 Bedroom (2 ensuite) Semi-detached House with additional private recreational space (approx 1,700 sq ft) Private rear garden. Oil Fired Central Heating

REF 736 **BER C3**



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Lorcan

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'LÁ NA GCLUB' KICKS OFF KILLARNEY RACES MAY FESTIVAL



AT THE LAUNCH OF 'CELTIC STEPS' SUMMER SHOW, IN IT'S NEW HOME AT KILLARNEY RACE COURSE, ON HAND TO FORMALLY CUT THE RIBBON WAS, MINISTER FOR DIASPORA, JIMMY DEENIHAN, TD, CHAMPION JOCKEY AND TRAINER, JIM CULLOTY, (4TH LEFT) DAVID RAE, DIRECTOR, CELTIC STEPS, 3RD LEFT, SEAN MURPHY, MUSICAL DIRECTOR, 5TH LEFT, CAST MEMBERS OF THE PHENOMAL SHOW, WHICH SHOWCASES IRELAND'S TRADITIONAL MUSIC, SONG & DANCE AND PORTRAYS THE MUSIC KERRY AND BEYOND, THE SONGS OF IRELAND'S HISTORY. PHOTO: VALERIE O'SULLIVAN.

Lá na gClub will kick off the Killarney Races Summer racing season on Sunday May 10th. The festival offers 3 days of the very best of Racing with Sunday and Monday both being national hunt cards whilst Tuesday is an all flat card.

Six local G.A.A. Clubs (Dr. Crokes, Legion, Gneeveguilla, Glenflesk, Milltown / Castlemaine and Laune Rangers) take part in a free-taking competition during and after Racing, competing to win a prize of €3,000 for their respective Club.

Also on Sunday, Killarney Racecourse Remembers Jeremy O'Neill & Raises Funds for Cancer Research..... Professor Crown

has devoted a lot of his time to research and develop better and more effective treatments to an illness that touches many families. He is the founder of the Cancer Research Clinical Research Trust (registered charity – no. CHY12210). Friends and Family of the late Jeremy want to offer support to the charity while also remembering Jeremy at the forthcoming May Races. The 3rd race on Sunday will be called "The Jeremy O'Neill Memorial Mares Hurdle" sponsored by the friends of Jeremy O'Neill, while the last race on the day will be called "The Cancer Clinical Research Trust flat race".

Sunday will also have an Irish theme and Celtic

Steps The Show, who have recently located their show to Killarney Racecourse, will be performing throughout the day.

Manager of Killarney Racecourse, Micheál Lucey said 'We are looking forward to our opening day of the 2015 Season and Sunday is an action-packed day which promises to be a great day out for all the Family'.

The first race on Sunday the 10th May is at 2.20pm with the feature race of the day being The Grade B Ladbrokes Ireland Handicap Hurdle with a prize fund of €50,000.

Monday the 11th May is 'Killarney National Night' with the running of the "Killarney National" generously sponsored by the McSweeney Arms Hotel. This race promises to be a great spectacle with all the usual thrills and spills of a National and Killarney

Racecourse is delighted to boast a €40,000

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THE LATE JEREMY O'NEILL.

EDUCATIONAL TOURISM INITIATIVE LAUNCHED IN KILLARNEY

The brainchild of Patrick O'Donoghue, MD of the Gleneagle Hotel Group and his brother-in-law, Historian Dr. William Sheehan, The Learning Resort is a new initiative aimed at developing educational tourism in Killarney. It was officially launched on Inisfallen Island on Killarney's Lough Leane this week.

Educational tourism is one of the fastest growing areas of travel and tourism as more and more people look to combine holidaying with further education and personal development. The Learning Resort will offer a varied range of courses, events and seminars delivered by the best in global educators, coaches and trainers. It is the first of its kind in Ireland and continues Killarney's preeminent role as the innovator in Irish tourism.

It will offer courses in a huge variety of disciplines, from business, to politics, sports and the Arts and will be based at the Killarney Convention Centre which encompasses The INEC, The Gleneagle Hotel and The Brehon.

"Killarney was a centre of learning long before the first leisure tourists arrived. Scholars from

right across Europe, including the High King of Ireland Brian Ború, studied at the Monastery on Inisfallen Island," says Patrick O'Donoghue. "Our ancestors recognised and harnessed Killarney's inspirational beauty by establishing a centre of learning here. Now centuries later we will once again attract national and international scholars."

The first Learning Resort event is a seminar with the master storyteller Robert McKee. McKee is a Fulbright Scholar and one of the most sought-after storytelling speakers in the world. He has become internationally renowned for his work over the past 30 years in mentoring screenwriters, novelists, playwrights, documentary makers, film producers and directors. His previous trainees include 60 Academy Award Winners, 200 Academy Award Nominees, 200 Emmy Award Winners and 1,000 Emmy Award Nominees.

For more information on The Learning Resort or to book tickets for Robert McKee's Storynomics, visit www.thelearningresort.com



ISLAND OF SAINTS AND SCHOLARS... AT THE LAUNCH OF THE THE LEARNING RESORT, ON INNISFALLEN ISLAND, LOUGH LEIN, WITH GLENEAGLE GROUP MANAGING DIRECTOR, PATRICK O'DONOGHUE, RIGHT, AND DR BARRY SHEEHAN, HISTORIAN AND CHIEF ACADEMIC OFFICER, INNISFALLEN EDUCATION PROJECT. PHOTO: VALERIE O'SULLIVAN



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PROPERTY OUTLOOK : THROUGH THE KEYHOLE.... A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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Price Region: €372,000

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

GLENFLESK ARE ALL IRELAND CHAMPIONS



KATELYNN O KEEFFE, ROSE KELLIHER, AINE O SULLIVAN, JOANNE CASHMAN, MARIE CRONIN, JULIETTE O SHEA, NORITA CASHMAN, ORLA KELLIHER RECEIVING THEIR TROPHY FROM THE PRESIDENT OF THE GAA O GÁIN O FEARGHAIL AND LIAM O LAOCHDHA CHAIRMAN OF THE NATIONAL SCOR COMMITTEE.

Congratulations to Glenflesk Figure dancers who scooped first prize in the National Scor Senior Finals in City West Hotel on Saturday last. The group have put in months of preparation to

reach the top spot for the second year in a row. Fossa Leiriú Group who were also in the finals weren't successful on the night but enjoyed the experience.

54321 CHALLENGE FOR BUMBLANCE



PICTURED AT THE LAUNCH OF 54321 CHALLENGE 2015 ARE FROM LEFT TO RIGHT MARTIN MCCARTHY, CATHERINE FOLEY, NOREEN SHEAHAN, MARK DOE, REIGNING ROSE OF TRALEE MARIA WALSH, TJ O CONNOR, TONY HEFFERNAN AND CAROLE MORAN.

An epic challenge which is in its 3rd year is set to raise much needed funds for Bumbleance.

54321 Challenge will take place from September 10th to 13th 2015 with 5 people over 4 days 3 cycles 2 mountains for 1 cause. The 54321 challenge 2015 have chosen BUMBLEance as the chosen charity to receive the funds raised in this years challenge. BUMBLEance, the children's ambulance service, provides stress-reducing journeys for children in state-of-the-art, safe and fun vehicles. The bright and fun exterior makes positive first impression which carries through to the interior. The 2015 54321 Challenge takes place from the 10th to 13th of September. Due to the huge success of the event in recent years the organisers have decided to open up the challenge to multiple teams in 2015.

Day 1 – Cycle the Ring of Kerry.

Day 2 – Climb Carrauntoohil.

Day 3 – Cycle Killarney to the foothills of Mount Brandon and Climb MT Brandon.

Day 4 – Cycle Dingle back to Tralee.

In 2013 the challenge raised €20000 for the Irish Pilgrimage Trust and in 2014 it raised €10000 for St Mary of the Angels and St John of Gods Kerry Services. To see more details of the event go to Facebook.com/54321challenge1 or To Register your Team of 5 please Log onto www.54321challenge.net and to see more details on this year's cause see <http://www.bumbleance.com/>

If you wish to register a team of five or would like further information please call TJ O Connor on 087 6277141 or Carole Moran on 087 9471336.

KERRY PEOPLE ASKED TO SUPPORT NEPAL

The aid agency trocaire is supporting the distribution of shelter and medicine to people affected by weekend's earthquake in Nepal, and is requesting the support of people in Kerry to fund an emergency response. Approximately 2,000 people were killed in the earthquake, with many left homeless. The numbers dead and wounded are increasing, and trocaire expect the scale of the response needed to be large, as the situation in certain parts of the country is not clear. Trocaire is working with partner organizations in the caritas network of humanitarian agencies in Nepal, who are arranging for shelters, water purification tablets and hygiene kits to be distributed to affected communities over the coming days. Initial relief activates are focused on temporary shelter, water, sanitation and hygiene, as many damaged buildings are not safe to re-enter, many people are sleeping outside and require shelter. People can donate to our emergency appeal at trocaire.org or by phoning 1850408408.

FANCY A GAME OF TAG RUGBY

Tag starts next Tuesday at Killarney Community College at 7pm. Registration for the summer is €50 and a registration form has to be signed on the night and payment made. It will run for the summer. Beginners are welcome. All players should have their own Tag shorts and tags which are material with Velcro strips. Available from most sports shops. Tag is a non-contact game of 7 – a – side rugby. We play on grass so players should wear a boot where possible with light studs but running shoes will do as a temporary footwear. Players should check out personal insurance to cover in the unlikely event of a minor sports injury that could affect their work attendance. Tag is for over 18s and men and women of all ages are welcome to this most sociable of sports. We will have at least 2 matches per night of approx 40 mins per game. Beginners will receive separate coaching to help them learn the skills and movement required and then are integrated into the game. Teams are made up on the night with a balance of experience and newcomers so everyone gets the ball. Remember ladies get 3 points for a score while the gents get 1 point. Minimum of 3 ladies on a team at all times encourages the fun aspect of the games too. You never know who you might meet at Tag and sure it's a cool way to stay fit or even get fitter!



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BER C1

Price Region: €230,000

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BER C3

Price Region: €395,000

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3 KNOCKLYNE VALLEY, SUNHILL, KILLORGLIN

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CARDIAC RESPONSE UNIT LAUNCH HAPPY HEARTS



MEMBERS OF THE KILLARNEY CARDIAC RESPONSE UNIT PICTURED WITH LORD MAYOR JOHN JOE CULLOTY AND PRESIDENT OF THE CHAMBER OF TOURISM AND COMMERCE KATE O'LEARY AT THE LAUNCH ON SATURDAY LAST.

Killarney Cardiac Response Unit, working with the Irish Heart Foundation, launched the Happy Hearts weekend on Saturday last.

The fundraiser will run on Thursday the 7th of May and Friday the 8th of May. The group will be out on the streets selling Heart Pins to raise vitally needed funds for both The Irish Heart Foundation and The Killarney Cardiac Response Unit.

Their members will be out in force in all the usual spots around town and would appreciate any support on the day. The group will also have

boxes with hearts for sale in business's around town so if you spot one please put a few bob in!

Their HQ on the day will be in Dan Linnehans bar and if anyone is free to volunteer an hour or two please get in touch. You can reach Damien Baker directly on 086 7388107.



KILLARNEY WELCOMES IRISH LEAGUE OF CREDIT UNIONS AGM

1,500 delegates from credit unions across Ireland met in Killarney for the Irish League of Credit Union's Annual General Meeting (AGM) at the INEC last weekend. The theme for the weekend's conference was 'Credit Unions – Growth in our Hands.' The ILCU was welcomed to Killarney on Friday night by Chapter 23 representatives, the Mayor of Kerry John Brassil and the Mayor of Killarney John Joe Culloty. In the past two years, membership of credit unions has grown by 70,000. Currently, credit union membership stands at 3.3 million members. ILCU affiliated credit unions remain well capitalised (with over €2 billion in reserve) funded out of their own resources. Arrears across the sector have fallen for 12 consecutive quarters in a row while savings and the number of credit unions who are now paying a dividend has increased.



BLANCHE ROYNANE VICE PRESIDENT ILCU SIGNING THE VISITORS BOOK WITH CLLR JOHN JOE CULLOTY MAYOR OF KILLARNEY, CLLR JOHN BRASSIL MAYOR OF KERRY, JOHN LONG DIRECTOR ILCU, JOHN O'REGAN (BACK FROM LEFT) MARY O'SHEA MILLTOWN CU, GEORGE MCSWEENEY AND CATHERINE COFFEY KILLARNEY CU, SEAMUS KILGANNON ILCU, PAT DELANEY AND MARK MURPHY KILLARNEY CU, LEO DALY LISTOWEL, MICK LONG AND DONAL CREMIN RATHMORE AND CHRISTY KILLEEN AT THE CIVIC RECEPTION TO THE ILCU IN THE BREHON, KILLARNEY ON FRIDAY.

KENMARE AND KILLARNEY CREDIT UNIONS TO COME TOGETHER

The Boards of Kenmare and Killarney Credit Unions are pleased to announce that the two local credit unions are planning to merge together in a process that is called a 'transfer of engagements'. This process is subject to Regulatory approval and it is hoped that the process will be completed on 19th May 2015. This is a welcome development for the credit unions who will now be able to focus on providing enhanced member services in their local communities. Speaking about the proposed merger, Michael Gavin (CEO) from Kenmare Credit Union "assured members that the merger will not mean that services to members will be disrupted or changed. Members will be unaffected by this process and can continue to do business as normal with their credit union. The credit union offices in Kenmare and Killarney will remain open and fully operational". Savings at both credit

unions remain protected by the Government's Deposit Guarantee Scheme of up to €100,000 per depositor. By combining resources the merged credit union will have assets of over €92 million, savings of over €79 million and combined reserves of over €12 million. Pat Delaney (Chairman) from Killarney Credit Union said "Both credit unions recognise and appreciate the loyalty and support of their members. For this we thank you and assure you that together and with your continued loyalty we will continue to make a positive difference. We believe that by merging Kenmare and Killarney Credit Unions, we will strengthen the credit union service offering. We are taking decisions now which will result in enhanced products and services to our members and we are very much looking forward now to the continued role that your local credit union can play in your local community."

The credit unions have decided to come together in the spirit of co-operation to enhance efficiency and to work together to manage regulatory requirements with the main objective of enhancing service provision to valued members at both credit unions. The credit unions will continue to lead the way in the provision of loans, savings and budgeting services, in essence, accessible and friendly financial services in the local areas of Kenmare and Killarney. The credit unions will work together to grow to meet the increasing demands of members for a wider range of services.

Member information evenings will be held in Kenmare and Killarney on Wednesday 6th May 2015. Alternatively, please call into the credit union and speak to a member of staff who will be happy to speak with you.

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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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To compare and review your insurances is simple. Get all the info you have on your policies & bring them to an independent financial advisor.

An independent advisor will have access to many insurances companies and will do a comparison of these products for you. They will explain in detail what cover you have & let you know if you may be overpaying for some of these insurances. They should also explain these products to you in detail and if in their opinion these products match your needs now and more importantly if you do not have adequate cover in some areas. Also if you were a smoker when you took out your policy and if you are now a non smoker or if you had any health problems in the past that you do not have now you may be able to get the same cover at a lower premium.

To make an appointment in relation to the above or any other matter you can contact Dermot Cronin at **064 66 22775** or kerrymortgagecentre@eircom.net.

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REALISING THE DREAM OF A BURNING AMBITION



RALLY CO-DRIVER PAUL NAGLE PICTURED IN HIS NATIVE KILLARNEY.
PHOTO: DON MACMONAGLE.

As the Cartell.ie Rally of the Lakes gets into full swing, local co-driver Paul Nagle is just after winning his first World Rally the fifth round of the World Rally Championship in Argentina, Co-Driving for Ulster man Kris Meeke with Citroen Total Abu Dhabi World Rally Team, Martin Walsh has a look at how the Kerryman has realised his long-time ambition.

THE calm and serenity of one of Killarney's scenic lakes with the water lapping its shore as the sun was about to set seemed a million kilometres away from the cut and thrust of World Championship rallying. Yet, it was the perfect place for Fossa native, Paul Nagle, to reflect on how he's achieved his dream to become a co-driver at the very top echelon of motorsport. Paul partners Tyrone driver, Kris Meeke in the Citroen works team replacing kingpins Sebastien Loeb/Daniel Elena in the French outfit.

The role of a rally co-driver is often misunderstood, misconstrued, underestimated and sometimes - not always appreciated. In that context, perhaps the Killarney location was fitting as Nagle reckons his ability to remain calm under pressure is probably one of the biggest assets he brings to the table in terms of his rallying curriculum vitae. He may walk the streets of the Kerry tourist capital without receiving the recognition that's bestowed on anyone of the Kingdom's footballing

icons, but that doesn't really bother him. Yet, it could, and probably is beginning to change even though he is happy with the support he already gets from his own community.

In some ways, it's a little surreal for the 2009 Intercontinental Rally champion co-driver, who needs to be as fit as the big ball stars - a fact endorsed by a strict training routine that involves gym work, swimming, cycling and running. It all means that Nagle is in the best possible physical shape for the World Rally Championship with Kris Meeke and the Citroen factory team.

Last season, Paul also found himself back at the top tier of the WRC when he partnered Andreas Mikkelsen on board the Volkswagen Polo WRC in Germany to fill in for Mikko Markkula, who had sustained two fractured vertebrae.

Then, a few weeks later, somewhat ironically, Paul actually found himself up against Kris Meeke, who had also returned to the WRC - this time with Citroen - as the pair contested Rally Australia. As the 2013 season progressed Citroen were also preparing for this season and of course ready to fill the void by the departure of nine times World champion Sebastien Loeb. Speculation was rife with a quartet of drivers vying for the seat. Of course like any good strategists, that work was completed months in advance and long before Citroen officially announced in December that Kris and Paul were to join them as the number one crew in 2014.

They had a dream debut with a podium finish in Monte Carlo. "We had a good plan in place, we kept out of trouble and to get the podium on the first event was great, especially as the conditions were so difficult." They seemed set for a strong result in Sweden until they got stuck in a snow bank. Mexico was a disappointment as they were holding a podium position until they encountered a bridge and a rock and really found themselves in a hard place. Portugal was also a very difficult rally and recce - and it also ended in disappointment, it didn't help that Paul was also quite sick during the rally.

Rally Argentina offered fresh hope to get back on track again. "The speed was there, everything was there, we just need that small bit of luck." - and they got it - a dream come true.

MARCO'S PIZZAS - GOOD FOR YOU AND DOING GOOD

A member of a well known Killarney family, Marco Tadda runs Marco's Speciality Foods - an artisan pizza company making gluten free, egg free, wheat free and no added sugar

In support of Sophia Housing, the homeless charity that supports the most vulnerable and marginalised families, children and individuals across Ireland, Marco's Speciality Foods is making a donation to Sophia for each Marco's gluten free pizza sold bearing the special Sophia sticker.

Taking inspiration from his Italian heritage, each pizza is handmade by Marco using free-from ingredients and topped with his homemade, fresh vegetable pizza sauce. Hand packaged by Marco himself, the pizzas come in a range of toppings, and are available in a supermarket freezers near you.



PICTURED ARE PAUL AHEARNE, HEAD OF FUNDRAISING, SOPHIA HOUSING WITH MARCO TADDEI OF MARCO'S SPECIALITY FOODS AT KILLARNEY GOLF AND FISHING CLUB.

BRYAN LEADS THE WAY FOR HUNDREDS OF CYCLISTS



BRIAN HANAFIN AND HIS SONS BRYAN AND LUKE LEAD THE CYCLE.

Young Bryan Hanafin was the man of the moment on Saturday last at the Crumlin

Children's Hospital Charity cycle.

Organisers of the event were delighted with the turnout which saw hundreds of cyclists take to the roads to raise funds for Crumlin Children's Hospital.

Brian Hanafin decided to hold the fundraiser following his young son's Bryan's recent illness which was treated at Crumlin Children's Hospital.

The family were overwhelmed at the care they received at the hospital and wanted to give something back.

Young Bryan and his brother Luke were lead cyclists of the event.

Organiser Brian Hanafin has told the Killarney Outlook that he would like to thank everyone "I would like to express my gratitude and thanks to all of our volunteers who helped out in every way, registrations, marshalling, motor bike Marshall's, lead cars, service crew and medical services, food preparations & of course to our two celebrity chefs at the BBQ and all the sponsors of the event - the list goes on and on!!!" Brian went on to say "A special thanks to my 3 fabulous children for helping out on the day, Jodie Ellen Hanafin on registration duty and raffle tickets, Bryan and Luke Hanafin on cycling duty.

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PICTURED AT THE PRESENTATION IN MEMORY OF BRENDAN O'LEARY WERE THERESA BRUTON, DAVE O'LEARY, UNA O'LEARY, JOHN O'LEARY SHEILA O'LEARY, SEAN McAULLIFFE, NOREEN NAGLE, PAUDIE HEALY, MARY DINEEN, KATHLEEN O'LEARY, LOUISE O'LEARY, MARTA HEALY MARIAN COLLINS, JULIE LOWERY, SARAH NAGLE, KATHLEEN DEVINE, ANN O'SULLIVAN, NORA McAULLIFFE, SINEAD NAGLE, CIARA NAGLE JONNIE LOONEY, EGIN LANE.

The parish of Kilcummin came together to remember one of their own recently and raise funds and awareness for Oesophageal Cancer.

The family of Brendan O'Leary, who passed away from the illness decided to remember him and held a fundraiser in his memory in the Village Inn in Kilcummin on Saturday February 21st. The event coincided with Brendan's first anniversary and also the Oesophageal National Lollipop Week. There were fundraisers at the local schools and balloons for sale which were released in memory of loved ones after evening Mass in Kilcummin.

An amazing sum of €10,234 was raised by the family who would like to thank everyone involved especially all who sponsored and contributed to the cause.

A thanks giving Mass for everyone that bought a balloon in memory of a loved one and for everyone who was part of this amazing event will be said at 11.15am on Sunday May 3rd at Kilcummin church.

BLUE BEARDS AND BARN DANCE RAISE €8,500

The East Kerry village of Gneeveguilla hosted its first barn dance on Saturday 18th April raising an amazing €8,500. The event was in aid of St. Francis special school and was organised by Brigitta Looney and Siobhan Daly, who both have children on the Autistic spectrum who attend the special school, located in Beaufort. The school is currently undergoing a major building extension, which includes four new classrooms, as well as toilets and changing facilities, also, some of the existing building is being remodelled to better suit the pupils. The barn dance took place in Gneeveguilla G.A.A Hall, and Brigitta and Siobhan set up a barber saloon in the hall. Five local men who had let their beards grow over the last few weeks were shaved, the charity beard shave which was sponsored by people who attended the event, was guided by Julie's barber shop in Killarney. A large raffle was held on the night. Prizes for this included 2 nights at the Sneem Hotel, tickets to Nathan Carter and Munster rugby games. Siobhan and Brigitta wish to thank everyone who attended or sold tickets, as well as those who sponsored raffle prizes



ORGANISERS, SIOBHAN DALY (LEFT) AND BRIGITTA LOONEY (RIGHT) PICTURED WITH JULIE HEALY FROM JULIE'S BARBER SHOP, KILLARNEY WHO HAD THE TASK OF SHAVING FR KEVIN McNAMARA'S BLUE BEARD WHICH HE GREW AND DYED FOR THE CHARITY EVENT.

and Gneeveguilla G.A.A Club for the use of their hall. They are planning an Autism golf classic on Saturday May 30th, at Beaufort golf club. A team of four is €200, which includes a meal. They are calling on local businesses to sponsor

tee boxes for €50 for the event, which is also in aid of St. Francis special school. To get involved, or enquire about tee times, contact Sonny at 087-2438535

SCHOOLS FUNDING

St. Brigid's Presentation School, Killarney and Faha National School, Killarney have both been added to the list of approvals for additional accommodation and emergency works. St. Brigid's Presentation School, Killarney has been approved for the emergency works grant to carry out gas works and Faha National School has been sanctioned for a new mainstream classroom and a resource room.

STRICTLY DVD ON SALE

The DVD from the Irish Cancer Society Strictly Come Dancing sell out show at the INEC in February is on sale now at the Killarney Outlook offices on High Street.

For €10 you can relive the night and help the Irish Cancer Society in the process as all proceeds will go directly to funding in the Killarney area.



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DENIS FENTON - A STALWART OF THE GAA IN SPA AND EAST KERRY

A tribute by John Kelly

The GAA fraternity of Spa and East Kerry were saddened by the passing of Denis Fenton early on Saturday morning at his home in The Park Killarney. A man of quiet and easy disposition who greatly endeared himself to the members of the local community and to the various communities that he had served. Denis was a member of a group of younger GAA enthusiasts who became involved in the revival of the Spa GAA club in 1963 after a four year period of inactivity. As well as occupying the position of club secretary he was also a player and was a member of the Spa playing panel which won the O'Donoghue Cup competition in 1966 and the inaugural East Kerry senior championship of 1966-67. He also served as secretary of the East Kerry GAA Board during one of its most successful eras (1965-to 1971) during which the District team won four senior county championship titles, a minor county title and the inaugural All-Ireland club competition in 1971 defeating Bryansfort from Derry in the final in Croke Park. This was also the era of the famous Tops of The Club's competition which packed the Town Hall and Scor and much credit must go to both Denis Fenton as secretary and the late Brendan Walsh as chairman for the manner in which they initiated and developed

both the Tops Of The Clubs and Scor as part of the GAA Social Inclusion programme in East Kerry during their tenure of office.

He also served as PRO of the Kerry GAA Board for a brief period prior to moving to take up a position with the Eastern Health Board. On his appointment as Personnel Officer with the HSE he renewed his interest in the GAA and his old club Spa and was regularly in attendance at club functions. He also made a valued contribution to the research for the Spa Club history which was launched in 1998 and on the occasion of the official opening of the current facilities in Tullig he recalled the times when the only changing facility for club teams during the early days after the revival was a Ford Container converted into a temporary dressing room inside the main entrance.

In recognition of his contribution to the GAA he was inducted into the East Kerry Board Hall of Fame in 2012 - an honour which was richly deserved. It was rather ironic that he should pass away on the eve of the Dublin V Cork National League final which saw his nephew Brian turning in a most creditable performance at midfield for Dublin.

As I pen those lines I can envisage him meeting up above with his many friends and



THE LATE DENIS FENTON.

acquaintances from the GAA and the world of sport and sharing anecdotes from times past with them. Yes indeed Denis my friend you have made a noble contribution to the many communities which you served in both a professional and voluntary capacity. Sympathy is extended to his wife Kathleen, sons Damian and Mark and his extended family members May he rest In Peace

RETIRED NURSES AFFILIATE TO ALLIANCE OF RETIRED PUBLIC SERVANTS

During the course of his address to the Annual General Meeting of the Kerry branch of the retired nurses association held in the Killarney Court Hotel on April 16th National /Secretary Eddie Kelly gave an extensive review of the activities of the association at national level during 2014 which included ongoing lobbying of the Department on the issue of pension cuts. On a note of progress he informed the meeting that the association has now been affiliated to the Alliance of Retired Public Servants which hopefully will give the association more autonomy.

Kerry branch secretary Nora Moynihan during the course of her report thanked the members

of the branch, as well as the staff of the SIPTU office in Killarney and the Killarney Court Hotel for their support during her 16 years in office. Glowing tributes are paid to Nora by all in attendance for her dedication to the association during all those years of service. Chairman Ned Brosnan reported that a delegation from Kerry had attended a specially convened meeting in Liberty Hall in November during which issues of relevance to the association were debated, treasurers John Rice and Dan Dwyer presented a satisfactory financial report.

The 2015 National Conference will be held in the Clarion Hotel Sligo on May 19th/20th and it was decided to forward a motion from the Kerry

branch requesting that the National association enter into dialogue with the respective unions with a view to the introduction of associated members for retired nurses.

The following officers were elected for 2015-- Chairman Ned Brosnan, Vice chairman Neily O'Sullivan, Secretary Nora Moynihan, Asst secretary Maureen Young, Joint Treasurers John Rice and Dan Dwyer, PRO John Kelly Committee, Tadhg O'Reilly, Noeleen Mackessey, Margaret Moynihan, Ann Kearney, Eileen Reidy, Margaret O'Sullivan. A committee meeting will be convened in the near future to plan some social activities for the season.

John Kelly PRO

NOTICE OF MOTION

Councillor Michael Gleeson proposed the following Notice of Motion at the April 2015 monthly meeting of Kerry County Council:

"That Kerry County Council would detail its proposals for this Spring/Summer growing season in relation to the control and ultimate elimination of Japanese Knotweed at the many locations in the County where it is thriving".

Kerry County Council replied that the Environmental Department in collaboration

with the Biodiversity Office and the Roads Department have been actively involved in both raising awareness within the community on Japanese Knotweed and carrying out pilot eradication schemes on the Council's own held lands. Most recently a workshop was held in Tralee aimed to raise awareness around a range of invasive species. As part of the seminar newly designed Signage and a bilingual Leaflet on Japanese Knotweed was provided

to attendees. Kerry County Council staff will continue to place signs along stretches of the road where Japanese Knotweed is found asking landowners not to cut the plant.

Councillor Gleeson welcomed the Council's commitment to eradicating Japanese Knotweed and he urged that all landowners would inform themselves of the potential danger to property that can result from the presence of this invader.



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First Holy Communion



SAOIRSE O'SULLIVAN, GAEIL SCOIL FAITHLEANN WHO CELEBRATED HER COMMUNION DAY AT THE MALTON HOTEL WITH FAMILY AND FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ROISIN O'SULLIVAN, GAEIL SCOIL FAITHLEANN, PICTURED ON HER COMMUNION DAY WITH HER MUM NOREEN, DAD THOMAS & BROTHER CIAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JACK O'DRISCOLL, THE MON, PICTURED AT THE KILLARNEY OAKS HOTEL, TAKING ADVANTAGE OF HIS VIP STATUS ON HIS COMMUNION DAY. L-R RACHEL LYNCH, SHARON O'SULLIVAN, HELEN O'SULLIVAN, MAIREAD O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AMY MULVIHILL, GAEIL SCOIL FAITHLEANN, PICTURED AT THE CASTLEROSSE HOTEL ON HER COMMUNION WITH L-R SISTER EABHA, DAD DENIS, MUM ELAINE & NEW BABY SISTER CARAGH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SAM DENNEHY, THE MONASTERY BOYS NS, CELEBRATING HIS COMMUNION DAY WITH HIS MUM MIRIAM, DAD TIM AND SISTER ISABELLA AT HIS HOME IN CURROW. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ELLE NOONAN, GAEIL SCOIL FAITHLEANN PICTURED ON HER COMMUNION DAY AT HER HOME IN PINWOOD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE GIRLS OF 2ND CLASS, LISSINGEEN NS, PICTURED AT THE CHURCH OF RESURRECTION ON THEIR HOLY COMMUNION DAY. BACK ROW L-R KEELIN BARTLETT, ISABEL O'SULLIVAN-WATERS, MUIREANN O'BRIEN & RHEA O'SULLIVAN. MIDDLE ROW L-R ALANNA HOULIHAN, CHLOE NASH, FAYE O'NEILL. FRONT ROW L-R DANNI TANGNEY-KISSANE, SIOFRA BROSNAN, AOIBHINN KELLY, ROISIN O'FLAHERTY & ANNIE ROSE VOGELS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU... EAT SLOWLY & STOP AT 80% FULL



Many of us eat too quickly. It takes 20mins for our brains to pick up the message from our guts that we are full! Therefore if we eat too quickly we are far more likely to eat far too much in this 20mins period before our brain finally says "Im content"

An excellent goal to strive for is about 15-20mins per meal (at a minimum). Turn off the TV & eliminate distractions. Take smaller bites, chew your food completely & taste it. Or try putting down the fork between every bite. When you slow down in this way you will consume fewer calories with each meal.

If you find 15-20mins too ambitious at the start, then start by adding an extra 2mins on per meal & maybe instead of eating while standing try sitting down for your meal.

Eat until no longer hungry instead of eating until full! Please refer to the Worksheet THE "HOW YOU SHOULD FEEL TIMELINE" available on my blog www.fitnesswithedele.com

Benefits of slower eating & stopping when 80% full:

- Enhanced appetite cues for the next meal
 - Improved digestion
 - Better performance with exercise workouts
 - More time to enjoy meals
 - Better sleep if you are eating before bed.
- * If you are trying to gain weight eat faster & until 100% full (or more).

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION TIP:

MASTER THE BASICS

Just because it's a basic doesn't mean it has to be... basic. A t-shirt, skinny black jeans, and heels are all closet staples, but when worn together, they create a model-off-duty kind of vibe.

DIET TIP GET HELP FROM FAMILY AND FRIENDS

Getting support can help you reach your weight loss goals. So tell family and friends about your efforts to lead a healthy lifestyle. Maybe they'll join you in exercising, eating right, and losing weight. When you feel like giving up, they'll help you, keep you honest, and cheer you on -- making the whole experience a lot easier.



Beauty Tip

Tone Down a Bright Lip

You loved that neon lip colour in the pharmacy but on your lips it's more Las Vegas showgirl than runway chic. Apply your bold lipstick then add concealer on top, or blend the two hues on your hand before putting on your lips. This is also a way to make that not-so-nude lipstick you splurged on your perfect barely there shade.



BREASTCHECK IS IN TOWN

BreastCheck is currently inviting women living in Killarney and surrounding areas aged between 50 and 64 for a free mammogram at the mobile screening unit located at the rear of the car park of Killarney Outlet Centre, Fair Hill, Killarney.

Most women aged 50-64 have had at least one free BreastCheck mammogram, and eight out of every ten come for their next mammogram when they get their appointment. However the overall numbers of women taking part in the programme are falling and BreastCheck is concerned women in their early 50s are becoming more likely to not take up their appointment.

The risk of breast cancer increases with age and it is important women aged 50-64 avail of their regular free mammogram every two years so that changes can be identified at an early stage when treatment is easier and there are more treatment options available.

A BreastCheck appointment only takes 30 minutes. It's quick, it's easy and it's free. Join the many other women participating, and be part of the programme. The vast majority of women screened are found to be perfectly healthy.

BreastCheck encourages all women, regardless of age or participation in screening to remain

breast aware at all times and to contact their GP without delay if they have any concerns regarding breast cancer.

BE BREAST AWARE

- No matter what age you are, it is important to always be breast aware.
- Know what is normal for your body.
- Know what changes you should look for.

WHAT CHANGES SHOULD I LOOK AND FEEL FOR?

- Any lumps or unusual thickening in your breast
- Dimpling, puckering or redness of the skin
- A nipple that appears to be pulled-in or flattened
- A rash or flaky or crusted skin around the nipple
- A change in the size or shape of your breast
- Swelling in your armpit or around your collarbone
- Constant pain in one part of your breast or armpit


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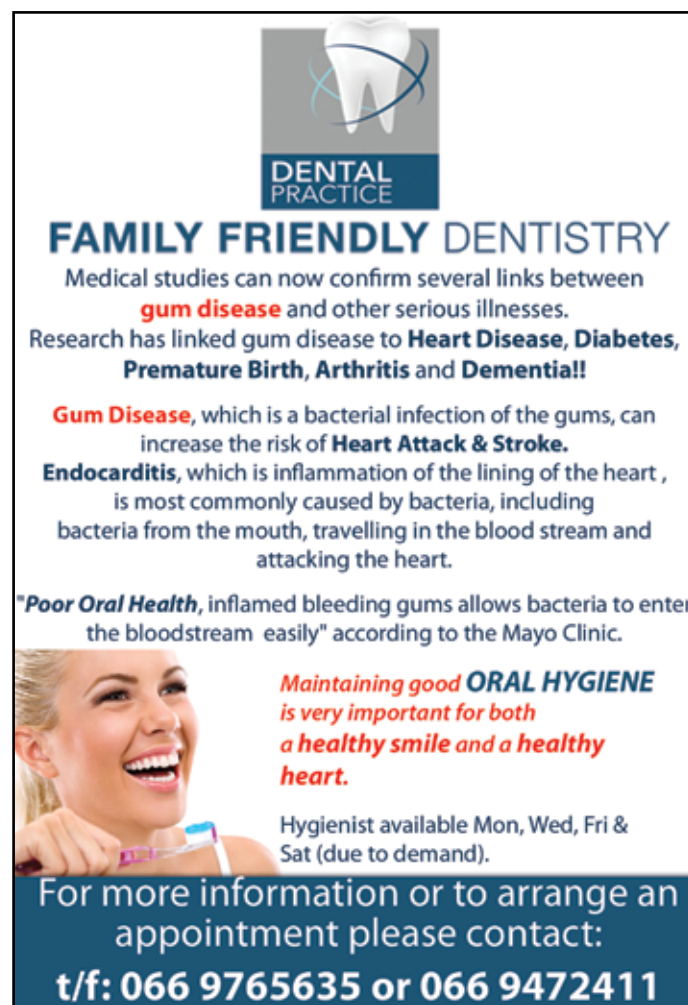
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Endocarditis, which is inflammation of the lining of the heart, is most commonly caused by bacteria, including bacteria from the mouth, travelling in the blood stream and attacking the heart.

"**Poor Oral Health**, inflamed bleeding gums allows bacteria to enter the bloodstream easily" according to the Mayo Clinic.

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Kerry ETB Training Centre



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

Food Preparation and Cooking Course (ET20D) - Tralee.

This course is for people who wish to pursue careers in professional cookery. Participants will learn the practical skills and underpinning knowledge of safety at work and food safety, menu planning and costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Date:** 18th May 2015. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

IT Support Specialist 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:** 18th May 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Radio Broadcasting Foundation (ET41Z) - Tralee.

This course is an excellent starting point for people who wish to pursue careers in the radio broadcasting industry. It's an entry level course designed to give the participants a comprehensive foundation in a number of the everyday tasks carried out in a radio station. **Start Date:** 22nd June 2015. **Duration:** 8 weeks. **Certification:** City and Guilds Units of Credit in Researching, Recording & Presenting Information and in Radio Studio Production.

Outdoor Activity Instructor Traineeship (ETS64).

The Outdoor Activity Instructor Traineeship is designed to provide the outdoor adventure tourism and education sector with personnel who have the knowledge, skills and competencies to work in the adventure sports industry. **Duration:** 44 weeks. **Start Date:** 27th July 2015. **Certification:** FETAC Level 5 Certificate in Outdoor Activity Instruction.

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:** 10th August 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification. **Start Date:** 10th August 2015. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of tickets relevant to the industry.

Sports Recreation & Exercise Course (ETK69) - Killarney.

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

Java Associate Course (ET0R7) - Tralee.

This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn the knowledge and skills needed to develop applications in Java. The course covers the system development life cycle, application development, project work, job seeking skills, and 10 weeks in-company work experience. **Start Date:** 31st August 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

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

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

Digital Media Production Course (TRY18).

The Digital Media Production course will provide you with the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course covers design, digital imaging, photography, sound, video, digital publishing and media project management. The emphasis is on project led, hands-on practical training. **Start Date:** 7th September 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

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

www.kerryetbtrainingcentre.ie

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

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KILLORGLIN STUDENTS WIN NATIONAL TITLE

Two Killorglin teenagers have scooped a national award at the Student Enterprise Programme.

Last September, 17,000 students began the programme, which culminated last week, when 31 Local Enterprise Offices were represented by 300 student entrepreneurs, gathered in Croke Park Convention Centre to compete at the 2015 Student Enterprise Awards National Finals.

Farm Sense is the brain child of second year students, Padhraic McMahon and Hugh Hurley. The idea for the application emerged after hearing about the tragic death of a young girl last September on a Cork farm. The budding entrepreneurs decided they would make an effort to become part of the solution to reduce farm deaths in Ireland.

The boys completed the double by securing a place at the finals again in Croke Park. They managed to go one better, however and were successful in winning the award for 'Best Innovation 2015' in the Intermediate category. The boys were delighted to scoop the 'Best Innovative Award' in their category last Wednesday after a gruelling judging process. A variety of skills were needed to win the award, computer skills to code the app, analysis of various data, research & development, and produce a 4,500 word business plan. As if this wasn't enough, the boys needed excellent communication skills and strong work ethic to contact sponsors, interview industry experts in farming and intellectual property rights.

The boys were quick to acknowledge the

excellent mentorship they received from Catherine Evans of CAPE Consultancy, who was extremely generous with her time and knowledge. Catherine lives on a large farm in Killorglin so she appreciated the boys concerns over farm safety. Their teacher Gavin Quinlivan was very proud of their achievement, "it was a pleasure to put in the extra hours with Padhraic and Hugh as their enthusiasm and commitment to the programme was infectious".

The boys have been approached by the Health & Safety Authority to get involved in a 'Farm Safety' initiative which will be launched next September and even though the boys will be busy getting ready for their Junior Cert exams they are eager to continue with their goal of helping to reduce the number of critical farming accidents in Ireland.



EXPLORER VISITS CULLINA NS

Explorer and adventurer Mike O'Shea visited his alma mater recently just before his latest attempt to cross Greenland in 25 days.

Staff and pupils of Cullina National School welcomed Mike who chatted to the students about his latest adventure.

With the help of trusty dogs who will pull equipment, the Irish duo of Mike and Clare O'Leary hope to traverse 600 km on their way from western to eastern Greenland. Mike

and Clare will also be joined by four other adventurers from Norway, the US and the UK. Mike and Clare are part of The Ice Project, in which they aim to cross all the world's major ice caps. Greenland is an extremely difficult place to explore. Strong winds mean the team may find it even colder than the actual temperature, which is expected to be around -30c.

The expedition will begin on April 30. You can keep up to date with how it's getting on at theiceproject.org.

Children at the school were thrilled with the visit and look forward to Mike's return and hearing all about his latest adventures.



MICHAEL O'SHEA THE EXPLORER VISITS CULLINA NATIONAL SCHOOL

OUTLOOK ON Plan your approach in the final term.

(By Billy Ryle)



Continued...

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 set aside some time to make out a plan of action. Decide what topics you need to revise between now and the exam. 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

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Their Special Day

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



KAREN COOPER AND KEVIN MYERS PICTURED AT MUCKROSS ABBEY ON THEIR WEDDING DAY. THE COUPLE WERE MARRIED AT MUCKROSS CHURCH AND HELD THEIR WEDDING RECEPTION AT THE DROMHALL HOTEL.

PICTURE MARIE CARROLL-O'SULLIVAN
087 391 4808



PHOTOGRAPHED IN BEAUTIFUL APRIL SUNSHINE ARE NEWLY WEDS JAMIE O'SHEA AND DARREN TWOMEY. THE COUPLE WERE MARRIED RECENTLY IN THE PRINCE OF PEACE CHURCH IN FOSSA AND HELD THEIR CELEBRATIONS LATER THAT EVENING IN THE MALTON HOTEL KILLARNEY.

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11 Seat Leon

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1.6 TDI

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- 12 Ford Focus 1.6 TDCi Black
- 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, blue motion, Black
- 11 Ford Focus 1.6 TDCi, Zetec (new model)
- 11 Seat Leon 1.6 TDI White 90k
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 Kia Rio 1.5 CRDi Silver
- 09 Ford Fiesta 1.4
- 08 Ford Focus 1.6 TDCi
- 07 Renault Megane Scenic 2yr Test
- 07 Ford Fusion 1.4, Fogs, Aircon

- 06 Citroen C5 3dr 1.6 TDI
- 05 Opel Mireva 1.3 CDTi, left hand drive
- 05 Jaguar X Type 2.0 Full Leather wood trim, NCT
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RALLY REVS INTO TOWN

36TH INTERNATIONAL RALLY OF THE LAKES

Preview by Sean Moriarty

Variety is very essence of the 36th International Rally of the Lakes as one of the biggest motorsport events in Ireland gets underway in Killarney today.

The International, national, historic and junior sections of the rally has attracted top class entries in some of the most beautiful and iconic rally cars ever assembled for an Irish event.

Add in the stunning scenery along the Wild Atlantic Way and the amazing vistas of the mountain passes of the McGillicuddy Reeks and Caha Mountains, where the bulk of the competitive action is to take place, and drivers from all over Europe and the USA makes this the top sporting occasion in the country at the weekend.

HISTORICS: For the third year in a row the rally is a counting round of the FIA European Historic Rally championship. However, the honour of leading the field away goes to local crew Denis Moynihan and Ger Conway.

The Ford Escort Mk1 crew from Millstreet and Killarney are the defending historic rally champions and since last year's victory have added the Killarney Historic Rally title to their impressive CV.

The first of the overseas crews comes in the shape of London-based Northern Irish father and son team Ernie and Will Graham in their Mk2 Escort.

One of the most eagerly anticipated cars will be the arrival of the late Bertie Fisher's Ford Sierra Cosworth 4x4. The great Fermanagh man won the lakes in this very car in 1991, and now fully restored, and eligible for historic rallying, makes a welcome return to Killarney in the hands of Boston-based Galway man Frank Cunningham. He runs ahead of the rally's Italian and Swedish visitors in a host of exotic rally machinery including Porsche 911 and Opel Asconas.

INTERNATIONAL RALLY: Defending Clonakilty Black Pudding Irish Tarmac Champion Declan Boyle leads the international field. Last year. The Donegal man became the second driver in history, to win both the Irish Tarmac and National rally titles in the same year. The only other driver to do this was Tim McNulty and Boyle drives the very Subaru that McNulty steered to victory in Killarney in 2009. Second on the road is the man of the moment in Irish rallying, Donagh Kelly. Another Donegal man, he has three wins from three starts across international and national rallies so far this year (this was written before the Monaghan Stages



ACTION FROM LAST YEARS RALLY OF THE LAKES.

on April 26) but the Ford Focus driver will be hoping to put the disappointment of crashing out of the lead of last year's rally within sight of the finish.

Corkman Daragh O'Riordan is chasing his third Killarney win but the Ford Fiesta drive has unpleasant memories of the Tim Healy Pass stage. Two years ago, the last time this stage was used, he crashed out of the lead of the rally. It was not clear at the time of going to press, if 2013 winner Garry Jennings was going to make the start or not. Dubliner Robert Barrable makes his World Rally Car debut at the wheel of a McKinstry Motorsport hired Impreza. He could be a dark horse for victory given how close he came to winning last month's Circuit of Ireland in a European Rally Championship specification Ford Fiesta.

Alan Ring cannot be discounted either. The local hero was second overall last year and in recent weeks won the Fel's Point Hotel Circuit of Kerry Rally. This will only be his sixth outing in an Impreza World Car but he did promise at the end of the Tralee-based event that there was much more to come and it could be a case of watch this space. Another international rally competitor to keep an eye on is Monaghan's Stephen Wright. He is co-driven by local man Mikie Galvin in a Ford Fiesta.

NATIONAL RALLY: Roy White, a long-time visitor to Killarney top the national entry list in his four-wheel drive MG ZR. He will be co-driven by Kanturk's James O'Brien, a double

winner of the Rally of the Lakes alongside Andrew Nesbitt. He chief opposition will come from Declan Gallagher in his Toyota Starlet. The Milkman as he is known as has won the Killarney Historic national rally in the past.

LOCAL HEROES: Top local seed is Kilorglin's Fergus O'Meara and Brian Doherty. The lead a fleet of local Mk2 Escort's that includes Vincent O'Shea and Brian Hickey from Kenmare, John Hickey and John McCarthy from Headford Tadhg O'Sullivan and Eoin O'Leary and Charlie and Johnny Hickey from Killarney. Indeed it is Charlie's 30th attempt at his home rally and face Moll's Gap on Saturday morning for over the 100th time.

JUNIOR RALLY: Robert Duggan is the top seed in the junior rally in his Ford Fiesta and he will be co-driven by Abbeyfeale's Keith Moriarty for the first time. Rob's older brother Andrew makes his rally debut at the wheel of a Ford Escort with sister Tara on co-driving duty.

OFFICIAL START AND ROUTE

The three-day event will begin with a ceremonial start in Killarney's town centre on Friday May 1 from 7pm.

Live music, a parade of leading cars and an opportunity to meet and greet the top drivers will be presented by Irish rallying broadcasting legend Dougie Hughes and local businessman Mike Moriarty before the rally start on Saturday morning.



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PICTURED JOINT CAPTAINS MARK RYAN AND PATRICK WARREN OF SCOIL PHOBAIL SLIABH LUACHRA RATHMORE. THE TEAM WON THE MUNSTER UNDER 16 ½ B FOOTBALL TITLE IN MALLOW.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

RESULTS:

EAST KERRY JUNIOR LEAGUE

Legion 3-12 Spa 2-09

Rathmore 0-13 Gneeveguilla 2-07

Glenflesk 3-14 Kilcummin 1-08

FIXTURES: East Kerry U21 Championship

2 May 2015 (Saturday) at 6.30pm.

Division 2 Semi Final: Furies V Rathmore.

Extra time if necessary.

SYMPATHY: The East Kerry Board extends sympathy on the passing away of Denis Fenton, to his wife Kathleen, sons Mark and Damian, relatives and friends. Denis served as Runaí of the East Kerry Board for 7 years between 1967 and 1974, during which he established the Board as a structured organisation and laid the foundations for the efficient structures we have to this day. Denis played with his beloved club, Spa, and served as club Secretary until 1966. He then served as Runaí of the East Kerry Board when they brought about huge changes despite tough times in the affairs of the Board. "Tops of the Clubs" was organised and proved to be a great financial success. Scór was started and, most significantly, the O'Donoghue Cup, East Kerry Senior Championship, competition was changed from a league basis to a knockout competition. Denis had a deep interest in the divisional team and the East Kerry teams had great success on the field of play during Denis tenure as Runaí of the Board. The East Kerry Senior team won 4 Senior County Championship titles, the East Kerry Minor team won the Minor County Championship and the Senior team won the Inaugural All Ireland Club Championship. In recognition of the outstanding contribution to East Kerry GAA and as a mark of the very high regard in which Denis was held, he was inducted into the East Kerry GAA Hall of Fame in 2012. His wife Kathleen, sons Damian and Mark can be very proud of the outstanding achievements

and legacy which Denis has left. Ar dheis Dé go raibh a anam dílis.

2015 EAST KERRY JUNIOR LEAGUE:

Three round 3 games were played last week in the East Kerry Junior League, sponsored by Patrick Doyle Haulage. Wins for Glenflesk and Legion and a draw between Rathmore and Gneeveguilla brought Rathmore, Gneeveguilla and Glenflesk to the division 1 semi finals, for which Dr Crokes had already qualified and Kilcummin, Spa and Legion in Division 2. The semi final pairings are: Dr Crokes V Gneeveguilla and Rathmore V Glenflesk in the division 1 semi finals, this week and Kilcummin V Spa the division 2 semi final. The winners to play Legion in the Division 2 Final. The Finals will be on Tuesday the 5th May at 7pm, with neutral venues.

CONGRATULATIONS SCÓR SINSEAR

ALL IRELAND TITLE: Congratulations to the Glenflesk Figure dancers on winning the Scór Sinsear All Ireland Rince Foirne Title, two in a row, in Dublin last Saturday. These are Joanne and Norita Cashman, Orla and Rose Kelliher, Marie Cronin, Juliette O'Shea, Áine O'Sullivan and Katlyn O'Keefe. Dance Teachers are Norrie Sheehan and Áine Murphy. Comhgardachas díbh go léir.

CONGRATULATIONS: Congratulations to P. S. Sliabh Luachra Rathmore on winning the Munster Under 16 ½ B football title in Mallow. The team played fantastic free flowing football against Abbey CBS Thurles in the decider. Donal Cremin and John Crowley prepared the team well all year giving sound advice to a talented group of players. The trophy was named in honour of Liam Higgins a true Kerry Gael it was fitting that a Kerry school lifted the trophy on such a memorable day.

BEST OF LUCK: Best of luck to St Brendan's College Under 16 ½ team who play Good Counsel Wexford in the All Ireland football final. Best of luck to all the management and players representing eight clubs in the division a credit to the fantastic effort clubs are making in the East Kerry Board area.

DR CROKES CLUB NOTES

MATCH REPORTS

SENIOR CLUB CHAMPIONSHIP

DR CROKES 0-17 LEGION 1-10

Our display in this local derby was a mixture of the sublime and the mediocre. We put in a very good first half even though we were against the very strong wind. In the first ten minutes both sides exchanged points on four different occasions to leave it 0-4 each. We had the better of exchanges in the second quarter and went into a two point lead 0-8 to 0-6, going into the last few minutes of the half. The Legion struck for a goal just before the short whistle to go in at half time 1-6 to 0-8 in front. We had a purple patch at the start of the second half and sent over four unanswered points for a three point lead. Our opponents then had a player sent

off shortly after. Playing against a team with a man less did not seem to give our lads any advantage and by the end of the third quarter the Legion had got back to level the scores. It was now game - on in earnest but we finished the stronger, after some anxious moments, with five points to our opponents one. It would be hard to pick out any of our players who didn't give it their all but some of our lads contributed that little bit extra to ensure our victory.

Best in defence were John Payne, Mike Moloney and Alan O'Sullivan. Eoin Brosnan and Johnny Buckley were on top at midfield except for a ten minute period in the second half. Best in attack were Daithi Casey, Colm Cooper and Kieran O'Leary. Our best player on the day was Johnny Buckley. Many thanks again to the ladies who provided the teas, coffees and refreshments after the game. It was great to see players, management and supporters coming together once again after a great game.

COUNTY MINOR LEAGUE DIV ONE – SEMI-FINAL

DR. CROKES 1-10

BALLYDONOGHUE 3-8: Ballydonoghue's first half display into a strong wind was instrumental in winning this game. They were on the offensive as much as ourselves and went in at the interval just one point behind 1-3 to 0-7. We turned in a much better start to the second half as we had three points without reply in the first ten minutes and went into a four point lead. The game was won and lost by us during the twenty minutes of remaining normal time and in the four minutes of injury time of this second half. During this period of twenty-four minutes, we registered just one score, a penalty to equalise in the 31st minute. We were on the attack as much as our opponents in this period but failed to get through for match-winning scores. After we had equalised in injury time, our opponents kicked over a long-distance free to go ahead again in the 32nd minute. Two minutes later, in the last play of the game, they rattled the net with a well-taken goal for a four point victory. Even though Ballydonoghue lost a player to a red card in the 45th minute, in the same period we lost our most influential player, Gavin White, who was black-carded. Our best players on the day were David Naughton, Gavin White, John Kerrisk, Paul Clarke, Mike Casey and David Shaw. There is no need for despondency after this defeat. We had a very mixed league campaign but have improved a lot since our first round game. If we continue with the hard work to date, we can continue to improve and look forward to further campaigns in East Kerry and County competitions.

DICK FITZGERALD – 100 YEARS ON:

Our club will celebrate the centenary of the publication of Dick Fitzgerald's book - How to play Gaelic football - in the clubhouse, Friday May 8 at 8.00 pm. All the Dr Croke's Kerry senior and minor players from the 2014 All Ireland will be present on the night and Mícheál Ó Muircheartaigh has confirmed that he will come to interview the players comparing how



the game has evolved etc. Fr Tom Looney will deliver a 30 minute lecture on the book How to play Gaelic Football.

It was remarkable that Dick Fitzgerald wrote this book published in 1914, at the start of World War 1, when the republican movement was getting going and he was a staunch republican. He was also captain of the Kerry team that won the All Ireland in 1914. 100 years later Fionn and Kieran captained Kerry to All Ireland success and Croke's players were very prominent in the All Ireland minor success. It was also remarkable that Dick was still playing and published the book although he was the same age as Gooch at the time. This iconic coaching book was the first such one for the GAA and was still the only one until another Croke man, Dr Eamonn O'Sullivan, wrote his book ... The Art and Science of Gaelic Football in 1958. The night is open to all members and also to interested GAA folk from outside of the Dr Croke club.

KILLARNEY RACES LÁ NA GCLUB: A great day out is promised on Sunday May 10th at Killarney Races. Entry tickets at a reduced price of € 5 are available from the club – contact Mike O'Leary for more information.

JUVENILE ACADEMY: OUR GAA JOURNAL: At our Senior Game on Sunday, our two team mascots Leah and Adam helped us to launch our new underage Club Journal "My GAA Journey". This new book will help the boys and girls to keep a record of their time with the Crokes from their years in the Academy up to and including U12 and U14. There is room for recording their memories with photos and written comments as well as getting autographs from their favourite Crokes players and even managers. The Journal will be available on Saturday mornings at the academy training or from the club shop.

UNDERAGE HURLING: U14 Hurling Team played in the Feile Competition on Saturday 25th April in Lewis Road. In their first game, Dr. Crokes drew with Rathmore 0-4 to 1-1 but lost by 1 point to St. Brendan's Ardferd on a scoreline of Crokes 2-0 Ardferd 1-4. Rathmore defeated St Brendan's Ardferd well in the 3rd game and therefore Rathmore and Ardferd qualified for semi-final next week. Dr. Crokes were very unlucky but well done to our neighbours Rathmore.

LADIES FOOTBALL:

UNDER 12: Our under 12 girls visited Spa on Tuesday last but alas came away second best on the night. Next game is at home to Kenmare.

UNDER 14: The girls headed west to beautiful Dingle on Sunday and came away with the points after a fine team performance, continuing their recent good form.

LOTTO: Draw took place in Jack Cs Bar on Sunday last. Numbers drawn 10, 11, 14 & 19. There was no winner of the jackpot of €6,000.

BEAUFORT GAA

WELL DONE: To Kilgobnet N.S. Skills team who competed in the County finals in Tralee recently. Jack O'Connor, Max Doyle and Oisín Cronin did very well and finished a creditable 5th.

The next Lotto Draw for a jackpot of €4,200 will be held in Galvins Bar on May, 3rd. Tickets available from usual sellers and local shops and bars.

Detailed Match Reports on the club website www.beaufortgaclub.com

SENIORS: Will host Duagh on Saturday, 2nd May in the Junior Club Championship quarter-final. Game is fixed for 6.30pm where extra-time will be played if necessary. Plenty local support would be welcome.

MINORS: Travelled to Glenflesk on Friday evening to play the locals in the semi-final of Division 3B County League. Final score Glenflesk 0-9 Beaufort 1-8.

U16S: Will play Cordal/Scartaglin in Fitzgerald Stadium on Bank Holiday Monday, May 4th in the East Region Division 1 Shield Final. (Time to be decided)

U14 BOYS: Play Spa in Beaufort on Wednesday evening.

U14 GIRLS: Had another win, this time against Castlegregory on Sunday last in Castlegregory. Final score 2-3 to 2-10

U12S: Began their County League campaign v Castlegregory and Laune Rangers C in Beaufort on Sunday. Final Score, Beaufort 4 – 7 (19), Castlegregory 2 – 13 (19).

U12B: Win for Laune Rangers: **BEAUFORT 3 – 4 (13) VS LAUNE RANGERS 5 – 7 (22).** U12Bs battled hard but unfortunately the Laune Rangers team proved too strong for them. At half time the score was Beaufort 1 -2 to Laune Rangers 3 – 4. Final Score Beaufort 3 – 4 (13), Laune Rangers 5 – 7 (22). They are away to Furies on Sunday, 3rd May at 6pm

U12 GIRLS: Played a strong Cromane team in Beaufort on Tuesday evening. Beaufort defence leaked goals which left the half-time score 7-2 to 1-4. Final score 8-10 to 2-8. Beaufort have a fine squad of U12 girls and all were given a run in the game. They played Legion on Tuesday last and are away to Scartaglin on Tuesday week.

Boys U-10 Blitz in Milltown, Monday, 4th May. Time to be decided.

HARD LUCK: To the Kerry Ladies who played Cork in Division 1 semi-final of The Homegrown Tesco National League in Dromcolligher on Sunday. They lost 0-10 to 0-13. Bernie Breen again was outstanding at mid-field while Patrice Dennehy also did well at corner-forward.

BELATED CONGRATULATIONS: To Mike Breen who lined out at centre-back for the Kerry Minors v Clare in the Munster Championship. Their next game is against Cork in Tralee on Wednesday May, 13th.

LISTRY NEWS

LISTRY WEEKLY LOTTO RESULTS SUNDAY 26TH APRIL, 2015:

Winning Numbers 10, 19, 20, 25.

Jackpot €3,200. Not Won.

1 x €100 Stevie, Donncha and Adam Murphy.

2 x €50 Jacqui Murphy, Callinafercy

Denis and Tess Tangney, Lahard.

2 x €25 Lou & Pat Quirke, Lahard.

Aisling O'Leary, Milltown

Draw Entrant Lorraine O'Sullivan, Listry

Jackpot next week Sunday 3rd May €3,350.

MONTHLY MEETING: The next club meeting will take place on Tuesday, 5th May at 9pm at the clubrooms.

LISTRY V FIRIES REPLAY: This game will take place on Saturday evening May 2nd at 6.30p.m. in Farranfore. Huge support is needed for this game.

JUNIOR CO CHAMPIONSHIP:

LISTRY V FIRIES SUNDAY APRIL 26TH.

Listry and Furies played out an exciting draw after extra time in this Junior Championship game played in Listry. Listry were most people's favourite for this but championship is always a different affair and throw in a local derby and it becomes very hard to call. Furies started the better and winning a free from the throw in, Colm O'Shea converted and this was followed by another point from a free by Mike Daly. Listry opened their account from a Derry Ahern free on 10 minutes. The game was very close all through with no team going more than 2 points in front. Derry Ahern with 3 further points added to 1 apiece from John Foley and Joseph Clifford completed Listry scores before the break and points from Colm O'Shea, Jack Sherwood and Mike Daly left half time scores Listry 0-6 to Furies 0-5. Furies again started the second half the better and Colm O'Shea had the sides level after a minute. Listry then went back in front with points from Ronan Buckley and Derry Ahern (2). Furies added points from Pat Brown and Mike Daly. Furies had two chances from 45's but both went well wide. The score after normal time was 9 points apiece. The game went to extra time and after Furies took the lead with a point from Pádraig De Brun Listry were awarded a penalty. Derry Ahern's effort hit the post and after it crossed the goalmouth it was cleared. Points from Derry Ahern and Kevin Courtney saw Listry lead at half time in extra time 10pts to 9. The game swung from each team during the second half of extra time but after points by Colm O'Shea and William Courtney for Furies, it looked like they might hold out but Jimmy O'Leary managed to hit the equalizer which sent the game to a replay. Both teams will have thought they could have won this but a draw was probably a fair result.

MINORS SEMI FINAL RESULT

DESMOND'S 1-14 KEEL/LISTRY 0-12



JUVENILE FIXTURES: U12s County League - Listry are away to Moyvane Sunday May 3rd at 6pm. All support welcome.

LEGION NEWS

EAST KERRY JUNIOR LEAGUE: Two goals in quick succession midway through the first half for Legion from Derek Twomey and Rhyss Farrell paved the way for a six point victory in Derreen against Spa last Tuesday evening. By the interval the home side were ahead on a 2-06 v 0-02 scoreline but on the restart Pat Cronin scored a cracking goal for Spa only for Alan Moriarty cancelling it out by raising another green flag for Legion. At this stage it looked like the home side would take the two league points with ease but a good closing fifteen minutes saw Spa score an impressive goal and five points with Jamie Spillane and John Falvey contributing well only for Legion, through Ciaran O'Grady and Scott O'Mahony to score the final couple of points to leave the final score Legion 3-12 v Spa 2-09

U12 BOYS: In an entertaining game against neighbours Dr Crokes, our u12 Green Team showed great improvement from the Stacks

defeat last week, to craft out a win - a late Kian McCann goal raising cheers from the home supporters and the green flag! William Shine put in a massive performance.

The White team, with 11 under 11's starting, played well after a shaky start and were unfortunate to trail to a late goal at the small whistle. They couldn't get the goal their efforts deserved playing with the wind, with Eoin Crowley unlucky with 2 goal efforts. Callum O'Grady put in a huge shift in defence but the bigger Dr Crokes side took the honours.

SENIOR CLUB CHAMPIONSHIP:

LEGION 1-10 DR CROKES 0-17: A James O'Donoghue goal on the stroke of half time meant we went in at half time with a 1 point lead. Crokes started the wind assisted second half with 4 points to open up a 3 point lead but just as we weathered that storm a blow was dealt to our hopes. Jonathan Lyne was issued with a red card much to the surprise of the big attendance. But the lads responded to draw level going into the final quarter. However Dr Crokes used the extra man to perfection in the last 10 minutes to run out 4 point winners. A disappointing defeat but positives to pick out

of it.

U14 GIRLS: Well done to the u14 girls who beat Duagh last Sunday evening in Duagh on a 5-15 v 4-05 scoreline. A great all around team performance. Well done to all involved

COUNTY CHAMPIONSHIP DRAW:

Garveys Super Valu County Championship 1st Round draw sees us away to Mid Kerry. Games to be played weekend May 23rd/24th.

JOANNE O'RIORDAN: Great to see Joanne O'Riordan of Millstreet using her lifetime club membership and attending last Sundays senior game against Dr Crokes. She celebrated her 19th birthday at the weekend and travelled to the game to renew the many friendships that she formed when she attended our annual awards night as our Guest of Honour.

JUVENIE HURLING: Juvenile hurling takes place in Kilcummin at 6pm Thursday.

New players welcome. Hurleys and helmets provided. Fun guaranteed

BEST WISHES: The club wishes goalkeeper KJ Griffin a speedy recovery from a recent illness.

HEARTBREAKING DEFEAT FOR THE SEM

St Brendan's college quest for All Ireland glory sadly came up short on Tuesday last when they fell to Leinster and reigning Junior A All Ireland champions Good Counsel college. Hopes of adding the Paul McGirr Cup to the Frewen Cup (Munster Colleges) and the Dunloe Cup (Kerry Colleges) were dashed when the Wexford College held on following a titanic and often frenetic final quarter to emerge victorious on a score line of 2-12 to 3-7.

The failure of the match officials to award a goal following a David Shaw blast which came down off the crossbar and appeared to bounce behind the line (verified by video footage) will leave many in St Brendan's wondering "what if".

The Sem opened brightly and dominated the possession stakes in the first quarter but failure to register this on the scoreboard ultimately proved to be their undoing. Good Counsel on the other hand, playing with a stiff breeze were more clinical with their shooting and were able to pick off their scores with relative ease and went in at half time leading 1-9 to 2-1.

The decision to award Good Counsel a second penalty early in the second half threatened to kill off the game when the margin increased to nine points however the spirit and heart which has been the hallmark of this St Brendans team ensured that they would battle to the end. The introduction of David Clifford along with a number of positional switches gradually saw the sem claw their way back into contention. The deficit was reduced to two points going



ST BRENDANS U16.5 ALL IRELAND TEAM.

into the final minutes of the game. Good Counsel at this stage was hanging on having withdrawn almost their entire team behind the ball in an effort to hold onto the lead. Indeed St Brendans will feel that they could have been awarded a penalty during this final period when Lorcan McMonagle appeared to be tripped when running through on goal.

The two point winning margin at the end of the game proved to be a bridge too far for the Munster Champions on this occasion; however they can feel very proud of their achievements this year. Where lesser teams would have given up when they faced defeat, St Brendans battled fiercely to the end.

SCORERS

David Clifford 1-2; Mark Harnett 1 Goal
David Spillane 1 Goal, Billy Courtney 1 Point
Donnacha O'Sullivan 1 Point,

Dara Moynihan 1 Point,
Lorcan McMonagle 1 Point
Chris O'Donoghue 1 Point

TEAM: Alec Rennie - Fossa, Oran O'Donoghue - Glenflesk, Niall O'Donoghue - Furies, Michael Potts - Dr Crokes, Marc O'Shea - Dr Crokes, Chris O'Donoghue - Glenflesk, Jack Griffin - Dr Crokes, David Shaw - Dr Crokes, Billy Courtney - Dr Crokes, David Spillane - Spa
Dara Moynihan (Captain) - Spa, Cian Gamell - Legion, Mark Harnett - Dr Crokes, Donnacha O'Sullivan - Furies, Kieran Flynn - Furies.

SUBS: David Clifford - Fossa - For Flynn, half time, Lorcan McMonagle - Dr Crokes - For Oran O'Donoghue, 42min, Sean O'Leary - Kilcummin - For David Shaw, 45 min, Thando Dube - Legion - For Marc O'Shea, 57 min.



ROWING TO RIO

The Monika Dukaraska
Blog. The story of a
Professional Athlete



It is hard to believe that it's now week

16 of my rowing blog. I just remember going through the winter training and hoping for warmer weather as the cold was unbearable and my hands perished on the oar handle. Since then I was at two training camps, I won two international medals at the 2015 Piediluco Regatta and although the temperatures are close to freezing again, being away has broken up the training and made it much more interesting. Travel from Varese was long and tiring. I managed to get home at 5am the following morning, exhausted but happy to be home. Finally I had a well-deserved day off which I spent with friends and family. These days are rare hence I always try to make the most of them. My next day off is on the 18th of May (counting the days ;-)).

Now, I am back training at the National Rowing Centre in Cork and I'm continuing my preparations for the 2015 European Rowing Championships. The event is held in my hometown Poznań in Poland. Before I moved to Ireland I lived only 10 minutes' drive from Malta lake. Lake Malta, known also as the Maltański Reservoir, is an artificial lake formed in 1952 and includes a buoyed 2km regatta course which is used for various rowing and kayaking competitions. There are also a number of recreational attractions along the edge of the lake including: ski slope, ice rink, zoological garden, bike rental, small railway as well as a large shopping center. When I was a child I always cycled or rollerbladed around the lake with my father or walked it with my grandparents. Although over the years I have seen many rowers on the lake I have never imagined that I will line up on a start line of the European Rowing Championships in a Women's Pair event wearing an Irish rowing suit. Representing my adopted country and being cheered by my family in Poland. It will be emotional.

It doesn't happen often that you return to your home country nearly 9 years later, pursuing your dream to row and eventually qualify for Olympics representing another nation. A nation that got you to believe in that dream in the first place. A country that facilitated my growth as an athlete.

The next few weeks will be filled with race preparation and the focus will lie on the little details. It is all about the inches.



TESCO LADIES NFL SEMI-FINAL

REBEL CONTINUE DOMINANCE

CORK 0-13 KERRY 0-10

At Dromcollogher

Kerry's ambitions to win their first National League title since 1991 will have took go another year as Cork for the second year running ended their run with a deserved three point win. Both sides took the gloves off early and went toe to toe and despite the lead changing hands a number of times in the first half both sides were level at 0-6 each by the 29th minute and level on five stages in total. However, Kerry having taken the lead on the 28th minute when Louise Galvin punched her effort over the bar, they then coughed up two rather simple scores to Cork to see them take a 0-7 to 0-6 at the break. In a contest that proved exceptionally tight, not for the first time Valerie Mulcahy's influence was evident. Despite getting little from Aislinn

Desmond in open play, her accuracy from placed balls was unerring. Within six minutes of the restart, the Rockban player added a further three points to her afternoon's work and helped Cork into their biggest lead of the day 0-10 to 0-7. Kerry did manage to prise open the Cork's defence for one shot on goal in the second period but Louise Ni Mhuirceartaigh effort bounced back off the post as the sides shared the last six scores to see Cork reach their eleventh final in twelve seasons

KERRY: Edel Murphy, Gina Crowley, Aislinn Desmond, Aishling Leonard, Ciara Murphy, Cait Lynch, Caroline Kelly, Maria Quirke, Bernie Breen 0-1, Sarah Houlihan 0-4F, Louise Galvin 0-1, Denise Hallisey, Patrice Dennehy, Louise Ni Mhuirceartaigh 0-3 (0-2F), Amanda Brosnan:

Subs: Cassandra Buckley 0-1 for Denise Hallisey (12), Emma Sherwood for Ciara Murphy (38), Lorraine Scanlon for Patrice Dennehy (44), Megan O'Connell for Amanda Brosnan (53)

Referee: John Niland (Sligo).

KERRY SEEK FIRST TITLE

NATIONAL LEAGUE DIVISION 4 CAMOGIE FINAL

KERRY V MEATH

St. Brendans Park Birr, Sunday, 2.30pm,

The Kerry Camogie team will play the final of the Irish Daily Star National Camogie league Division 4 on Sunday next the 3rd of May against Meath in St Brendan's Park, Birr Co Offaly at 2:30pm. This is Kerry's second year in a row reaching this final after narrowly losing out last year after a replay to Limerick. The Kerry girls will be eager to make amends for last years loss but will be fully aware that this Meath team back boned by girls from Meath's victorious All Ireland minor winning team and containing a

number of experienced players will be a much changed and more difficult opponent to the one that Kerry defeated during the group stages. Kerry will look to the experience of Michelle O Carroll in goals, their captain Michelle Costello at corner back and half forward Elaine Ryall to provide the team with the leadership the team will need to claim a historic first All Ireland Adult Camogie title for Kerry. If this outstanding group of players can play to their potential then they will go very close to achieving this.





MUCKROSS ROWING CLUB

FUNDRAISER FAMILY BBQ: A final reminder for our fundraiser family barbecue taking place this Bank Holiday weekend. The barbecue will take place on Sunday afternoon 3rd May from 3 to 6pm, at the Muckross Park Hotel, also the kind sponsor of the event. A limited number of tickets remain available this weekend through all club members and on the day. Adult: €15. Under 18: €10. Family: €50. All proceeds raised support the club and all are welcome. This is a very important fundraiser for the club and all support is greatly appreciated. Enquiries to Linda Daly 087 693 5508 or Eadaoin Moynihan 086 152 9476.

EVENTS: Congratulations and well done to all who competed in the Limerick Regatta and Schools Regatta held at O'Briens bridge over two days last weekend. Our rowers braved some tough weather conditions and deserve great credit for the effort put in. Our thanks once again to Alan Lyne who towed the boats and to all our coaches who gave of their weekends to oversee the club's entries. The Lee Regatta is scheduled for the 16th May at the Marina in Cork. The Bank Holiday weekend and longer evenings now mark the start of summer properly, or so we hope for the weather! Summer competition beckons with the Killarney Regatta and Irish Championships coming to the fore as training ratchets up. Calling all our sixing competitors past and present. If you are interested in taking part in this year's Killarney Regatta, don't be a stranger! Novice, junior, senior or veteran – we hope to see lots of new and familiar faces down at the boathouse. Contact Club Captain Eadaoin Moynihan 086 1529476 for details of training times and all enquiries.

UPDATES: Stay in touch with the club through Facebook facebook.com/muckrossrc and Twitter @muckrossrc for all the latest updates.

MILLTOWN/LISTRY COMMUNITY GAMES

ATHLETICS DAY: Our athletics day took place last Saturday in Listry GAA Grounds. We were expecting rain but it remained dry throughout which added to the enjoyment of the day. We had a good crowd there and all the events ran off efficiently and on time.

While the main focus was on the athletic and field events, we had good fun with some novelty events with the mom's and dad's races even more competitive than the children's races!

We thank our hard working committee and also those volunteers who helped with activities on the day. Most importantly we thank the children who came and participated and the parents who supported us in great numbers. We would also like to thank Listry GAA Club for use of their facilities.

For those children who qualified in events last Saturday we will commence training with

qualified coaches on Monday May 11th at 4pm in Milltown/Castlemaine GAA Grounds. The following Monday May 18th at 4pm we will train in Listry GAA Grounds. We will alternate between both venues and then hope to get to An Ríocht Track in Castleisland for 2 training sessions prior to Kerry finals being held there on June 20th/21st.

We will update all qualifiers with group texts using contact numbers given at registration last Saturday.

Please note we still have places available at U10/12/14/16 level for children to compete at Kerry finals. Any queries please contact area secretary Denis O'Mahony 087-9662332.

GIRLS GAELIC FOOTBALL: We have an U14 team taking part in Kerry finals next Monday May 4th in Legion GAA Grounds. These girls have been training over the past few weeks and we wish them the best of luck on the day.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of lotto 24/04/2015, numbers drawn were 3, 16, 17 and 29. Next week's jackpot €9,400 plus €1,000 bonus.

MUNSTER JUNIOR & U23: Held in Cork CIT on Sunday 26th, Mel O'Callaghan was 2nd in both the 100m and 200m U23, Andrew McCarthy was 1st in shot, discus and hammer and 2nd in WOF U23. Mairead O'Neill 1st in Hammer U23, Hannah O'Sullivan 1st in shot & discus U23, Tomas O'Neill 1st in Junior Hammer, Lauren Kennelly 1st in Junior High Jump.

SOUTH MUNSTER AND NORTH MUNSTER SCHOOL EVENTS: Good luck to all those competing in schools events next week.

GNEEVEGUILLA OPEN SPORTS: Held on Sunday 26th in glorious sunshine and a fine turnout for the event. Results to follow next week. Thanks to all those who supported the event, parents and children.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

We would like to wish the U14 girls Football team, the very best of luck this Bank holiday Monday, at the county finals in Killarney.

We also wish their coaches, James Brosnan, Siobhan Buckley, Dan O'Leary, Cliona Rahilly, Mags Fitzgerald, all the very best, as they prepare their team for the big day!

FORTHCOMING EVENTS: Skittles (team event) is a fun game for U12 and U14, we are commencing training this week, so if you would like more info, please contact Cynthia on 086 0818606.

CYCLING ON GRASS: (Solo event), U12 and U14, names are now being taken, for anyone interested in entering, contact Aeneas on 087 6577167 or Cynthia.

CROSS COUNTRY MIXED DISTANCE RACES; Names also being taken.

Our Athletics competition for Rathmore

Gneeveguilla area, will take place shortly, please watch out for date, time and venue on facebook and media, to be announced ...

SPAMUCKROSSCOMMUNITY GAMES

SWIMMING: On Sunday 19th April, all roads led to the Tralee swimming Complex for the Kerry Community Games Swimming Competition. Great credit is due to all the Spa Muckross swimmers who participated in Sunday's competition. This is a highly competitive event, and for some swimmers, it was their first time competing. In the U8 Boys Freestyle, we had first time competitor Caolan Mitchell, who swam brilliantly to take the Gold medal. In the U10 Girls Freestyle, Grace O'Connor swam for the first time representing Spa Muckross, and gave a great performance. No doubt we will see Grace compete again. Also competing in the U10 Girls competitions was Faye O'Neill. Faye had some excellent swims and came 2nd in the final to take the Silver medal.

Cathal Coffey had to wait some time for a straight final in the U12 Boys Backstroke, which earned him a Certificate for 4th place. Ethan O'Neill gave a fine performance in the U12 Boys competition, and was just pipped into 2nd place in the final.

In the U14 Girls Backstroke, Treasa O'Sullivan had a great performance, and took Gold in the final.

Aisling Coffey represented Spa Muckross in the U14 Girls Butterfly, and after a great swim, just barely missed out in a place in the final.

In the 16 Girls Butterfly, the 3rd member of the Coffey family swam. Niamh gave a great performance and took Gold in the final.

Well done to all those who participated in this highly competitive event. Every swimmer did Spa Muckross proud.

Caolan Mitchell, Treasa O'Sullivan and Niamh Coffey will now go on to represent their county in the National Finals in Athlone on Saturday 15th August and Sunday 16th August. Best of luck to them all. Thanks to Margaret O'Sullivan for co-ordinating the swimming, and please contact Margaret on 087 6735782 (after 1.30pm) with any queries in relation to the National competition.

GIRLS U14 FOOTBALL: U14 Girls Football competition takes place in Killarney (Dr. Crokes and Legion pitches) on Monday 4th May at 11am (registration 10.30am). Please meet at Dr. Crokes pitch that morning. Contact Donal O'Doherty 086 1929484 with any queries.

ATHLETICS: Our local Athletics competition is taking place on Thursday 7th May at 6.30pm in Spa. Qualifiers in the U8-U16 competitions, will go through to the County Finals in Castleisland on June 20th & 21st. Gold medal winners in the County Finals will go through to the National Finals in Athlone in August. Please note the 1st August eligibility birth date for Community Games. Please contact Donal O'Doherty



086 1929484 or Jean Courtney 086 1994378 with any queries.

CROSS COUNTRY & DUATHLON: The county competition is being held on Sunday 17th May in Beaufort at 11am. Please see our Facebook page or www.communitygames.ie for full details. Please contact Jean Courtney 086 199 4378, or Secretary Margaret O'Sullivan 087 673 5782 after 1.30pm to register.

KILLARNEY BRIDGE CLUB

At the AGM held on Monday 27th April the following officers were elected;

President Pauline Lyne.

Vice President Mai Corcoran.

Secretary Kathleen Coen.

Assistant Secretary Maura McCarthy.

Treasurer Marcia Boffey.

Assistant Treasurer Tim Corcoran.

Master Points Secretary Marjorie Barton.

Chief Tournament Director Joan Linehan.

Assistant Tournament Director Ann Looney.

PRO Mai Corcoran.

TIERNEY TROPHY: Congratulations to our Members Pauline Lyne and Joan Linehan who with their team colleagues Finola Spillane and Linda O'Connor won the Tierney Trophy which was played for in Athlone over two days at the weekend. They faced stiff competition beating 17 other teams who had qualified from clubs all over Ireland. Well Done.

EURO BRIDGE

TIERNEY TROPHY: The final of the All Ireland Intermediate competition was played in

Athlone on Saturday 25th and Sunday 26th April. The club is delighted to congratulate the winners. Finola Spillane, Lynda O'Connor, Joan Lenihan, Pauline Lyne.

WORKMEN'S ROWING CLUB

LIMERICK AND SCHOOLS REGATTA:

Congratulations to all crews who competed at these events and achieved excellent results over the weekend with both their club and school crews. Well done to the girls J152X crew, Annie O'Donoghue and Ciara Moynihan who won Gold medals in their final, the girls J154X crew, Annie O'Donoghue, Ciara Moynihan, Ciara and Leona Browne who were 3rd in their final, the boys J16 4X crew Dylan Bartlett, Donnacha Ireland, Kamil Kunicki and David Bartlett who were 1st in their heat and 4th in the final. Congratulations also go to Siobhan Burns who came 2nd in the final of the ladies J161X, the boys J152X crew, Ruadhan McCurtain and Jakub Kunicki who were 3rd in their final. Sincere thanks to head coach, Mickey Joe Burns for towing the boat trailer and looking after all crews on both days. Special thanks to our wonderful parents Pat Doc and Pa O Donoghue who went above and beyond the call of duty when it came to loading trailers, lifting boats and organising the catering. The menu was second to none with a choice of slow cooked belly of pork or organic, hand tied sausages served on wholemeal bread available throughout the day. A wonderful weekend was had by all, despite the tough conditions, hopefully next Sunday will go as well!



WELL DONE TO PHILIP LYONS PICTURED BELOW WITH THE TWO SILVER MEDALS THAT HE WON IN THE KERRY COMMUNITY GAMES FINALS THIS YEAR IN U12 ART AND ALSO U12 MODEL MAKING.

SKIBBEREEN REGATTA: Next Sunday, May 3rd is the date set for the rescheduled Skibbereen Regatta at Inniscara, the race times and draws are available on the Rowing Ireland website. Best of luck to all Workmen's crews competing at this event.

NEW MEMBERS: Beginners of all ages and experienced rowers, are always welcome to join Workmen's RC; anyone interested please contact Mary on 086 8098182.

FUN RUN ORGANISERS SAY THANKS



ORGANISERS OF THE KSBHA FUN RUN PICTURED WITH KERRY FOOTBALLER BRIAN KELLY. BACK ROW L-R DAVID COLLINS, TADHG & AILEEN BUCKLEY, DON O'DONOGHUE, FRANCES AND FIONN HENDERSON, BRIAN KELLY, MARY, JACK AND CLODUGH HOUULIHAN, LUKE HENDERSON. FRONT ROW - NIAMH BUCKLEY, RAY GUERIN.

Organisers of the KSBHA 5k fun run/walk/push would like to thank everyone who came out and supported their annual fundraiser.

Hundreds took part in the event in glorious sunshine.

All funds raised will continue to pay for our young members taking part in the Halliwick Swimming Program and social events for all members.

The group would like to thank all our sponsors of the day and also Kerry Minor Footballer James Foley and Kerry Senior Footballer Brian Kelly who took the time to attend and take photos with participants and the Tom Markham Memorial Cup.

The day would not have been made possible

without the use of Kerry Parents and Friends, The National Park and the Order of Malta who were on standby during the event.

Race winners:

Senior Men.

1st Matthew Collins; 2nd Brian Redmond; 3rd David Twomey.

Senior Female:

1st Rose Brennan; 2nd Catherine Ring; 3rd Brigetta Culhane.

Junior Male: 1st Liam Butler.

Junior Female: Ellie Redmond.

Male Wheeler: 1st Ger Daly.

Female wheeler: 1st Leah Hickey.

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First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News

SCHOOLBOY/GIRL SOCCER

ACTION FROM MONDAY TO SATURDAY IN 11'S TO 16'S:

REPORTS:

TOUGH SEMI-FINAL BATTLES IN 11'S CUP:

Mastergeeha and Listowel Celtic will contest the 11's Cup final (which could be the last one at this age for a while if the new Development Plan comes in which only allows non-competitive games up to 12's). Both sides had great battles against very tough semi-final opponents.

Mastergeeha were the first team into the final when they defeated Iveragh United at Kilbrean Park after extra time. It finished 1 all after full time with Colin O'Leary scoring for the home side. The same player got the only goal of extra time to see Mastergeeha through.

The second semi-final was even closer as Listowel Celtic and The Park finished 2 all after extra time. And from the spot kicks it was the Tralee side that just got through on a 5-4 scoreline. Anthony Kavanagh and Rob Stack scored for Listowel Celtic with Colin Doody and Conor Kerins getting the Park goals. The Park were spot on from the spot with Colin Doody, Dara O'Connor, Josh Connolly, Colin Kerins and Edward Sheehy all scoring to send the Park into the final.

SHIELD FINALISTS DECIDED: Listowel Celtic B booked their place in the 11's Shield Final after a 4-1 win over a young Killarney Celtic C side. Timmy Moynihan scored for Killarney Celtic but their north Kerry namesakes are a very good side and goals from Nickolai Callaghan, Giroud Mulvihill 2 and Liam Connolly saw them book their place in the final. The second semi-final was a nail-biter with Park B and Killarney Athletic going all the way to penalties. It finished 1 all after extra time. There were 17 penalties scored before the winner was known with the Park B going through 9-8 from the spot.

JOHN MURPHY 12'S CUP AND SHIELD DOUBLE HEADER: Killarney Celtic are into the John Murphy 12's Cup final thanks to a Daniel Acutu hat trick which saw off Camp Juniors. It sets up a decider against Park A.

In the Shield the same clubs will contest the final as goals from Erin Moloney and Joshua Livingstone were enough to see Celtic C to get past Killorglin C and they will now take on Park B in the Shield Final.

FIRST SHIELD OF THE SEASON FOR KILLARNEY CELTIC'S GIRLS: Killarney Celtic's Alana O'Sullivan was the first captain this season to lift a trophy as her side defeated Mastergeeha 4-0 to win the Shield. Celtic were favourites but the Kilbrean girls pushed them all the way. It was only 2-0 at half time thanks to goal from Shuana O'Donoghue and Anna Clifford. Into the second half and Player of the Match Ciara Randles made the difference adding the other two insurance goals.

LEAGUE ROUND UP:

THINGS STILL VERY TIGHT IN 13 PREMIER:

The destination of the 13 Premier is still up for grabs as we come down to the deciding games of the season. The Park are one of the leaders

and added another 3 points thanks to a 6-1 win over Ballyhar. Sean McGrath was unstoppable netting 5 of the 6 goals with Kevin Goulding getting the other goal.

Killarney Celtic are level with Park after a 7-1 away win at Camp Juniors. Ian O'Connor and Cian Dineen both hit a brace of goals with James Doran, Pdraig Looney and Niall McGillicuddy all getting one each.

Listowel Celtic remain only a point behind the leaders thanks to a hard fought 3-2 win over Tralee Dynamos. Ben O'Connor 2 and Mike Nolan scored for the home side while Darragh Broderick and Leo Gaxha.

KILLORGLIN REMAIN UNBEATEN AS THEY CHASE ATHLETIC:

Daly's Supervalu 13 Division 1 leaders Killarney Athletic on 24 points were not in action and Killorglin continue to close the gap on them as they are now unbeaten in 7 games and have moved onto 21 points. They picked up their latest win with a 3-0 win at home to Mastergeeha. Gearoid Hassett and Roan Moriarty were the scorers for the winners.

Killarney Celtic B gave themselves a chance of a top two finish as the 3rd placed side beat 4th place Inter Kenmare 3-2. Godwin Osieva and Jackson O'Mahony 2 were the Celtic scorers while Oisín Qiuill and Daniel Crowley got the Inter goals.

Park B defeated Killarney Celtic C 3-1 in the other game in the Division. Liam Magee, Nick Izahi and Gavin Burrows got the Park goals with Christian Wielgus replying for Celtic.

FENIT SET TO TAKE THE PLATE: With the Division 2 side split Fenit lead the Plate section and added another 3 points thanks to goals from Oisín Horgan 3, Niall Cassidy, Jonathan Trant and Dara Heim.

KILLORGLIN INTO 14 PREMIER SECOND

PLACE: Killorglin's 3-1 away win at Killarney Athletic sees them move into 2nd place in the Foundation Sports 14 Premier. Roan Moriarty, Gar Hassett and Eoin Clifford got the Killorglin goal with Harry Potts replying for Athletic.

CELTIC WIN IN HIGH SCORING THRILLER:

In the Foundation Sports 14's Plate Killarney Celtic B and Killorglin B were involved in a high scoring thriller with Celtic B winning 5-3 away from home. Evan Lyne got three of the goals with Adam McMahon and Enna Coleman both scoring 1 each.

LOTS OF ACTION IN 15 PREMIER: There was lots of action in the Killarney Plaza 15 Premier both in mid-week and at the weekend. Listowel Celtic got the action underway with a 3-2 win at home to Tralee Dynamos. Jack Sheehan, Sean Keane and Jake Kelly got the Celtic goals with Dillon Robinson and Leo Gaxha replying for Dynamos. Camp Juniors were 2-0 home winners over Killarney Celtic thanks to goals from Dean Hilliard and Patrick O'Donoghue.

At the weekend The Park, who were already crowned champions, dropped their first points of the season in a 2 all draw with neighbours Tralee Dynamos. Kevin Williams and Fiachra Dunne put Dynamos but goals from Michael O'Gara and Matt Lucko saw the sides share the points.

Listowel Celtic made it two wins from two with a 3-2 win over Mastergeeha. Fegal Wall, Michael Kennedy and Jack Sheehan got the goals for Listowel Celtic. Paul O'Shea replied for Mastergeeha.

12's Girls score 14!!

The League's youngest girls ETP is the 12's and this squad headed to Cork for their annual tournament, the first real competitive action for most of the girls outside of Kerry. And what a performance it was by the girls.

They opened with a 3-1 victory over Kilkenny with Aoife Horgan hitting all 3. They followed up with a 1 all draw against the hosts thanks to a Chloe Cremin goal. Next up was Waterford and here again the Kerry girls emerged victorious 3-1. Aoife Horgan scored two here with Jade Harkin getting the other. Their biggest win came in their 4th game as they were too strong for Limerick County. Aoife Horgan scored 3, Jade Harkin 2 and one each from Sarah Taylor and Ciara Butler.

KILLARNEY ATHLETIC A.F.C.

NOTES

FIXTURES

KERRY SCHOOLBOYS/GIRLS LEAGUE

Saturday 2nd May 2015

Under 11 Tournament Venue Celtic Park 1.30pm

Killarney Celtic, Killarney Athletic

Ballyhar, Inter Kenmare

Mastergeeha, Killorglin

Foundation Sports Under 14 Premier

Killarney Athletic v Listowel A 11.45pm

Monday 4th May 2015

Killarney Plaza Under 15 Division 1

Park B v Killarney Athletic 11.45pm

New 300 Member Club

April draw will take place on May 2nd in Scott's at 9.00pm.

KILLARNEY ATHLETIC ABROAD Diarmuid O'Carroll won the Danske Bank Northern Ireland with a 4 - 0 win today over Glenavon. This being his third year in a row winning the league.

Brendan Moloney part of Northampton Town going down to league leaders Burton Albion who are managed by Jimmy Floyd Hasselbaink. Brendan was substituted in the dying moments of the game.

NEW BABY: Congratulations to Derek Pyne and Jenn O'Sullivan on the birth of baby Ollie. Another man for the blues.

Dates for the Diary: Killarney Athletic Golf Classic 25th June at Killarney Golf and Fishing Club. 7 A side launch on 23rd May. Civic Reception 27th May.

RESULTS

SENIORS

The senior team lost 2 - 0 to Camp with a very depleted squad and a poor performance from Athletic. Camp restricted Athletic to long distance shots and in turn scored on the counter attack. Athletic will need to improve to face Dynamos in the cup next Sunday at 11-30am.

UNDER 14 Killarney Athletic under 14's lost at

home 3 - 1 v Killorglin.

UNDER 13 SHIELD SEMI-FINAL Killarney Athletic 4 - 1 Mastergeeha. Our boys advance to the Shield Final after outstanding performance last Thursday evening.

We advance to the final in great form and wish the boys good luck on the day.

UNDER 12 LEAGUE Killarney Celtic 1 Killarney Athletic 1

This was Athletic's first game in quiet a while and they found themselves a goal down early on when a rather static defence failed to clear a corner, but Athletic were growing into the game and when Rossa Bellew scored a screamer of a free kick it was no more than Athletic's play deserved. One all at the break. The second half began with Athletic on the attack and that was the way it ended, with Athletic having a good penalty claim turned down midway through the half. It ended all square after a great game and a great performance by the whole squad. Under 11

Our under 11's had the hardest luck ever on Friday evening losing out to Park B in a penalty shoot out that saw 20 penalties taken and Sean O'Connell scoring the winner for the Park. Killarney Athletic Website: Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

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

KILLARNEY CELTIC NOTES

COMMISERATIONS to the St. Brendans First Year team that lost out in the Munster Final, going down 1-0 after putting up a superb battle in Mounthawk. The team featured a large contingent of Celtic players and was managed by our own Trevor Nagle and Joe Hurley.

U14 MUNSTER GIRLS PLATE SEMI-FINAL: Killarney Celtic 1 Kilcormán 0 (AET)

This was a hugely exciting game. Celtic dominated possession throughout and created good scoring chances, but the Kilcormán keeper had an absolutely phenomenal display, producing a string of really world class saves from both Kate Murphy and Anna Clifford. Celtic's own defence was rock solid and the team stayed calm and focussed as the clock began to wind down. With just two minutes of play left, sub Lauren Burke played a superb through ball to Anna Clifford, who curled the ball into the bottom corner. There is no point in singling out particular Celtic players for praise, they were all magnificent.

U14 SHIELD FINAL: Mastergeeha 0 Killarney Celtic 4

A brilliant performance saw our U14 girls capture the Kerry Shield after a great tussle with a talented Mastergeeha outfit.

Well done to the girls, their management, and our great supporters, not just yesterday but all year. Mastergeeha were wonderful hosts and very gracious in defeat, beidh siad ar ais gan

amhras!

U14 DIV ONE: Killorglin B 3 Killarney Celtic B 5
A great game between two fine sides, but Celtic just had that little bit extra. Eanna Coleman and Adam McMahon were on target, while Evan Lyne claimed the match ball (not literally!) with a hat-trick. Well done to both sides on an entertaining game.

U13 PREMIER: Camp 1 Killarney Celtic 7

The first goal set the tone, with Padraig Looney scoring a fantastic bicycle kick after being set up by James Darmody. Celtic, with Tom Doyle and Neil O'Shea pulling the strings, were simply unstoppable from then on, with Cian Dineen, Niall McGillicuddy, James Darmody, Ian O'Connor (2) and Dineen again all hitting the target. A tremendous display by everyone.

U13 DIV ONE: Killarney Celtic B 3 Inter Kenmare 2

A cracker of a game. Our two strikers were on fire, with Godwin Osieba on the mark and man of the match Jackson O'Mahony struck twice.

U13 DIV ONE: Killarney Celtic C 1 St. Brendans Park B 3

They were the better side, no doubt about it, but they were challenged all the way by a great Celtic effort. Krystian Wielgus scored for us, while young goalkeeper Aaron O'Sullivan and our rock solid centre half Jamie Alade were outstanding.

U12 SHIELD SEMI-FINAL: Killorglin 0 Killarney Celtic C 2

The lads beat Killorglin away 2-0 in a tough, tight game. Erin Moloney broke the deadlock with a cracker of a free kick and Josh Livingstone got the second, a good finish from an acute angle. Great performance by all the lads, they are a credit to their parents and to the club.

U11 SHIELD SEMI-FINAL: Listowel Celtic B 4 Killarney Celtic B 1

A very young Killarney Celtic team put up a great battle but Listowel proved too strong. Timothy Moynihan scored a beauty for us. Well done to Listowel and best wishes for the final.

CONGRATULATIONS to U14 Player Adam McMahon on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES

DENNY PREMIER: Killarney Celtic away to Dingle Bay Rovers, Sunday, 2.30pm

RESERVE CUP: Killarney Celtic B away to Classic FC, Mounthawk Park, Sunday, 2.30p-

YOUTHS LEAGUE: Killarney Celtic away to Mastergeeha, Saturday, 2.30pm

U16 DIV TWO: Killarney Celtic B away to Listowel Celtic B, Saturday, 12.30pm

U15 PREMIER: Killarney Celtic away to Tralee Dynamos, Saturday, 11.45am

U14 PREMIER: Killarney Celtic away to Killorglin, Monday (4th), 11.45am

U14 DIV ONE: Killarney Celtic C at home to Killorglin B, Saturday, 11.45am

U12 PREMIER: Killarney Celtic away to Listowel Celtic, Monday (4th), 11.45am

U12 DIV TWO: Killarney Celtic C at home to Camp B, Saturday, 10.30am

U11 TOURNAMENT: Celtic Park will be hosting a six team tournament at 1.30pm this Saturday, as always, all welcome.

LOTTO RESULTS: Numbers drawn 5, 9, 22, 24. No winner.

MEK UNITED

On Saturday last, April the 25th, our U7, U8 and U9 squads were invited to come and play Camp Juniors at their Sportsfield pitch. These were our club's first ever matches with over 40 children (and as many parents) travelling to Camp. Thankfully, the rain held off and everyone thoroughly enjoyed this historic day for MEK. It was truly wonderful to see such strong support following the club and each and every child did themselves, their coaches and their parents very proud.

The U7/U8 squad was represented by 22 kids who played three matches against Camp juniors.

The U9's squad was represented by 18 kids who were divided into 2 teams to take on Camp Juniors own 2 sides. We would like to send sincere and heartfelt thanks to Padraic O'Connell for inviting us over and Camp Juniors were amazing hosts. Thanks to Ger, Brian, Shirley and all the gang for the warm welcome and we have to mention the gigantic spread of food that was laid on. No one went home hungry after their exploits on the field! We appreciate the huge effort made by Camp Juniors to welcome MEK and we hope to be able to host Camp Juniors next season.



MEK UTD UNDER 9 SQUAD.

KILLARNEY GOLF CLUB

LADIES:

RESULTS OF COMPETITION SUNDAY 26TH APRIL, 2015 SPONSORED BY DESIRE BEAUTY SALON, KILLARNEY. SINGLES STROKE MAHONYS COURSE.

- 1st. Maureen Rooney (26) 63.
- 2nd Noreen Sheahan (26) 64.
- 3rd Mairead O'Sullivan (36) 68.
- B.G. Amy Arthur (7) 80 gross pts.
- 4th Muireann O'Farrell (20) 68.

CSS70

Next Sunday's Competition will be sponsored by Mac Bees, format - stableford, Killeen Course.

CONGRATULATIONS: To our Junior Cup Team who beat Ceann Sibeal at Killorglin Golf Club on Saturday April 25th.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 26TH APRIL, 18 HOLE STABLEFORD, winner Joe Gaffey (21) 45 pts. Overall runner up, Trevor Shine (15) 41 pts. Overall 3rd place John O'Reilly (26) 39 pts.

RESULTS: 3 person mixed Scramble played on Tuesday 21st April best net return, Ann O'Connor, Gintaras Bendaravicius and John O'Reilly.

FIXTURES: Weekend competition, 18 hole Stableford. Please register on time sheet at Castlerosse.

Scramble competition continue each Tuesday at 6.30pm. Open to Ladies and Gents. Come along for an enjoyable evening of Golf.

KILLORGLIN GOLF CLUB

RESULTS OF MENS COMPETITION

HOLMPATRICK CUP QUALIFIER

- 1st Mike Griffin /Mike J. O'Sullivan 45 pts.
- 2nd Joe Kennedy /Paul O'Shea 42 pts.
- 3rd Matt Keane / Tommy Murphy 40 pts.

12 HOLE ENDING 26/04/2015

1st Tommy Murphy 29 pts.

Next Weekend: Temmler Scotch Foursomes -Re-Entry.

ROSS GOLF CLUB

GENTS CLUB

SPRING LEAGUE: On Sunday April 19th the final of the MD O'Shea Spring League was won by Alan Flynn's team of Alan Flynn, Denis Casey, Damien Greer, Virjinijus Jonikaitis and John Cushkelly.

CONGRATULATIONS: To Tom Coleman on his hole in one on the 17th hole in the final round of the Spring League.

RESULTS: ON SUNDAY APRIL 26TH WE HELD AN 18 HOLE SINGLE STABLEFORD COMPETITION.

The winners were:

1. Seamus McCarthy (21) 38 pts.
2. Denis Casey (17) 35pts.
3. Andy Goulding (19) 35 pts.

OPEN DAY: We will hold our club Open Day on Sunday May 3rd and Monday 4th with a 18 holes single stableford competition kindly sponsored by the Dunloe Lodge. The entry fee is € 15 for members and € 20 for non members.

Re-entry costs €10. The timesheet is now available in the clubhouse.

OUR COUNTRY CLUBS TEAM: Were successful in their first round match against Ballyheigue in Ardferst last Saturday and now progress to the next round.

OUR JIMMY BRUEN TEAM: Played a preliminary round against Kenmare on Sunday and after a tough battle they lost on a scoreline of 3.5 to 1.5.

CLUB FOURBALL CHAMPIONSHIP: The entry sheet for the club fourball championship is now on the noticeboard and members are urged to get their names on it immediately.

KILLARNEY GOLF CLUB

MENS:

SINGLES STABLEFORD, KILLEEN, 26/04/2015

SPONSOR DALY'S SUPER VALU - SINGLES MATCH PLAY QUALIFIER

1. Stephen Kelliher(3) 40 Pts.
2. Shane Connole (11) 38 Pts.
3. Brian Clarke(11) 37 Pts.
4. Donal Considine (3) 37 Pts.
5. Colm O'Connor (6) 37 Pts.
- Cat 1 Finbarr O'Mahony(5) 37 Pts.
- Cat 2 Niall McCarthy(10) 37 Pts.
- Cat 3 Conor O'Mahony(12) 37 Pts.
- Cat 4 Brian Holden(19) 35 Pts.

C.S.S. 36 Pts

PRETTY POLLY CUP LAHINCH, 17/04/2015

1. Dermot Roche 12 – 34 pts.
2. James Curran 12 – 34 pts.
3. Sean Casey 13 – 33 pts.
4. Derry McCarthy 6 – 32 pts.
5. Harry O'Neill 13 – 32 pts.
6. Dan Joe Cahill 14 – 31 pts.

FOURBALL BETTERBALL

LAHINCH 16/4/2015

1. Donagh Crowley 8 and Sean Casey 13 – 40 pts.
2. Dan Joe Cahill 14 and John O'Shea 12 – 39 pts

KILLORGLIN GOLF CLUB

LADIES:18 HOLE STABLEFORD SPONSORED BY JOSEPH CROWLEY, MULVIHILLS

PHARMACY: 1. Agnes Carey (25) 41 pts.

2. Mary Healy (21) 35 pts.
3. Eibhlin McCarthy (8) 35 pts.

FIXTURE: Lady Captain Phil Anne Foley's Charity week-end in aid of the Cork/Kerry Health Link Bus is on Sat 2nd/Sun 3rd/Tues 5th May, 18 Hole Stableford sponsored by R. Boyle & Sons. Play either day and arrange own time and playing partners.

12 Hole re-entry sponsored by Junior Officer Emma Daly continues until further notice.

SILVER SWANS: 12 HOLE STABLEFORD:

1. Kitty Galvin (26) 24 pts.
2. Mary Conway (31) 23 pts.

JUNIOR CLUB: 5 HOLE STABLEFORD:

1. Tyler O'Sullivan, Junior Captain.
2. Niamh Dinham. Next outing is on Thursday 30th April.

ROSS GOLF CLUB

LADIES CLUB

RESULTS: SUNDAY 26TH APRIL. 18 HOLE SINGLE STABLEFORD KINDLY SPONSORED BY HELEN O DONOGHUE.

1st Ailish Mulcahy(6) 37pts.

Upcoming Events Sunday 3rd May 18 Hole Single Stableford Kindly Sponsored by Bridie Doyle

An 8 week Get into Golf Course starts May the 5th €60. All Ladies Welcome.

BEAUFORT GOLF CLUB

(MEN'S BRANCH)

18TH/19TH APRIL – 18 HOLE STABLEFORD – SPONSORED BY P.J. LYNCH

1st Pat Quill (18) 39 pts.

2nd Pat Tangney (19) 36 pts.

3rd Michael J O'Connor (11) 34 pts.

25TH/26TH APRIL – 18 HOLE STROKE – SPONSORED BY TREYVAUD'S RESTAURANT

1st Gabhan O'Loughlin (12) 70 Nett.

2nd John Looney (13) 71 Nett.

3rd Michael J O'Connor (11) 72 Nett.

OPEN FRIDAY 17TH APRIL – SPONSORED BY CLIFFORD GROUND CARE

Winner: Mike Quirke (14) 37 pts.

FORTHCOMING EVENTS: 2nd/3rd May – 18 Hole Stroke (Yellow Tees) – Sponsored by Golf Pro Mark Heinemann.

Club Scramble starts on Wednesday 29th April. Meet at Clubhouse at 6.15pm for scramble starting at 6.30pm. Open to non-members.

Open Fridays from 10th April to 2nd October 2015. Open to Ladies and Gents – Single Stableford Entry Fee €20. Ring clubhouse on 064-6644440 to book a tee time.

BEAUFORT GOLF CLUB

(LADIES BRANCH)

25TH/26TH APRIL – 18 HOLE STABLEFORD – SPONSORED BY LADIES BRANCH

1st Teresa Clifford (29) 36 pts.

2nd Grace Dennehy (32) 32 pts.

FORTHCOMING EVENTS: 2nd/3rd/4th– 18 Hole Stableford – Sponsored by Ladies Branch. 1st April to 30th September – Summer League – 11 hole re-entry (play any day of the week).

Open Fridays from 10th April to 2nd October 2015. Open to Ladies and Gents – Single Stableford Entry Fee €20.

DEERPARK PITCH & PUTT NOTES

By: John Kelly

SYMPATHY: Is extended to the relatives of Patrick Griffin Marian Terrace who died at the weekend. May he Rest In Peace.

SCRATCH FOURSOMES: Sunday morning's Scratch Foursomes competition attracted a fine attendance from Deerpark and GlenEagle and the results are as follows. 1st Conor McCarthy and Johnny O'Brien 20 Up. 2nd Hugh O'Sullivan and Mick Long, 17 Up. Gross John McGrath and Andrew O'Callaghan II Up.

NEWMARKETTRIP: Winners last week's visitor's competition in Newmarket were Hugh O'Sullivan and John Murphy.

SENIORS OUTING MAY 6TH: Next Senior's Outing will be to GlenEagle on next Wednesday

May 6th 10-30am.

JUVENILE COMPETITION: Juvenile Officer Paul Cronin wishes to inform all juveniles that he has arranged a juvenile competition at Deerpark on this Saturday May 2nd 12 noon.

GENTS SCRATCH CUP: Best wishes are extended to Deerpark members competing in the Gents Inter - Club Scratch Cup v Fermoy at Majestic on this Saturday May 2nd.

TUESDAY EVENING FOURBALLS: To accommodate the preparation of the course the mid week Fourball Competitions have been re-scheduled for Tuesday evenings at 6-30pm.

CLUBHOUSE AND SHOP OPENING: The Clubhouse and shop is now open for business from 5pm on weekdays and from 12 noon at weekends. Competition and entry fees as well as green fees and membership can be paid during those hours.

TOPAZ FUNDRAISER: As Deerpark has now linked up with the Topaz Company on a fundraising initiative club members

purchasing to the value of a minimum of €40 on each visit to any Topaz station could benefit the coffers of the club. Some cards still available from the Deerpark office and all completed cards to be returned to the Club Development Officer Mr Aidan of Keeffe prior to May 5TH.

CLUB DOUBLES MATCHPLAY COMPETITION: Entries for the Club-Double Matchplay competition close on May 25th.



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



STUDENTS FROM THE MON BOYS NATIONAL SCHOOL WHO TOOK PART IN THE AIB 5K SCHOOL CHALLENGE TO SUPPORT SPA/MUCKROSS ATHLETIC CLUB IN RAISING FUNDS FOR A BRAND NEW 4 LANE TRACK ON THE GROUNDS OF ST BRENDAN'S COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY TAKES 1ST 2ND & 3RD PLACE ON THE PODIUM IN THE NATIONAL SCHOOL GIRLS CATEGORY IN THE AIB 5K SCHOOLS CHALLENGE. PICTURED L-R WERE COLM COOPER, AMY LYNCH AIB, 2ND PLACE LOLA EAGER (CULLINA NS), 1ST PLACE HER SISTER KERRY EAGER (CULLINA NS), 3RD PLACE MARIE COURTNEY (LISSIVIGEEN NS), JAMES O'DONOGHUE & BRIAN LOONEY AIB. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BEAUFORT GOLF CLUB

OPEN FRIDAYS

Every Friday from 10th April to 2nd October 2015.

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Entry Fee €20 per person.

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STUDENTS FROM HOLY CROSS MERCY NATIONAL SCHOOL WHO TOOK PART IN THE AIB 5K SCHOOL CHALLENGE TO SUPPORT SPA/MUCKROSS ATHLETIC CLUB IN RAISING FUNDS FOR A BRAND NEW 4 LANE TRACK ON THE GROUNDS OF ST BRENDAN'S COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TIERNABOU NS STRETCHING IT OUT BEFORE TAKING PART IN THE AIB 5K SCHOOL CHALLENGE AT KILLARNEY NATIONAL PARK ORGANISED BY SPA/MUCKROSS ATHLETIC CLUB TO RAISE FUNDS FOR FOUR-LANE MICRO RUNNING TRACK ON THE PREMISES OF ST BRENDAN'S COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

REMOVAL OF DISCRIMINATION AGAINST SELF-EMPLOYED

IFA President Eddie Downey has said that the Government must prioritise the removal of the discrimination against self-employed workers in the income tax system, and reducing the income tax burden for all taxpayers is the fairest way to reflect the upturn in the economy.

Mr Downey was responding to the Government's Spring Statement which gave a commitment to reducing taxes on labour over the coming budgets.

He said, "I welcome the Government's commitment to reducing income taxation on all taxpayers as a means of supporting economic growth. However, I am disappointed that there was no specific commitment given to remove the discrimination that exists in the income tax treatment of self-employed versus employees. Under the current system, a self-employed worker starts paying income tax at just over €8,000, or half the income level of an employee. At an income of €17,500, a self-employed worker pays over five times the rate of income tax and other charges that an employee

does. This is unacceptable, and the Government must move in this year's Budget to introduce an Earned Income Tax Credit for self-employed workers".

Eddie Downey also noted the Government's commitment to an increase in public expenditure in this October's budget. "Budget 2016 is a critical test of the Government's commitment to the implementation of the Rural Development Programme. Full drawdown of Ireland's annual €580m funding (national and EU) for the RDP is necessary, as these programmes, including agri-environment measures, on-farm investment and knowledge transfer, will be key to the delivery of growth targets in the agri-food sector and the delivery of a balanced economic recovery across rural Ireland."

He concluded, "IFA will be participating in the National Economic Dialogue over the coming months, at which we will be setting out the key taxation and expenditure priorities for the agriculture sector and for farm families".



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KILCUMMIN NEWS

BRENDAN O'LEARY INAUGURAL FUNDRAISER FOR OESOPHAGEAL CANCER:

The committee would like to thank most sincerely all the sponsors, schools and every person who most generously contributed in any way to the recent awareness and fundraising night. The total amount raised was €10,234. A thanksgiving Mass for everyone that bought a balloon in memory of a loved one and for everyone who was part of this amazing event will be said at 11.15am on Sunday May 3rd in Kilcummin Church.

COMHALTAS: Our next Branch meeting will be held on Tuesday 19th May at 8.30pm in the Rural Development Office. All members are asked to attend if possible. Anyone interested in joining our Branch is also very welcome to attend.

COUNTY FLEADH: Deadline for County Fleadh entries is Tuesday 12th May. Please send all entries to Marguerite O'Connor (Branch Secretary) by this date.

Wishing the very best of luck to our member John (Dan) Connolly who has taken up the position of Music Tutor with Comhaltas Schools Outreach. We hope many more of our children will be introduced to our wonderful musical culture through this programme.

I.C.A.: The monthly meeting of the Guild will be held on Wednesday 6th May at 8.00pm in the Rural Development Office. Theresa O'Leary will give a talk on Alternative Therapy. All Ladies Welcome.

WELL DONE: To Kerry Federation I.C.A. for organising a wonderful day at the Dromhall Hotel on April 19th. Congratulations to all Kilcummin members who received certificates from our National President Liz Wall for over 20, 25, 30 and 35 years service to the Organisation.

ST. BRENDAN'S COLLEGE FAYRE DAY: Will take place on 17th May at the College. This is a fundraising event and we would welcome all unwanted books and pre loved bags in reasonable condition to be handed into the College any time prior to the event.

KILLARNEY LIBRARY: Killarney Library will host an art exhibition by Betty Rohan in aid of the Kerry Stars Special Olympics from Tuesday 28th April running until 29th May.

KILCUMMIN RAMBLING HOUSE: Kilcummin Rambling House will celebrate its first anniversary on Friday 1st May at 8.00pm when we will be joined by a special guest Sean Hurley of Kerry Radio with his programme Kerry wide. All patrons should be seated by 8.30 to minimise noise disruption. Fáilte isteach.

GAA COUNTY CHAMPIONSHIP: Kilcummin have drawn South Kerry in the first round which will be played on the week-end of May 23rd/ 24th

CREDIT UNION CO LEAGUE RD4: Kilcummin v Castleisland Desmonds May 10th in Kilcummin

BEREAVEMENT: The club wishes to extend its sympathies to the family of Jim Flynn, Skahies, Firies who died last week. Jim played with Kilcummin from 1950 to 1956 as a corner back and played in the first "O Donoghue Cup" Final

in 1954 v Legion and also served on the club committee in 1956. May he rest in peace.

KILCUMMIN GAA LOTTO: There was no winner on Sunday April 26th. Numbers drawn were 3, 4, 10, 27. Consolation prizes were €100 Marie McGrath, Santa Maria, Mangerton View, €60 Paul Lenihan c/o John Lenihan, €60 Dara McCarthy, €30 Agnes (PVC Office) Munster Joinery, €30 Denis Looney, 15 Hawthorn Avenue. Next Draw Sunday, May 10th. Jackpot now €3,250.00.

JUVENILE GAA: U12 BOYS FOOTBALL

The Kilcummin boys have made a very positive start to their Division 1 County league campaign and all of our teams have been competitive in the 3 rounds played to date. Our campaign opened with the visit of Austin Stacks and after an enthralling contest our Red Team shared the spoils with the visitors while our Green Team had 6 points to spare and our third team went down by a similar margin. Dr Crokes were the visitors to Kilcummin for round 2 of the league and both our Red Team and our Green Team recorded good victories. We then headed to Killorglin to take on Laune Rangers on Friday evening last and here our Red Team had to dig very deep to overcome a 7 point half-time deficit to record an excellent 3 point win. Our Green Team were a point down at the interval but fell a few points short in the second half while our very young third team also went down narrowly. Great credit must go to the 40 or so players who have shown excellent commitment to date and many thanks also to all parents for their co-operation in providing transport to games. We face very difficult games over the coming weekends as we host Na Gaeil in Kilcummin this Sunday evening and then make the short trip to Legion a week later. We wish the best of luck to all players in these games.

COMMUNITY GAMES: Well done to our U12 Boys Soccer Team who put in excellent performances at Kilbrean Park, Mastergeeha on Sunday last. A 1 – 0 win in the opener over Ballyduff was followed by a 2 – 0 win over Ardfert and we then faced Glenflesk to decide which team would top the group. A scoreless draw after extra time led to a penalty shoot-out which Glenflesk won. However, Kilcummin recovered well and scored a 1 – 0 win over Caherciveen in the final game of the day, a victory which put Kilcummin through to the semi-finals on Friday evening in Mastergeeha. We wish the boys the best of luck in this round-robin contest to decide the destination of the Gold, Silver and Bronze medals. Anyone interested in taking part in U12, U13 or U14 (@ 31/7/15) cross country running in Beaufort on Sunday May 17th please pass your name to any committee member this week. Similarly, anyone interested in taking part in U9, U11, U13 or U15 gymnastics, please contact any committee member by Thursday April 30th. Win for Anabla NS

ANABLA NS KILCUMMIN: Wins €500 in the Lee Strand Cash 4 Schools Draw. Lee Strand's mascot Mighty Mikey Milk created lots of

excitement in Kilcummin this week when he visited Anabla NS to present a cheque of €500. There was lots of fun, dancing and best of all pupils were given no homework that evening to enjoy the celebrations! Speaking at the presentation Principal Tricia O'Shea commented "We would like to give Lee Strand a big thank you. It is great for a small school like ours to win a prize of €500. We will put it to good use, it really is a big plus for our resources."

MASTERGEEHA FC

U11 KERRY CUP SEMI FINAL MASTERGEEHA

2 IVERAGH 1. AET: In this game the boys went a goal down early on but in the second half of normal got the equaliser when Colin O'Leary scored. In added time Mastergeeha defended well and scored the winner to the delight of all when Colin O Leary chipped the goalkeeper with 5 minutes remaining in added time. All played well and now play the Park in the final.

U13 KERRY SHIELD SEMI-FINAL - KILLARNEY ATHLETIC 4 MASTERGEEHA 1

The lads failed to make the final following this local derby played in perfect conditions on Thursday evening. They fell behind to a clinical Athletic side who took their chances and scored 3 goals in the first half to lead 3-0 at the break. Mastergeeha rallied in the 2nd half and a stunning strike from over 20 yards from Philip O'Leary gave the lads hope but as they pushed for more goals they were caught with a sucker punch when Athletic scored from a free kick with 10 mins to go. All the lads gave their best and now look forward to the league run in.

U13 DIV 1- KILLORGLIN 3 MASTERGEEHA 0

An injury hit Mastergeeha side lost out to promotion chasing Killorglin in this entertaining game on Saturday morning. They fell behind to a penalty on 3 mins but re-grouped and defended well with Philip O'Leary going close following good pressure on the home defence. Mastergeeha went close again just after the break with Philip O'Leary's goal bound shot blocked by the home defence. Killorglin scored 2 more in the second half to win the game and could have scored more but for excellent defending from MOTM Daniel Herlihy aided by his centre back partner Sean Kennedy. A gutsy performance from all involved.

U15 LISTOWEL 3 MASTERGEEHA 2:

In this game the boys were three down just after the break however they battle back well and were just short at the end. In the second half Mastergeeha played much better and Paul O'Shea scored with a header following a corner but Anthony Darmody. Mastergeeha closed the gap further when Paul O'Shea scored again in the 60th minute. In the closing stages the boys pushed forward with Dylan Murphy going close and Anthony Darmody forcing a good save from the home keeper.

U14 GIRLS SHIELD FINAL: MASTERGEEHA

0 KILLARNEY CELTIC 4.

In this game the girls played well against a good Celtic side. In a much improved team performance from earlier in the season the Mastergeeha girls created some chances and could not be faulted for their effort.



RETIRED GARDA JOHN THORNHILL PICTURED WITH HIS FAMILY AT HIS 80TH BIRTHDAY PARTY IN THE AGHADOE HEIGHTS HOTEL RECENTLY. JOHN WAS STATIONED IN KILLARNEY FOR 18 YEARS IN THE 1970'S AND 1980'S AND NOW RESIDES IN KENMARE.



THE SHEEHY FAMILY, CONSISTENTLY DEVOTED TO RAISING FUNDS FOR THE 'KENYA APPEAL'. PICTURED AT THE CASTLEROSSE HOTEL FOR THE ANNUAL TABLE QUIZ WERE L-R EAMON, CARMELLA, EDDIE, TRIONA (WHO HAS JUST RETURNED FROM KENYA) & DARRAGH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



WINNER NORA MARY REEN OF RECENT BOWLERS GARAGE SERVICE COMPETITION COLLECTING MISS DARCY VOUCHER FROM OLIVE DARCY, MISS DARCY PROPRIETOR VINTAGE STORE AND CLOTHING STORE KILLARNEY WITH THERESA O'KEEFE BOWLERS GARAGE.



BAR MANGER JOHN GRIFFIN SERVES A SAMPLE OF THE EXTENDED TAPAS NOW AVAILABLE ON THE SUMMER MENU AT THE RECENTLY REFURBISHED KUBE BAR L-R JOHN GRIFFIN, RACHEL KELLEHER, LAUREN COAKLEY, ROSE KELLEHER, BRENDAN KELLEHER & ROSS KELLEHER. PICTURE MARIE CARROLL-O'SULLIVAN 086 391 4808



THE WINNERS OF THE ALL IRELAND INTERMEDIATE BRIDGE COMPETITION, TIERNEY TROPHY, IN ATHLONE LAST WEEK-END. PAULINE LYNE, LYNDA O'CONNOR, JOAN LENIHAN AND FINOLA SPILLANE.



PICTURED AT THE CASTLEROSSE HOTEL IN RAISING FUNDS FOR THE 'KENYA APPEAL' AT THE ANNUAL TABLE QUIZ ORGANISED BY EDDIE SHEEHY WERE THE MERCY STUDENTS L-R LAUREN HORGAN, ISABELLE MURPHY, DEIRDRE LYNE, LEAH O'CONNOR & TARA MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MANY HAND MAKE LIGHT WORK.... RESIDENTS TOOK TO THE HIWAYS AND BYWAYS TO TAKE PART IN A MAJOR CLEAN UP FROM KNOCKNASKEHA/KNOCKNAHOE TO LISSIVIGEEN IN WHICH ONE TONNE OF REFUSE WAS COLLECTED.



NAOIMI BROSAN (FRONT LEFT OF CENTRE) WHO REPRESENTED THE KUBE IN THE RECENT MISS KERRY COMPETITION CUTS THE RIBBON TO THE NEW SUMMER MENU OF COCKTAILS & TAPAS AT THE KUBE. FRONT ROW L-R GILLES CASEY (GENERAL MANAGER AT THE TOWERS HOTEL, NAOIMI BROSAN, NICOLE McELLISTRIM & MANAGER OF THE KUBE JOHN GRIFFIN. PICTURE MARIE CARROLL-O'SULLIVAN. 087 391 4808

FOSSA NEWS



FOSSA TEAM WHICH TOOK PART IN FEILE ON SATURDAY IN FOSSA.

FOSSA GAA: LOTTO: Numbers drawn were 1, 13, 17, 19. There was no Jackpot winner and next weeks Jackpot will be €10,200.

MINORS: Our minors played Knock/Brosna in the semi-final of the County league on Friday evening in Fossa. This was a very even game for the most part, Knock/Brosna got a tonic start and raced into an early lead but Fossa fought back and through the boot of Michael O'Keeffe they got themselves back in contention. The half-time score was Fossa 0-9, Knock/Brosna 2-7. The game really came alive in the second half, Alec Rennie kept his backs tight on their men, the midfield pairing of Conor Murphy and Padraig Burke won a lot of ball at midfield and the forwards worked their socks off to rein in the opposition and with the aid of a cracking goal from Killian Bellew they closed the gap to one point entering the closing stages of the match, however, it wasn't to be as Knock/Brosna scored a third goal near the end which killed off the Fossa challenge. We were without the services of David Clifford and this had a huge bearing on this match as I have no doubt that with him on the pitch the result would have been completely different, David has been in incredibly form and his loss was sorely felt. Well done to Willie, Kieran and all the players, it was a great achievement to reach a county semi-final and but for injury we would certainly be looking forward to a county final.

U-12 BOYS: The U-12 boys will play Ballymac next Sunday 3rd May in Fossa at 7pm.

U-16'S: The U-16's were beaten by Dr Crokes

6-08 to 3-05 on Monday evening in the East Kerry league, they will play Legion in the last game on a date to be rescheduled.

SCÓR: The culmination of many hours of preparation by our Léiriú group came to a close in Citywest on Saturday last at the All Ireland Final of Scór Sinsir. After winning County and Munster titles they gave an excellent performance of their production titled November 1914 written and produced by Jackie Quirke. Fossa GAA club are extremely proud of this groups fantastic achievement in reaching an All Ireland for the first time, not an easy task. The cast were Frances Healy, Amy Moriarty, Eileen Lucey, Theresa Kissane, Mike Griffin, Gene Moriarty, Mike Kelliher and Mike Sheehan and on sound effects Sean Kelliher all of whom have put in a trogon effort over the last few months under Jackie's watchful eye. This group can be very proud of their achievement this year, though the ultimate prize was not claimed "winning is only the jewel in the crown" after all.

On behalf of the group Theresa Kissane, Scór officer would like to thank all those who travelled to Dublin to support the gang, also thanks to the club for their help and support over the last few weeks. The amount of good wishes we received from within the parish and from clubs outside and also from clubs throughout Munster was overwhelming and encouraging and very much appreciated by us all. It has been an amazing journey for us as a group and a huge experience one that we can only learn from. Congratulations to Glenflesk and Churchill who both retained their All Ireland titles.

LADIES FOOTBALL: U12 Fossa ladies are still competing in their preliminary rounds of the county leagues. Having lost won and won one they have two games left to play. They are at home to Milltown/Listry on Tuesday 28th and they make the trip to Southern Gaels on May 5th. They will be re-graded on results and proper u12 county leagues will commence on May 12th.

U14: Fossa ladies had an adventurous day in

Fossa last Saturday where they competed in division 1 Feile. The girls had good wins over Castleisland Desmonds and Abbeydorney. The girls lost by 2 points to Milltown/Listry who went on to contest the final against Corca Dhuibhne. Our U14 team are competing in the community games which is being held in Dr Crokes pitch on bank holiday Monday.

U16: Fossa ladies were back to their winning ways last Thursday evening when they overcame a strong Southern Gaels team on a score line of Fossa 2-15 to Southern Gaels 2-2. Special word of thanks to Molly, Elizabeth and Sarah who traveled up from Colaiste Ide for the game.

OUR SENIOR LADIES: Have two games to play both are at home to Anauscaul and Clounmacon/Moyvane. Results from these games will determine if the girls will play in either the A or B final.

FOSSA COMMUNITY GAMES NOTES: Conditions were perfect for our athletics event last Sunday with an emphasis on getting kids to take part and to have fun. Thanks to everyone who came along to participate and support and Congrats to all our medal winners on the day. Anyone who won a medal from U8 up will represent Fossa in the county finals in June.

CONGRATULATIONS: Congratulations to Gary Cronin on receiving an award at the 2014 Kerry Athletics Awards Night in Listowel. This was in recognition of Gary's achievements in 2014 where Gary won Gold in Community games High Jump, Gold in Munster Cross Country and Gold in Kerry cross Country. Silver in Community games Duathalon and Silver in Munster 250mt Hurdles and finalist in Schools All Ireland 250mt Hurdles. Gary is the holder of 5 Irish Gold Medals stretching back to his first National title at U9 and his first Gold Kerry Community Games at U8.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to John O'Neill at pro.fossa.kerry@gaa.ie Please forward information on before Sunday at 11am.

LISTRY NOTES

MILLTOWN LISTRY LADIES FOOTBALL: Milltown Listry u 14 Girls took part in the Feile on Saturday last. Our girls were drawn against Abbeydorney, Fossa and Castleisland. They won their three games and finished top of their group. They then went on to meet Corca Dhuibhne in the final. This was a very competitive game finishing in a draw with a score line of 5 - 5 to 5 - 5. We had a very exciting and nerve wracking extra time with victory in

the end going to Corca Dhuibhne. Well done to all involved who did their club proud. It was a very entertaining and sporty game and gave spectators great entertainment and enjoyment. Thanks to our mentors and to all who came to support the girls on the day. Best of luck to Corca Dhuibhne in the Feile.

U 12 beat Kilcummin on a score line of 3 goals and 8 points to 2 goals and 5 points last week. This was a good competitive game. Well done

to all involved. Our U 16 team also played Kilcummin. Unfortunately Kilcummin were much stronger than our girls and victory in this game went to Kilcummin. Our senior ladies had another win over Dingle on a score line of 4 11 to 1 8. This was a great victory with excellent play from all the team. Well done to mentors and players.

IF YOU HAVE A STORY...

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

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



Emmerdale Set For Major Shake Up

Bosses at Emmerdale are looking to shake up the village with a huge disaster storyline planned for this summer. Cast have been told that no one is safe with several main characters set to be killed off. Just what this huge stunt will be is yet unknown but rumours persist it could be a car crash or fire.

Emmerdale is no stranger to disaster storylines including the infamous 1994 plane crash which killed 4 main characters, the storm in 2004 saw the demise of Marlon Dingle's first wife Tricia and the Kings River House Collapse, 2006 seeing the end of Bob Hope's daughter Dawn.

It has been hinted that no cast member is safe. Front runners at present to be killed off are Robert Sugden, Chastity Dingle, Debbie Dingle and even the hugely popular Cain Dingle also tipped to make a grizzly end.

SPOILER ALERT

Long term Emmerdale resident, Betty Eagleton actress Paula Tilbrook is also leaving the soap as she is retiring from acting. After playing the role of Betty for 21 years, Paula has decided to step down from the role allowing bosses to give Betty the send-off she deserves.

Back to real time in Emmerdale, next week sees Laurel Dingle's drinking continue to spiral leading her to hit husband Marlon. Can Laurel get the help she needs?

Meanwhile, Emma Barton will tell another outrageous lie.

And finally, the Spencer family consider leaving the village following Sean's accident. Are they set to say goodbye or can Kerry get Dan to stay?

Citizens Information

Know Your Rights: RIGHTS OF AU PAIRS

MAY 2015

QUESTION

I am thinking of getting an au pair to live with us and to look after the children as I am going back to full-time work next month. What are the rules about employing au pairs?

ANSWER

An au pair is a person who is treated as a family member in exchange for certain services, such as a limited amount of light housework or help minding children. It is a voluntary arrangement between a private household and a private individual. The au pair is usually given room and board and paid weekly pocket-money and is not considered to be an employee.

However, simply using the term au pair to describe an arrangement between consenting parties does not mean that the person is not an employee. If a person is carrying out a duty for another person in exchange for payment, a contractual relationship may exist. Contract law and employment legislation are generally used to establish whether or not a person is an employee.

If you employ someone to live in your house and look after your children while you are working full-time, they would be considered a domestic worker.

Domestic workers have various employment rights. These include the right to a written contract of employment, a minimum wage, rest periods and breaks, annual leave and public holidays. The maximum hours of work that an employee can work in a week is 48 hours on average. The employer must keep a record of how many hours a domestic worker is employed.

Domestic workers pay tax, PRSI and the Universal Social Charge and it is the responsibility of the employer to deduct this from the worker's wages and also to pay the employer's PRSI contribution on their behalf.

A leaflet on the employment rights of domestic workers is available on workplacerelations.ie.

Further information is available from Workplace Relations Customer Services, Locall: 1890 80 80 90 and from the Citizens Information Centre below.

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

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



THIS EXTRAORDINARY THING CALLED LIFE!

We're never taught how to really **LIVE** life! If anything, we are taught the opposite! Most of us muddle through, learning from what works and what doesn't. It's a continuous process of change and adjustment that we hope will take us to that day when we achieve our dreams and fall in love with everything around us! And so we wait for that day to arrive, often postponing our happiness and joy in the moment for when we have written that book, lost the weight, climbed the mountain, got the "perfect" relationship etc! What we are really waiting for is the **FEELING!** The feeling that we hope we will feel when we have achieved our desires!

So, what happens if you decide you will feel that feeling **NOW?** At any moment **YOU CAN CHOOSE TO FEEL HAPPY, SUCCESSFUL, JOYOUS, HEALTHY, ALIVE, MOTIVATED, APPRECIATED, LOVED, LIGHT AND FREE!** When you do this, you raise your energy frequency and all of a sudden you are aligning to those very things that you have been putting aside! The result is **THE LAW OF ATTRACTION IN ACTION!** You cannot just wish that you have the life of your dreams - **YOU HAVE TO BE THE ENERGY OF YOUR DREAMS!**

Mindful Energy Movement Meditation class (Chakranetics) every Wednesday at the KDYS, Killarney at 7.00pm! And Tuesday morning at the Travel Inn, Fossa, 10.00-11.15am!

Please check out and LIKE my facebook page for more information!



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RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

RATHMORE COMMUNITY COUNCIL: The Bottle Bank at the creamery yard is no longer available. We are now looking for site for the bottle banks. Any business person or anyone inserted in locating a site on their property for bottle banks. Contact any member of Rathmore community council.

RATHMORE COMMUNITY COUNCIL: Sympathy to our member Brian Kelly on death of his aunt Bridie Buckley in New York during the week. May she rest in peace.

MASS: At the Grotto in Tureenahill at 7.30pm. On this Friday May 1st. Mass at the Grotto in Leam, at 7.30pm. Monday May 4th.

ROSARY FOR MONTH OF MAY: Will be recited in Tureenahill, Grotto nightly at 8pm, while on Sunday evenings it will be at 7.30pm. In Leam Grotto Rosary will be recited nightly at 8pm and on Sundays at 8pm. Mass at Grotto near Holy Family N. S. at 7.30pm on Monday May 18th. Rosary recited nightly at 8.30pm. Shinnagh cross Grotto Rosary recited this Friday May 1st at 7pm. And Monday to Friday for entire Month of May. At 7pm. All are welcome.

MASS IN THE CITY: Mass in City of Shrone open air weather permitting this Sunday May 3th at 1.30pm. Everybody welcome.

GNEEVEGUILLA ANNUAL PILGRIMAGE TO KNOCK SHRINE: Takes place on Sunday 24th May. Bus leaving GAA Hall at 7am sharp. If interested please contact Ann Cronin, 7756249/ 0872785565. Or Eileen Fleming 7756301/0871475386,

FRIENDS OF THE CHILDREN OF CHERNOBYL: The Friends of the Children

of Chernobyl Committee wishes to sincerely thank everybody who contributed and supported us in our recent envelope collection which was held on Easter weekend April 4th & 5th at Rathmore, Gneeveguilla, Knocknagree, and Shrone Churches. This fundraising event was a tremendous success and was very generously supported. We wish also to thank everybody who have given donations and organised events to help us during the year. These funds will enable us to bring 14 children and 2 interpreters to our parish for the month of July. The Friends Of the Children of Chernobyl Rathmore committee confirm that all donations received are used strictly to finance the summer programme. This programme would not be possible were it not for the generosity, support and goodwill of everybody who help us out. Thank You.

SYMPATHY: To the families, relatives and friends of late, Dan McCarthy, Cumeen, Killarney, and formerly of Stagmount, Headford and of P.J. Devitt Shrone, Ballynooskny, Monument Cross, Newmarket-on-Fergus, Clare.

Bridie Buckley Ballydesmond and New York whose deaths occurred last week. May they all Rest in Peace.

RATHMORE COMMUNITY MARKET: Every Saturday 11-4pm Rathmore community centre. Lots of stalls, food, preserves, crafts, art. There is live music every week tea and coffee €1 children's play area everyone welcome! More stalls welcome contact Tony 083 1588404.

IRD DUHAHOW: Have arranged a public information meeting on the 28th May in

Rathmore Community Centre at 8pm to discuss LEADER plans for Rathmore and Shrone communities. LEADER funding had been cut by over 70%. It is critically important that all the business community, farming sector, environmental groups, all sporting organisations, youth groups, active retirement groups (and any group that I didn't think of yet!!) attend and share your thoughts and ideas for what can be part of the next LEADER Programme up to 2020. We need to sustain services to rural communities and the best way to do this is to attend this meeting.

FRIENDS OF KERRY GENERAL HOSPITAL: Benefit meeting at kingdom Greyhound Stadium Tralee on Friday, 3rd July 2015. 1st Race 7:55pm Fundraising for General Hospital Specialised Equipment. Draw For 1st €300- 2nd €100. Tickets: €5. Available from 087 6676817. To advertise in our Race Programme: Quarter page €25. Half page: €50. Full programme: €100. Dog Nominations: €20.

CARTELLIE RALLY OF THE LAKES: Best of luck to all competitors in the rally this week from the Parish. Drivers, co drivers, marshals, committee member, spectators etc. Safe driving to everybody this weekend and have a enjoyment weekend.

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

GLENFLESK NEWS WITH DONAL KELLY



FROM L TO R: KATELYNN O'KEEFFE, ROSE KELLIHER, AINE O' SULLIVAN, JOANNE CASHMAN, MARIE CRONIN, JULIETTE O'SHEA, NORITA CASHMAN AND ORLA KELLIHER.

ALL-IRELAND CHAMPIONS: Congratulations to the Glenflesk senior figure dancers who won their second All-Ireland Scor title in a-row at the City West hotel in Dublin on Saturday April 25th 2015. Katelynn O'Keeffe, Rose Kelliher, Aine O'Sullivan, Joanne Cashman, Marie Cronin, Juliette O'Shea, Norita Cashman, Orla Kelliher, and their trainer Norrie Sheehan.

ALL-IRELAND CELEBRATION: To mark the

All-Ireland success of the senior figure dancers there will be a special event in St. Agatha's Hall, Glenflesk on Sunday May 3rd. See Facebook for more details.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Sunday the 26th of April 2015, in the Corner Bar. Jackpot: €4,800. Numbers drawn: 3, 8, 15, 19. No Winner. €50 EURO DRAW: First draw: Tim Kelly, Shronedraugh. Seller: Mike O'Shea. Second draw: Phil Ahern, Faha. Third draw: Michael O'Donoghue, Knockanes. Fourth draw: Seamus, Donie and Gerry, c/o The Corner Bar. Next draw will be held on Sunday May 10th in the Kerry Way, Jackpot €5,000.

MINOR COUNTY LEAGUE: The Glenflesk minor team were defeated by Beaufort in the semi-final of the minor county league Division 3 on Friday April 24th on a scoreline of 0-9 to 1-8.

COISTE NA NOG: The U12 team defeated An Gaeltacht on Saturday April 25th on a scoreline of 5-17 to 2-10 in the third round of the County League.

GLENFLESK COMMUNITY GAMES: Congrats

to Cian McAuliffe, who won Silver Medal in Under 12 Breaststroke, and Nathan O'Connor, who won Bronze Medal in Under 12 Backstroke, at Community Games swimming county finals in Tralee last Sunday. Well done boys.

GLENFLESK COMMUNITY GAMES: U10 mixed football. Anyone interested (Girls & boys) in taking part in mixed U10 football please contact Seamus Moynihan before 1st May or call Helena O' Donoghue on 0872468396 or Elizabeth Switzer on 0863584104 or send us a message via our Facebook page.

GLENFLESK TEEN CLUB: New Teen Club commencing on Friday 1st May in St Agatha's Parish Hall Glenflesk: 8.00 to 10pm. Boys & Girls from 1st year onwards. €2 per night. Hang out with your friends, play games, listen to music. Refreshments available. Fully supervised by committee members and parents. (Support from parents required).

RAHEEN NS: Congratulations to Bernardine Roche who had the winning lotto no. 13 on Saturday the 26th of April.



EXAM STRESS

Last week we discussed that the most important thing to remember is that a relaxed body and mind is better equipped to deal with stresses and tensions. So looking after your mind and body at this time will help you to cope better with exam pressures.

Now let's look at some practical ways that you can reduce the pressure around exam time.

1. **Set Priorities.** What is the most important and what needs to be done first. You do not need to do everything in one night. Prioritize what needs to be done early in the week, and what can be done later. If you are focusing on a few subjects a night rather than worrying about all of them every night you will do a better job overall.
2. **Give yourself a break.** Whilst it's important to do your best – don't try to over-achieve. Give yourself time to relax too.
3. **Set Realistic Goals.** Set goals that you can see yourself achieving within a week, two weeks, etc. Setting goals that are too high can make you feel more stressed if you cannot realistically achieve them.

As exam time approaches – if you haven't done so already – now is the time to create a plan for exam time. Map out all of the material that has to be covered and make a schedule showing what, when and how much you will study each day. You may need to prioritize to ensure that material weighted more heavily in the exam gets sufficient study time.

Here are some tips to follow in creating your study plan:

- budget your time realistically;
- allocate the study time into several manageable study sessions;
- divide the course material into small segments and assign them to the study sessions;
- set clear and specific goals for the study sessions;
- take into account your familiarity with the material and the difficulty level;
- don't make the study sessions too long;
- study sessions should have enough variety in terms of topics and activities to prevent boredom and loss of effectiveness;
- avoid cramming before the exam;

We will look at these tips in more detail in the next few weeks. Remember if you feel stressed or overwhelmed, talk to a parent, teacher or counsellor, and don't be afraid to ask for help.

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.

Please support us at The Ring of Beara Cycle on 23rd May 2015. Contact the Centre for application forms and sponsorship cards. For more information see www.ringofbearacyclekenmare.com

Health Matters.... With Dr. Michael Moloney

GOUT

WHAT IS GOUT?

Gout is a form of arthritis which can cause severe pain in one or more joints. It is caused by a build up of uric acid within the joint which can be followed by inflammation thus causing pain. Gout affects about 1 in 200 adults is more common in middle aged men and can tend to run in families.

An attack of gout can present very quickly and develop even over the period of a few hours. It can be extremely painful and can last several days. Usually an acute attack only affects one joint (most typically the big toe); however multiple joints can be affected. Occasionally sites other than joints can be affected.

Uric acid levels may rise for a variety of reasons thus precipitating gout in susceptible people. Certain foods can cause a rise in uric acid levels. Typical 'rich' foods and alcohol as well as certain medications (including some blood pressure tablets) may bring on gout. Occasionally gout may be brought on by an underlying medical condition.

DIAGNOSIS OF GOUT

Gout is often a clinical diagnosis made easily by your GP. The diagnosis may be confirmed by a blood sample showing a raised uric acid level. Uric acid may be normal during an acute attack. Some individuals may even have normal uric acid levels in the blood and still suffer from gout.

MANAGEMENT OF AN ATTACK

An acute attack of gout may be helped by elevating the affected limb and applying ice packs for 15-20mins. Also over the counter analgesia such as ibuprofen may help the symptoms.

Some people may be sensitive to ibuprofen or other anti inflammatory medications prescribed by their GP. Such medications can occasionally cause bleeding from the bowel or aggravation of asthma. One should always check with their pharmacist or GP if they have any concerns regarding their medication.

Medications other than anti inflammatory painkillers such as colchicines and steroids may be used to settle an acute attack.

PREVENTION OF GOUT

General lifestyle changes such as increasing exercise, reducing alcohol intake and improving the overall quality of the diet can reduce recurrence of gout. There is some evidence to suggest vitamin C supplementation may reduce exacerbations. Medication may be used if attacks are frequent.

Allopurinol is a medication commonly used to prevent gout attacks. It is not used during an acute attack and can take up to 3 months to lower uric acid levels and thus prevent an attack. The dose of allopurinol used can vary from person to person and may be tailored according to uric acid levels.

Other treatment options are available for persisting or troublesome gout.

If you have any queries regarding the above article please do not hesitate to contact us on 0646620628



Dr. Michael Moloney,
MB, BCh, BAO, BMedSci MMedSci, DOWH, MICGP
Specialising in Sports Medicine.

Member of the faculty of sports and exercise medicine.

Doctor to the Kerry Senior Football Team.

Doctor to Ireland Under 17 Soccer Team.

The Killarney Medical Centre,
47 New Street, Killamey. t: 064-6620628.

SPA NOTES

COISTE NA NÓG TABLE QUIZ: Thanks to all who attended this fundraiser in the Torc Hotel. John O'Donoghue and his coaching committee Andrew Garnett, Niall O'Mahony, Kieran Herlihy and Ivor Flynn hosted this event. Batty O'Sullivan was the excellent Quiz Master. Míle Buíochas for all the spot prizes: Torc Hotel (Brendan), Shane Cronin (Gaelic Plus), McSweeney's, Jimmy Briens, David Rea (Celitc Steps), Kerry GAA Store (Botty), Spa Merchandise (Mathilda) Anne Holland and Geraldine Spillane.

U12 BOYS:

SPA 3-4 V BALLYMACCELLIGOT 5-14: We played against a very strong opposition, played good football matching our opponents but were beaten by the stronger team.

UPCOMING FIXTURES: Fun Game: U10 Boys away to Legion at 6.30pm.

U12 Bye, U16s v Kilgarvan/Tousist TBC.

LADIES FOOTBALL: U16/8/10 continue training Wednesdays at 5pm for an Hour.

U12 GIRLS: SPA V GLENFLESK

SCORING 3-10 AWAY TO GLENFLESK

On a winning streak with our 3rd outing as this team has improved with every game and their passing and team work is paying off from the excellent coaching team.

U14 GIRLS: History was made in the Club when we competed for the first time in Feile in Division 3. A new initiative by the Ladies GAA. Played in Ballymac against Kilcummin, Kerins O'Rahillys and Currow. Defeated Currow in the group but they got the upper hand in the final. The girls were outstanding on the day and a great achievement on the day even though they didn't come away with the trophy, they were champions to us. This is great experience for them for next year when Kerry host Féile.

U16S: SPA/SCARTAGLEN 2-10 MOYVANE 2-6: Played in Spa and our team lead from the start with early scores by Aisling O'Connell, Aoife Dunlea and Ciara Moynihan. Moyvane responded with some excellent scores but we managed to hold them off with excellent defense work from Emma Cronin, Roisin Kearney, Elizabeth Stack and Lorraine Hanarah. Young Mairead Bennett was excellent as attacking half back along with Siobhan Collins. Midfield duo Sarah O'Sullivan and Ciara Moynihan were solid and were constant thorns in the opposition side.

SENIOR LADIES: This year we will enter the Senior Championship with Rathmore.

Waiting for Date for Final Division 3 B.

SPEEDY RECOVERY: The club would like to wish a speedy recovery to Alan O'Sullivan (U14) who hurt his shoulder against Dingle and to Evan Cronin who also injured his shoulder in the Intermediate Championship against Kenmare.

INTERMEDIATE CHAMPIONSHIP ROUND2:

SPA 2-17 KENMARE 3-14: Spectators were treated to an excellent game of football in Spa on Sunday in Round 2 of the Intermediate Championship and after 1 hour 20 minutes of football the sides could not be separated. Spa played quite well in patches during the first half scoring 6 points. Michael O'Donoghue was in good form scoring 3 points from frees and 1 from play. Craig Hickey and Cormac Cronin were also working very hard and added a point each. Shane Cronin and Mike Foley were making some great runs and opening up the Kenmare defence. However it was Kenmare who had the upper hand by half time thanks to 3 goals, the first from the penalty spot in the 10th minute, the 2nd a lucky shot for a point that ended up in the net and the 3rd was a well worked goal finished by Stephen O'Brien. Spa had a mountain to climb at the start of the second half but within 10 minutes Spa were back on level terms thanks to 2 well worked goals finished by the excellent Craig Hickey. Indeed Craig finished with a personal tally of 2 goals 4 points. Michael O'Donoghue added another 2 points the second half. Kenmare only scored 4 points the second half thanks to great defending from all the backs and the goal keeper. This left the score level at full time, Spa 2-11 Kenmare 3-8. Extra time was a very tight affair with both teams scoring 3 points in the first half. Ml. O'Donoghue, Evan Cronin and Mike McCarthy got the scores for Spa. The second half of extra time was very exciting with both teams again scoring 3 points each, one from Craig Hickey and 2 from Ml. O'Donoghue who had an outstanding game throughout. Both teams were happy to have another chance next weekend to progress to next round.

MINORS SEMI FINAL CO LEAGUE DIVISION 1: SPA 1-11 DINGLE 1-16

Played away to wet and windy conditions in Dingle. Team played very well but were very unlucky on the night. Never say die attitude with great play from Dara Moynihan, Ciaran Spillane, Mike Foley and David Spillane leading

at half time 1-7 to 0-8. Dingle took charge of the score board in the second half, we kept trying to narrow the gap but unfortunately ran out of time to lose to the West Kerry team. They meet Ballydoughue in the final.

Lotto: Draw held in Killarney Oaks. Jackpot €6,800 not won. Numbers drawn: 11, 16, 26, 27.

LILY OF KILLARNEY: The Ladies Committee will host our Annual Social Event on Friday May 22nd in the Gleneagle. Follow this event on Lily of Killarney Facebook Page. More details to follow in the upcoming weeks. Further information contact Sheila Curtin 0864089506.

LÁ NA GCLUB SATURDAY MAY 16TH: This day promises to be a great fun social event once again. More details to follow in the coming weeks from the Social Committee. Ceol agus craic and the BBQ will be a guarantee on the day.

MAYOR'S BALL: John Joe and Mary Culloty are hosting the Annual Mayors Ball Sunday May 3rd at 7.30pm in the Malton Hotel. Tickets €50 for a 4 course meal on sale at the Malton. This is a formal event and not a Black Tie as in previous occasions. Dancing the night away to Crystal Spring. All proceeds to the Killarney/South Kerry Branch of the Irish Cancer Society.

WEDDINGS: Congrats to the following on their marriages: Catherine O'Doherty Knocknahoe, to Paul O'Sullivan, Mallow, Gina Wickham, Ballaugh to Kieran Corkery, Killorglin, Ann Cahill, Knocknahoe to Patrick Maher Clondalkin, Dublin, Alan O'Sullivan, Minish to Claire Allen, Dublin.

SYMPATHY: Is extended to the relatives of the following who died during the past week. Dan McCarthy Cumeen, James McLoughlin Ardaneanig and Denis Fenton, The Park. May They Rest In Peace.

DENIS FENTON A STALWART OF THE GAA IN SPA AND EAST KERRY:

The GAA fraternity of Spa and East Kerry are saddened by the passing of Denis Fenton, The Park at the weekend. Sympathy is extended to his wife Kathleen, Sons Mark and Damien and all extended family and friends.

OBITUARY ON PAGE 22.

ALLOCATION: Councillor Michael Gleeson has allocated the sum of €3,000 towards the improvement of the footpath at Upper Park Road. The Council has committed to matching this amount thus allowing a reasonable length to be upgraded.

BEAUFORT NEWS

Aoife Doyle won a gold medal in the discus and a silver medal in the hammer at the Munster Track and Field Championships last weekend.

Not to be outdone, her sister Fiona, won a silver medal in the Pentathlon with a new personal best and an impressive 4.77m in the long jump

and 1.6m in the high jump. Fiona scored a total of 3044 points. Well done to both girls for the great results.

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AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

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

Aware Support Groups are free to attend, no referral necessary. **www.aware.ie.**



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



MEMBERS OF THE KILLARNEY LIONS CLUB AND KERRY SPINA BIFIDA ASSOCIATION ATTENDING THE LAUNCH OF THE KILLARNEY FOOD AND MUSIC FESTIVAL CHARITY MINI MARATHON IN ASSOCIATION WITH THE KILLARNEY LIONS CLUB DUE TO TAKE PLACE ON SATURDAY JUNE 27TH. FRONT FROM LEFT: DON O'DONOGHUE, FRANCES HENDERSON, TADGH BUCKLEY, AILEEN BUCKLEY, MARY AND JACK HOULIHAN. AT BACK: DERMOT CRONIN AND LIAM KEALY.



ANGELA HEALEY (KILLARNEY), DELORES GALLAGHER (TRALEE) AND NUALA BARRY (KILLARNEY) WALKING FOR THEIR FAVOURITE CHARITY AWARE IN THE WALK FOR LIFE ON SATURDAY EVENING FROM TRALEE WETLANDS. PIC JOE HANLEY



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The Irish Blood Transfusion service will hold a Blood Donor Clinic at Pobalscoil Inbhear Sceine, Kenmare, on Tuesday, 5th May 2015 from 6:00pm - 9:00pm and in Cahirciveen at Colaiste na Sceilge on Wednesday 6th May also from 6:00pm - 9:00pm.

Giving blood makes it possible for many people to lead normal healthy lives. Every year thousands of patients require blood transfusions in our hospitals, because they are undergoing surgery, recovering from cancer or have been in a serious accident.

You must be 18 or over and under 65 to give blood for the first time. If you are aged between 65 and 70 years (up to, but not including your 70th birthday) and you have donated in the last 10 years, you can give blood.

In selected cases, you can give blood if you are 70 years or over (you must have donated in the last two years and have a Medical Certificate from your GP).

7 BIGGEST MYTHS ABOUT SUICIDE:

Suicide is one of the most heartbreaking, confusing and misunderstood issues in contemporary culture. It's no surprise, then, that many people's understanding of suicide is shaped by the very taboo nature of the act. But it's these very misconceptions that really hurt the victims — and potential victims — of suicide. Armed with the tools to understand suicide, you can help prevent it. Read on for some of the most common misconceptions about suicide.

1. If You Prevent a Suicide, the Person Will Just Find Another Way.

Many, if not most, suicide attempts are impulsive decisions. One study found that nearly 1/4 of people who survived a suicide attempt had decided to commit suicide less than 5 minutes before they attempted.

To dig a little deeper into this, we have to look no further than the world's top suicide destination — the Golden Gate Bridge in San Francisco. The debate over whether or not to construct a suicide barrier on the bridge has gone on for decades. One of the most pervasive claims on the anti-barrier side has been that people will just find a different way to commit suicide. But, in a landmark 1978 study that looked at the mortality rates of 515 people who had been prevented from jumping, this was found to be mostly untrue. Over the years, just about 5% of these people had successfully committed suicide after the earlier attempt.

So what does this mean? Well, it supports the idea that prevention is effective more often than not, and it is disingenuous to think otherwise.

2. Teens are at Greatest Risk.

The highest suicide rate is among 45 to 49

year old males and 20 to 24 year old women. While people may choose to end their life for a variety of reasons, depression is one risk factor that should be monitored.

3. You Shouldn't Ask Others if They're Thinking About It.

One of the best things you can do as the loved one of others who you suspect to be suicidal is to ask them if they're thinking about harming themselves. It's not going to put the idea in their heads, and doing so may actually help save lives. By bringing it up, you can help struggling loved ones plan how to treat possible conditions and suicidal ideation.

4. Suicide Peaks During the Christmas / New Year Season.

It certainly makes sense that, at a time where many of us are celebrating and the weather is gloomy, suicidal people feel most alone, desperate and depressed. However, there is no correlation between suicide rates and the Christmas season. In fact, suicide rates peak in late spring and early summer

5. Suicide is selfish.

It's easy to think this, but the reality is much, much more complicated. Over 90% of people who commit suicide have some form of mental illness. Mental illness is an illness like any other — and stigmatising victims of suicide often makes it harder for suicidal people to seek help.

Suicidal people often rationalise their thoughts by assuming that the world will be better off without them in it. They don't see it as selfish; they see it as self-less. Suicide is, of course, not the answer to their problem, which is why it is so important to help those who are in turmoil.

6. Suicidal People Don't Want Help.

Many people who experience suicidal ideation want help, and don't want to die. It's alarmingly common for people who are suicidal to be afraid to ask for help. Studies suggest that over half of people who commit suicide either sought or had medical treatment in the months prior to their act. The takeaway, then, is that asking a person you suspect to be suicidal is one of the best things you can do for them.

7. Copycat Suicides Are a Myth.

Suicide clusters are a very real, and very alarming, phenomena. They can happen in schools and colleges, in the wake of a suicide that was a means of political protest or even after a celebrity's suicide. Learning of the suicide of someone who a person feels close or similar to can serve as more evidence for a suicidal person to commit the act.

One of the ways authorities have attempted to mitigate this is by putting restrictions, or suggestions, on the press. The method in which a person took their own life isn't always publicised, and, at the Golden Gate Bridge and other suicide destinations, local media have begun to stop reporting deaths.

REVITALISING YOUR GARDEN TOOLS:

Have a little bit of rust? First, try removing the rust with a crumpled piece of aluminium foil. If that doesn't work, pull out your WD-40 and spray the rust. Then, scrub it with a heavy-duty pad. There are also rust removers that can be used if the first two methods are unsuccessful. Before using the tools, you will need to wipe off the sand/oil combination with some sort of cloth.

Likewise, if you didn't care for your timber tool handles properly, you may see some splits and splinters in the wood. If splinters are the only evidence of your neglect, you can carefully use sandpaper to make the splinters vanish. Then apply linseed oil to the handle.

If you have more than splinters (like, maybe the handle is starting to split apart a bit), you can use a mix of equal parts of linseed oil, turpentine, and paraffin to make a wax mixture to fill in the gaps in the handle.

If your handles are beyond repair, consider buying replacement handles instead of buying a completely new tool. And if you can't do that, can you use part of the tool in another way and give new purpose to old items.

Armed with the knowledge of how to take care of and repair garden tools, you can make your tools last for years.

If you have a gap in your gardening tools repertoire, don't drain your gardening savings account without checking out a few inexpensive options to buy quality gardening tools. You may find quality tools for little money at car boot sales or auctions. They may need some rejuvenation that the owner can't perform.

Perhaps you have relatives who are now unable to care for a garden and need to unload their tools. Offer a fair price for the tools. They get some money for something they weren't using, and hopefully you get garden tools at a fair price.

Wherever you find them, high-quality tools, even if they have seen better days, usually still have a lot of life in them. You just have to care for them properly.

MAKE PROVISIONS FOR YOUR PETS IN CASE SOMETHING UNEXPECTED HAPPENS:

We love our pets and treat them like family. But, have we all made the necessary provisions to keep them safe in the event of an unforeseen tragedy? Do you know where your pet(s) will go if something happens to you?

Many situations that lead family pets down the path of homelessness. An elderly owner who falls and ends up in a nursing home, a tragic car accident that takes the life of an owner, an aging owner who has become unstable on his/her feet and can not risk being knocked over by their dog; the list goes on and on.

Being responsible for our pets goes beyond providing necessary vet care, comfortable

beds and high quality food. Looking ahead to the unexpected is part of that responsibility. Owners can draw up a will that includes provisions for their pets. At the very least, an owner should talk to his/her family members (both immediate and extended) to see if there is someone that is both willing AND able to take on the responsibility of the pet(s) in the event of a death or debilitating accident. Many times, there is an assumption that the family will care for the pets(s) if something happens to the owner, but more often than not, the family is not in the position to be able to take this added responsibility on.

Frantic pleas to local rescues are often the first course of action for the family members caught up in the emotional aftermath of an unexpected loss. If the family is lucky, there will be a rescue organisation that has an opening for the pet, but even then beloved pets who end up in this tragic circumstance; alone, dejected, and confused.

If luck is not on their side, the once loved pet(s) may end up in a shelter where his/her future is uncertain at best.

Take a few moments to talk to your family and your friends and see what type of provisions you need to make for your pets. If you are lucky, your family will be both willing and able to take your pet into their home and continue loving them as you have. If family is not an option, consider talking to your dog loving friends to see if they might be willing to step up and help when/if an accident occurs.

It's never easy to think of the "what ifs" that life can throw our way, but being prepared is the responsible, loving thing to do.

ANSWER TO LAST WEEKS RIDDLE:

Is it legal for a man in California to marry his widow's sister? Why?

No, it is not legal to get married if you are dead.

QUOTE FOR THE WEEK:

"Fairness is man's ability to rise above his prejudices". - Wes Fessler

ON THIS DATE MAY 1ST:

1654 - Landowners in Ulster were ordered to move to Hell or to Connacht by this date; this deadline was then put back to 1st March 1655.

1704 - Boston Newsletter publishes first newspaper ad in the U.S.

1780 - Amhlaoibh Ó Súilleabháin, teacher and diarist, born in Killarney.

1794 - Catholics were enabled by law to attend Trinity College.

1822 - John Phillips became the first mayor of Boston.

1854 - Songwriter, entertainer and artist, Percy French, born in Cloonyquin, Co. Roscommon. One of his many famous songs is "The Mountains of Mourne"

1873 - Death of David Livingstone, Scottish

explorer.

1945 - Adolf Hitler committed suicide in his bunker as Soviet forces overran Berlin.

1975 - The South Vietnamese government surrendered unconditionally to North Vietnam, ending decades of war.

2001 - The Thomas Street, Limerick City premises, Auburs, beat off stiff competition from 11 monthly winners to become Ireland's leading suppliers of pub lunches when it won the coveted Club Orange/Licensing World Pub Lunch award

RIDDLE AND TONGUE TWISTER:

This week's teaser is both riddle and tongue twister - Round and round the rugged rock the ragged rascal ran.

How many R's are there in that, now tell me if you can!

Answer next week.

IDOTIC REASONS FOR ABANDONING DOGS:

There are a few unavoidable and unfortunate circumstances that result in people having no choice but to rehome or surrender their dogs. Sadly, a vast majority of excuses are shameful, ridiculous, or downright idiotic.

A dog (or any pet) is a part of the family, to be loved and cherished every day of his or her life. A pet is not a toy to be played with a few times and then tossed when it's not fresh and new anymore.

These are just a few of the ridiculous real-life reasons people have abandoned their dogs.

* "He's old and no fun anymore. I want a puppy instead." When a senior dog was left at a shelter, his previous owners explained that the dog was too old and too slow. They wanted to trade him in for a newer, younger model.

* "She keeps peeing in the house and not on the puppy pads." This dog did not have any medical issues that caused her to urinate indoors. She simply lacked training. Her owner assumed that all she needed to do was put down a puppy pad and the dog would never have another accident again and would

magically begin to "go" outdoors. Within just a few weeks at her new home, with proper training she was going potty outdoors.

* "He won't stay out of the rubbish." A majority of owner surrender cases are behavioural, and most of those due to lack of training. This dog owner didn't bother to train his dog, or to put the rubbish bin where he couldn't reach it.

IRISH FURZE:

Called whin in the north and gorse in the east, furze was once a symbol of wealth and fertility of land as is emphasized by the saying: "gold under furze, silver under rushes and famine under heather."


As indigenous to the early summer landscape as rhododendrons, it is despised by farmers because of its invasive properties; but in the past, it had many good uses.

It ignites quickly, so it was used for starting the fire: it was also used for cleaning the chimney, harrowing the soil, dyeing wool and fabric, as a flavouring for whiskey, as an emergency bed (covered with overcoats etc) to offer a nights lodgings to anyone in need and long before slatted houses were even thought of - used under bedding material for animals to keep them dry.

It had medicinal powers and its magical powers were undisputed in preventing the good people from stealing the butter on May day. And, at mid-summer, blazing branches were carried round the herd to bring good health to the cows for the coming year.

Finally this week I would like to wish all readers, advertisers, correspondents, everyone at the Killarney Outlook office and all at Walsh Colour Print / Educate.ie a safe Public Holiday Weekend, if you are visiting the Kingdom or home on holidays you are very welcome, please take care on the roads and please do not be responsible for starting any fires in the countryside, thousands of acres have already been burned in wildfires and while there has been no loss of human life, no one can estimate the number of wildlife and their young that have burned to death.





A WORD OF VICTORY

Welcome back dear reader, in the Bible Jesus warns that offences will increase and that we will be given plenty of opportunity to be offended in the end times but woe to the offender (Luke 17:1-4). He explained that when we hold offence in our heart because of something that's been said or done to upset us, we block God's flow of goodness in our lives. Offence stops healing, curses finances, cause's turmoil in relationships and torment in the mind of the offended ones. The anti-dote to this oppression is Forgiveness. Jesus said to ask God to 'forgive us our trespasses as (or to the same extent as) we forgive those who've sinned against us' (Mathew 6:12). In Mark 11:22-25 Jesus said that when you are believing God to answer prayer that you will have those things you've asked for but, when you stand praying, if you have anything against any person you need to forgive them in order for you to be forgiven. Many people go through life collecting offences and are prone to every type of calamity, sicknesses, poverty etc.. Some call it bad luck, but friend there is no such thing as bad luck – the choices we've made in the past are what we are living out today. There is no-one who has not experienced offence. Here is a prayer of forgiveness to pray aloud; say -Lord Jesus, I forgive (name the person or people), and any other person - dead or alive who has hurt me or my family in any way, for the hurt and pain they've caused me and, as you have forgiven me my sins, I choose to forgive them completely. I release all bitterness and anger out of my heart towards them in Jesus name. I receive healing in my body and peace in my mind. I thank You Lord Jesus for being my Lord and my Saviour. Amen. If you have a query on Scripture or any prayer need please call **064-6622950** or email **wordofvictory@eircom.net**. More next week...

Contact: 064 - 66 22950 Email: wordofvictory@eircom.net

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GAELSCOIL FAITHLEANN FIRST HOLY COMMUNION CHILDREN CLAUDIA BURTON AND ELLE NOONAN ENJOYING THEMSELVES AT A CELEBRATION PARTY AT GAELSCOIL FAITHLEANN, KILLARNEY, FOLLOWING THE HOLY COMMUNION CEREMONY IN THE CHURCH OF THE RESURRECTION, KILLARNEY LAST SATURDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



GAELSCOIL FAITHLEANN FIRST HOLY COMMUNION CHILDREN FIACHRA ROARTY, TJ HEALY AND JOSH BOWLER ENJOYING THEMSELVES AT A CELEBRATION PARTY AT GAELSCOIL FAITHLEANN, KILLARNEY, FOLLOWING THE HOLY COMMUNION CEREMONY IN THE CHURCH OF THE RESURRECTION, KILLARNEY LAST SATURDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



GAELSCOIL FAITHLEANN FIRST HOLY COMMUNION CHILDREN SAOIRSE O'SULLIVAN, KEELIN DOYLE, LEAH O'GRADY, GRAINNE BYRNE AND ANDREA MURPHY ENJOYING THEMSELVES AT A CELEBRATION PARTY AT GAELSCOIL FAITHLEANN, KILLARNEY, FOLLOWING THE HOLY COMMUNION CEREMONY IN THE CHURCH OF THE RESURRECTION, KILLARNEY LAST SATURDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



GAELSCOIL FAITHLEANN FIRST HOLY COMMUNION PUPIL WILLIAM SHERRY PICTURED BY THE LAKE SHORE AT THE LAKE HOTEL, KILLARNEY, FOLLOWING THE HOLY COMMUNION CEREMONY IN THE CHURCH OF THE RESURRECTION, KILLARNEY LAST SATURDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

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.S.**

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NOVENA TO THE SACRED HEART

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

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NOVENA TO THE HOLY SPIRIT

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

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NOVENA TO THE SACRED HEART

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

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

ST. TERESE OF THE LITTLE FLOWER

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

THE MIRACLE PRAYER

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PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

THE MIRACLE PRAYER

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

THE MIRACLE PRAYER

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

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