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# KILLARNEY Outlook

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<b>CALVARY</b> (15A) 11:00m Fri-Wed Fri ONLY Late Show Fri 6:10 9:00 11:30	<b>THE OTHER WOMAN</b> (12A) 12:00m 7 Days Late Show Fri 6:35 9:00 11:20	<b>LOCKE</b> (15A) 9:00m 7 Days Late Show Fri 6:40 9:00 11:30	
<b>RIO</b> (G) 11:00m Sat/Sun/Mon 2:05 4:05	<b>KHUMBA</b> (G) 9:00m Sat/Sun/Mon 2:20 4:20	<b>MUPPETS</b> (G) 11:50m Sat/Sun/Mon 2:15 4:25	

**KIDS CINE CLUB Saturday 3rd & Sunday 4th May**

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<b>KHUMBA</b> (G) 9:00m 12.20	<b>RIO 2</b> (G) 11:00m 12.05

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ONE  
DIRECTION**



**Lee Strand**

TASTE THE FRESHNESS



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

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

### SO START COLLECTING NOW ONE DIRECTION FANS ...

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

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

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

### CLOSING DATES - 5 DRAWS!

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

**DRAW 1:** Thursday, April 17th @ 5pm

**DRAW 2:** Thursday, April 24th @ 5pm

**DRAW 3:** Thursday, May 1st @ 5pm

**DRAW 4:** Thursday, May 8th @ 5pm

**DRAW 5:** Thursday, May 15th @ 5pm

### ONE DIRECTION COMPETITION ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone/Mobile: \_\_\_\_\_

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



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# ACTION GROUP LOBBIES FOR KILLARNEY'S FUTURE



CHAMBER PRESIDENT JOHNNY MCGUIRE.

A NEW action group tasked with safeguarding and developing services and standards in the greater Killarney area, following the implementation of the controversial Local Government Reform Act 2014, was endorsed at a public meeting in the town on Monday.

Fears for the future were expressed by several concerned business owners and community organisations at the meeting facilitated by Killarney Chamber of Tourism and Commerce and held in the Killarney Avenue Hotel.

The gathering of over 100 people heard that a number of issues have arisen that will give real cause for concern when the new legislation is introduced following the abolition of Killarney Town Council in a matter of weeks.

The Killarney region, including Castleisland, Rathmore and all surrounding districts, will soon be included in a new municipal area.

Chamber President, Johnny McGuire, said there is a widespread belief that Kerry County Council is planning to go much further than is asked or is necessary under the terms of the reform.

Of primary concern is the executive's plan to centralise the vast majority of functions to Tralee and there are concerns that Killarney, Castleisland and Rathmore, and the

surrounding districts, will suffer greatly as a result.

"We fear that employment opportunities will be reduced, services will be hugely compromised, rates will multiply and key decisions relating to the future of this area will be made elsewhere and completely outside of Killarney's control," said Mr McGuire.

"We have been in contact with the outgoing Kerry County Manager, Mr Tom Curran, and Killarney Town Manager, Mr John Breen, to voice our concerns and, at the risk of understatement, we remain to be convinced that an acceptable level of services will be maintained in this area," he said.

Mr McGuire added: "We want to ensure that the greater Killarney area receives the support, services and involvement it deserves from the new-look Kerry County Council."

The new Killarney Local Government Action Group – a sub-committee of the Chamber – comprises Patrick O'Donoghue, Michael Buckley, Michael O'Carroll, John O'Mahony, Conor Hennigan, Frank Lewis and Chamber President Johnny McGuire. The group has outlined eight key issues that need to be addressed:

## ● A dedicated budget and executive

The Killarney Municipal District must have its own dedicated executive – including a finance officer – and its own dedicated budget. The area needs its own Local Government Development Committee to manage specific economic potentials and problems as they arise

## ● Killarney Planning Office

The Killarney Municipal District needs its own planning office and planning officer to help areas and sectors to prepare their own plans Retention of litter control and landscaping services

Services such as street cleaning, landscaping and associated works in Killarney must be

maintained and enhanced to ensure the town remains to the forefront of the national Tidy Towns competition

## ● Retention of the current level of rates

The current level of rates must be maintained and the current overall cost to ratepayers in the greater municipal area must not be increased

## ● Resort marketing budget

Given the importance of tourism to the local economy, the local authority contribution to the resort marketing of the Killarney area must continue. The name 'Killarney' is a hugely powerful worldwide brand and this must be recognised and acted upon

## ● Development levies retention

It is essential that accumulated development levies collected from Killarney businesses must be held for the greater Killarney area

## ● Tourism Development Unit

The planned new Tourism Development and Built Infrastructure Unit has to be based in Killarney given its standing as the county's tourism capital

## ● Mayor of Killarney

The chairperson of the Killarney Municipal District should be deemed the Mayor of Killarney given the importance and the integrity associated with the office. The eight councillors elected for the area will be asked to fully commit to continuing the function of mayor at a wide range of important public engagements



## KILLARNEY CELTIC PLAN WALK TO TALLAGHT!!

Killarney Celtic FC Football For All programme, which works to provide children with intellectual, physical or sensory special needs the opportunity to play soccer at their local club. The group are taking part in an FAI Blitz in Tallaght in June and on Monday next May 5th they are walking the equivalent of Killarney to Tallaght (295km) during Celtic's Family Fun Day at Celtic Park.

They plan to walk 447 laps of Killarney Celtic's pitches and are looking for 40 adults to do 11 laps each and the children to do the remainder 7 laps. The walk will take place at 2pm and sponsorship cards are available from John O'Donoghue on 086-8177729 or Jane O'Donoghue on 086-2243435.

## DOREEN RAISES €1,500



DOREEN BROSAN.

Well done to Killarney woman Doreen Brosnan who recently held a Rambling House at the Gleneagle Hotel. Doreen handed over €1,500 to three Killarney charities. Aware, Console and Kerry Parents & Friends, who all received €500 each.

Congratulations to all involved.



## WHEELCHAIR GROUP OFF TO LOURDES

The Killarney and South Kerry Branch of the Irish Wheelchair Association pilgrimage to Lourdes will take place from October 2nd to 7th 2014.

The group will fly from Kerry Airport with Spiritual Directors Canon O'Mahony, Canon O'Connor and Rev. Michael O'Doherty.

For more information contact Eileen Mayes on 087-6235792.

## COFFEE MORNING

Killarney Community College are holding a coffee morning in aid of school funds at the Killarney Plaza Hotel on Friday May 9th--10am to 12noon. All are welcome.



# MAY WEEKEND MASSIVE SALE

## The Factor *House & Home* **TILES & BATHROOMS**

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# GREAT TURNOUT FOR CHARITY FISHING COMPETITION

Up to 90 anglers fished the 27th Annual Charity Fishing Competition which was held on Lough Leín last weekend. With fishing conditions good on the day anglers from across the province took part.

At 11:00am a flotilla of boats was led out to Cherry Point by our starter Dermot O'Mahony who was flying the Kerry flag. Boats took off in all directions from there, but a number of anglers remained behind in the Bog Bay. This proved to be a wise decision as it was here that the competition was won. Indeed it was a very busy bay on Sunday with regatta training crews and Gap boats adding to the activity. However all of this didn't bother Dave Mears who won the competition with nine fine trout.

Most anglers reported that many parts of



STARTER, DERMOT O'MAHONY, LEADS OUT THE BOATS FOR THE 27TH ANNUAL CHARITY FISHING COMPETITION.



AT THE PRESENTATION OF PRIZES FOR THE CHARITY FISHING COMPETITION WERE LEFT TO RIGHT: PHIL HORAN (LLA), BERNIE BUCKLEY (COMMUNITY HOSPITAL MACROOM), DAVE MEARS (WINNER), ANGIE KISSANE (ST. JOHN OF GOD), GERRY DWYER (LEE STRAND).

the lake fished well. This augurs well for the rest of the season and is also a healthy indicator that the trout stock in the lake is good.

The main purpose of "The Charity" is to raise much needed funds for worthy causes. To date Lough Leín

Anglers have collected almost €200,000 for various charities. This year's charities were St. John of God Killarney and The Community Hospital Macroom. Lee Strand, once again provided very generous sponsorship for "The Charity". The prize giving dinner was held at The Dromhall Hotel on Sunday night. Angie Kissane (St. John of God) and Bernie Buckley (Community Hospital Macroom) were delighted to accept cheques of €10,000 each, and expressed sincere thanks to all involved.

Chairperson Phil Horan gave special thanks to the competition organisers, Tim O Sullivan and Pádraig Cochlain.

**RESULTS: Overall Winner:** Dave Mears. **Best Team:** Francis Kelly, John O'Sullivan, John Healy, Dave Mears. **Best Boat:** Barry O'Shea, Darragh Coakley. **Best Lady:** Anne McWilliams. **Best Juvenile:** Eanna O'Leary. **Heaviest Trout:** Billy O'Dea.

## OUTLOOK WINNERS



WINNER OF THE TIME TO BLOOM OUTLOOK PUBLICATIONS COMPETITION, JOAN MCCARTHY, KILLARNEY RECEIVING HER PRIZE OF A € 100 VOUCHER FOR THE SECRET GARDEN NEWMARKET FROM DIARMUID O'SULLIVAN, KILLARNEY OUTLOOK. PHOTO: LISA O'SHEA.



AISSING CROSBIE EDITOR OF THE KILLARNEY OUTLOOK PRESENTING PADDY O'SHEA KILLARNEY WITH HIS PRIZE, 18 HOLES AND DISH OF THE DAY FOR 4 PEOPLE IN CASTLEISLAND GOLF CLUB WHICH HE RECENTLY WON IN THE OUTLOOK PUBLICATIONS GOLF COMPETITION. PHOTO: LISA O'SHEA.

## "FROM BLACKBOARD TO BESTSELLER"

Bestselling Author Roisin Meaney is making a welcome return to Killarney Library where she will give a talk entitled "From Blackboard to Bestseller" on Tuesday 20th May at 7pm.

Roisin is a native of Kerry but is currently residing in Limerick. She is the author of fiction bestsellers such as "One Summer" and "The things we do for love".

On 20th she will speak about her journey from teaching to writing and all her adventures in between. She will also give a short reading from her latest novel 'After the Wedding' followed by a Questions and Answers session with the audience. The event will be of particular interest to book clubs.

Free admission. All welcome. Light refreshments will be provided.

For further information please contact Killarney Library at 064 - 6632655 or email killarney@kerrylibrary.ie





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FIRST RACE AT 2.15PM

Featuring local GAA Clubs competing  
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Civic Reception for 4 times Cheltenham  
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## Jim Culloty

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MON  
12th

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FIRST RACE AT 5.40PM NH CARD

TUES  
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FIRST RACE AT 5.15PM MIXED CARD



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# VINTAGE EVENT NETS €1,000 FOR HEALTH LINK BUS

A cheque for €1,000 was presented to the Kerry Cork Health Link Bus by Killarney Valley Classic & Vintage Club following their Charity Drive that took place on the 6th April.

38 cars and 35 tractors took part in the successful event which was made even better by the fabulous weather conditions. The Charity Drive was followed by finger food, a raffle and entertainment which was provided by the Killarney School of Music at the Travel Inn, Fossa. The group would like to thank everyone who took part on the day for their support.



PICTURED AT THE PRESENTATION WERE FRONT L-R - TOM LESLIE, GARY WYNNIE, PAUL O'REGAN AND PAT O'BRIEN. BACK L-R - GERRY O'BRIEN, NOEL O'CONNOR, TONY WHARTON, PADRAIG BUCKLEY, JAMES LOONEY, LAURA WICKHAM, LIAM WHARTON, MICK MYERS, THOMAS WHARTON AND JAY GALVIN. PHOTO BY SUZANNE KEANE.

## NEW SHUTTLE BUS FOR KILLARNEY

A new shuttle bus service is now available in Killarney allowing tourists the opportunity to explore Killarney in their own way, at their own pace and at an affordable price.

Kieran Flynn, an experienced bus services provider, will offer this service seven days a week throughout the year. It will cover two routes, both departing from the Discover Ireland Centre on Beech Road.

"It's an affordable way of getting around town" say Kieran that gives visitors an opportunity to see what Killarney has to offer in a way that is easy and convenient for them."

Route 1 will stop at the INEC, the main gate to the National Park, Muckross Abbey, the entrance to Muckross House and Torc Waterfall. It will run from 8.45am until 8pm daily.

Route 2 will stop at St Mary's Cathedral, Aghadoe, Fossa Bus Stop and the Gap of Dunloe. It will run from 10am until 4pm. Both services will operate set times throughout the day and there will also be a return service.

Tickets will be purchased from the bus driver



and they will be very competitively priced. Children under 16 will travel for free when accompanied by an adult. Single tickets will start from €3. All-day tickets for adults will cost €10 and all-day tickets for young adults aged under 25 will cost €5. A family ticket (for two adults and three children) will cost €15 and a special three-day ticket will cost €15.

So step aboard this shuttle bus and explore the many attractions of Killarney. Whether you're looking for an opportunity to walk in Killarney National Park, a tour of Muckross House or a convenient way of getting to the Gap of Dunloe the new Killarney Shuttle Bus will bring you where you want to go.

## ALL SET FOR THE MUCKROSS SPRING CLEAN-UP

Residents of the Muckross area will be out in force on Saturday next May 10th in an effort to keep their area clean. Everybody living in Muckross is being asked to help clean up their own area in the big Muckross Spring Clean - up which will take place from 2pm to 4pm - meeting at

2pm for the distribution of rubbish bags and gloves at the following points:

- Kenmare Road (Main Road) at Hegarty's Shop
- Loreto Road at Loreto School
- Lough Guitane Road at Muckross Church
- Mangerton Road at Ard na

gCoisti - turn-off to foot of Mangerton

- Mill Road at GlenEagle Carpark.

"We're asking every household to help make Muckross the best place to live and visit," says Liam Kelly, Chairman Muckross Community Association.

## BEALTAINÉ FESTIVAL AT THE LIBRARY

A festival to celebrate creativity as we age is taking place in Killarney Library during the month of May. Bealtaine is a unique festival which has over 120,000 people around the country taking part in it. It is a chance for people to create new and challenging work, and a chance to communicate traditions between the generations. It is also an opportunity for the novice to discover an unknown talent or perhaps for a long-dormant skill to find a new outlet.

Killarney Library is hosting three events for Bealtaine Festival. On Tuesday 6th May writer Tommy Frank O'Connor will facilitate a one-off Creative Writing workshop between 11am-12.30pm. On Tuesday 13th May a screening of the comedy film "Quartet" starring Maggie Smith will take place at 6pm. On Thursdays 15th & 22nd Roman Burgan will conduct a Painting workshop from 11am-12.30pm.

Places for the Creative Writing workshop and the Painting workshops are limited so prior booking is essential. Please contact Killarney Library at 064- 6632655 or email [killarney@kerrylibrary.ie](mailto:killarney@kerrylibrary.ie) to book your place. Admission to all events is free.





# Hot in the Hills

One Day, One Mountain & One Hell of a SINGLES Adventure  
Climb Mount Brandon, Dingle Peninsula Sat. 10th of May

Fully guided hike by Con Moriarty (Hidden Adventures Ireland) to suit all levels  
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**Chilled out Vibe, No Themes or Gimmicks just Great Craic!**

Even number of Male/Female participants guaranteed (under 45s Only)



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# KERRY CYCLING TEAM TO CHALLENGE FOR HONOURS IN THE 2014 RAS TAILTEANN

It will blood, sweat and tears for Kerry cyclists as they take on National and International teams and leading International championship medal winners in this year's An Post Rás. The Rás, one of the most prestigious sporting events in Ireland, runs from Sunday 18th May to Sunday 25th May over 1,260 kilometres and 36 categorised climbs. This week Killarney Cycling Club announced that they are to enter a Kerry team in The Rás in partnership with Ahern's BMW/Opel Castleisland. The epic race began in 1953 producing a number of Kerry winners including 1955 winner Gene Mangan (Killorglin), 1956 Paudie Fitzgerald (Dingle), 1958 Mick Murphy (Caherciveen), 1972 John Mangan (Killorglin), 1978 Seamus Kennedy and 1997 Andrew Roche. Kerry/Ahern's BMW/OPEL Ras Team will consist of five riders and a support crew of three under the management of Brendan Cassidy (secretary of Killarney Cycling Club). The team members are Matt Slattery, John Mannix, Mike Lucey, Benny Cassidy and recent Ras Mumhan stage winner Cathal Moynihan who cycles for Tralee Bicycle Club. The team manager is Brendan Cassidy; Soigneur - Brendan Slattery; Physio - Cian Hogan; Mechanic- Mike Shaughnessy. The 2014 edition of the race will travel anticlockwise around Ireland, beginning in Dunboyne on Sunday May 18th and featuring stage end finishes in Roscommon,



**TOP TEAM:** KILLARNEY CYCLING CLUB IS DELIGHTED TO ANNOUNCE THAT THEY ARE TO ENTER A KERRY TEAM IN THE AN POST RAS 2014, IN PARTNERSHIP WITH AHERN'S BMW/OPEL. THE TEAM ARE PICTURED AT AHERN'S BMW/OPEL CAR SALES CASTLEISLAND. TEAM MEMBERS ARE MATT SLATTERY, JOHN MANNIX, MIKE LUCEY, BENNY CASSIDY, CATHAL MOYNIHAN, MANAGER BRENDAN CASSIDY, SOIGNEUR BRENDAN SLATTERY, PYSIO CIAN HOGAN, MECHANIC-MIKE SHAUGHNESSY. ALSO IN PIC WERE PAT AHERN (AHERN'S DEALER PRINCIPAL OF BMW/OPEL CAR SALES CASTLEISLAND WHO PRESENTED THE CHEQUE TO MANAGER BRENDAN CASSIDY, WITH GORDAN LUNN (SALES MANAGER) AND BRIAN HANAFIN (KILLARNEY CYCLING CLUB).

Lisdoonvarna, Charleville, Cahirciveen, Clonakilty, Carrick on Suir, Baltinglass and Skerries. The fourth stage on Wednesday May 21st from Charleville in Cork into Cahirciveen has the potential to really shake up the peloton on the 180 km route. It will pass through Abbeyfeale, Farranfore, Milltown, Killorglin,

Glenbeigh, Caherciveen, St. Finian's Bay, Coomanaspic, Portmagee and Cahirciveen. The fifth stage leaves Cahirciveen on Thursday May 22nd for a stage end in Carrick-on-Suir. This stage will pass through Cahirciveen, Derrynane, Sneem, Kenmare and the Caha Pass.

## GIFTED PIANIST TO PERFORM IN TRALEE

A GIFTED Killarney-based pianist, who has performed in some of the world's top venues, will give a public recital at the Kerry School of Music in Tralee on Saturday, May 10.

Mantautas Katinas will perform pieces by Chopin, Scriabin and Medtner and the event, entitled Romantic Journey, will commence at 7.30pm. He will feature all the works that he is due to perform at the Philomuses Hall in Paris four nights later.

Katinas is well known in Germany, Switzerland, France, Britain and throughout Ireland, as well as his native Lithuania, as a very talented performer. He has also delighted audiences through his involvement in innovative multi-disciplinary projects and more recently he has performed in Bern and Fribourg and Vilnius.

In 2010, Katinas won first prize in the prestigious Île de France international piano competition and also received the special Philomuses Association prize. His interest in various artistic idioms and genres subsequently led him to develop trans-disciplinary artistic collaboration in the Pyxis style, encouraged by Chantal Stigliani. It has included performances with the actress and director Émilie Chevrillon and painter Camille Chevrillon, in Paris.



PIANIST MANTAUTAS KATINAS

Invitations followed for engagements in festivals and special events throughout France, as well as for repeated performances in Paris, promoted by the Philomuses Association. Performances in other European countries received great acclaim.

## ST. MARY'S CHURCH OF IRELAND CONCERT SEASON CONTINUES.

This May at St. Mary's the 2014 Concert Season will continue in great style with lots more concerts to look forward to. The first of these is on Wednesday May 7th at 8pm and will feature the Roanoke College Choir, from Salem, Virginia, under the directorship of Dr. Jeffrey Sandborg and the Kerry Choral Union Choir under the directorship of Sharon Reidy.

The Roanoke College Choir comprises of 60 auditioned singers in total and represents every academic discipline on campus and is widely recognized for its versatility, innovative programming and beautiful sound. The Choir has a history of travel and has performed all over Europe. Director, Dr. Jeffrey Sandborg, holds the Naomi Brandon and George Emery Wade Professorship in Music at Roanoke College where he has been Director of Choral Activities since 1985 and in that time the ensemble's reputation has become widely respected. Given the wonderful Church's acoustics and the concert programme, this promises to be another wonderful evening's entertainment! Admission is free.





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## PROPERTY OF THE WEEK



**ACORN VILLA, MILL ROAD, KILLARNEY**

**REF 597**

**Guide Price Offers in Excess of €400,000**

5 Bedroom Detached Dormer Bungalow (2,700 Sq ft including converted attic space of 295 sq ft) on circa 0.2 acre site with mature southwest facing garden. 5 ensembles. Concrete first floor & stairs. Smart Internal Hoovering System.  
**(BER Pending)**



# IS MICHAEL KILLARNEY'S OLDEST GARDENER?

100 Year Old Michael J O'Connor has just taken delivery of a new John Deere lawn tractor proving that you are never too old to drive a John Deere. Michael purchased his new X135R ride-on lawn mower from local John Deere dealership, Seamus Weldon.

The X135R is only Michael's second ride-on mower. His previous model was also a John Deere which he bought from Weldons in May 2005 when his family suggested that it was time to get someone in to mow the lawns for him. "No way," was Michael's response to that idea although he decided to replace his twelve year old John Deere 145B walk-behind with a ride-on.

With three separate lawns in a garden that's around half an acre, cutting the grass with a walk-behind mower had become a considerable task, even for someone who's been gardening for well over 60 years and regarded mowing the lawn as much better exercise than taking up golf. "I was quite the man about town until I settled down and got married in 1949. I started gardening the following spring and I've stayed with it. I love to see things growing. You plant a seed and something beautiful grows. There's an element of creativity about it."

When Michael's nine year old LR135 John Deere lawn tractor recently came back from its annual service, he got chatting to transport manager James Weldon. A few days later James' brother Padraig Weldon called on Michael with a new X135R for him to have a look at. With its easy to use controls, comfortable operation, rear collection system and, as Michael puts it, "a trade-in price I couldn't refuse" the X135R was a winner. Michael liked it so much that he did



MICHAEL J O'CONNOR WITH HIS NEW X135R RIDE-ON LAWN MOWER.

the deal there and then.

Michael admits to cutting back on his gardening these days. "I'm not as young as I used to be but I like to do a bit of tinkering outside. I don't grow too many vegetables now and some of the vegetable patch is going to be converted to more lawn, but I've just planted onions, and I've already got potatoes and cabbages in. I like to keep my garden tidy and colourful. Tulips, primroses and daffodils in spring, and I love the roses that come later."

Asked what keeps him so active, Michael's response is clear: "I'm often asked what's the secret. Physical exercise, a healthy appetite, moderation in everything and enjoy your life. Gardening keeps you fit. Even if you just dig a hole today, and then fill it in tomorrow, you are doing yourself a good turn with the exercise. It's the same in gardening and in life. Do it right and you'll be successful. That encourages you, and then you're even more successful."

## 15 NEW JOBS FOR KILLARNEY

50 new jobs have been announced between Killarney and Cork and are due to be filled over the next 12 months by the business process outsourcing company Intercall and its sister company Tangerine Management.

Intercall, headquartered in Cork city and Tangerine Management located in Killarney have already started recruitment of the first of the 50 jobs that are being created. In total, the 50 jobs announced by Intercall and Tangerine Management are across three core areas of the business and will see opportunities for prospective employees in the area of sales, customer service support and management.

"It is planned that the jobs will be created across our three offices. We will see 15 new jobs go to Killarney and 35 new jobs in Cork, across two different locations in the city" said Niall Kelleher, Managing Director of both companies.

"The expansion of the operations in Killarney, which will see the number of staff double, will



NIALL KELLEHER MANAGING DIRECTOR

require additional investment and enhanced facilities over the coming six months" said Niall Kelleher. Intercall and Tangerine Management provide telemarketing, customer services, customer care and order processing to a wide range of clients including Vodafone, Dunnes Stores, QSat, PrePayPower, AES (Bord Na Móna) and Greyhound Recycling. Applications are open and can be made by email to [hr@intercall.ie](mailto:hr@intercall.ie)

## FANTASTIC HANDS FREE DEAL

With a major emphasis being put on mobile phone use while driving at the moment, Des at A Touch of Class in the Innisfallen Shopping Mall has the answer to your problem.

Des has a Hands Free Multipoint Speaker Phone for sale for an amazing €19.99 when you bring the voucher with you from Page 21 in this weeks Killarney Outlook when you are purchasing.

The Hands Free set has up to 16 hours of talk time and up to 45 days stand by time.

For more information, Des can be contacted on 064-6632948.







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### CAHERNANE MEADOWS, MUCKROSS RD. KILLARNEY

4 bed, south facing semidetached 2 storey in this very conveniently located private development. Only a very short walk to town centre and Killarney National Park. Price on application.



### KILBONANE, BEAUFORT, KILLARNEY

Farm for sale approx. 57 Acres. Excellent quality, roadside with farmhouse. Extremely scenic. Bounded by the river Laune.



### BALLYMALIS, BEAUFORT, KILLARNEY

Cottage with partly constructed extension standing on 1 acre approx. Very centrally located.

Private much sought after location.

**GUIDE PRICE €60,000 O.N.O.**



### GORTROE, FOSSA, KILLARNEY

A very large commercial/private property, formerly a thriving B/B and recently used as offices / commercial. Superb location for professional use, doctors/dentist/veterinary surgery, chemist etc or B/B apartments etc. Beside Killarney's 3 golf course complex and National Park. It contains approx. 4,000 sq. ft. of space with additional space in the attached garage. There is parking for about 16 cars to the front. A multi-purpose building ideally located, suitably priced and a great investment.

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

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

**CAHERNANE MEADOWS, MUCKROSS RD. KILLARNEY** 4 bed semidetached 2 storey.

Great location, only minutes walk to Killarney town centre and Killarney National Park.

**BEAUFORT** Old style cottage with an unfinished extension, on c. 1 acre, dry land, Ballymalis area, beautiful convenient location. Great value with many options.

**MILLTOWN VILLAGE, Killarney** Beautiful 3 bed semi in a small well built private development. beside schools, shops etc. Fully furnished as new. €115,000

Beaufort Area Old house c.2 acres. Very scenic, dry & elevated. Bargain.

**MILLTOWN VILLAGE** Magnificent, detached two storey house, approx. 1,800 sq. ft.

Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

**REEKS GATEWAY TO KILLARNEY** Commercial/office space for sale or lease. Various sizes and configurations available to suit the client. Prices negotiable.

**BALLYMALIS, BEAUFORT, KILLARNEY** Cottage with partly constructed extension on c. 1 acre. Great central, attractive location. Guide price €60,000 o.n.o.

**KILLARNEY TOWN** 2 bed Town House great location - very reasonable price.

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

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

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

**COUNTESS ROAD, KILLARNEY** (back of Malton Hotel) Superb 2 bed apartment, ground floor, as new.

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

**MILLTOWN VILLAGE** Commercial property w/ back yard. Great investment V. reasonable reserve.

**MUCKROSS, KILLARNEY** 6 bed detached, v. scenic, priced to sell.

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

**BALLYMALIS, BEAUFORT, KILLARNEY** Detached, luxury 4 bed detached bungalow, almost new, great location.

**GLENFLESK, KILLARNEY** Expansive, executive style home (c. 5,000 sq. ft) on approx 6 acres with beautiful views. Unique, modern sophisticated house with real character.

**KILLARNEY** 6 miles approx. to rent or for sale old farm yard on c. 1 acre off the Tralee Road. Secure and convenient location.

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

**KILLORGLIN 2 MLS** Beautifully restored stone house on c.6 acres. In pristine condition.

**GLENBEIGH, RING OF KERRY RD.** New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

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

**FIRIES VILLAGE** 3 bed semi, bungalow, great value.

**CARAGH LAKE** Old farmhouse with panoramic views on c. 1/2 acre or more land if required.

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

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

**FOSSA KILLARNEY** Large commercial/private property beside the golf complex and on the main road.

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

**ARDCANAUGH, KEEL, CASTLEMAINE** New bungalow, almost finished. 4 bed. 1850 sq. ft. approx. Many extras.

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

Nice views. BARGAIN.

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

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

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

## FARMS/LAND

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

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

**c. 12 acres** approx on the main Ring-Of-Kerry road only 4 miles from Killorglin. (extensive road frontage)

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

**Kilbonane, Beaufort, Killarney** 57 acres approx. with an old farmhouse, on the main road and bounded by the river Laune. Top quality land and extremely scenic.

## SITES

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

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

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

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

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

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

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

**Sunhill, Killorglin** approx. 1 mile from town, 1/2 acre or more dry, roadside, elevated, scenic site. Bargain.

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

**Raheen, Headford, Killarney**, Site with full planning permission €20,000.



# AND THEY'RE OFF.... ITS SUMMER RACING TIME

Killarney Races kicks off its Summer racing season on Sunday May 11th and offers 3 days of the very best of Festival Racing. Sunday and Monday are both national hunt cards whilst Tuesday offers a mixed card of national hunt and flat racing. Sunday is Lá na gClub..... four local G.A.A. Clubs (Dr. Crokes, Legion, Gneeveguilla 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. Killarney Racecourse Manager Micheál Lucey said 'I am delighted with this new partnership between the G.A.A., local Clubs and Killarney Racecourse'. He added that it is an excellent opportunity for Clubs to fundraise at the Racecourse and I encourage all club members and followers to support their team on the day'. The day also has an overall Irish theme with Traditional Irish music song and dance will take place throughout the enclosures. Hector O'hEochagain will be on hand to coordinate the day's activities. Irish musicians and dancers will take part and dancers will demonstrate Irish dancing, set



KILLARNEY RACES KICKS OFF ITS SUMMER RACING SEASON ON SUNDAY MAY 11TH WITH 3 DAYS OF THE VERY BEST OF FESTIVAL RACING. LAUNCHING THE RACE MEETING AND ANNOUNCING DETAILS OF THE LA NA GCLUB, WHICH TAKES PLACE ON THE SUNDAY, FOUR LOCAL G.A.A. CLUBS (DR. CROKES, LEGION, GNEEVGUILLA AND LAUNE RANGERS). CLUB REPRESENTATIVES, FROM LEFT, COLM COOPER, DR CROKES GAA CLUB, AMROSE O'DONOGHUE, GNEEVGUILLA GAA CLUB, DAMIEN O'SULLIVAN, LEGION GAA CLUB. PHOTO: VALERIE O'SULLIVAN,

dancing and sean-nós dancing during the day. Sunday will also see a Civic Reception being held at the Racecourse for 4 times Cheltenham Gold Cup winning jockey / trainer Jim Culloty. The Killarney native, who is based in Churchtown, Mallow, joined a select band that have ridden and trained the winner of the Gold Cup, after his horse Lord Windermere landed Gold Cup success at Cheltenham. Winning jockey Davy Russell will also be there on the day with his Gold Cup. Micheál Lucey said 'we are thrilled to be honouring Jim at Killarney Racecourse and it is an excellent chance for people to come and meet in person Jim, Davy and 5 Cheltenham Gold Cups! The first race

on Sunday the 11th May is at 2.15pm with the feature race of the day being The Grade B Ladbrokes.com Handicap Hurdle with a prize fund of €50,000. Monday the 12th May sees the running of the inaugural "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 €30,000 prize fund for the race. Tuesday's race card offers a mix of both national hunt and flat racing with the first race going to post at approx. 5.15pm. Packages still available on all 3 days for the Hospitality Suite, for bookings contact 064-6631125.

## PROPERTY OUTLOOK

# THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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





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Magnificent exclusive detached house with high quality internal finish. Located just minutes walk from Killorglin Town Centre. Stunning Mountain Views.  
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**NEW RELEASE**  
**68 BAILE AN TOOREEN, CARAGH LAKE ROAD, KILLORGLIN**  
Magnificent situated end house set on a large corner elevated site with breathtaking Lake and Mountain views in the highly popular town of Killorglin with a brilliant choice of Restaurants, Schools and Shops.  
**Keenly Priced: €160,000**

**NEW RELEASE**  
**UARAN AN TOIRIN, KILLORGLIN, KILLARNEY**  
**Superb Value - New Development**  
Magnificent new development overlooking Farrantoreen Lough, this development is a superb opportunity for first time buyers to enter the property market in the thriving town of Killorglin close to Schools, Supermarket, Bars, Restaurants & short drive to the magnificent Rossbeigh Beach.  
**Keenly Priced: €150,000**

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**MONEY MATTERS.....**

By Dermot Cronin,  
**Financial Advisor**

**INVESTMENTS**

Interest rates for deposits in banks and building societies are very low at the moment and have not been this low in a long time. Another problem for people looking for good interest rates is that as well as interest rates being low is that DIRT tax is 41% and since the 1st January this year a PRSI levy of 4% can also be applied. The effective tax rate on interest earned on savings can be as high as 45% as both the new higher rate of Deposit Interest Retention Tax (DIRT) tax and the PRSI levy on unearned income have both come into force since Jan 1. If you invested €20000 over 12 months at 2.50%, taking into account DIRT tax and the levy you may only get €275 after DIRT tax and the PRSI levy. Because these returns are so poor people are looking for alternative investments. Thankfully there are other investment options available to you.

Investment providers have introduced many different types of products because of the very low returns on deposit type accounts and it is very important that people know about all these products before deciding on what products suit them best. A mixture of different type of investments may be the best way to spread your investments rather than having all your eggs in one basket.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at **064 6622775** or **087 2893649**.



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# BIKE FEST COMING BACK TO TOWN

All roads lead to Killarney this June Bank Holiday weekend as Ireland Bike Fest rumbles into town for its eight consecutive year.

Over 40,000 people are expected to converge on the town for the motorcycle and music extravaganza which takes place from May 30 to June 2, 2014. It is Ireland's only free, open biker festival meaning every make and model of motorbike imaginable along with their owners are welcome to attend.

The festival headquarters, located at The Gleneagle Hotel, will once again be the main hub of activity.

Visitors do not even have to own a bike, they can just bask in the glory of some slick, well-built machines and enjoy the unique party and festival atmosphere of Ireland Bike Fest.



CASTLEISLAND BIKERS AINE CONNELL AND HER DAD MIKE AND FRIEND ALAN COLLINS FROM THE CELTIC THUNDER MOTOR CYCLE CLUB PICTURED ON INCH BEACH ALONG THE WILD ATLANTIC WAY ON MONDAY FOR THE LAUNCH OF IRELAND BIKEFEST. PHOTO: DON MACMONAGLE.

The Wild Atlantic Way will hear the hum of bikes before, during and after the festival as many bikers plan to take in sections of the long distance route as part of their trip to Ireland Bike Fest.

The Parade through the streets of Killarney in

aid of Muscular Dystrophy Ireland will once again take place on the Sunday and there will also be the opportunity to win a Harley-Davidson® in the raffle in aid of Muscular Dystrophy Ireland.

# NATHAN CARTER TO LEAD KILLARNEY AND KERRY INTO GUINNESS WORLD RECORD BOOKS

One small G.A.A Club in East Kerry is calling on everyone in the County and beyond to come together for an exciting event. They are particularly appealing to all sports clubs, groups, businesses and voluntary organizations to come together, hold their banners high and wear their Wellies on Sunday May 11th for the for the "Rentokil Initial Welly Run" in association with Glenflesk G.A.A Club. The 1km walk, will be led out by none other than singing sensation Nathan Carter who is playing in the INEC Killarney that weekend. Nathan will even wear his wellies in concert on Saturday night in support of this exciting event. This event is open to everyone of all age groups and is a short 1km walk along Killarney National Park. The organizers of this event has asked everyone to rally together, wear their club colours, dress up, wear their wellies and help bring a World record to Killarney and to Kerry. Registration will take place from 10.15 – 11.30am in the INEC Killarney with the walk starting at 12 noon sharp outside the Brehon Hotel. Everyone who participates in the event will receive a certificate and wrist band and will have an opportunity to have their group, club, business or society photographed together. There will be lots of fun and entertainment for everyone involved. Any queries people may have are asked to contact the organizing committee on 087-6667706.



NATHAN CARTER

# DENISE FINDS HER PASSION FOR ANIMALS

Denise Ridout who lives in Tearmann Lodge Rathmore has been busy fundraising for the local animal rescue centre in Castleisland. Denise has raised €100 and this



week she visited the centre to hand over the money. There she met "Passion" a rescue horse and spent time with him, brushing his coat and giving him treats. Manager of the centre, Suzanne has invited Denise to come back to the centre in the future to help out with the animals.

Denise is currently raising funds for the Kerry Parents and Friends Association and has vowed to raise more funds for the Animal Rescue centre.

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# GET THE FEEL OF THE SEA WITH TRALEE SAILING CLUB

Sail Spraoi, Sail Free will take place on Sunday May 4th, when Tralee Bay Sailing Club & School will open their doors for a day of FREE water-sports between 12pm-5pm. "Sail Spraoi, Sail Free" is perfect for all ages from young children, teenagers, adults and families alike. Discover the excitement of sailing both small & large boats (dinghies & keelboats), the thrill of power boating, the fun of kayaking and the competition of coastal rowing from Tralee Bay Sailing Club. The sailing boats will be rigged up and the powerboats, kayaks and coastal rowing boat will be ready to take you out on the water for a taster session anytime up to 5pm.

Join club members for a BBQ @ 5pm and meet the crew of Tralee Bay Sailing Club and to find out more about getting on the water or booking a course in 2014.

Everyone is welcome, so rally your friends and family for a fun day out in Fenit!



SAMPLE FREE WATER SPORTS WITH TRALEE SAILING CLUB THIS WEEKEND.

## HOT IN THE HILLS - THE ULTIMATE SINGLES OUTDOOR EVENT

Hot in the hills is being billed as the ultimate outdoor singles event to get you moving this Summer and it will take place on Saturday next, the 10th May.

The event is a venture away from pressurised singles nights and the present internet dating frenzy. In general people are interested in meeting new faces from different towns.

Firstly, the event is aimed at people that are active or at the very least interested in trying outdoor pursuits.

A large portion of the day will be spent on the fully guided hike up Mount Brandon (ninth highest peak in Ireland) by well known guide Con Moriarty (Hidden Adventures) and his team, therefore it doesn't revolve around alcohol. We have organised a relaxing picnic on the summit which offers a panoramic view of the Atlantic Ocean and the Blasket Islands. It's a fun way to interact with fellow singles in a pressure free environment. At least afterwards everyone will have something about which to chat, that is the climb and the breathtaking scenery! The climb is suited to all levels so you don't have to be super-fit!

On return from the climb we will rendez-vous

at Tigh TP's public house on the waterfront in Ballydavid (a hidden gem on the dingle peninsula), with evening views out over the last edge of land to the Atlantic.

Later you will get the opportunity to get your 'glad rags' on and tuck into a tasty meal followed by serious 'craic agus ceol' in TP's with a live music session.

This event for the under 45 age group with a guaranteed equal ratio of men/ women. There will strictly be no themes or dodgy gimmicks!! There is plenty of accommodation in the area of Ballydavid or Dingle which is only ten minutes away.

So if your available or 'open to offers' & feel like meeting new faces you can't afford to miss out..... join Hot In The Hills on the 10th of May. There will be plenty of atmosphere, adventure and craic, the rest is up to you!

LIMITED TICKETS available by Pre Sale ONLY at €55 <https://hotinthehills.eventbrite.ie/> or for further info contact 086 86 3 2056 / 086 37 65 466

## TREASURE HUNT TIME IN DINGLE



HAVE YOU EVER WANTED TO FIND BURIED TREASURE? HERE IS AN OPPORTUNITY THAT MAY COME ONCE IN A LIFE TIME. REAL BURIED TREASURE CAN BE FOUND ON THE DINGLE PENINSULA. ARTIST KATE SHELLEY HAS MADE A BEJEWELLED SILVER AMULET. KATE & FELLOW ARTIST CLODAGH MURPHY WILL BE BURYING THE TREASURE IN A SECRET LOCATION ON THE DINGLE PENINSULA AS PART OF THEIR ART EXHIBITION IN FEILE NA BEALTAINNE. KATE & CLODAGH WERE INSPIRED BY THE KIT WILLIAMS BOOK OF THE 1970'S. THE CLUES TO THE TREASURE'S LOCATION WILL BE REVEALED AT THE EXHIBITION OPENING ON FRIDAY 2ND MAY, 6.45PM, AN TIG CRUINN (THE ROUND HOUSE) A LAB, JOHN STREET, DINGLE. THE CLUES WILL BE HIDDEN IN THE PICTURES & YOU WILL ALSO BE ABLE TO BUY A SMALL BOOKLET WHICH WILL HELP YOU ON YOUR SEARCH. WHEN DECIPHERED, THE CLUES WILL LEAD ONE LUCKY DETECTIVE TO A BEAUTIFUL & WEIGHTY, SOLID SILVER AMULET, WITH RICH GARNET & IRIDESCENT LABRADORITE GEMS. THE MAGNIFICENT PIECE IS STRUNG WITH BEADS OF GARNET & LAVA! A TRULY UNIQUE & MAGICAL PRIZE FOR ANY INTREPID EXPLORER. THE CLUES WILL BE CRYPTIC, BUT ABLE TO BE SOLVED BY CHILD & ADULT ALIKE. KATE & CLODAGH HOPE THAT THE TREASURE WILL BE FOUND BY THE END OF THE BANK HOLIDAY WEEKEND, SO THAT SOMEBODY WILL HAVE AN UNFORGETTABLE END TO A VERY GOOD FESTIVAL WEEKEND. THE RACE IS ON... LET THE ADVENTURE BEGIN! PHOTO SHOWS KATE SHELLEY WEARING THE BEJEWELLED SILVER AMULET. PHOTO: DON MACMONAGLE

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# ALL ROADS LEAD TO KILLARNEY FOR THE RALLY OF THE LAKES

By Sean Moriarty and Mike Marshall

The 35th running of the Cartell.ie has attracted an unprecedented entry of 170 cars across its four sections – International, modified, historic and junior. Action gets underway with a ceremonial start in Killarney's town centre on Friday night where organiser, Killarney and District Motor Club have laid on a family entertainment evening where fans can meet the leading drivers, while watching action from previous events on a big screen set to a back drop of live music provided by local bands and DJs.

**Local crews:** The battle for the John Mullane Cup for the highest placed driver from Co Kerry will be as closely contested as it has been since the award was first introduced in the very early days of the Rally of the Lakes. Killarney's Ed Murphy comes to the event on the back of two great drives in the Dunlop National series, which have netted him a 5th overall in Birr and 9th overall in the recent Circuit of Kerry will be one of the favourites for both the top Kerry driver and overall honours in the modified rally. Miltown's Fergus O'Meara is the defending modified rally champion although an injured calf muscle kept him off his own exacting pace in Tralee last month, if the injury is behind him, he will give Patterson, Collins and indeed Murphy a run for his money over the class south and mid Kerry roads.



AT THE LUNCH OF THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 AT THE GLENEAGLE HOTEL, KILLARNEY WERE FROM LEFT, JEFF AHERNE CARTELL.IE, PADDY COURTNEY (MAYOR OF KILLARNEY), DONAL LAWLOR, CARTELL.IE, AND PATRICK O'DONOGHUE, GLENEAGLE HOTEL. THE 35TH RALLY OF THE LAKES WILL TAKE PLACE IN KILLARNEY THIS WEEKEND. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

Apart from the Kerry crews already mentioned one can never rule out the father and son combination of Charlie and Johnny Hickey whose experience of these stages is vast, as indeed is that of John Hickey, Kevin O'Donoghue and Vincent O'Shea.

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

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

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

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

stages which have not been used for ten years in the Rally of the Lakes. The first of these, Borlin, is actually a combination of two old classics, Sheen River and Borlin, and takes the rally over the county bounds into County Cork. The second is the fabulous lakeside stage at Lough Allua, which was a regular feature of the Circuit of Ireland up to the eighties and of the Rally of the Lakes from 84 until 2004.

In recent years the stage has been associated with the Cork 20 International but the Cork 20 version generally runs in the opposite direction to the Lakes format, starting in Ballingeary and finishing in Kilmichael.

Fuhiry, which starts outside Ballingeary, brings the rally back over the County Bounds, past Creedons at the Top of Coom, the highest pub in Ireland, which openly re-opened last week after a devastating fire two years ago, and finishes on a fast downhill section towards Kilgarvan.

Service in Kenmare Mart is followed by a further trip over the same loop of three and, after a final service in Kenmare, the rally concludes a run over Moll's Gap back to Killarney. The first car is due at the finish ramp at the Gleneagle Hotel just after 5pm on Sunday evening.



SPORTING HEROES SPEAKING AT THE ONE DAY SEMINAR ON "A HISTORY OF HURLING, OUR NATIONAL GAME" WAS HELD AT THE SCHOOLHOUSE, MUCKROSS, KILLARNEY NATIONAL PARK. SPEAKERS ON THE DAY, FROM LEFT, EDDIE KEHER, FORMER ALL IRELAND HURLING CHAMPION, CENTRE-FORWARD FOR THE KILKENNY SENIOR TEAM, PAUDIE BUTLER, IRISH RETIRED HURLER AND GAELIC FOOTBALLER, TOMÁS MULCAHY, FORMER CORK HURLER, ANALYST ON RTE'S THE SUNDAY GAME, MICHEAL Ó MUIRCHARTAIGH, VOICE OF THE GAA, MC FOR THE SEMINAR, SEAMUS J KING, HURLING HISTORIAN. PHOTO: VALERIE O'SULLIVAN.



HOPING BALL.. JACK AND MICHAEL LENIHAN, MEETING THEIR HEROES AT A ONE DAY SEMINAR ON "A HISTORY OF HURLING, OUR NATIONAL GAME" WAS HELD AT THE SCHOOLHOUSE, MUCKROSS, KILLARNEY NATIONAL PARK. SPEAKERS ON THE DAY, EDDIE KEHER, FORMER ALL IRELAND HURLING CHAMPION, CENTRE-FORWARD FOR THE KILKENNY SENIOR TEAM LEFT, MICHEAL Ó MUIRCHARTAIGH, VOICE OF THE GAA, MC FOR THE SEMINAR RIGHT. PHOTO: VALERIE O'SULLIVAN.





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IRENE O'DONOGHUE, SINEAD O'SHEA, NORMA JEAN LEANE AND PAULINE HERLIHY, KILLARNEY, AT THE KILLARNEY PARK HOTEL WINE TASTING EVENING WITH ERRAZURIZ ON TUESDAY.  
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



KATHLEEN AND CORMAC FOLEY, JOHN AND FRANCES O'TOOLE, AT THE KILLARNEY PARK HOTEL WINE TASTING EVENING WITH ERRAZURIZ ON TUESDAY.  
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



HAVING PUT AWAY THE CRUTCHES THIS WEEK COLM 'THE GOOCH' COOPER, WHO IS RECOVERING FROM A SERIOUS KNEE OPERATION, JOINED MAYOR PADDY COURTNEY ON THE STREETS OF KILLARNEY TO ANNOUNCE FURTHER DETAILS OF THE MAYOR'S CHARITY BALL WHICH WILL TAKE PLACE ON MAY 16TH AT THE MALTON HOTEL, KILLARNEY IN AID OF THE KERRY CORK HEALTH LINK BUS. PICTURED ABOVE ARE FROM LEFT, MICHAEL O'LEARY, TOWN CLERK, MAYOR PADDY COURTNEY, COLM THE GOOCH COOPER, JAY GALVIN, KERRY CORK HEALTH LINK BUS AND DAVID O'SULLIVAN, O'SULLIVAN CYCLES.  
PHOTO DON MACMONAGLE.



PICTURED AT A CIVIC RECEPTION WHICH WAS ACCORDED TO MEMBERS OF THE ORDER OF MALTA AMBULANCE CORPS KILLARNEY UNIT MICHAEL LEANE - 60 YEARS, DONAL MCCARTHY - 50 YEARS AND JAMES LOONEY 50 YEARS VOLUNTARY SERVICE. INCLUDED ARE BACK ROW LEFT TO RIGHT NOEL LUCEY, JAMES LOONEY, DONAL MCCARTHY, SUZANNE SCULLY, DR ELEANOR JOHNSON. FRONT FROM LEFT: CLARE LOONEY, MAYOR PADDY COURTNEY, MICHAEL LEANE, CATHERINE PURCELL (HQ STAFF) CHLOE LOONEY.



ROY AND RAY MEET FOR SOME SHADEY BUSINESS : TO MARK THE START OF IRISH GUIDE DOGS' WEEK-LONG SHADES CAMPAIGN (28TH APRIL - 2ND MAY), THE RAY D'ARCY SHOW MET WITH ROY KEANE, IRISH GUIDE DOGS MOST FAMOUS PATRON, AS WELL AS A PANEL OF PEOPLE WHOSE LIVES HAVE BEEN TRANSFORMED BY GUIDE AND ASSISTANCE DOGS. TO FOLLOW ROY KEANE'S LEAD AND SUPPORT THE SHADES CAMPAIGN, SIMPLY TEXT WOOF TO 57500 TO DONATE €2.50\*, DONATE ONLINE OR BUY A PUPPY PIN FROM IRISH GUIDE DOGS STREET COLLECTIONS. ROY KEANE SIGNED FOOTBALLS AND PHOTOS WILL BE WON BY ONE LUCKY TEXT DONOR EVERY DAY OF THE FIVE DAYS OF SHADES. PEOPLE ARE ALSO ASKED TO WEAR THEIR OWN SHADES FOR A DAY ON FRIDAY 2ND MAY TO SUPPORT THE CAMPAIGN.  
PICTURED WAS ROY KEANE WITH GUIDE DOG ROY. PICTURE CONOR MCCABE PHOTOGRAPHY.



JOAN GOODWIN WHO WILL CELEBRATE HER BIRTHDAY THIS WEEKEND.



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## GARDENING OUTLOOK



with **John O'Sullivan**

### FOCUS ON SUMMER BEDDING

Its that time of year again when we think of putting colour in our pots, baskets and containers and also in the ground. Summer Bedding plants can be used very effectively in the ground for filling gaps between shrubs or border perennial plants as they can cover a lot of ground and add plenty of colour very quickly. When planting Summer bedding plants in the ground the first thing you have to do is to dig over the area and dig in plenty of compost.

Most Summer Bedding plants need a nice sunny sheltered position but if you have a shaded area, begonias are excellent bedding plants for this situation and they will give you flowers right through the summer and into early autumn. As an added bonus they will also provide you with excellent coloured foliage from light green to dark purple. Always remember when planting bedding to put the taller ones at the back. If you want to do a summer display of bedding on its own in a bed you will have to choose a centre piece - a good plant for this would be a standard fuchsia. Then start with the tallest, such as marigolds or antirrhinums and work your way out to the edge of the bed with some begonias or petunias and finally at the edge of the bed with some lobelia and alyssum. A good idea before you plant would be to position all your plants to get an overall view of what it will look like. And remember to water all plants well in afterwards.

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## MOLLY DARCY'S SPONSOR ST. AGATHA'S GLENFLESK GAA CLUB

Molly Darcy's is delighted to announce a major sponsorship deal with St. Agatha's Glenflesk GAA Club. Molly Darcy's will be investing significantly in the sponsorship deal which will see it become the main club sponsor.

The new sponsorship deal was launched in Molly Darcy's on Thursday 24th April 2014 by General Manger Sean O'Driscoll, Sales & Marketing Manager, Brian Miley, along with Molly Darcy's Manager Ciaran Kelly, joined by Glenflesk GAA Chairman John Kelliher and Officers and members of St. Agatha's Glenflesk Football Club.

Last year the club celebrated its 25th Anniversary of winning the 1988 East Kerry Senior Championship, which they held at Muckross Park Hotel.



AT THE LAUNCH OF A SPONSORSHIP DEAL BETWEEN MOLLY DARCY'S AND ST. AGATHA'S GLENFLESK GAA CLUB AT MOLLY DARCY'S, MUCKROSS PARK HOTEL, KILLARNEY WERE FROM LEFT, DENIS O'SULLIVAN (SECRETARY), PAUL FAVIER, JOHN KELLIHER (GLENFLESK GAA CHAIRMAN), SEAN O DRISCOLL (MUCKROSS PARK HOTEL GENERAL MANGER), DONAL O'SULLIVAN (GLENFLESK CAPTAIN) AND BRIAN MILEY (MUCKROSS PARK HOTEL SALES & MARKETING MANAGER). BACK FROM LEFT ARE CATHY SOMERS (TREASURER), PAUD O'DONOGHUE (GLENFLESK FOOTBALL MANAGER) CIARAN KELLY (MOLLY DARCY'S MANAGER), DANIELLE FAVIER AND DONAL KELLY (GLENFLESK GAA PRO) PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AT THE LAUNCH OF A SPONSORSHIP DEAL BETWEEN MOLLY DARCY'S AND ST. AGATHA'S GLENFLESK GAA CLUB AT MOLLY DARCY'S, MUCKROSS PARK HOTEL, KILLARNEY WERE FROM LEFT, SHEILA CANTILLON, MARGARET BROSNAN, MARTINA DINEEN, SEAN O'DRISCOLL (MUCKROSS PARK HOTEL GENERAL MANGER), SIOBHAN KELLIHER AND ANNE KELLY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AT THE LAUNCH OF A SPONSORSHIP DEAL BETWEEN MOLLY DARCY'S AND ST. AGATHA'S GLENFLESK GAA CLUB AT MOLLY DARCY'S, MUCKROSS PARK HOTEL, KILLARNEY WERE FROM LEFT, JOHN O'DONOGHUE, DERRY CROWLEY, BRIAN MILEY (MUCKROSS PARK HOTEL SALES & MARKETING MANAGER) AND DANIELLE FAVIER. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



## Citizens Information

### Know Your Rights:

## SELF-EMPLOYED PEOPLE AND JOBSEEKER'S ALLOWANCE

### QUESTION

My small business is not doing well at present so my income has dropped substantially. Am I entitled to any social welfare payment?

### ANSWER

If the amount of work you are getting from self-employment has reduced so much that it no longer provides a sufficient income, you may qualify for Jobseeker's Allowance. You must meet all the conditions to qualify for this payment, including a means test, but you do not need to close your business or stop working as a self-employed person.

The earnings from your business will be assessed in the means test. The assessment must reflect the income that you may reasonably be expected to get from your business over the next 12 months. Income for the last 12 months will be taken as a guide, but the means test will also allow for any factors that are likely to vary. You should be prepared to discuss these factors when you are being assessed for the payment.

Your earnings over the 12 months are assessed as your gross income minus work-related expenses. Your expected annual earnings from self-employment are divided by 52 to find your weekly means from self-employment.

Usually, you will be asked for your receipts and payments or audited accounts for the current and previous year. For example, if you apply for Jobseeker's Allowance in May 2014, you will be asked for your receipts and payments from January 2014 to May 2014 and for 2013. However, in certain cases you may be required to show audited accounts for the last two or more years.

You may qualify for Supplementary Welfare Allowance while you are waiting to be assessed for Jobseeker's Allowance or if a decision is made that you don't qualify for Jobseeker's Allowance.

The website [selfemployedsupports.ie](http://selfemployedsupports.ie) has further information on the services and entitlements available.

**Further information is available from the Citizens Information Centre below.**

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

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

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FAMILY & FRIENDS GATHER AT KATE KEARNEY'S COTTAGE AFTER THE CHRISTENING OF BABY MOLLY, PICTURED HERE WITH HER MUM, SHEILA MCCARTHY (SEATED CENTRE) AND DAD, JOHANN ASHE (SEATED CENTRE WITH MOLLY). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MARTIN O'BRIEN, CELEBRATING HIS 30TH BIRTHDAY WITH HIS PARENTS TONY AND MARIE O'BRIEN, KILCUMMIN, KILLARNEY, ON SATURDAY NIGHT. ON LEFT IS MARTIN'S BROTHER TONY O'BRIEN, WHO, CELEBRATES HIS 34TH BIRTHDAY SHORTLY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



AT THE LAUNCH OF A SPONSORSHIP DEAL BETWEEN MOLLY DARCY'S AND ST. AGATHA'S GLENFLESK GAA CLUB AT MOLLY DARCY'S, MUCKROSS PARK HOTEL, KILLARNEY WERE FROM LEFT, SEAMUS O'BRIEN, JENNIFER MCCARTHY, DASH CENAJ (MOLLY DARCYS SUPERVISOR) AND ROSIE HEALY AND DAN FAVIER. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



MARTIN O'BRIEN, CELEBRATING HIS 30TH BIRTHDAY WITH FAMILY AND FRIENDS, INCLUDING HIS PARENTS TONY AND MARIE O'BRIEN, AND BROTHER TONY O'BRIEN JUNIOR AT KILCUMMIN, KILLARNEY, ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



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## GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

### WEEK 3 – Week Beginning April 28th – Training Partner/ Group Cycling

Another 70km completed, if not more.... Congratulations!

Bearing in mind that there will be almost 9000 other cyclists on the Ring of Kerry Cycle, it is important to try and gain some experience with group cycling, as this will definitely help you on the day. How? It will be more enjoyable, yet more importantly it will instill a feeling of safety when on the bike, cycling beside all these other cyclists. As well as that it is a lot easier!!

There are many techniques and traditions associated with cycling in a group, primarily language and signals, which help ensure the safety of all riders. The following tips should help while gaining experience:-

**SIGNALS/SHOUTS** – Lead riders, at the front, use hand signals to indicate stopping or turning and generally 'shouts' back information to the group regarding obstacles and dangers e.g. potholes, pedestrians, dangerous surfaces, animals and on coming traffic. Riders at the back generally 'shouts' forward a warning on traffic approaching from the rear. So "Car Up" means car approaching rear of group and "Car Down" means car travelling towards you – down the throat and up the rear! It's shouted so as to ensure all cyclists hear and heed to the warning.

**SIGNALS to CARS** – Its worth bearing in mind that, as a cyclist if any communication with a driver results in an accident, e.g. indicating to a driver that it is ok to overtake or pass the group, then the cyclist could be liable. So its best to let drivers make their own decisions and show respect and in return gain respect of the drivers.

**UP & OVER/CHAIN** – As it is about 20-30% harder to be cycling on your own or in a group up front as a windbreaker, it is good etiquette to take turns! The easiest way to do this is the "up & over". The group rides in two a breast formation. The rider

at the front cycles in front of the rider on his/her left and then pull into the left in front of the rider, while being certain of clearing the front wheel. This will have a ripple effect down the group, resulting in turns at the front. Time at the front varies, depending on the wind and intensity of group spin.

You might come across the term "half wheeling". This is a term used when two riders are riding side by side. Normally both front wheels would be aligned on an imaginary line. Half wheeling consists of riding slightly ahead of the cyclist to your side, so by advancing your wheel halfway up the road, as opposed to riding evenly together. Half wheeling comes from either bad riding form or being completely unaware of technique....so now you are more aware.

**SITTING ON THE WHEEL** – Cyclists save a huge amount of energy by following in the slipstream of the rider in front. This is commonly known as "drafting". Cyclists maintain a steady straight line. Therefore do your best by not allowing a gap to open between you and the rider in front. If you feel you cannot keep the pace, cycle from the back of the group, so as not to interrupt the line, yet get the benefits of the group cycle. In time you will be able to participate.

This week's cycle training programme will see an increase in distance, an additional 5k to each ride, to bring the total weeks distance to 90km. This is the minimum target to be reached – all the best!

Sat	Sun	Mon	Tues	Wed	Thu	Fri
Total	3 25k	25k	Rest	20k	Rest	20k
	90km					

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URBAN OPTICS

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## But what about your eyes?

Regardless of the distance or the weather, a good pair of sunglasses is essential when cycling.

In addition to protecting eyes from dirt, dust and the thousands of kamikaze midges hurtling themselves into your face, sunglasses are the best way to ensure you won't suffer from cataracts, keratitis and other eye ailments caused by UV radiation.

The risk of eye damage from the sun is directly related to length and intensity of exposure. No one knows what the critical amount of exposure is, but effects are cumulative; short but frequent periods spent outside can add up to trouble.

When looking for sunglasses for cycling you should consider:

**UV protection:** Almost all quality sunglasses today offer essential protection against ultraviolet radiation.

**Style of frame:** Wraparound-type sunglasses allow the best peripheral vision, thanks to the lack of obstruction by the frame and temple. This is especially important for manoeuvring safely in a group of riders and in traffic.



The image shows three men from the chest up, all wearing wraparound sunglasses. The man on the left is wearing a green shirt and has a black 'OBARLEY' sign in front of him. The man in the middle is wearing a dark shirt and a black helmet. The man on the right is wearing a grey shirt. They are all smiling and looking towards the camera. The background is a plain, light-colored wall.

Wraparounds also help keep drying wind off the eyes, while allowing enough air circulation to prevent fogging of the lenses.

**Lens Type:** Polycarbonate lenses are virtually unbreakable. They're also lighter and will not fog up as easily as glass.

**Frame:** Nylon or plastic is lighter, safer, and more durable than metal.



Pat O'Donoghue, Urban Optics fitting sunglasses for Paul Griffin and Sean Casey.

For more information, find us on Facebook or visit our blog on: [www.eyecarekerry.com](http://www.eyecarekerry.com) or call in to Urban Optics to have your sunglasses professionally selected and fitted to suit your individual needs. Our large range includes Oakley, Adidas and Maui Jim.

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# Vote No. 1

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# JOHN O'SHEA

KILLARNEY CANDIDATE

**FIANNA Fáil**  
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Key in your Province and your County/City

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The above information and application forms are also available in the section REGISTER! on this website

If you do not find the information you require

contact your Local Authority.

For inclusion in the supplement to the register, application forms will need to be received by the registration authority for the area in which the applicant is resident not later than 6 May 2014.

## CLLR. JOHN JOE CULLOTY RECEIVES REPLY

TJ O'Connor, General Manager of Kerry General Hospital has replied to a question by Cllr John Joe Culloty at a recent Regional Health Forum Meeting. The question was: **What is the delay in relation to providing the promised Podiatrist to Kerry General Hospital?**

Responding Mr. O'Connor stated: The diabetes service offered in Kerry is an integrated service across the Hospital and the Community. All of the staff involved including Podiatrists, Clinical Nurse Specialists, various therapists and doctors liaise closely with each other and rely on the ultimate clinical leadership of the Consultant Endocrinologist.

The Podiatrist post for Kerry General Hospital

was approved in 2012 but was subsequently caught up in the recruitment pause and the post was not filled as a result. However, a business case is being forwarded to have the post approved as a priority for Kerry in the coming weeks.



## OPEN LETTER

Ballyhar,  
Killarney,  
Co. Kerry

27/04/2014

Open letter to Minister Phil Hogan the Minister for Environment and Local Government and to John Tierney, Head of Irish Water.

**Dear Minister Hogan & Mr. Tierney,**

I am writing to you in connection with the long-running nightmare which is the Mid-Kerry water supply scheme that was publicly described as 'deplorable' by Mr. Oliver Ring, Head of Water Services at the April meeting of Kerry County Council. As a public representative living in the heart of this supply scheme I am appealing to you on behalf of the residents to immediately allocate emergency funding to replace the 45 year old water pipe network in the Mid-Kerry supply scheme which services the greater Fossa/Aghadoe, Furies/Ballyhar and Listry/Faha areas. There have been over 650 water breaks on this scheme since 2008 resulting in families, businesses and the farming community continuously being without water. This appalling service cannot be allowed to continue as Irish Water are currently installing meters in this area. The least that these families deserve in 2014 is a proper, reliable water supply, not the shocking service that currently exists. I am asking you to recognise the plight and frustration of this vast area and immediately sanction the required funding for these urgent pipe replacements.

Regards,  
Cllr Brendan Cronin  
087-2069657

## CLLR. COUNIHAN WELCOMES ANNOUNCEMENT

Cllr Sean Counihan has welcomed the announcement by Minister for Communications, Energy and Natural Resources, Pat Rabbitte TD, that the Government has committed to a major telecommunications network build-out to rural Ireland, with fibre as a cornerstone of its investment under the National Broadband Plan. This commitment is a clear expression of Government's determination to address the connectivity challenge in rural Ireland in a meaningful and sustainable way.

These high speed services are possible because the networks on which they are based have a strong fibre component. This model cannot be replicated commercially in many rural areas because the fibre networks do not exist and population densities are small. The Government has confirmed that it intends to ensure that rural Ireland enjoys similar opportunities by ensuring an end-to-end market intervention with fibre as a core component."

"It is an investment for this generation and the next. By providing the critical fibre infrastructure as a key component of an end-to-end solution, we aim to ensure that services to rural communities can continue to scale up to meet demand, similar to the way in which the urban market has developed". "This strategy not only supports balanced regional development, it also delivers a solution which is future-proofed and capable of responding to new technology developments and increasing demand. It will ensure that all businesses and citizens across Ireland can participate in and maximise the benefits of a digitally enabled economy and society."

There are 59 Villages in Kerry with 10 in the Killarney Electoral Area, these areas are: Ballyhar, Barraduff, Cordal, Currow, Glenflesk, Gneeveguilla, Headford, Kilcummin, Mastergeeha, & Spa.

## COUNTY COUNCILLORS TO BLAME!

County Council Candidate, John O'Shea has condemned Kerry's sitting County Councillors for rubber-stamping the County Manager's plan to transfer Killarney's local government services to Tralee.

"Our County Councillors have taken their eye off the ball by accepting this plan," says John O'Shea. "The County Manager has gone far beyond the remit of the Local Government Reform Act and the Councillors have failed the people of Killarney by signing off on this new structure."

"Under the new structure, services including Killarney's Planning Office and functions like the Tidy Towns Support will be moved to Tralee. Killarney stands to lose out further as revenue paid by our businesses will now be paid to Kerry County Council and can be spent anywhere in the county."

"Despite also having their councils abolished, towns including Westport and Clonakilty have preserved their services and administration and Killarney should be allowed the same."

"The services and administration on offer in

Killarney are well established, well run and have served the town effectively for decades. There is no advantage to centralising them in Tralee, and Killarney and its hinterland will suffer as a result."

"The Councillors currently representing the Killarney area do not have our town's best interests at heart. How can they be trusted with Killarney's welfare when they have allowed this to happen." Said John O'Shea.



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## HIGH SPEED BROADBAND ACCESS

Cllr Tom Doherty stated that, "high-speed broadband access should be the norm throughout the length and breadth of our country. It is a priority that should be rolled out without delay. Internet access is a vital tool in this day and age for everyday living. It is a resource for education and communication. Every school no matter how small needs broadband for educational development. Farmers and rural businesses also require high speed connection enabling them to conduct their daily work load in a professional manner. Any lack of this vital service hinders business development and

growth".

A recent study reveals that broadband connection in Ireland can be up to three times more expensive than other European countries and up to 40% of consumers reported problems with downloading capacity.

"European regulation is needed to ensure that equal service is provided to all its citizens. "The rural broadband scheme needs to be upgraded with greater time frame targets to allow access to all homes and business that are being left in the dark ages of the technological network," said Cllr. Doherty.

## IMPROVEMENT IN WATER QUALITY

"At the recent Killarney area meeting Councillor Michael Gleeson asked if the latest water quality tests in the Woodford River [Abha an tSionnaigh] indicate an improvement in the water quality.

The Council replied that the river water had been analysed six times since the matter was raised at the February meeting and that the results indicate a return to a favourable standard. The water quality is now in compliance with the Water Framework directive requirements. Councillor Gleeson expressed satisfaction with the outcome and hoped that there would not be any further instances of pollution."



FOLLOWING A REQUEST FROM Cllr TOM DOHERTY A BLUE LIGHT SHONE ON KILLARNEY TOWN COUNCIL TO HIGHLIGHT THE AUTISM AWARENESS CAMPAIGN FOR THE MONTH OF APRIL.

**#lovekillarney**





**Vote No. 1**  
or next highest preference

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**Senator Marie Moloney**

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**CLLR. JOHN SHEAHAN**



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I have served in Kerry county Council since 2007, working for the betterment of the Killarney and East Kerry Area.

I am seeking your support for re-election May 23rd.

I am a worker and available to you.

**VOTE NUMBER.1 SHEAHAN JOHN**

and continue your preference to my Party Colleagues:

Bobby O'Connell and Cathal Walshe.

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

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AN ACTIVE COUNCILLOR

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

FOR CASTLEISLAND / KILLARNEY ELECTORAL AREA



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THE REPUBLICAN PARTY

CHOOSE  
**ANNE MCELLISTRIM**

COMHAIRLEOIR  
GNÍOMHACH

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

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

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

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VOTE NO.

1



Cllr  
**Brendan Cronin**  
*Independent*

"As a Kerry member on the HSE forum, I have repeatedly called for the reinstatement of the second 24 hour on duty ambulance for the greater Killarney area. I will continue to fight for this vital service."



"I am seeking the renewal of the PSO for Kerry Airport due to its importance for tourism, business and economic activity for this county."



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

Killarney Municipal District

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YOUNG PEOPLE AND YOUTH WORKERS FROM KDYS KILLARNEY YOUTHREACH JOINED FORCES WITH KILLARNEY TIDY TOWN VOLUNTEERS YVONNE AND KATHLEEN TO HELP CLEAN THE KILLARNEY NATIONAL PARK

## KERRY YOUTH GROUP ATTENDS FILMING WORKSHOP

Local youth projects get behind the camera ahead of documentary entry for the Irish Cancer Society's X-HALE Short Film Festival 2014

Members of Kerry Youth Groups – K.D.Y.S Youth Club Listowel who this week attended a film-making workshop ahead of their entry to the X-HALE Short Film Festival 2014. The X-HALE Short Film Festival is an initiative developed by the Irish Cancer Society to encourage young people to take action on the issue of smoking in their own communities through the visual and engaging medium of film. They will spend the next few months preparing their film for entry into the Film Festival which will take place this summer.

All of the youth groups involved in the workshops have received grants from the Society to develop their project. In total this year, 34 groups have been supported by the



K.D.Y.S YOUTH CLUB LISTOWEL, PICTURED (FROM L-R) ARE: KILLIAN FEALEY, GARETH HARTEVELD, DENIS O'LANE AND LIAM HALPIN.

Irish Cancer Society nationwide. The Society has awarded over €100,000 to youth groups and organisations through the X-HALE Youth Awards to create smoking related community awareness projects since the initiative started four years ago.

## LIGHTS, CAMERA, ACTION! IRISH TOWNS IN THE SPOTLIGHT

**Canon and Camera Centre launch video competition.**

Canon Ireland and Camera Centre want to celebrate the towns throughout the country that make Ireland special through a unique video competition. People from across the country are being encouraged to upload a short video introducing their home town to be in with a chance of winning a Canon LEGRIA Mini camcorder worth €329.

The LEGRIA Mini is an innovative, personal camcorder designed to help user share their talents and interests with the world. Super slim and lightweight, this camcorder captures beautiful, high-quality video and still images at the touch of a button. To match its outstanding image quality, the LEGRIA Mini features a built-in microphone to enhance video with superb stereo sound.

To enter this great competition, simply record a short video (1 minute maximum) introducing your hometown and what makes it special then upload it to the Camera Centre Facebook Page. The winning video will be chosen by a panel of judges.

Visit <https://www.facebook.com/CameraCentreDublin> for more details. Closing date for entries is May 15th, 2014.



THERE WERE CELEBRATIONS IN TIERNABOUL NATIONAL SCHOOL IN KILLARNEY THIS WEEK WHEN THE 5-A-SIDE SOCCER TEAM CAME HOME WITH TOP HONOURS IN THE KERRY FAI 5-A-SIDE SOCCER TOURNAMENT. THE TEAM WHO COMPRISES OF LIAM SPILLANE, SEAN O'LEARY, ADAM KELLY, DARRAGH O'LEARY, GARY O'SULLIVAN, JACK O'SULLIVAN, JAMES O'BRIEN AND MICHAEL KEARNEY WILL BE HEADING TO NENAGH NEXT WEEK WITH THEIR PRINCIPAL CONOR GLEESON FOR THE MUNSTER FINALS AND EVERYONE WISHES THEM THE BEST OF LUCK.



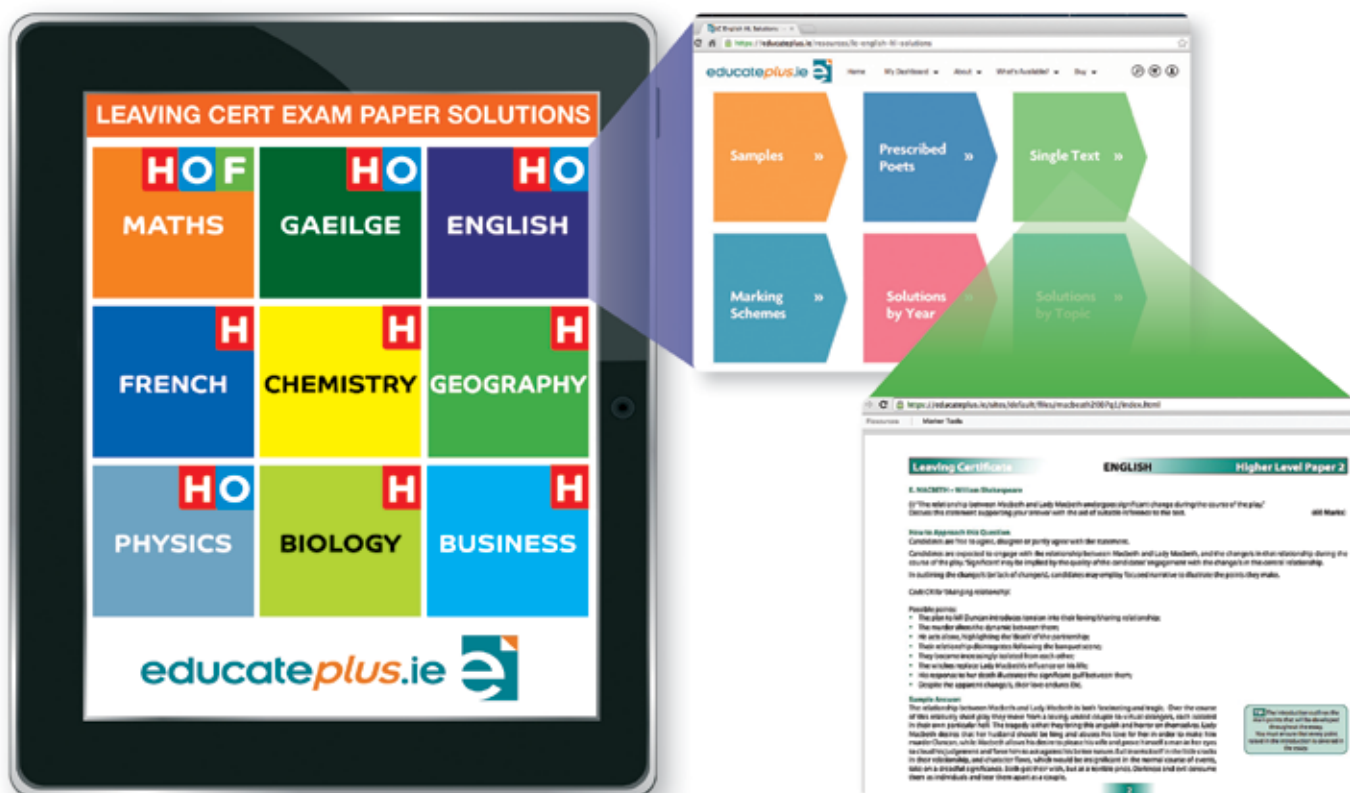
Adam Fogarty Killorglin who came 5th in U18 boys at World Irish Dancing Championships in London recently, dancing with King/Clifford School of dancing Killarney.



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## SPA NEWS

### COISTE NA NOG: SPA U14 BOYS

Spa played Beaufort away in a highly entertaining game on Wednesday evening. Despite having the lion's share of possession Spa conceded 4-1 without reply. Ryan Kelliher then stood up and grabbed the game by the scruff of the neck by scoring 2 cracking goals in quick succession following a Sean Cahill 3 pointer. Now the game was back in the melting pot with Spa trailing their Mid Kerry opponents by 6 points at half time. Despite conceding an early second half goal Spa upped their work rate with great running by Garry Vaughan and Evan Jones and were duly rewarded with a Keelan Deegan brace followed by a Cian Fahey effort to the net. Soon there were only two points in this enthralling encounter. Tomas Cronin then cracked off a terrific effort that was miraculously saved by the Beaufort keeper. The resultant clearance fortuitously found itself to the Spa net, leaving the boys in blue with too little time to claw back the lead. FT score Beaufort 6.10 Spa 6.04

**TEAM:** Adam Kelly, James Lynch, Evan Jones, Jordan Leahy, Cian Murphy, Cian Fahey, Daniel O'Sullivan, Reece Hegarty, Stephen McKenna, Garry Vaughan, Sean Cahill, Ryan Kelliher, Conor Magee, Shane O'Donoghue, Keelan Deegan. Subs Tomas Cronin, Alan O'Sullivan, Dara O'Leary, Daragh Lawlor, Michael Kearney, Sean O'Sullivan

**SPA U14:** Play John Mitchels in Spa at 7.30 pm next Wednesday. Spa U14 Bs play Listowel Emmets in Spa at 7.30 next Wednesday.

### LADIES FOOTBALL:

#### U12 GIRLS: SPA 3-1 FIRIES 2-5

The girls were slow to start in the first half and score 1-0 Spa down to Firies 2-3. The second half the girls were outstanding and Firies were very lucky to run out as victors on the night. Grainne Spillane was solid in defense ably assisted by Marie Courtney and Caoimhe Claffey while up front Sarah Fleming, Orlaith Spillane, Erin Holland, Mairead O'Donoghue and Eleana O'Donoghue were brilliant on the night.

#### U14 GIRLS: SPA 6-5 LAUNE RANGERS 4-12

This definitely was a game of two halves. We owned the first half while Killorglin side were the better team in the 2nd half. High scoring

game and half time score we lead 6-1 to 2-2. Lost by a point and gutted as it was our game to lose. Marie O'Donoghue pulled off great saves and Excellent defence by Maeve Firzmartin, Aoife Sheehan and Emma Cronin. Sarah Fleming (3-1) scored a hat trick in the first half with Eimear Beazley (1-0), Orlaith Spillane (1-1), Meghann Cronin (1-1), Mairead Bennett (0-1) and Ciara Moynihan (0-1) all scoring on the night.

### UPCOMING LADIES FIXTURES:

Senior ladies May 4th home to Currow at 12noon. U14 girls home to Ballymac Saturday May 3rd. U12 girls home to Fossa at 6.30pm Friday May 2nd.

### INTERMEDIATE CHAMPIONSHIP FIRST ROUND: CASTLEGREGORY 0:08 SPA 0:13

Spa came out on top with a well deserved victory against Castlegregory last Sunday. First half scores from Michael O'Donoghue, Craig Hickey, Jamie Spillane and Andrew Garnett saw Spa leading at half time. The introduction of Kerry minors Liam Kearney and Shane Cronin helped to add a new dimension to the game. Experienced players, Alfie Giles and Ivor Flynn, steadied the ship when they were brought on. Dan O'Donoghue, Mike Finnegan and Paul Russell performed well throughout. Up front Michael O'Donoghue was a constant thorn in Castlegregory's side. Further scores from Shane Cronin, Eoin Cronin and Michael O'Donoghue ensured a five point victory for Spa. Andrew Garnett was excellent at midfield. Huge congrats to all involved. This win showed the importance of a strong panel. Everyone played their part. Well done lads.

**SPA TEAM:** J. Devane, D. O'Donoghue, M. Finnegan, P. Russell, S. Fenton, A. Cahill, E. Cronin, A. Garnett, S. Lynch (capt), R. O'Carroll, J. Spillane, C. Cronin, C. Hickey, M. O'Donoghue, B. Russell. Subs: S. Cronin for S. Fenton, L. Kearney for J. Spillane, A. Giles for C. Cronin, I. Flynn for R. O'Carroll, J. Falvey for C. Hickey.

### UPCOMING SENIOR MEN FIXTURES:

Spa home to St. Pats rd 4 of co league at 7pm on Saturday May 3rd.

Intermediate rd 2 away to Listowel at 2.30pm on Sunday May 11.

**SCOR:** The Senior Scór All Ireland in Castlebar

last weekend brought this Scór season to a close. Unfortunately no joy for Ray on this occasion. The club would like to thank all who were involved in any aspect of Scór this year and in particular our Scór officer Sheila Mc Carthy for her huge contribution in what was a very successful Scór year for Spa.

**LOTTO:** Lotto results in McSweeneys.

Numbers 1-2-3-28 No Jackpot Winner.

Lucky dip winners: John Wickham, Alan Breen Jimmy's Bar, Kieran O'Sullivan Willow Grove, Jer McCarthy Ballyspillane. Draw next Monday May 5th in Jimmy Briens with our biggest ever jackpot €10,200. Reminder annual tickets are due for renewal around this time. Please do so ASAP to make sure you're in the weekly draw.

**MERCHANDISE SHOP:** Will be open on Friday evenings from 6.45pm to 8pm and on Saturday mornings from 11am - 12.15pm. Sale now on with up to 30% off on selected items. Any enquiries please contact Mathilda on 0876487356.

**CLOTHES COLLECTION:** Saturday May 17th is the date for collection. Now's the chance to to declutter your wardrobe and help your club. Collecting clothes any condition (clean), bags, books (not school books) and cuddly toys. Contact Anne Holland 085 7780883. All proceeds go towards the running of Coiste na nOg.

**LILY OF KILLARNEY:** Will be held this year on May 30th in Killarney Heights Hotel. Tickets €20. We would encourage everyone to support this social event and one of our major fundraisers. The ladies Committee has set up a FaceBook page so please follow them.

**TIERNABOUL NATIONAL SCHOOL:** School is collecting mobile phones to raise funds for Down Syndrome Ireland. All phone donations will be greatly appreciated. Please ensure SIM has been removed. Drop off to school or to the clubhouse. Contact Conor Gleeson on 087 2565142

**WEDDING:** Congratulations to senior ladies footballer Katie Hickey on her marriage to Andrew Kenneally this past weekend in Killarney.

**SYMPATHY:** To the family of Marie Kelliher, Listowel.

## KILCUMMIN NEWS

**KILCUMMIN ICA:** The monthly meeting of the Guild will be held on Wednesday 7th May at 8pm in the Rural Development Office. Geraldine Sheehy, South West Counselling Services will attend. All ladies welcome.

**ANNUAL SPRING CLEANUP:** A sincere thanks to everyone who supported the cleanup of all roads in the parish over the past number of weeks. If you have any bags for collection please contact John at the Rural Dev. Office. Your support is greatly appreciated.

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

on [www.kerrycomhaltas.ie](http://www.kerrycomhaltas.ie).

### ANABLA NATIONAL SCHOOL NEW/USED

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

All items must be dropped to the school before 9.30AM on Thursday 8th May 2014.

**KILCUMMIN LOOKING GOOD:** Work is progressing apace on the Kilcummin Community Environmental Park. With great help from the pupils of our three National Schools and the Community Employment Scheme 1000 trees have been planted to date. We are appealing to all parishioners to help us raise the necessary funds to complete this park. Donations can be made to the following committee members; Dan Greaney (0868483450), Tony O'Connor (0876258641), Mike O'Connor (0872778828) and Mike McGurl (0876662707).





## ÉAMON KELLY ARTS BURSARY 2014.

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### NEW BEGINNINGS

Ministries Killarney  
*Christian fellowship*

Saturday 3rd May at 7.30pm and  
Sunday 4th May at 12pm at the  
Killarney Court Hotel.

Guest Speakers: Patti & Andy Moys  
and Tim & Elaine Bruce Worship.

contact  
**087 7068533 / 087 9743497**  
email: [newbgn@hotmail.com](mailto:newbgn@hotmail.com)



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## KILLARNEY GARDAI ISSUE WARNING



Killarney Gardai have issued a warning to owners / occupiers of public and private car parks in the Killarney area to secure them when not in use over the International Rally of the Lakes.

The rally takes place in Killarney this weekend and according to the Gardai, in the past, undesirable elements who frequent motor rally venues have entered private and public property with their vehicles and have engaged in incidents of reckless driving and vandalism of property. The Gardai have issued this advice to prevent unauthorised access onto property and say that recreational and commercial areas also pose a high risk.

**For any advice contact Sergeant Dermot O'Connell at Killarney Garda Station on 064-6671160.**



# RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

**GNEEVEGUILLA ANNUAL PILGRIMAGE TO KNOCK SHRINE:** takes place on Sunday 18th May. Bus leaving GAA Hall at 7am sharp. If interested please contact Ann Cronin: 7756249 / 087 2785565 or Eileen Fleming: 77 56301 / 087 1475386.

**ROSARY AT THE LEAM GROTTTO:** For the month of May the Rosary will be recited at the Leam Grotto 9pm weekdays, 8pm Sundays. Everybody welcome.

**SYMPATHY:** To family and friends of Antoinette Cronin Shinnagh and Fr. Corridan Centre, Rathmore, whose death occurred last week. May she rest in peace,

**ROSARY AT SHINNAGH CROSS GROTTTO:** For month May - Monday - Friday at 7pm. Everybody welcome:

**MAY ROSARY AT GROTTTO IN TUREENCAHILL:** For the entire month of May, Rosary will be recited nightly at 8 pm, while on Sunday evenings it will be at 7.30 pm. Young and old all are welcome.

**DIOCESAN COLLECTION:** At all Masses on this weekend, Saturday 3rd and Sunday 4th May, a second collection will be taken up after Holy Communion for the Education of Priests. Your

generous support will be greatly appreciated.

**ANNUAL MASS IN CITY OF SHRONE:**

1.30 pm Mass in City - No Mass in Church weather permitting this Sunday May 4th. Everybody welcome.

**FREE HOSPITAL TRANSPORT SERVICE FOR CHEMOTHERAPY PATIENTS:** The Irish Cancer Society is offering a free transport service to patients undergoing chemotherapy treatments in Cork University Hospital, Kerry General Hospital & the Mercy University Hospital, Cork. For more information, patients can call their treatment team in the hospital or call Gail on 01 2310 566.

**RATHMORE G.A.A. LOTTO RESULTS:** 21/04/2014 No's drawn: 1, 19, 24, 30. No jackpot winner. Next week's Jackpot: €6,600. Consolation Prizes: €40 O'Keefe's XL Gift Voucher: Ryan Family, Ballycullane. €40 each: Denis Brosnan, Knockmanagh. Clare O'Keefe, Clounts. Eileen O'Connor, c/o Dennehy's Bar. Michael Roche, Nohovaldaly. Next week's Lotto sponsored by Dennehy's Bar.

**RESULTS: LEE STRAND COUNTY LEAGUE U14 FOOTBALL**

**RATHMORE 5-16 NA GAEL 1-03**

**FIXTURES** Sunday 04/05/2014 Lee Strand County League U12 Football Div. 2 Rathmore v Castleisland in Rathbeg at 6.00pm. The first round of Garvey's Senior County Championship Rathmore v Dr Crokes is fixed for Sunday 1st of June in Rathbeg at 6.30pm

Castleisland Co. Club Championship: Rathmore 1-15. Kilcummin 3-08.

**RESULT:** Lee Stand Co. League Div U12 Football Rathmore 5-13. Kenmare 3-07.

**DIV 2B HURLING:** Rathmore 5-09. Tralee Parnell B 1-03.

**CONGRATULATIONS:** To Gerard O'Connor who receives the 2013 Club Merit award from Andrew McCarthy, (2012 Club Merit Winner) at the social night in the Old Chapel Bar Rennelly. **CONGRATULATIONS:** To Kerry star Paul Murphy receives the 2013 club player of the year from Eoin Lawlor 2012 player of the year at the social night in the Old Chapel Bar held recently.

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

## LISTRY NOTES

**ANNUAL SPORTS:** The district primary school sports will be held at Listry G.A.A grounds on Thursday May 8th at 6pm.

There will be a full programme of events for boys and girls. (including relays). Winners will qualify for Co. school finals at Riocht Track later

in May.

**LOTTO:** Winning Number: 21, 23, 24, 26.

No Winner. 1 x €100: Lil O'Sullivan C/o Phil Ahern. 2 x €50: Beth & Simon Coffey.

Derry O'leary.

2 x €25: Marian Scannell, Coolroe.

Keith Moloney, Drombrick.

Draw Entrant: Muiris OSuilleabhain. Ballyferriter. Next week Jackpot: €6,650 on May 4th.

**BINGO:** Listry Community Centre, Wednesday May 7th at 8pm.

## BEAUFORT NEWS

**BEAUFORT SENIORS:** Lost out to Furies in the 1st Round of the Junior Championship on Saturday evening. Beaufort Juniors play Milltown/Castlemaine in Beaufort on Tuesday evening. They are away to Laune Rangers Tuesday week.

**BEAUFORT MINORS:** Lost out to Annascaul/ Lisper in the semi-final of the County League on Friday evening last.

**BEAUFORT U16S:** Were well beaten by Currow in the semi-final of the Eastern Region League on Wednesday last. They are now finished until the County League starts after the exams.

**BEAUFORT U12 GIRLS:** Were beaten by a strong Legion team in Phase 1 of the County League on Tuesday evening. They play their last game in this phase on Tuesday next against Scartaglin in Beaufort at 6.30pm.

**BEAUFORT U14S:** Played Spa in the County League on Wednesday evening last. Final Score: Beaufort 6-10 Spa 6-4

**U12S:** Sponsored by Maurice Foley of MF Decorating drew with Churchill in a very

exciting game in Churchill on Sunday evening.

**THE U-11S:** though tried hard were beaten by the same opposition. Details on website.

**LOTTO:** Lotto results of Sunday, 20th April for jackpot of €4,000. Numbers drawn: 3, 9, 16, 18. No jackpot winner. Consolation Prizes-€80 Mary Jo Coffey, Brookhill, €50 John O'Callaghan, Coolmagort, Ian Joy, Tullig and Seán Fogarty, Cappaganeen.

Next draw for jackpot of €4,200 will be held in Inn Between Bar on Sunday. If interested, €50 annual Tickets or Standing Orders are available from usual Lotto sellers.

**BEAUFORT TIDY TOWNS:** Reminder to all that our Clean-Ups are still continuing every Tuesday evening from 7pm, meeting at the Barracks. Lots of exciting projects are underway. If you can offer up 1 hour, then we would be delighted to see you. You can visit Beaufort.ie to get a full list of jobs for "Grab A Job" initiative. Email beauforttidytowns@gmail.com if you would like the list of jobs to be emailed to you. Many hands make light work. Do your bit to

keep Beaufort beautiful.

**WANTED!** Members of the Gaelic Mothers' Football Gang. If you are over 18 and not currently playing with a football club, then you are qualified to play! Fun training sessions led by Mary Jo Curran begin next Monday April 28th at 6pm at Beaufort football pitch. Come along and meet other ladies, keep fit and have fun at the same time. All welcome.

**CLOTHES COLLECTION:** Clothes Recycling Drive in aid of Beaufort Coiste na nOg on Saturday, May 17th. Drop all items between 6-8pm on Friday, 16th and before 12pm on Saturday, 17th. Please donate unwanted clothes, bed linen, towel, curtains, shoes, bags, belts and sof toys. Laptops (must be intact with pwer lead) and Mobile Phones are accepted. Books are accepted but no school books, magazines or diaries. No household bric a brac. Contact Susan with anymore queries 087-1276677.



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Aherns Pharmacy is seeking a candidate who is outgoing and enthusiastic to join their team in Farranfore.

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Previous relevant experience in the Health & Beauty retail sector will be an advantage.

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If you are interested in this position,  
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**office@ahernspharmacy.com**

Closing date is Friday 9th May.



## Kerry ETB Training Centre



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

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

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers.

**Start Date:** 19<sup>th</sup> May 2014. **Duration:** 46 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

### MTA Software & Networking Fundamentals Course (ET1Z4) – Tralee.

If you wish to get started in a career in ICT this entry level course offers experience in the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course.

**Start Dates:** 12<sup>th</sup> May 2014. **Duration:** 17 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

### IT Support Traineeship (ETS78) - Tralee Training Centre.

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

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

This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java

Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7<sup>th</sup> July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

### Digital Web Design Course (ET3Z6) – Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites.

**Start Dates:** 19<sup>th</sup> May 2014 in Tralee. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience.

### Information & Communication Technology Course (ET45R) – Castleisland.

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

### Marketing Course (ET4R9) – Tralee.

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

### Legal Administration Traineeship (ETS07) – Tralee Training Centre.

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

### CAD – 3D Parametric Modelling Course (ET4R1) – Tralee Training Centre.

Are you a proficient CAD technician who wants to bring your 3D modelling skills to the next level? This course offers participants the opportunity to develop the advanced parametric modelling skills needed to design 3D models of components and engineering assemblies. **Start Date:** 9<sup>th</sup> June 2014. **Duration:** 21 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

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

**Kerry ETB Training Centre,**

Monavalley Industrial Estate, Tralee,

TEL. 066 7149608, E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)

Entry requirements and other information on our courses are available at [www.solas.ie](http://www.solas.ie)



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# GLENFLESK NEWS WITH DONAL KELLY

## ALL-IRELAND GLORY FOR GLENFLESK:

Congratulations and very well done to our senior figure dancers who brought home an All-Ireland title to Glenflesk from Senior Scór in Castlebar on Saturday April 26th. They returned to the Kingdom on Sunday evening where they were welcomed by the Chairman and officers of the East Kerry Board in Killarney and then in Glenflesk by a large and enthusiastic crowd that had gathered to salute their fantastic achievement. The team consisted of Joanne Cashman, Orla Kelliher, Mairead Cashman, Rose Kelliher, Marie Cronin, Norita Cashman, Lisa Cronin and Clíodhna Creedon. They are trained by Norrie Sheehan and Aine Murphy. Congratulations also to the Kilcummin set dancers who were victorious at the weekend.

## INTERMEDIATE COUNTY CHAMPIONSHIP

**REPLAY:** The Glenflesk senior team, sponsored by Molly Darcys, had a fine four-point victory over the home side in Annascaul on Sunday April 27th, on a scoreline of Glenflesk 1-10 Annascaul 1-6. The first-half was a tightly contested affair with little between the sides, and they went into the break tied at 0-4 apiece. In the second-half the tide finally turned in favour of Glenflesk and a goal from Lee O'Donoghue capped a fine victory.

**NEXT GAME:** At the time of writing Glenflesk are due to play Finuge in the next round of the Intermediate Championship in Glenflesk on Saturday May 3rd. See Clubtext and Facebook for confirmation.

**WELLY WALK RECORD:** Are you ready to take your place in the Guinness Book of Records? On Sunday May 11th you'll get your chance when the Welly Run takes place in Killarney. The walk starts at 12 noon from the Brehon Hotel, with registration from 10:15 at the INEC (€5 per person, €20 per family). Remember: it's actually a walk not a run; we will have some spare wellies on the day if you don't have a pair of your own and finally, you don't have to eat any bugs – unless you want to!

**SPONSORSHIP LAUNCH:** A large crowd from Glenflesk was in attendance in Molly Darcy's on Thursday April 24th to formally launch the sponsorship agreement between Molly Darcy's and the Glenflesk GAA club. On the night Brian Miley, Sales and Marketing manager at Molly Darcy's, said they were delighted to be associated with a club that has such strong sporting and cultural traditions. John Kelliher, Chairman of Glenflesk GAA club, thanked Molly Darcy's for their support of the club and hoped that the new agreement would signal the

start of a very successful period for both Molly Darcy's and Glenflesk GAA.

**COUNTY LEAGUE U-12:** The Glenflesk U-12s travelled to Ballymacelligott on Sunday April 27th, where they were narrowly defeated by the home side in both games, 4-10 to 5-9 and 5-7 to 3-6. They play Miltown-Castlemaine away on Sunday May 4th.

**BARRADUFF NS CYCLE MAY 18TH:** The 3rd annual Barraduff NS 80km cycle takes place on Sunday May 18th. Registration at Barraduff school between 8am and 10am, with cyclists departing immediately after registration. Adults €20 and students (16 and over) €15. Support for cyclists on the route will be supplied by O'Sullivan's Cycles Killarney and the Order of Malta. Refreshments afterwards in John Dan's bar Barraduff.

**RAHEEN NS:** Congratulations to Teresa Bowler who had the winning lotto number 37 on Saturday 26th April.

**SYMPATHY:** Sympathy is extended to Tim Kelleher (Killaha and Killarney) and family on the recent death of his wife Marie. Sympathy is also extended to Bernie O'Shea (Upper Barraduff) on the recent death of her sister Antoinette Cronin. Ar dheis Dé go raib a n-anamacha dílse..

## FOSSA NOTES By Gene Moriarty

### FOSSA GAA: Fossa Lotto 27/04/2014:

Numbers Drawn: 2, 7, 22, and 25.

Jackpot: €4,050. No Jackpot Winner:

Consolation Prizes 5 x €40: Billy Moynihan, Sheans Killarney; Gary McCormick, Curragh Aghadoe; Miriam O'Connell, Aghacurreen, Michael & Anthony O'Keeffe, Dromin Fossa, Kathleen O'Sullivan, Caragh Lake.

New Jackpot: €4,200. Tickets on sale at the usual outlets, at the club grounds on Sunday mornings at juvenile training, and from club members and players. Next draw takes place on Sunday night May 4th 2014 at the Golden Nugget Fossa at 11p.m.

**FIXTURES:** Wednesday April 30th County Under 14 Dingle v Fossa at Dingle 7:30pm.

Friday May 2nd Minor County League Div 4 final Fossa v Tarbert/Moyvane 7:00pm venue to be confirmed.

Girls under 12 County League Spa v Fossa at Spa 6:30pm.

Saturday May 3rd Senior County League Beale v Fossa at Ballybunion 7:00pm.

Sunday May 4th Under 12 County league Fossa v Ardfert at Fossa 6:00pm.

**SENIORS:** Fossa senior footballers went down to defeat against a highly motivated Reenard team in round 1 of the county Novice Championship at Fossa on Sunday last on a score line of 0-13 to 1-08. The teams were level at 0-08 to 1-05 at half time. Fossa travel to Ballybunion to play Beale in round 4 of the County League on this Saturday night May 3rd throw in at 7:00pm.

**MINORS:** Our minors defeated Na Gaeil in

the semi final of the County league on Friday evening. Playing with a gale in the first half they just led by 3 points at the break 1-05 to 1-02, the Fossa goal coming from Shane Cronin. Young David Clifford moved to the forty early in the second half, and with Matthew Rennie dominating at midfield, all the lads showed great bravery and commitment in the second half with heroic performances to emerge victorious by 2-08 to 1-03. They now play Tarbert/Moyvane in the final on this Friday evening May 2nd at 7:00pm venue to be decided.

**COISTE NA NOG:** The Fossa U12 "Boys" continued their good run with both teams securing good wins in Currow on Sunday evening. The Black team had a comfortable win with Maud Kelly and Darren Ryan strong at mid field, Cian Doyle rock solid in defence well aided by Joe Cahillane and Mark McGlynn and with Conor Horgan pulling the strings at half forward good scores were got by Darren Cronin, James O Shaughnessy, Simon Coffey and Harry Kelly. The red team had to work a bit harder after scoring a few good points leaked a couple of soft goals. They responded well with all players upping their performances, Cathal Whelton and Pdraig Talbot tightened up the defense, Ruari Doyle ran mid field and Emmet O Shea and Jack Clifford fired over the scores.

The under 14s suffered their first defeat in Division 2 of the County League, going under to John Mitchels at Ballyseedy on Wednesday last. They play Dingle away on this Wednesday evening April 30th throw in 7:30pm.

**LADIES FOOTBALL:** A huge congratulations to the Fossa girls u 14 on winning the County Feile competition on Saturday last in Fossa. In the semi final Fossa were victorious against Legion/Beaufort and then the girls overcame a strong and talented Southern Gaels team in an exciting final. The team will go on to represent Kerry in the National Feile competition in the end of June in Sligo. All this was achieved without our talented forward Ellen Clifford who is out injured at present. Meanwhile the under twelves had another good win over Kenmare at Fossa on Tuesday night.

**ATHLETICS:** Gneeveguilla AC will hold Athletics training at the Old Fossa Sports field every Thursday evening from 6:00pm to 7:00pm until further notice. The next session takes place on this Thursday May 8th. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

**FOSSA COMMUNITY ALERT:** Just to let you know, our new signs are now in place, with the phone number of Killarney Garda Station on them. So to make sure our "Text Alert System" keeps working to its full potential don't hesitate to ring that number should you see any suspicious activity in the area. For anyone who hasn't already signed up to the system and would like to do so, just contact any member of the committee.

**FOSSA NOTES:** If anybody has any item they would like included in the notes, please email information to Gene Moriarty at beniska@utvinternet.com Please forward information on or before Sunday at 10:30am.





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## RECIPES OF THE WEEK

### FRIED RICE WITH CHICKEN

**Serves 4**

#### INGREDIENTS

- 4 chicken fillets, cut into strips
- 2 tablesp. oil
- 4-6 eggs
- 2 tablesp. light soy sauce
- 400g cooked rice
- 1 red pepper, seeded and diced
- 1 chilli, chopped
- 1 bunch scallions, chopped
- Handful of coriander, chopped

#### To Cook

#### METHOD

Heat a wok or large pan, then add a little oil. Beat the eggs and soy together. Pour the mixture into the wok. Cook quickly, stirring as the egg cooks. Tip the cooked egg on to a plate. Reheat the wok and the cook the chicken strips, adding

a little more oil if necessary, then add in the red pepper, chilli and scallions. Stir-fry for another minutes then tip the mixture on to a plate. Reheat the wok with the remaining oil, add in the rice and stir-fry for 3-4 minutes, add back the chicken and egg mixture. Mix the lot, check the seasoning, add more soy sauce if necessary. Divide between four plates, sprinkle some coriander over each portion. Serve with a big bowl of mixed salad.



## APRICOT AND ALMOND CAKE

**Serves 8-10**

#### INGREDIENTS

- 225g (8 oz) butter
- 225g (8 oz) sugar
- Juice of 1 lemon
- 75g (3 oz) ground almonds
- 100g (4 oz) plain flour
- 100g (4 oz) dried apricots, chopped in the food processor
- 3 Quality Assured large eggs, beaten

#### To Cook

#### METHOD

Set oven 180°C (350°F) Gas Mark 4

Line a shallow 23cm cake tin with baking parchment.

Beat the butter and sugar together, until light and fluffy, add the lemon juice and ground almonds. Fold in the flour, apricots and eggs. Transfer the mixture to the lined cake tin, smooth the top and bake for approx. 35 mins., until firm to the touch.



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## EAST KERRY NOTES

By: Áine Ní Shúilleabháin PRO

**EAST KERRY JUNIOR LEAGUE:** The East Kerry Junior League, sponsored by Patrick Doyle Haulage, has reached the finals stage. The Division 1 Final (Dr Crokes V Legion) is fixed for Tuesday, 29th April. We will have a report on it in next week's notes. The Division 2 Final between Rathmore and Kilcummin has been fixed for Tuesday, the 6th May at 6.45pm in Dereen.

### LEGION 2-08 GNEEVEGUILLA 2-07

The East Kerry Junior League Division 1 Semi Final, between Legion and Gneeveguilla, sponsored by Patrick Doyle Haulage was played in Dereen during the week. The game swung in favour of one team and then the other, with each team having periods of dominance. Legion were the first to score and led by 3 points to nil after 15 minutes. Gneeveguilla found the target for two points early in the second quarter but Legion increased their lead when Scott O'Mahoney found the net from a pass by David Lyne and pointed a minute later. The visitors replied almost immediately with a goal when Mike Brosnan connected with a 45m free and found the net reduce the gap to two points. Half time score: Legion 1-4; Gneeveguilla 1-2.

Gneeveguilla reduced the margin to the minimum with a point at the start of the second half, but Legion pulled ahead again with an Alan Moriarty goal and a point. However, Gneeveguilla's Kevin Coughlan solo'd upfield and in a well worked move, Tommy Murphy finished to the net for a Gneeveguilla goal. The visitors followed this with a two unanswered points, to level the scores with 15 minutes remaining. It was tit for tat to the end of the game. The home side notched up two points from frees. The side traded points and the visitors pointed a free, to leave the final score: Legion 2-08 Gneeveguilla 2-07. Legion meet Dr Crokes in the Division 1 Final during the coming week. Referee: Brendan Brosnan (Glenflesk).

**EAST REGION UNDER 16 LEAGUE:** The East Region Junior League, sponsored by MD O'Shea's, continued during the week with a playoff between Beaufort and Kenmare at Lewis road, to decide who would meet Currow in the Semi Final. After a game with great goal keeping and wonderful skills, Beaufort ran out winners. The semi final between Currow and Beaufort was played in Farranfore, on Wednesday evening. Beaufort got off to a strong start and went 5 point up before Currow opened their account and notched up scores. It was neck and neck at half time. Currow's goal scoring proved the difference between the sides and after a fast moving sporting game, Currow ran out winners on a final score of Currow 4-14 Beaufort 1-11. Currow meet Firies in the Final.

### EAST KERRY UNDER 16

**CHAMPIONSHIP:** The East Kerry Under 16 Championship, sponsored by M D O'Shea's,

kicked off over the weekend with Firies the winners over Dr Crokes B. The remaining fixtures which will be played during the week are Kilcummin V Fossa, Spa V Currow, Glenflesk V Cordal/Scartaglen, Gneeveguilla V Legion and Dr Crokes V Rathmore.

### MUNSTER CLUB CHILD DEVELOPMENT PROGRAMME 2014 EVENING IN KILGARVAN:

East Kerry GDA Vince Cooper and South Kerry Hurling Officer David O'Dea travelled to Kilgarvan last Tuesday night. The Munster Club Child Development Programme was organised on the night involving Kilgarvan Under 10 and Under 12 Boys and Girls. All players received practical coaching sessions in Football and Hurling. A photocopy of the sessions was delivered to all Coaches who attended on the night. Many thanks to Joanne Murphy, Kilgarvan, for her assistance in organising the session.

### EAST KERRY/KENMARE UNDER 8 GO GAMES BLITZES:

East Kerry/Kenmare Under 8 Go Games blitzes will be starting on the week of the 5th of May. All Coaching Officers have received the groups and venues at this stage. It is important for all host clubs to contact teams in there groups well in advance to facilitate the smooth running of the blitzes. St Brendans College students should be used by all host clubs to referee the games. The groups are as follows: Spa (H) Dr Crokes, Kilcummin; Fossa (H) Listry, Gneeveguilla; Legion (H) Rathmore, Glenflesk, Firies; Templenoe (H) Kenmare, Tousist, Kilgarvan, Sneem. Host clubs can run the blitzes any night that suits all. One hour in total.

## DR. CROKES GAA CLUB NOTES

**LOTTO:** Draw took place in the Speakeasy on Sunday last. Numbers drawn: 5, 6, 10, 15. The jackpot of €3300 was won by Joe Curran. Next week's jackpot is €3000. Draw will take place in the Tatler Jack.

**FIXTURES:** Snr Hurling League: Away vs. Causeway, Wednesday 30th April, 7pm. Senior Co. League: Away vs. Listowel Emmets, Saturday 3rd May, 7:00pm. Senior Ladies League: Home vs. Milltown-Listry, Sunday 4th May, 12 noon. U14 County League: Home vs. Pearse Bros., Churchill, Wednesday 30th April, 7:30pm. Please support.

**RESULTS:** Senior Club C'ship: Dr. Crokes 1-15, Laune Rangers 0-08. Minor League SF: Dr. Crokes 3-11, Kerins O'Rahilly's 0-04. U14 Co. League: Dr. Crokes 'A' 3-14, Austin Stacks 8-17. Dr. Crokes 'B' 2-10, Austin Stacks 4-05.

**CLUB FOOTBALL C'SHIP:** We received a bye in Round 1 of the Club Championship and faced Laune Rangers in Round 2 on Sunday last. Laune Rangers got off to the better start with the wind to their backs, going 2 points up in the first few minutes. Daithi Casey opened scoring for Dr. Crokes. We then settled and

continued to apply pressure to the Laune Rangers defence. In the dying minutes of the first half, Laune Rangers had a shot on goal but Conor Loughlin made the crucial save. Half-time: Dr. Crokes 0-05, Laune Rangers 0-07. We dominated the second half, Brian Looney and Johnny Buckley on target early. Solid defending prevented Laune Rangers making a comeback. Daithi Casey sealed victory in the 55 minute with a goal. Full-time score: Dr. Crokes 1-15 Laune Rangers 0-08.

**TEAM:** Conor Loughlin, Kieran Ward, Eoin Brosnan, John Payne, Shane Doolan, Fionn Fitzgerald (0-01), Shane Myers (0-01), Johnny Buckley (0-01), Michael Milner, Brian Looney (0-04), Daithi Casey (1-02), Alan O'Sullivan, Kieran O'Leary (0-02), Chris Brady (0-02, 1f), Gavin O'Shea. Subs: Jamie Doolan (0-01) for Gavin O'Shea, David O'Leary for Shane Doolan & Micheal Burns (0-01) for Shane Myers.

**SATURDAY MORNING ACADEMY:** Our Saturday morning hurling & football academies continue this weekend: Hurling from 10:00am to 10:40am, followed by football 10:45am to 12 noon. Both codes are supervised by qualified coaches and all equipment is provided.

**KELLOGG'S GAA CÚL CAMPS:** The Kellogg's GAA Cúl Camps are a great way for boys and girls aged 6 - 13 to play the games and learn GAA skills in a fun child-friendly environment - and maybe even help make them a GAA star of the future! Dr. Crokes GAA Club will host a football camp from 30th June - 4th July. Fitzgerald Stadium will host a hurling camp from 28th July - 1st August.

**CLOTHES BANK:** There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPPC.

**CONGRATULATIONS:** To Andrew Kenneally & Katie Hickey who got married over the weekend and to Mark Clifford on his 2nd place finish in the World Dancing Championships in London.

## LEGION GAA CLUB NOTES

**MAY RACES:** Sunday of the May races 11th, is coming fast and the racecourse are going all out to make this a fun day for racing and football enthusiasts alike. There will be a special place kicking competition with each club attending putting a player forward to compete. Jim Culloty will be in attendance with the Cheltenham Gold Cup also. The club has a limited number of 5euro admission tickets available and these can be obtained at Murphys bar, Paul Trant at Keanes Jewellers, Enda Walsh at Quills, Brian Moriarty, Barry Slattery, Paddy Osbourne and Kevin Griffin. These low cost tickets are sure to go fast so get them quickly.

**5 YEAR DEVELOPMENT PLAN:** Many thanks to County board chairman Patrick





O'Sullivan and committee member Tom Kennedy who helped to officially launch our 5 year development plan last week at the East Avenue Hotel. A booklet containing details of the clubs plans for the future is now available free of charge from any committee member or at the clubhouse on matchdays and Saturday morning academy sessions and also from Enda Walshe on 087 6447523

**U14 GIRLS FOOTBALL:** The u14 side combined with Beaufort had a good victory over Laune Rangers in the quarter final of the Feile competition last Saturday before succumbing to Fossa in the semi final

**BABY JOY:** Congratulations to Laura and Nigel Shevlin on the birth of their baby girl Hollie.

**JUNIOR EKL SEMI FINAL:** The junior side defeated Gneeveguilla last Tuesday in the East Kerry league semi final to set up a final showdown with neighbours Dr. Crokes. Goals by the two Alans, Brosnan and Moriarty helped this side to a single point victory 2-08 v 2-07.

**SENIOR CLUB CHAMPIONSHIP:** The senior side got their Club championship off to a winning start last Sunday when they accounted for St Michaels Foilmore. The game which was played in Foilmore was in little doubt after Shaun Keane netted before halftime. Final score Legion 3-17 v St. Michaels Foilmore 0-09.

**U12:** The u12 teams visited neighbours Dr Crokes with the Green team sharing the spoils

and the White team narrowly losing.

**SCOR:** Congratulations to local clubs Glenflesk and Kilcummin who brought home All Ireland glory in the Rince Foinne and the Rince Seit respectively and hard luck to Ray O'Sullivan of Spa who was unlucky not to win the Recitation.

**FIXTURES:** Senior Club Championship round 2 this Saturday 3rd May evening at 7pm.

Senior County league round 4 v Laune Rangers Saturday 10 May at 7pm.

U12 both Green and White teams home to Laune Rangers Sunday 4th May.

**SYMPATHY:** The club sends its deepest sympathy to club stalwart Noelle Kelleher and his family on the death of his mother Marie. Ar Dheis De go raibh a anam Dilis

**LOTTO:** Lotto numbers for Easter Monday 5, 8, 15, 22 no jackpot winner.

## MID KERRY GAA

**JUNIOR LEAGUE:** Round d 3 results saw a one point win for Laune Rangers over Glenbeigh/Glencar on a score line of 1-15 to 3-08 Rd 4 will have been played during the week with the 5th and final round going ahead on Tuesday 6th May fixtures as follows:

Keel entertain Miltown/Castlemaine.

Laune Rangers host Beaufort.

Glenbeigh/Glencar - bye. Both games 7pm.

Senior League Final sees Miltown/Castlemaine take on Keel. Date Time and Venue to be

confirmed.

**DATE FOR THE DIARIES:** Mid Kerry U8's Blitz will take place in the Miltown GAA Pitch on Thursday 8th May at 6.30pm.

Cul Camps will be held in Mid Kerry clubs during the summer remember you can book on line or through your local club.

## LISTRY GAA

**WEEKLY LOTTO RESULTS 27TH APRIL, 2014:** Winning Numbers 21, 23, 24, 26.

Jackpot €6,500 Not Won.

1 x €100 Lil O'Sullivan, C/o Phil Ahern.

2 x €50 Beth & Simon Coffey, Derry O'Leary.

2 x €25 Marian Scannell, Coolroe.

Keith Moloney, Drombrick.

Draw Entrant Muiris O'Suilleabhain, Ballyferriter.

Jackpot next week Sunday 4th May €6,650.

**NOVICE CLUB FOOTBALL CHAMPIONSHIP ROUND 2:**

Saturday 3rd May at 7pm Venue: Cromane Cromane v Listry.

**MONTHLY CLUB MEETING:** In the clubrooms Faha on Thursday 8th May at 9pm.

**MINOR FOOTBALL LEAGUE DIV 3A** Semi Final Result. Sunday 27th April Venue Listry. Keel/Listry 0-10 Rathmore 1-13.

## SUCCESS FOR FOSSA AT THE FEILE

On Saturday April 26th Feile took place in Fossa Gaa club. The weather was unpredictable with a mixture of showers and sunshine. The quarter final stage saw Legion/Beaufort take Laune Rangers in the last kick of the game on a score of 3-3 to 2-2.

The game began with Fossa playing into the wind and Southern Gaels getting an early point. Fossa's sharpshooter Hanna O'Donoghue ran at the Southern Gaels defence and hit a shot past their keeper securing a goal to settle our girls. Titanic battles were taking place all over the field with our Fossa girls being well matched with their opponents.

Southern Gaels with a fast break from a free scored a goal sending them in ahead at half time. Southern Gaels 1-1 Fossa 1-0. After the restart Southern Gaels were first off the blocks with a goal. This shook up our girls which in turn saw Anna O'Reilly and Erica McGlynn up a gear and started controlling midfield. This resulted in Shelly Clifford pointing from play. Fossa replied again with a goal from Hanna O'Donoghue. Both teams were level with 8 minutes left. A well taken free saw Erica McGlynn add another point. Two missed chances. A bit of crossbar challenge. It was football at its best. The Southern Gaels kick out won by Grace Cahillane passed to Erica

McGlynn to point from play. The Fossa defence marshaled under Elizabeth O'Neill with Sarah O'Neill and Eadaoin Ni Mhurchu battled hard to keep the Southern Gaels girls out. Our wing backs Orla Moynihan, Ciara Griffin along with Grace Cahillane who had a fantastic game at center half back battled hard. Wing forwards Anna Clifford and Breeda Kelleher made the runs to assist Hanna O'Donoghue on the half forward line. Forwards Shelly Clifford, Ellen Sheahan and Aoife Doody were in the full forward line. This match was going end to end with all players giving everything they had in pursuit of Feile glory. Orlagh Dineen came on corner forward won ball and passed to Anna Clifford who added a point in the crucial stage of the game.

Ana Bellew pulled off a fantastic save to deny Southern Gaels a goal in the dying

minutes of the game.

In reality this was a fabulous team effort from 1 to 18, the girls who demonstrated a wonderful "never say die" attitude to knuckle down and do the hard work and subsequently reap the rewards. Fossa have achieved their first Kerry Ladies Feile success.

Final score Fossa 2-4 Southern Gaels 2-1.



FRONT ORLAGH DINEEN, ELLEN SHEAHAN, ANNA CLIFFORD, GRACE CAHILLANE, ANNA O'REILLY, CIARA GRIFFIN, BREEDA KELLEHER, SARAH O'NEILL. BACK ELIZABETH O'NEILL, AOIFE DOODY, EADAIOIN NI MHURCHU, LAURA WHELTON, HANNA O'DONOGHUE, ERICA MCGLYNN, ANA BELLEW, SHELLEY CLIFFORD, ORLA MOYNIHAN, SARAH DOODY.





## CELEBRATIONS FOR GLENFLESK AND KILCUMMIN AT ALL IRELAND FINAL SCÓR SINSEAR



SCÓR SINSEAR ALL IRELAND TITLE WINNERS KILCUMMIN RINCE SEIT 2014.

Congratulations to the three All Ireland Scór Sinsear winning teams from Kerry who won their titles last Saturday 26th April 2014 in Castlebar. Special congratulations to the East Kerry winners, Glenflesk in Rince Foirne and Kilcummin in Rince Seit. The Glenflesk Rince Foirne team, who won the clubs first All Ireland Senior title in Figure dancing comprised Joanne, Mairead and Norita Cashman, Lisa and Marie Cronin, Cliona Creedon, Roisin Kelliher and Áine O'Sullivan and were trained by Norrie Sheehan and Áine Murphy. They competed against teams from Omagh, Co Tyrone, Mullingar, Co Westmeath and St Mary's Co. Leitrim. Glenflesk won the All Ireland Scór na nÓg Figure dancing title in 2006, 2007 and 2010. The Kilcummin Rince Seit team comprised David Riordan, Timmy Leane, Colin O'Riordan, Niall Crowley, Marguerite O'Connor, Margaret and Noreen O'Sullivan, Marie Sheehan and were trained by Philip O'Connor. Kilcummin Set Dancers also had success at Scór na nÓg in previous years, having won the All Ireland Scór Na nÓg title in Set Dancing in 2002 and 2007. Last Saturday Kilcummin competed against the Downes, Co Westmeath, Fenagh, Co Leitrim and Cill Shléibhe, Co Armagh and in doing so Kilcummins Marguerite O'Connor, was competing against her sister Tara, who was dancing with the Westmeath team from The Downes. Churchill club won the question time bringing to 3 the All Ireland titles won by Kerry

clubs.

The East Kerry Board recognised and honoured the great achievement of Glenflesk and this great achievement with a welcome home reception in the Killarney Heights Hotel on Sunday evening. East Kerry Scór Officer, Mary Philpott, opened proceedings, welcomed everyone and congratulated the teams and their trainers. East Kerry Board chairman, Tim Ryan, in congratulating the two teams, also highlighted the years of training and dedication it takes to win an All Ireland title. He spoke of the fantastically high standard in Castlebar and complimented both clubs on their great achievement and the teams on how extremely well they had represented Kerry, East Kerry their clubs and families in Castlebar. Tim thanked and congratulated the two club Scór Officers (Glenflesk's Rosie Healy and Kilcummin's Aileen Moriarty) who do a lot of work behind the scenes. He also thanked Mary Philpott, the East Kerry Scór Officer for her work. Tim congratulated the Churchill quiz team on winning the All Ireland Tráth na

gCeist title. Special mention was made of Spa's Ray O'Sullivan, who performed so well on Saturday and was unlucky not come away with the spoils.

Kerry County Board Cultural Officer, Leona Twiss congratulated the Glenflesk and Kilcummin teams and their trainers, on behalf of the County Board, saying they had achieved a great feat. Leona highlighted the importance of these titles for the county, in promoting Scór and encouraging participation in this important cultural activity. She said that this will encourage others to success and raise the profile of Scór. Leona described how Spa's Ray O'Sullivan represented the county with distinction and was unlucky on the day, but will be back again. She congratulated the Scór officers of both clubs and of the East Kerry Board. She wished the teams every happiness and success into the future. William Fleming, Chairman of Kilcummin GAA club and John Kelliher, Chairman of Glenflesk GAA club, both expressed congratulations to the teams and their mentors and trainers and extended thanks. In wishing the teams well they described this showcasing of what is best in our culture and tradition as wonderful and important for encouraging others to participate and said that it was a privilege to be at the All Ireland Finals and to be a Kerry and East Kerry supporter, the teams did us proud and were a shining example. They described how they were very impressed by the melodic voice of Ray and that he was very unlucky, and how they looked in awe at the power and precision of the dancers. East Kerry Board Chairman, Tim Ryan, closed the reception, thanked everyone and extended congratulations again.



THE GLENFLESK FIGURE DANCERS WHO WON THE ALL-IRELAND SENIOR SCÓR TITLE LAST WEEKEND IN CASTLEBAR. FRONT: LEFT TO RIGHT, ORLA KELLIHER, MARIE CRONIN, NORITA CASHMAN, ÁINE O'SULLIVAN. BACK: LISA CRONIN, CLIONA CREEDON, ROSE KELLIHER, JOANNE CASHMAN, MAIREAD CASHMAN





## DISAPPOINTMENT FOR KERRY LADIES

There was disappointment in Dromcollogher for the Senior ladies team as we bowed out the Tesco HomeGrown National League after defeat by Cork in semi final. Kerry travelled in good confidence with just 1 defeat in 7 games in the group stages. However Cork are ladies football kingpins for good reason & grinded out a result as required. Cork got a dream start as they raced into a 1-01 lead with just 5 minutes on the clock, always making it an uphill struggle, their goal coming from Orlagh Farmer. Louise Galvin replied some minutes later with a Kerry point but with the Kerry defence under fierce pressure, they were forced into conceding many scoreable frees which Geraldine O'Flynn easily tapped over. However flying wing back Denise Hallissey brought Kerry back into the game with a well taken goal to leave a goal between the sides at mid way mark. Deirdre Corridan 6 minutes later got Kerry's second goal to leave just a point between the sides. However Cork then got the first of 3 penalties & it was coolly slotted away. Half time Kerry 2-04 Cork 2-07. Not long into the second half Kerry's Bernie Breen was sin binned leaving Kerry with just 14 players & minutes later Cork got their second penalty which they scored. But Kerry reply was instant as Denise Hallissey travelled at speed up the wing from defence & left totally alone at the edge of the square received a great cross field pass which she made no mistake with it & goaled. Louise Galvin & Sarah Houlihan pointed leaving just 1 between them. But Cork sensing danger regrouped & started to dominate in midfield & half forward line & cut supply to the Kerry forwards. They were then awarded another penalty which was saved by Amanda Brosnan but they scored a point on the rebound. Kerry only scored 2 remaining points in the half while Cork tagged on 3 more. Final Score Kerry 3-08 Cork 3-13. Cork march on to meet Dublin in the final. Kerry now have a long wait till Munster Championship commences on June 28th to defend their title.

**KERRY TEAM & SCORERS: KERRY:** A Brosnan, J Brosnan, A Desmond, G Crowley, M Quirke, C Lynch, D Hallissey (2-0), E Sherwood, B Breen (0-1), SJ Joy, D Corridan (1-0), L.Galvin (0-2), Sarah Houlihan (0-2 0-1F), D Murphy, L Ni



THE KERRY SENIOR LADIES WHO WERE DEFEATED BY CORK IN THE SEMI FINAL OF THE TESCO HOMEGROWN NATIONAL LEAGUE.

Mhuirteartaigh (0-3 0-2F). Subs: P. Dennehy, B. Lane, C. Buckley, A.Foley, A. Lyons, A Leonard, C. Kelly, C. O'Sullivan, L. Scanlon.

Best of luck to Kerry U14's who take on Cork in the Munster Final on Saturday in a Cork venue TBC. The last time the sides met in a preliminary game in Castleisland Kerry suffered a heavy defeat to the hands of Cork. However Kerry have trained hard since then & learned a few lessons & will be hoping to land the title. Also players have returned from injury to bolster the squad.

It was a busy weekend in the club scene with the Féile Final taking place in Fossa. Despite the terrible weather some great football was played. In the quarter final Legion/Beaufort with the last few kicks of the game defeated a strong Laune Rangers side. In the semi finals Southern Gaels defeated Rathmore while Fossa in a competitive match defeated Legion/Beaufort. The final was a fantastic game of football with Southern Gaels putting up the favourites Fossa. But Fossa just came out stronger in the end final score Fossa 2-1 Southern Gaels 2-1. Hannah O'Donoghue Fossa Capt accepted the cup from Pat Harnett. They Rhyno Quality Feeds Co League see

concluding games in many divisions, with juicy clashes. Highlights include: Division 1 Southern Gaels are home to pacesetters Scartaglen who despite newly promoted are leading the way. In Division 2 Na Gaeil are home to Finuge/St Senans in an interesting clash with Na Gaeil a very strong outfit. In Division 3 Currow are home to Spa & at home Currow are always strong however Spa are pushing for promotion. In Division 4 Beale are home to North Kerry neighbours Duagh. Complete fixtures on the website.

In Educate.ie U14 Co League Fossa continue to lead the Division with a good win over Austin Stacks but are closely followed by Rathmore who also defeated a Tralee side Na Gaeil. In Division 2 Miltown/Listry continue to show good form with a resounding win over Kilcummin while Listowel Emmets had a slim victory over John Mitchells. In Division 3 leaders Cromane didn't have it all their own way against Scartaglen & were made to fight hard for their win. With Beale scoring a good win over Dr Crokes. Laune Rangers & Fries were made battle to hard earned wins by Spa & Ballyduff respectively in Div4.



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DARRAGH MOYNIHAN, BRYAN WALSH, OISIN LYNCH, MARK KENNELLY PICTURED WITH THEIR COACHES AT THE FINAL DAY OF THE SEASON.

## KILLARNEY RUGBY CLUB

**KILLARNEY RFC UNDER 14S:** Highfield RFC 27 Killarney RFC 17 Killarney concluded their Season with a combative fixture away to Highfield in Cork where they were subsequently entertained to a lavish post match party by their generous hosts. Unfortunately, such generosity was not forthcoming from the Match Official whose controversial decisions had a direct bearing on the result. Trailing by 5 points as they entered the last quarter Killarney equalised with what appeared to be a perfectly legitimate score, courtesy of Sean Cahill. However the Referee failed to see the touchdown and the score was not allowed. In the dying moments Highfield crossed in circumstances which might have troubled the TMO had he been present. Notwithstanding the foregoing it was an extremely enjoyable game of free flowing rugby played in a very sporting spirit as demonstrated by the exemplary behaviour of the Highfield Players when clapping off their visitors. Killarney's tries came from Sean Cahill, Stephen McKenna and Mark Donnellan who served up a virtuoso display. Kieran O'Connor added to the points with a conversion. This was Killarney's twentieth fixture in an enjoyable and rewarding campaign which saw them do battle with fifteen different clubs. We acknowledge the contribution of all the players who wore the Killarney Crest with pride and honour. Thanks to all

**BAGPACKING COLLECTION:** We collected over €1200 at Tesco's from generous donors for the Habitat Ireland Homes for Families nationwide collection. It was one of the highest achievements anywhere in the country. We are very grateful to all who gave their time and our thanks to all generous patrons.

**MINI RUGBY:** Thanks to all the families who helped make this season such a memorable one.

## KILLORGLIN ROWING CLUB

**LIMERICK AND SCHOOLS REGATTAS:** Big congratulations to our Men's Junior 14 quad of

Conor Murphy, Sean Houlihan, Shane O'Connor and Michael O'Connor coxed by Katie Fay for their win at the Limerick Regatta on Saturday. It is the first win of the season for our youngsters. Also, big well done to the Men's Junior 16 quad of John F O'Grady, Kieran O'Sullivan, Cathal O'Donovan and Sean Houlihan for finishing strong second against the Cork Boat Club crew. Karen Joy also raced well finishing 3rd overall in the Women's Intermediate Single Scull event. Good job everyone! On Sunday, our athletes raced for the Intermediate School Killorglin at the National Schools Championships. The race of the day, that caused some heartbreak was the Men's Junior 16 double scull where John F O'Grady and Kieran O'Sullivan raced exceptionally, leading well with 250 meters to go and catching a crab at the final leg of the race. Those races are a real learning curve. We get them the next time! Our next event will be the Metropolitan Regatta in Dublin on the 17th of May.

**LOTTERY:** Please support Killorglin Rowing Club monthly draw. The fee is only €2 a week. Simply e-mail [killorglinrowingclub@gmail.com](mailto:killorglinrowingclub@gmail.com) with intention to sign up and we e-mail you a form to fill in. Once that's completed we will do the rest. Your support is greatly appreciated.

**TRAINING:** New training schedule will be available on Wednesday, the 30th of April. Anyone wishing to get the monthly schedule, please e-mail [killorglinrowingclub@gmail.com](mailto:killorglinrowingclub@gmail.com). For updates on training, events, and what is going on in the Club follow us on our Facebook page: [killorglinrowing](http://killorglinrowing.wordpress.com/) and our blog <http://killorglinrowing.wordpress.com/> New members always welcome!

## RATHMORE / GNEEVEGUILLA COMMUNITY GAMES

**U11 MIXED BASKETBALL:** Congratulations and well done to our U11 mixed basketball team who won the competition outright in Castleisland last Saturday. The team along with coaches now go forward to represent

Kerry at the Munster Finals which will be held on July 5th. In their group Rathmore / Gneeveguilla team were drawn with Castleisland, St Brendans / Oakpark, winning both games they met with Ballymacelligott in the semi- final, again being the better team they advanced to the final, meeting the team from Glenbeigh. With a fantastic team effort and displaying some fine basketball skills, the Rathmore / Gneeveguilla team were crowned County Champions for the second year in a row. Team members were Padraic Finnegan, Andrew Moynihan, Ciaran Cremin, Jack O' Leary, Michael Dennehy, Ciara Hickey, Roisin McAuliffe, Caoimhe Guerin Crowley, Tara O' Leary and Emma McGillicuddy. Team coaches were Jameson Hughes, Eithne Hurley, Aisling Collins and Stephen Lehane. We thank coaches Jameson, Eithne, Aisling and Stephen for the time they have given to preparing the boys and girls for this competition. Thanks to the children and to caretakers & staff of Scoil Phobail sliabh Luachra for the use of gym for training. We wish the managers and children the best of luck as they prepare for the Munster finals in July.

**SKITTLE U12 & U14:** The skittles competition will be held in Tralee on Friday evening at 6.00 pm, we will have two teams taking part in this competition. This is a new competition for our area.

**SWIMMING:** The swimming competition will be held in Tralee on Sunday May 4th we have children swimming in individual races and in the boys U13 squad. Those taking part are as follows: U8 freestyle: Oisín O' Leary, Dylan O' Brien, U10 freestyle: Ella O' Brien, Chloe O' Donoghue, Cian O'Leary, Ross O' Leary U10 Backstroke: Tara O' Leary, Delia Foley, U12 freestyle: Paudie O' Leary, T. J. O' Leary, Brogan McCarthy, U12 Breaststroke: Jack O' Leary, U12 Backstroke: Donal Daly, Special Swim: Aointenette O' Leary, U14 freestyle: Andrea Houlihan, Jamie O'Leary, U16 freestyle: Rebecca Twomey, U14 backstroke: Owen Fitzgerald, U16 freestyle: John Daly, U13 boys squad members are: Paudie O' Leary, Donal Daly, Jamie O' Leary, Brogan McCarthy, Jack O' Leary & T.J. O' Leary. We wish all the children the best of luck.

**GIRLS U12 FOOTBALL:** On bank Holiday Monday our U12 girls football team will take part in this competition. Our area will be hosting this competition in Rathmore GAA grounds. We wish team managers Pat O' Sullivan, Kathleen Dennehy, Dan & Brid O' Leary and the girls the best of luck. Team members are as follows: Katie O' Sullivan, Caoimhe Dineen, Amy O' Connell, Aoife Nagle, Danielle O' Leary, Aisling Brosnan, Megan McCarthy, Roisin McAuliffe, Leah O' Donoghue, Michelle Fleming, Sophie Nagle, Niamh McSherry, Maura O' Keefe, Orla Cremin, Michelle Cronin and Theresa Downey. We are grateful to Rathmore GAA for the use of the facilities to host this competition.

## WORKMEN'S ROWING CLUB

Our Junior crews have been very busy at recent regattas, where they've had some great days out. Well done to all who competed at





Skibbereen with some noteworthy results, our J14 boys quad who came 2nd, J15 ladies quad who came 3rd, our two J16 boys quads who both made it to the finals and our J15 boys quad who won their race in style with a couple of lengths to spare! The results from the Schools regatta, wait for it. Ciara Moynihan, Leona Browne, Kayla McCarthy, and Aisling Doyle, cox Siobhan Moynihan, who won gold in their race representing St Brigid's Secondary School, Killarney. but a special mention must go to Ruadhan Mc Curtain who won his J14 single scull race! None of this would be possible without the hard work of our head coach Mickey Jo and his lovely assistants so well done Mickey Joe!

## MILLTOWN / LISTRY COMMUNITY GAMES

Reminder that athletics training will be provided by qualified coaches next Monday May 5 in Listry GAA Grounds at 4.30. This training is open to all children residing in the Milltown/Listry area so we're encouraging as many as possible to come along. Training will revert back to Milltown/Castlemaine GAA Grounds on Monday May 12 also at 4.30. We expect to get to An Riocht Track Castleisland within a few weeks for further training. Any queries please contact Denis 087-9662332 or Pa 087-6447788

## KILLARNEY COUGARS BC

**JUVENILES NEWS: Cork Invitational Tournament:** Cougars traveled to Cork last weekend for the Donoughmore Invitation U15 tournament. The Cork Club are celebrating their 25th Anniversary with a series of events with the Girls U15 Tournament held on Friday / Saturday.

Cougars enjoyed a successful trip and came through to the final following three hard victories over Cork opposition.

### Cougars 39 Donoughmore 36

Cougars defeated the hosts in a thrilling contest with the game decided in overtime, Cougars led for most of this game but trailed in the closing minutes as the home side opened up a lead but two three pointers in the last minute by Kelly Ahern saw the game go to overtime. Cougars took the lead thanks to a basket by Kate Maher but the home side tied the game before another huge three pointer by Grace Cahillane secured the win.

### Cougars 40 Ballincollig 28

Cougars confidence was high after their opening win and they came through comfortably despite a slow start trailing 13-8 at the end of the first quarter. Cougars dominated the game their after with Kate Stack, Kelly Ahern, Anna Reilly and Kate Maher in top form as Cougars pushed ahead by 10 points by halftime. Cougars controlled the second half with good baskets by Abigail Graham and Fiona Kissane giving Cougars a place in the semi finals.

### Cougars 25 Lee Valley 17

Cougars and the Macroom side Lee Valley coached by Mark Scannell played out a hard competitive semifinal with defences both on top early on scores were hard to come by. Cougars eventually got on top with good baskets by Kate Stack and Shona O'Brien. Cougars stronger panel and harder early games saw them secure the win long before the finish. Cougars 27 Carrig na bhFear Rebels Cork 29

Cougars contested the Final against the tournament favourites Carrig na bhFear but the Cougars turned in a great performance holding a slender lead throughout the game with Kate Stack, Fiona Kissane, Shona O'Brien and Kate Maher all contributing great baskets to see Cougars ahead 22-20 entering the final quarter. Cougars dominated the early stages of the final quarter but failed to convert good opportunities to increased the lead and the Rebels came storming back to take the lead with three minutes remaining as Cougars tired the Corks side led by five points with a minute to go. Cougars responded with a Kate Stack three pointer and a further basket just eluded the Cougars as time ran out in an exciting finish.

Basketball Ireland President Gerry Kelly was on hand to present the trophy and silver medals to the Cougars with Cougars Captain Kate Stack collecting an MVP Award following a great tournament.

### Basketball Summer Camps 2014:

Registration is now open for this summers Team Kerry Basketball Camps that will again be held for a third consecutive Summer at Killarney Community College. Limited places are available at the Camps and Registration forms are available from the club secretary or by contacting the Camp Organiser on 087 - 2219376. This years week long camp in Killarney runs from July 28th to August 1st.

**Schools Super Sevens 2014:** The Annual Schools Super Sevens games resumed earlier this week after the Easter Holidays with the second round group stages for the boys.

Gneeveguilla II and Tureencahill both came through a tough group to advance to the Cup Semi finals. The second group of boys games involving Fossa A, Gneeveguilla, Rathmore, Monastary go ahead Monday evening May 5th to secure the remaining two Cup Semi finals places. Boys & Girls Plate competitions are advance stage following the Semifinals played during the last few evenings this week.

The Girls Quarter Finals & Semi-Finals were played earlier this week with the Finals to played next week on Wednesday May 7th.

All times dates will be posted and updates for this years competition are available on the web [www.schoolsupersevensbasketball.com](http://www.schoolsupersevensbasketball.com)

**SENIOR NEWS:** Cougars Senior Men's training continues every Tuesday at Pres Gym, 8pm.

A full details on upcoming events on the club website [www.killarneycougars.com](http://www.killarneycougars.com)

## GNEEVEGUILLA ATHLETIC

Jack O'Keeffe Juvenile & Road race was held

on Easter Monday in Kiskeam. A big turnout as usual for this event. Juvenile results as follows, 1st, 2nd and 3rd in each age group boys & girls : U5(G) Mahuet O' Leary, Holly Hegarty, Aisling Murphy; U5(B) Oisin Brosnan, Daniel Carroll, Darragh O'Callaghan, U6(G) Abbie Cronin, Edel Angland, Kate Culloty; U6(B) Conor Murphy, Cian Lehane, JJ Murphy; U7(G) Nhya O' Leary, Emma Sheehan, Coalainn Murphy; U7(B) David O'Riordan, William McCarthy, Colin Healy; U8(G) Shannon Burke, Lisa Murphy, Norma Kerrisk; U8(B) Mocalay Cronin, Adam Carroll, Michael O' Mahoney; U9(G) Heather Culloty, Danielle O' Riordan, Shona Sinnott; U9(B) John Angland, Cian McAuley, Jack Tagney; U10(G) Delia Foley, Lillian Hassan, Denise Murphy; U10(B) Diarmuid Murphy, Owen Kelly, Donal McCarthy; U11(G) Beibhinn Moynihan, Aoife O' Connor, Saoishi Thompkins; U11(B) Donal Burke, Ryan Kelly, Cormac Hartnett; U12(G) Jenny Kelliher, Mary McCarthy, Maura keane; U12(B) Jack O' Leary, Paudie O' Leary, Hassan Alasane, U13(G) Megan O' Leary, Emma Moynihan; U13(B) Donal Daly, Thomas Casey, Owen Russell; U14(G) Caoimhe O' Leary; U14(B) Francis Cronin, Cillian Murphy, Sean McCarthy;

**ROAD RACE RESULTS:** Overall Matthew Collins 5th, Robert purcell Jnr 6th, Robert Purcell Snr 7th Maurice Feehan 10th; Men O45 John Barrett 1st, Fergal Barry 2nd; Men O70 Ted Feehan 3rd; U17 Andrew Purcell 1st; Ladies O40 Mary O' Connell 3rd; U17 girls Catherine Daly 1st; others who ran Donal Daly U15, Denis Cremin O50, John Guerin O40; Gneeveguilla men were 1st in the team placing, team were Matthew Collins, Robert Purcell Jnr, Robert Purcell Snr & Maurice Feehan.

**LOTTO:** no winner of our lotto draw 25/04/2014. Numbers drawn were 4, 5, 15 and 23. Sellers prize to Danny O' Sullivan Stagmount, €50 yearly ticket winner Mary O' Connor Lismire, €50 to Con o' Sullivan Cue Club Killarney, €40 each to Paddy O' Keffe Ballaugh, Rob Tate c/o Reens Garage, Jack Murphy Kilquane. Bonus not won numbers drawn were 10, 17, 18 and 25. Next week's jackpot €9,000 plus bonus €1,000

**CONGRATULATIONS** to Robert Purcell who came 2nd in the 6K Road race in Limerick over the week-end.

Next Saturday sees the start of the county Track & Field Championships for U9 - Junior boys and girls at 11am in Riocht Track. We wish all our athletes the best of luck.

The Munster Junior & U23 is on Monday in Waterford.

## KERRY COMMUNITY GAMES

**BASKETBALL & TAG RUGBY PROVIDE RIVETING GAMES AT THE WEEKEND**

**UNDER 11 MIXED BASKETBALL:** On Saturday last, we had our Under 11 Mixed Basketball at Castleisland Community Centre with nine teams divided into three groups with the winners of each group & best runner up qualifying for semi-finals. The standard was extremely high giving some exciting and very close games.



## KILLARNEY CELTIC

**FAMILY FUN DAY:** Killarney Celtic will be hosting our annual Family Fun Day from 2.00 – 5.00pm on Monday, May 5th. One and all of every age are very welcome. Any help on the day or help in keeping kitchen and bellies full through donations would be greatly appreciated.

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

**KERRY U12 GIRLS:** The Kerry 12's girls team had a great tournament in Cork, the first time they wore the Kerry jersey. They did something that all Kerry sides love to do – beat Cork! It ended 3-2 with Aoife Horgan netting the hat-trick. Next up was Tipperary and again the Kerry girls came put on top 4-3. Aoife hit another hat-trick with Caoimhe O'Shea getting the fourth. They went down to Limerick in the third game 5-2 with Aoife again scoring the goals but despite this it was a great start to long careers for these girls.

**RESULTS: U17 League:** Dingle Bay Rovers 0 Killarney Celtic 2

A walkover from Dingle leaves us firmly at the top of the table.

**U14 Premier:** Killarney Celtic 1 Listowel Celtic 3 Micheal Devlin scored a cracker for us but Listowel proved too strong in the end.

**U14 Div One:** Park B 0 Killarney Celtic 5 (mid-week), Camp 5 Killarney Celtic 1 Killarney Celtic B picked up a valuable three points earlier in the week with a 5-0 win over Park B. Mike Doyle got 2, Conor Lucey and Evan Lyne one each with goalkeeper Trevor O'Shea scoring the fifth from the penalty spot. However, they couldn't repeat the feat on Saturday against an excellent Park side, despite a great goal by Jordan Leahy.

**U12 Premier:** St. Brendans Park 2 Killarney Celtic 1

Neil O'Shea drilled home from the penalty spot but it wasn't enough to grab a share of the spoils.

**FIXTURES:** Denny Premier B: Killarney Celtic B away to Atletico Ardfert, Monday, 2.30pm Ladies Reserve Cup Semi-Final: Killarney Celtic away to Dynamos, Saturday, 7.00pm

**U15 Kerry Cup Semi-Final:** Killarney Celtic at home to Mastergeeha, Tuesday May 5th, TBC

**U14 Girls National Cup:** Killarney Celtic at home to Tipp, Sunday, 2.00pm

**U13 Kerry Cup Semi-Final:** Killarney Celtic at home to Mastergeeha, Saturday, 10.30am

**U13 Div One:** Killarney Celtic C away to Asdee, Saturday, 12 noon

**CUP DRAWS** (Date and Time not fixed)

Greyhound Cup: Killarney Celtic will be at home to Camp United or Tralee Dynamos in Round 3 Reserve Cup: Killarney Celtic B will be at home to Fenit Samphires

**LOTTO RESULTS:** Numbers drawn 3, 11, 12, 14. No winner, seven x match 3, Eugene Cosgrave, John O'Neill c/o Mary, Paul Aherne Killarney, Noreen Payne St. Brendans, Desiree

Crowley Cleeney, Terry + Kate c/o Laune, Gerard Brosnan, €25 each. Next week's jackpot €6800, draw in the Failte on Monday night. Tickets available from all club officers.

**LOTTO SELLERS / YEARLY LOTTO:** The club is calling on all members to sell at least 5 Lotto tickets. We have all seen the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

## KILLARNEY ATHLETIC A.F.C.

**FIXTURES:** Kerry Schoolboys/Girls League

Saturday 3rd May

Under 11 Mini Blitz

Venue 1 Killarney Celtic 11.45am

Mastergeeha, Inter Kenmare

Killarney Athletic, Killorglin

Park A, K.Celtic A/B/C

Best of Luck to Blake Bolster who is having Soccer trials in England next week.

Killarney Athletic Abroad

**CONGRATULATIONS** to Diarmuid O'Carroll who won the The Irish Football Association league for the 2nd year in a row. Diarmuid is a former player with Athletic before being snapped up by Celtic FC.

**IRELAND V TURKEY:** Tickets are available for the Ireland v Turkey game. If interested please contact Damien McCormick on 087 747 3405.

**CONDOLENCES:** Killarney Athletic wish to offer their condolences to the Naughten Family and St Brendan's Park on the death of Tommy.

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

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

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

## SCHOOLBOY/GIRL SOCCER

**AND THEN THERE WERE 4:**

**National Cup Quarter Finals:**

15's: Kingdom Boys 1-2 Swilly Rovers.

16's: Park 3 v 1 Salthill Devon AET

**Kerry Cups Quarter Finals:**

Tucker Kelly 16's: Listowel Celtic 2-3 Fenit.

13's: Kingdom Boys 0-3 Park.

**League:**

JK Sports 12's

Division 1:

Park C 8-2 Ballyhar

**Premier:**

Park A 2-1 Killarney Celtic A

Kingdom Boys 4-1 Listowel Celtic A

Killorglin 3-5 Killarney Athletic A

Daly's Supervalu 13's

**Division 2:**

Fenit 0-6 Killorglin B

**Foundation Sports 14's:**

**Premier:**

Kingdom Boys 5-0 Inter Kenmare

Killarney Celtic 1-3 Listowel Celtic A

**14's Division 1:**

Mastergeeha 8-1 Park B

Camp 5-1 Killarney Celtic B

Park B 0-5 Killarney Celtic B – (Midweek))

Killarney Athletic 0-2 Camp – (Midweek)

Killorglin 0 –1 Mastergeeha- (Midweek)

**Tralee Trophy World 16's:**

Inter Kenmare 4-3 Park.

**REPORTS: National Cup 16's Quarter Final:**

And then there were 4! From the 100's teams that started out in this section of the National Cup we are down to the semi-finals. And the great news is that one of these will see St Brendan's Park take on Mungret from Limerick. The Park booked their place with a come from behind, but well deserved 3-1 after extra time over Salthill Devon. The Park were playing well with Jesse Stafford Lacey pulling the strings and the likes of Luke Moynihan, Fergal Ryan and Ferdia O'Brien all going close. At the defensive end Segun Duyile had to make a last ditch tackle to keep the game scoreless.

The Park went closest when Jamie 'Gaza' Clifford floated over a pin-point cross to Luke Moynihan who shot was well saved by Grealish in the Salthill goal.

But in 38th minute The Park were hit by a cruel sucker punch. A free kick was given away just inside their half and Fitzgerald stepped over the ball and Rooney swung in a cross / shot that the wind caught and carried into the Park net. Shell shocked the Park were almost caught out immediately when Cahill got in behind the defence but pulled his shot wide.

The Park looked for a second like they had gotten a penalty when Gaza Savage was taken down by the keeper and the referee pointed to the spot. However his assistant had his flag up for offside and so the chance was gone.

Into the second half and the Park got their confidence back and the introduction of Kieran Carmody and Sam Tarrant saw a period of domination for the home side. The Park did everything but score with Lacey, Carmody and Ryan amongst those who went close.

And they got their just rewards when Kieran Carmody gambled on a long ball and beat the Salthill Devon keeper to the ball to level matters. And from then on there really looked like being only one winner, but it would take the Tralee boys until extra time to make that dominance count.

Into the second period of extra time and Lacey floated a sweet ball into the box, Sam Tarrant flicked it on and Karl Mullins planted the deftest of headers low into the corner of the Galway boys net.

And with time running out, as expected, Salthill Devon launched a number of attacks, winning two corners. From the second of these The Park broke with Carmody playing in Fergal Ryan who bore down on goal. The Salthill defender had no option but to take him down and Ferdia



O'Brien smacked home to send the squad, management and huge crowd into raptures as the Park's wonderful National Cup run continues.

### **National Cup 15's Quarter Final:**

Swilly Rovers 2-1 Kingdom Boys:

First the positives – the Kingdom Boys side tried right the way to the bitter end and with a bit of luck could have found an equaliser. There first and second hand performances were poles apart and they will be disappointed with the early goals they conceded.

It had all started very brightly for the Tralee side, in the game played on the superb Listowel Celtic pitch, due to a punishment handed down to Swilly Rovers after alleged racial abuse in the last round.

After 5 minutes Jack McKenna put in a low cross, Odhran Lucey dummied and Dean Meehan hit a good shot but Dane Dunworth in the Swilly Rovers goal proved equal to it.

Eddie Rogers was getting room out wide and put in the next cross but there were no teammates on the end of it. Shane McNamee was causing trouble at the other end and he set up Conor Gormley whose shot went wide.

In the 12th minute Kingdom Boys were hit by a cruel blow. Dunworth hit a long ball, McNamee got on the end of it and forced a corner. From this Conor Gormley somehow got on the end of the cross and bundled the ball home.

Kingdom Boys tried to get back into the game and Dillon Robinson went close but Lady Luck was certainly not wearing a Dynamos shirt in this game. In the 17th minute another corner by McNamee caused mayhem between the Kingdom Boys keeper and centre half and the ball trickled over the line to put the Donegal 2-0 up.

Rian O'Sullivan tried to get things going with some neat deliveries and Liston and Robinson went close but it stayed 2-0 at the break.

Kingdom Boys needed to change the game plan and get the ball wide to try and get in behind Swilly Rovers. To their credit Kingdom Boys did get a grip on the game. Dillon Robinson and Rian O'Sullivan both went close but Swilly Rovers were playing clever, soaking up the pressure and being dangerous on the break.

Cameron Gormley was doing well up front and both he and Brian Diver ensured the Kingdom Boys rear-guard could never relax.

Gormley had a great chance to wrap up the game when he was one on one with McKivern but dragged his shot wide.

In the 42nd minute Kingdom Boys got the break they needed. A corner from Rian O'Sullivan was headed out beyond the edge of the Swilly Rovers box and Diarmuid O'Connor ran onto it and lashed an unstoppable volley to

make it 2-1.

Kingdom Boys needed to keep the pressure on and were pushing players forward. Kennedy and McKenna hit shots but the Swilly Rovers player were putting their bodies on the line and made good blocks.

The Donegal boys had another great chance to go 3-1 up from the penalty spot but Conor Gormely missed to give Kingdom Boys more hope.

And they nearly made that chance count in the last minute when O'Connor was fouled on the very edge of the box. Rian O'Sullivan managed to get the ball up and over a 6 man wall but Dunworth dived full length to his left to push the ball wide and so end Kingdom Boys brave run to the last 8.

**Kerry Cups:** In the 13's Cup Killarney Celtic, Listowel Celtic and Mastergeeha were already through to the semi-final and the last spot was between Kingdom Boys and The Park. After goals from James Sheehan 2 and Junior Ankomah it was The Park that progressed.

There was also one place left in the Tucker Kelly semi-finals as well and Fenit grabbed it following a 3-2 away win at Listowel Celtic. Cathal Kennelly and Jack Holly scored for the home side but goals from Sean Higgins, Chris Murphy and Connie O'Brien saw the join The Park, Killarney Celtic and Inter Kenmare in the last four.

**LEAGUE REPORTS: U11 Mini Blitz:** The young players from Listowel Celtic, the Park A & B and Killorglin A & B joined hosts Camp in a mini blitz.

**JK Sports 12 Division 1:** Leaders Ballyhar were much too strong for the Park C and goals from Dylan O'Callaghan, Colin O'Sullivan, Josh McCarthy, Adam Jensen, Patrick O'Connor, Jason Brennan, Cian Reen and Darragh Brosnan saw the boys from Murt Scott Park move three points closer to the title.

**JK Sports 12 Premier:** Champions Kingdom Boys ended their League campaign with another win at the dented Listowel Celtics hope of a second placed finish. Dara Broderick, Sean Kennedy, Leo Gaxha and Adam Jones all hit one each with Micheal Nolan replying for Celtic.

However they will feel a little better as the other Celtic side – Killarney- with whom they are level on points also went down. Neil O'Shea scored for Celtic from the penalty spot but goals from Nathan Sheehan and Mervyn Shalemba saw The Park close to within a point of both Celtic's. Killarney Athletic will be delighted to get a win after lots of hard work. Athletic's Simon Bartkiewicz was unstoppable hitting 4 with Emmet Finnen getting the other in a 5-3 win over Killorglin. Gearoid Hassett got 2 and Aaron

Broderick the third for Killorglin.

**Daly's Supervalu 13 Division 2:** Killorglin B were too strong for Fenit in the first of a number of mid-week games that were played as the kids were off school. Jack Carey and Aaron Broderick both got two each with Jack O'Leary the other.

**Foundation Sports 14 Premier:** Kingdom Boys win over Inter Kenmare sees them move to the top of the table and past The Park. Dan Goggin, David Couchman and David O'Connor were amongst the scorers.

Listowel Celtic kept up the pressure on the Tralee sidewith a 3-1 win over Killarney Celtic who stated the day level on points with them. Scott Winter scored twice and Fergal Wall the third for Listowel Celtic with Micheal Devlin replying for Killarney Celtic.

**14 Division 1:** The 14 Division 1 was the busiest of the week with action both midweek and on Saturday. Leaders Camp defeated Camp 2-0 to defeat Killarney Athletic thanks to two goals from Seamus Boyle. Athletic were one of their rivals so this was big and rounded off a great week for Camp as earlier they were too strong for Killarney Celtic B. 2 from Davidas and Darragh Butler and one from Conor Brien were enough to give the leaders the points.

But Killarney Celtic B had picked up a valuable three points earlier in the week with a 5-0 win over Park B. Mike Doyle got 2, Conor Lucey and Evan Lyne one each with goalkeeper Trevor O'Shea scoring the fifth from the penalty spot. Mastergeeha are also amongst the top teams took maximum points from their two games. They defeated Killorglin 1-0 and were too good for Park B at the weekend. Dylan Murphy, Niall O'Connor and David Twomey both scored two each with Paul O'Shea and Philip O'Leary getting one each.

**Tralee Trophy World 16 Shield:** Inter Kenmare and Park B had a cracking game in the Tralee Trophy World 16 Shield. Denis Cronin scored 2 and Darragh Siochru and Daniel Taylor the other goals in a 4-3 win. John O'Brien scored twice for the Tralee side with Rory Kelly the other goal.

**ABC for the Kerry Girls:** The Kerry 12's girls team had a great tournament in Cork, the first time they wore the Kerry jersey. They did something that all Kerry sides love to do – beat Cork! It ended 3-2 with Aoife Horgan netting the hat-trick. Next up was Tipperary and again the Kerry girls came put on top 4-3. Aoife hit another hat-trick with Caoimhe O'Shea getting the fourth. They went down to Limerick in the third game 5-2 with Aoife again scoring the goals but despite this it was a great start to long careers for these girls.

**STAY SAFE ON THE ROADS THIS  
BANK HOLIDAY WEEKEND**

  
**Outlook**  
MAGAZINES



## KILLARNEY GC LADIES

### GOLF COMPETITION RESULTS

Sunday 27th April, 2014, Open 4 BBB s/ford Killeen Course Club Sponsored

1) Mary Scully (6) Niamh Carmody (11) 44 pts  
2) Aoife Lane (6) Sara Byrne (12) 44 pts  
B.G. Ciara Magill (5) Maria Kelly (11) 38 gross pts.  
3rd Mary Savage (12) Emma Morrissey (12) 43 pts.

Next Sunday May 4th Exchange with Dooks, Team of 3, waltz. People travelling there should check with Radio Kerry re. possible road diversions.

**CONGRATULATIONS:** To our Ladies Intermediate Team who won against Kenmare Ladies Intermediate team in Killorglin on Sunday 27th April.

Killarney meet Ross in the next round in Dooks date to be decided later.

## RING OF KERRY GOLF CLUB

### RESULTS SCRATCH CUP DAY

#### JUNIOR SECTION:

1st: Joseph O'Neill - 74.  
2nd: John McCarthy - 75.  
3rd: David Kerins - 79.

#### INTERMEDIATE SECTION:

1st: John Corbett - 82  
2nd: Dab hegarty - 84  
3rd: Victor Anderson - 88

#### MINOR SECTION:

1st: Joe Harrington - 88  
2nd: Eugene O'Sullivan

**FIXTURES:** Members Exchange Competition with Parknasilla Golf club - Enter any day over the long weekend. 3rd / 4th / 5th May. Format Singles stableford over 24 Holes - 12 holes at Parknasilla & 12 Holes at Ring of Kerry G&CC. €10 entry

There will also be a separate 18 hole single stableford event at the Ring of Kerry Golf

## BEAUFORT GOLF CLUB (MEN'S BRANCH)

**FIXTURES:** 3rd & 4th May - 18 hole stableford Sponsored by Treyvaud's Restaurant, Killarney & Daly's Supervalu, Killarney (Play either Saturday or Sunday - White Tees).

Open Fridays (Single Stableford for Ladies & Gents) starts Friday 2nd May.

Draws for Club Matchplays (Mens Single, Mens Double & Mixed) will take place on 6th May (please make sure you have entered your name on the relevant entry sheet provided on the clubhouse notice board for inclusion in the draw.

## BEAUFORT GOLF CLUB (LADIES BRANCH)

**FIXTURES:** 3rd/4th May - 1st Round GOTY - 18 hole stroke - Sponsored by Golf Pro Mark Heinemann.

Draws for Ladies Single Matchplay will take place on 12th May (please ensure you have put your name on list in ladies locker room before then).

Club Scramble Starts Wednesday 7th May at 5.45pm.

## KENMARE GC

### RESULTS

#### MEN: 4 BALL QUALIFIER

1st John Sweeney (10), Denis Crowley (17) - 45 pts.

2nd Derek Coakelin (18), Mike O'Leary (16) - 41 pts (OCB).

Next Sunday President Coley Keating's Prize.

**LADIES:** 1st Danielle Froment [11] 35pts.

2nd Noreen Crowley [13] 34pts.

Next Saturday May 3rd - 18H Sford.

## ROSS GC GENTS CLUB

**RESULT:** On Sunday April 27th we held an 18 hole strokeplay competition.

The following were the winners:-

1.. Jordanas Jonikaitis (22) 69.

2.. Jimmy Smyth (15) 69.

3.. Michael Courtney (15) 70.

On Sunday May 4th there will be no club competition organised as we will hold our Open Day on Monday 5th.

#### MONDAY MAY 5TH IS THE CLUB OPEN DAY

We will have a 10 hole single stableford competition open to ladies and gents. The tee will be available for 8am and the entry fee will be €12 and re-entry will cost € 6. Please get your name on the timesheet as soon as possible. All members are urged to bring along some guests, friends to ensure the success of the day.

Our Country Clubs team gave a good performance in that competition last Sunday in Beaufort GC. Their opponents were Glengarriff and the competition was extremely close. Two of the matches were very difficult to decide with one going to the 27th hole and the other finishing on the 22nd. After some very brave and competitive performances the Ross team unfortunately were on the losing end of a 4 / 3 scoreline.

## KILLORGLIN GOLF CLUB

### RESULTS

#### 18 HOLE SINGLES STABLEFORD SPONSORED BY JAMES O'DOWD GOLF.

1st - Ivan Hickey (20) 43 pts.

2nd - Pat Goulding (22) 42 pts.

3rd - Mike Harrington (16) 40 pts.

Gross - John McCarthy (5) 75.

4th - Danny Evans (13) 40 pts.

Senior - Rick Sheehy (20) 39 pts.

## KILLORGLIN GOLF CLUB

**LADIES RESULTS:** 18 Hole V Par sponsored by Joseph Crowley Mulvihill's Pharmacy: 1. Coral Kiely (34) +7. 2. Agnes Carey (25) +4. 3. Kathleen Cronin (25) +4.

**FIXTURES:** Lady Captain Maura O'Boyles Charity week-end in aid of St. Josephs Home & Palliative Care: 18 Hole Singles Stableford sponsored by R. Boyle & Sons can be played Saturday 3rd, Sunday 4th or Monday 5th May. Arrange own time & partners. 12 Hole re-entry stableford sponsored by Junior Officer Emma

Daly continues for month May.

**SILVER SWANS:** 12 Hole Stableford:

1. Colette Burghoff (32) 24 pts.

**TASTER SESSION:** The free Golf Taster evening is taking place on Wednesday 7th May at 6pm. Contact Agnes on 087 9774946 for further information.

## KILLARNEY GOLF CLUB

### MEN'S RESULTS

#### JOHN C COOPER MEMORIAL

#### SINGLES STROKES

#### MAHONY'S POINT 27/4/14

1st Michael Maher (6) 64.

2nd Brendan O'Toole (4) 66.

3rd Brian Fitzgerald (13) 66.

4th Baden Maher (4) 67.

5th Colin Feeley (12) 67.

Category 2 Denis A Murphy (d03) - (9) 70.

Category 3 Gerard Moroney - (12) 68.

Category 4 Michael Dennehy - (20) 70.

Next Competition is Captain's Charity Day in Aid of the Irish Kidney Association - Team of 4 on Killeen

## ROSS LADIES GOLF CLUB

**FIXTURES:** Sunday May 4th 18 hole single stableford competition, kindly sponsored by Kennelly's Pharmacy. Monday May 5th the Gents Club are running an open 10 hole singles competition. Entry fee 12 euro. Entry sheet in the club house. This competition is open to Gents and Ladies.

**OPEN DAY:** Wednesday May 7th ladies 3 person team competition, kindly sponsored by The Laurels Bar and Restuarant. Ring the Ross Golf Club 064-6631125 to book a tee time.

The Killarney Race Company will be hosting a three day race meeting Sunday May 11th - Tuesday May 13th. We wish the Race Company every success with the race meeting.

Sunday May 18th Captain Aidan O'Connor's prize to the ladies. Time sheet in the locker room.

**CONGRATULATIONS:** Well done to our ladies Intermediate team who overcame Waterville in Killorglin on Sunday April 27th. Thanks to their caddies and all who helped on the day. The team now advances to the next stage of the competition.

## CASTLEROSSE GOLF CLUB

**RESULTS:** Competition held on Sunday 27th April 18 hole Stableford.

**WINNER:** Joe Gaffey (20) 39 pts, Runner up, Trevor Shine (14) 37pts.

Result of Scramble on Thursday 24th April, Gintaras Bendaravicius, Joe Gaffey & Brendan Brosnan.

**FIXTURES:** Next weekend 18 hole competition, single Stableford play Friday, Saturday or Sunday, use time sheet.

Thursday evening, regular 9 hole scramble, open to Gents & Ladies, outside players welcome, meet at Clubhouse at 5.45pm, shotgun start at 6.00pm sharp.



## ST. FINAN'S LADIES GOLF SOCIETY.

First Outing of 2014, led by our Lady Captain Eileen O'Reilly took place on Monday last, 28th April. Weather and course conditions were excellent on the day. 13 members played, and prizes sponsored by Sewells Pharmacy, to whom we are very grateful.

1st Eileen Devane (31) 43pts.

2nd Peggy O'Donoghue (19) 39pts.

3rd Mary Conway (33) 39pts.

Fr. 9 Mary Lynch (18) 21pts.

Bk. 9 Eileen O'Reilly (30) 22pts.

Next outing 13th June in Beaufort.



SEAMUS O'CONNOR (SEATED LEFT) PRESENTING THE FIRST PRIZE IN THE DALY'S SUPERVALU KILLARNEY MENS COMPETITION TO WINNER MICHAEL O'DONOGHUE, MIKE DALY CAPTAIN (BACK FROM LEFT) PRIZEWINNERS DAN JOE CAHILL, RONAN KELLIHER, ERIC DUNLEA, MARCO TADDEI, TIM O'KEEFFE AND MARY GEANEY CLUB PRESIDENT AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON MONDAY.



MAUREEN CULLOTY LADY CAPTAIN (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN THE MALTON LADIES COMPETITION TO WINNER SHEILA CROWLEY WITH (FROM LEFT) NOREEN SHEAHAN 3RD, SUSAN TONG 2ND, BRED A DUGGAN AND MARY GEANEY CLUB PRESIDENT AT KILLARNEY GOLF CLUB, KILLARNEY.



MAUREEN CULLOTY LADY CAPTAIN (CENTRE) PRESENTING FIRST PRIZE IN THE SEAN TAAFFE TO WINNER ANGELA O'CONNOR, EILEEN O'REILLY 3RD, SIOBHAN BROSANAN 2ND ANDS NOREEN COFFEY BEST GROSS IN THE SEAN TAAFFE COMPETITION WITH (FROM LEFT) AMY ARTHUR AND MARY O'CONNOR (PARK ROAD PHARMACY PRIZEWINNERS AT KILLARNEY GOLF CLUB, KILLARNEY.

## OUTLOOK ON THE STATE EXAMINATIONS

Channel anxiety into positive energy

(By Billy Ryle)



As the exams approach, students become anxious about their performance. A level of anxiety is normal and focusses the mind on the task ahead. Almost all exam candidates, irrespective of how laid back they appear, feel nervous. It's the body's way of dealing with a stressful experience. How you deal with this nervous energy is the critical issue. If you channel it in a positive direction it will give you the verve to cope with the demands of the exam. A positive mental attitude is a considerable aid around exam time. Have confidence in your ability to do well. Don't be discouraged by other students appearing to know more than you do. Aim to do perform to your own capability not to compete with others. Make positive statements about yourself. Banish all negative thoughts from your mind. Think well of yourself and of your readiness to achieve success. Your best effort is more important than your ultimate performance in the exam. Determine to do your best, no more, no less. Success is a product of positive thinking. By motivating yourself towards your goals, you will redouble your effort and improve your performance. Have items in your study environment to spur you on. Place a statement of your objectives, such as your target grades, in a conspicuous place. An occasional glance in their direction will encourage you. Exam stress becomes newsworthy every year because of the assessment system used in the state exams. For the most part these exams are terminally assessed. In effect, two years of work is examined by means of written papers in June. Little credit is given to the candidate for consistent work over the two years. Continuous assessment is not utilised nor, with certain exceptions, is project work part of the exam structure. The major problem with the exam system is the increased level of stress it causes in some students around exam time. Despite all that is written about exam stress, students continue to show that they are excellent exam performers and use stress as a stimulant rather than an affliction. The stress experienced by the majority of exam candidates is positive stress. It concentrates the mind wonderfully. You realise that the forthcoming exam is making increased demands of you. However, your application to study and revision provides you with the resources to meet these demands. Positive stress provides you with the motivation to prepare for the exam. It will sustain and stimulate this motivation until the exam is over. Properly controlled stress will activate hidden resources of energy and application in you. It's important to control the stress and channel it into positive energy. It's only when you haven't the resources to meet the demands of the exam that distress or negative stress becomes an issue. Exam distress is a rare occurrence in young people and can easily be confused with normal exam anxiety. The present cohort of young people is highly skilled and well able to cope with the demands of the exam. Distress, when it does occur, is disruptive and may interfere with your performance if it isn't counteracted. An effective way of managing distress is through utilising your social support network of people who care about you. If you need emotional support approach someone in whom you have confidence. That person may be a teacher, a parent or your guidance counsellor. All you need is the advice of someone who will put the exam in perspective for you and who will help to boost your self-confidence. It all goes back to having a positive mental attitude and to realising that anxiety and stress should be channelled in your favour. In the next article, I'll take a detailed look at physical preparation for the examinations.

### Checklist

- Exam nerves are the most natural thing in the world
- Almost all students feel anxious in the weeks before an exam
- A positive mental attitude is an aid to quality study and exam performance
- Make positive statements about yourself
- Banish all negative thoughts from your mind
- Believe that your best will be good enough
- Success is a product of positive thinking
- Positive stress is a motivator
- Young people are well able to cope with the demands of the exam system
- Channel stress into positive energy
- If you need emotional support go and get it
- Many people care about you and want you to do well

**Billy Ryle is a Career Guidance Counsellor and freelance writer.**





# EFFECTS OF MOBILE PHONE USE ON DRIVING PERFORMANCE



There is a four-fold increase in the risk of having a road collision when using a mobile phone. What makes a mobile phone so dangerous when used in a vehicle?

1. **Physically:** instead of focusing on the physical tasks required by driving (e.g. steering, gear changing), drivers have to use one or both of their hands to manipulate the phone.

2. **Visually:** mobile phones could visually distract drivers in two ways:

Firstly, drivers have to move their eyes from the road and focus on the mobile phone in order to be able to use it.

Secondly, while talking on a mobile phone, even if drivers' eyes are focused on the road, they 'look but do not see'.

3. **Auditory:** the focus of drivers' attention moves from the road environment to the sounds of the mobile phone and the conversation. This particularly applies when the sound quality is poor.

4. **Cognitively:** instead of focusing their attention and thoughts on driving, drivers divert their attention and focus on the topic of the phone conversation

Gardaí will focus on the enforcement of relevant legislation. Making that call/ holding that phone will result in 2 penalty points and a 60 euro fine payable with 28 days. (Increasing to 4 penalty points 90 euro if paid with 28-56 days)

## The Offence:

The offence is committed by a driver when "holding a mobile phone while driving". This can be in the hand or supporting or cradling it with another part of the body, i.e. between the neck and shoulder. It is not a requisite that a person is actually engaged in a conversation. Similarly a person texting, or accessing the internet/ emails etc, is committing an offence if "holding" the device as outlined above.

In 2013, there were over 28,000 people detected holding a mobile phone whilst driving, the second highest offence detected nationally. This display of bad driver behaviour requires continued and prolonged attention. Provisional figures from a previous national mobile phone operation held on the 27th March 2014 yielded a 300% increase in detections above the average daily detection rate. It is apparent that holding a mobile phone whilst driving remains a significant issue.

Assistant Commissioner John Twomey, Garda National Traffic Bureau has said "We all know how distracting mobile phones can be in any situation, , except in the car it can have fatal

consequences.

Driving requires 100% concentration - it's as simple as that. In the first three months of the year nearly 10,000 drivers have been detected holding a mobile phone whilst driving. This is not acceptable or conducive to road safety. The choice is yours. To avoid penalty points, a fine or worse, be involved in a road traffic collision, always put the phone away when driving."

Commenting on last week's two day targeted mobile phone operation Assistant Commissioner Twomey continued:-

"This operation got huge take up in the media, so I'd like to thank those that heeded the safety message we sent out. Disappointingly though, over the two days, 1191 drivers were found holding a mobile phone whilst driving, effectively causing a risk for you and I on the road. This is approximately 6 times more than is normally detected. An Garda Síochána will continue to target this "lifesaver" offence, which will now be strengthened by additional legislation which is being introduced on the 1st May 2014 in relation to reading or sending a text from a mobile phone."

## ALARM AT INCREASE IN MOTORCYCLE DEATHS PROMPTS BANK HOLIDAY APPEAL

The Road Safety Authority (RSA) and An Garda Síochána are urging motorcyclists, scooter and moped users to bike safely on the roads this summer following an almost 70% rise in motorcycle rider fatalities (up from 16 to 27) in 2013. To date, 2 motorcyclists have died on Irish roads in 2014.

The appeal is being made ahead of the May Bank Holiday Weekend as both the RSA, and An Garda Síochána are extremely concerned that the high casualty rate among motorcyclists could be repeated this summer. There were almost as many motorcyclists as pedestrians killed in 2013, a trend not previously observed, as pedestrian fatalities have typically been significantly higher than motorcyclist fatalities to date. The RSA and An Garda Síochána are asking motorcycle riders to be aware of their vulnerability on the roads as research shows

that motorcyclists are three times more likely to be killed on Irish roads than in any other EU country.

A provisional analysis of motorcycle deaths last year by the RSA & An Garda Síochána shows that there were four main factors behind these deaths:

1. A motorcyclist overtaking a vehicle turning right, resulting in the motorcyclist colliding with the side of the turning vehicle.
2. A motorcyclist, while overtaking, colliding head on with an oncoming vehicle.
3. A motorcyclist losing control while cornering and crossing into the path of an oncoming vehicle or colliding with a pole, or wall on the other side of the road.
4. A driver failing to see a motorcyclist when turning, driving through a junction or joining a main road from a minor road and colliding with

the motorcyclist.

A collision with a car ahead turning right was a particular problem resulting in nine fatalities alone last year. The vast majority of motorcycle fatalities last year took place in the Dublin and greater Dublin area (Counties Dublin, Meath, Kildare and Wicklow).

In 16 of 22 fatalities, the motorcyclist was familiar with the local area. Also, in the majority of cases the weather was dry, the road surface was also dry, and the conditions were daylight with good visibility.

Motorcyclists accounted for 14% of road deaths in 2013, despite making up less than 2% of the total vehicle fleet.

Visit [www.rsa.ie](http://www.rsa.ie) for more information on motorcycle training and for more tips on staying safe while biking.





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2.0 TDCI, 90k, full Ford Service History



**09 Ford Focus**

1.6 TDCI, Titanium, 79k



**10 Ford Mondeo**

Silver



**11 Ford Focus**

Sport, Alloys, privacy glass, Sat Nav, Fogs, 82k, Full Ford Service History



**11 Ford Mondeo**

2L Titanium X, 80k, 163bhp, 1 owner, Full Ford Service History



**11 Ford Mondeo**

2.0 TDCI, 90k, Sat Nav

### DIESEL CARS

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

- 10 Ford Focus 1.6 TDCI, sports, sat nav, bluetooth, alloys, fogs, 83k, full Ford S/H
- 09 Audi A4 2.0TDI 92k, Black, Full Audi S/H
- 09 Ford Focus 1.6 TDCI, Titanium, 97k
- 09 Ford Focus 1.6 TDCI, Titanium, Full Ford S/H
- 09 Kia Proceed 1.6, Alloys, Fogs, 3dr H/B
- 08 Ford Mondeo 1.8 TDCI, Zetec
- 07 Ford Focus 1.6 TDCI
- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCI, Black, NCT Tested
- 06 VW Passat 1.9 TDCI, Green, NCT Tested

- 06 Citroen C5 1.6HDI, 106k, 1yr Test
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Skoda Octavia 1.9 TDi, silver, 1 owner
- 03 VW Passat 1.9 TDi, NCT tested - x2

### CARS

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

- 06 VW Golf 1.6 Sport, alloys, fogs, sunroof, NCT tested
- 05 Suzuki Liana NCT Tested
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Find more information on my Facebook page! I look forward to seeing you at my next Life Lounge! on Wednesday 28th May (7.30 – 9.30pm) at the Meadowlands Hotel, Tralee. Please call me or email to reserve your seat! Admission fee is only €15.00 (payable on the night).

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## ALZHEIMERS COFFEE NIGHT

At Hickeys Garden Centre, Ballyfinane on this Friday the 2nd of May from 6pm to 10pm.

## 100 SONGS FOR CANCER

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

## CHARITY WALK

The Eight Annual Sheila Moynihan Memorial Charity Walk in aid of Kerry Hospice will take place in Rathmore on Sunday, 25th May, 2014 at 12.30 p.m. Sponsorship cards available or a registration fee of your choice. For further information please contact Donal O'Keeffe on 087 299 6003.

## MADELINE MCCANN WILL BE MISSING 7 YEARS TOMORROW

Madeleine disappeared from her family's holiday apartment in Praia da Luz on May 3rd 2007, seven years ago this Saturday, when she was approaching her fourth birthday. The prime suspect is a child sex attacker who has been operating for years in the area of Portugal where Madeleine vanished, he was described by some of the victims as smelling of stale alcohol and tobacco and that he had a pot belly, his burgundy long sleeved top with a distinctive white circle on the back was described by the families of two of his victims. Scotland Yard announced that there were five more attacks on British girls in and around Luz, including a disturbing sexual assault on a girl of 10 in 2005 in the very resort from where Madeleine disappeared two years later.

Some of the attacks on British girls had been reported to the GNR, the military-style police force that investigates minor crimes, but it appears the information was not passed on to the Policia Judiciaria. If these offences had happened in Britain, the victims would have been interviewed on video and the information processed and cross referenced to see if there were similarities to other reported offences and to see if a pattern emerged. This obviously was not done in Portugal so Scotland Yard had to go right back to square one. Were you in the Algarve around the time of Madeline's abduction? Do you remember seeing or even have photos of a man wearing a red or burgundy coloured long sleeved top with a distinctive white circle on the back – similar to the distinctive Super Bock beer logo of a white circle on a maroon background that is used on signs outside pubs across Portugal. If you have any information please Email: investigation@findmadeleine.com or phone the Investigation Line: +44 845 838 4699 no matter how insignificant you think it is, it could be the vital clue to bringing Madeline home. If you prefer you can phone Operation Grange on +44 207 321 9251 or e-mail OperationGrange@met.police.uk

Madeline is now almost 11 years old and would be much taller and, because girls begin to physically mature before boys, she would appear to have put on a little weight and her shoulders would appear broader. Madeline has blue-green eyes; the right eye has a distinctive spot on the iris and she also had a small brown mark on the calf of the left leg at the time of her abduction.

## FACEBOOK FOLLOWERS

There is a video on Facebook at present that everyone in the world should see, it's from Helanada.com a brand new experiences video titled You will not believe your eyes! It's all about Midway Island in the North Pacific Ocean, its 2000 km from any other coast line, nobody lives there, only birds and yet they are dying most horrible deaths.

As the birds die their stomachs are opened to prove the cause of death and in every instance the cause is plastic and other rubbish discarded by humans. Please watch and share the video with your Facebook friends and ask them to do the same, it is not an easy video to watch, but if you care about wildlife you will force yourself to sit through it to the very end, it only takes a couple of minutes and if enough people watch it and spread the word it might convince people not to throw away anything that can end up in street or road channels, waterways, streams, rivers and eventually the sea and to dispose of their rubbish properly.

## ONE OF THE WORLDS OLDEST LIVING TREES

Methuselah - At 4,841 years old, this ancient bristlecone pine is the oldest known non-clonal organism on Earth. Located in the White Mountains of California, in Inyo National Forest, Methuselah's exact location is kept a close secret in order to protect it from the public. (An older specimen named Prometheus, which was about 4,900 years old, was cut down by a researcher in 1964 with the U.S. Forest Service's permission.) Today you can visit the grove where Methuselah hides, but you'll have to guess at which tree it is.

## THINKING OF WORKING IN THE US?

Women are the majority of minimum wage earners there, and make up 70% of tipped workers. For tipped restaurant workers, the gender wage gap is more than a matter of discrimination -- it's legal. Due to a subminimum wage as low as \$2.13 an hour, the majority of a server's pay comes from tips, not from their employer. Living off tips results in women being subjected to the worst sexual harassment of any industry. While 7% of American women work in restaurants, 37% of all sexual harassment charges filed with the EEOC come from restaurant workers, making it the single largest source of all sexual harassment charges.

## THIS WEEKS QUOTE

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. Albert Einstein

## ON THIS DATE – 2ND MAY

1536 - Anne Boleyn, second wife of King Henry VIII of England, was imprisoned in the Tower of London.

1670 - A charter by King Charles II of England founded the Hudson's Bay Company.

1788 - An Act on this date repealed tests imposed on Protestant Dissenters

1794 - United Irishman Archibald Rowan escaped from custody and eventually made his way to America.



1882 - Charles Stewart Parnell was released under the terms of the "Kilmainham Treaty"; writing off the debts of tenants in arrears. A landmark in the land agitation movement.

1923 - Birth in Milltown Malbay, Co. Clare of Patrick Hillery, surgeon, politician and former president from 1976 to 1990. He negotiated Ireland's entry into the European Community in 1973.

1957 - Death of Fr. Aloysius Roche, Irish patriot. During the 1916 Easter Rebellion, he and Frs. Albert, Augustine and Dominic brought spiritual aid to the Volunteers in the numerous garrisons and outposts throughout Dublin. In the early hours of the morning of 3 May, Fr. Aloysius administered the last sacraments to Patrick Pearse, Thomas Clarke and Thomas MacDonagh, the first three leaders of the Rising to be executed; on May 7, Fr Aloysius accompanied James Connolly by ambulance from Dublin Castle to Kilmainham Jail for execution and stood behind the firing squad as they fired the volley.

1982 - The Irish government affirmed its neutrality in the Maldives/Falklands war between Britain and Argentina, and opposed EEC sanctions against Argentina

1982: The sinking of the Belgrano - an Argentine vessel - by Britain during the Maldives / Falkland's War.

2003 - The Rolling Stones set a new Irish box office record when more than 16,000 tickets for their Dublin concerts sold within two minutes.

## DID YOU KNOW ....

∴ Octopi are able to survey their environment and work out the best way of disguising themselves. Mimic octopi alter their body shape to replicate other animals, whilst others murky the water with black ink so that they can slip away, and some have even been known to pick up shells, rocks and coconuts to disguise themselves. They are extremely perceptive and can analyse the environment and plan out a complex attack or getaway method using these tools.

∴ To court females, male blue-footed boobies—yes, that's the species' name—display their feet in an elaborate choreographed dance that would make Fred Astaire proud. But dancing prowess is not the only indication of a quality mate; the brightness of the males' feet, which dull with age, plays a critical role during selection as well. So if a male is young enough to possess bright blue feet and skilled enough in the dance department, he can secure a partner for life, as these birds are often monogamous.

∴ For the male gentoo penguin, the only gift sure to win over a female's heart is...a smooth stone. During mating season, males can spend hours scouring thousands of beach rocks in the species' native Antarctica, looking for just the right one. Researchers have even documented two males fighting over a stone both want. Once the penguin decides his pebble is perfect, he presents it

to a chosen female as a love offering in hopes that she will accept it and place it on her nest—ultimately securing their bond as mates.

## SOMETIMES THE BEST SOLUTIONS ARE THE SIMPLEST ONES

That is the point of view taken by one organisation working to save lions in northern Tanzania. The African People and Wildlife Fund, an American charity organisation, has begun what they call the Living Wall project. The project provides local villages with the resources and training to build fences using reclaimed and repurposed wood and donated chain-link fencing. This innovative project allows lions and local farmers to live in peace together. In northern Tanzania, lion attacks on cattle raised by the local Masai people cause constant alarm. Aside from safety concerns, the cattle constitute the main source of income and self-sufficiency in many Masai villages. In retaliation, and to protect their homes and livestock, the herders then kill the lions, reducing the wild lion population in the area. The number of lions in the region has fallen about 50% in just the last eleven years, as a result of hunting by villagers and habitat loss.

The new fences keep lions out, cattle in, and people safe. So far 360 Living Wall fences have been built in the steppe region of Tanzania, where many members of the famed Masai tribe reside. For centuries, the Masai people used fences called "bomas" to keep predators at bay from their animals. However, these "bomas" are made from the relatively weak acacia tree, and are easily destructible by a hungry lion. With the new fences, reclaimed African myrrh trees are used as posts and chain link fencing is used to connect them. Over time, vines and leaves sprout from the trees and overtake the metal fencing, leaving the appearance of a wall of vegetation. Thus the name; the living wall.

The number of human attacks on lions are down from seven a year per village, to as little as 1 a year per village. Twelve communities across the Masai steppe region now have living wall fencing, with many more villages

eager to get on board. Across Africa, big cats are facing population decline, mainly at the hands of their human neighbours, through poaching and deforestation. Projects like these are instrumental in allowing farmers to make a living, and lions to live in peace.

## SORRY LADS

The good looks of Irish-born Hollywood heartthrobs such as Michael Fassbender, Colin Farrell and Jonathan Rhys Meyers are the exception to the rule, according to new findings from an international dating website that only accepts attractive people. Less than one in 10 Irish men who submitted their profiles to beautifulpeople.com in the past year were accepted, according to the dating website's latest statistics. The nation-by-nation figures also revealed that men from Britain and Poland are just as unappealing as their Irish counterparts, with the three countries propping up the foot of the coveted table with a humiliating 9% success rate. But the new figures will be more of a blow to Irish males, who have slid from 12% last year to the foot of the table for the first time. There was better news for Irish women, who maintained their top 10 position in the rankings from last year, with the same 23% success rate. Scandinavian women dominated the top three places, with Norwegians the pick of the world's beauties at 71%, followed by Sweden at 62% and Iceland at 61%. Men from Sweden, at 60% were rated the top hunks by the LA-based sites, followed by Brazil at 41% and Denmark at 40 per cent. The elite dating club boasts five million members worldwide, despite its strict vetting procedures whereby members of the opposite sex vote on romance-hunters on the basis of how attractive they look in a submitted profile picture.

Finally this week I would like to welcome any visitors and to wish everyone a safe and happy Bank Holiday weekend, enjoy the extra day off but please take care on the roads, hills and water and do not leave anything behind that could harm animals or birds in the wild or on farms.







## EXAM STRESS

### WHAT CAN YOU DO

Learning to manage stress is important at all times in our lives – and not just around exam time. Tips to give you more control over your life include: Eating healthy food as much as possible and avoiding junk food as much as you can. Exercising regularly, even if it is for a few minutes a day. Walking, jogging, yoga, anything will do. Developing good relationships. Sleeping well. Keeping a balanced view. Learning techniques of stress management and stress relief. Remember your past achievements and take strength from them.

### SCHEDULE TIME FOR YOU

A really good habit to develop now, which will stand to you for a life-time is to set aside a half an hour each day to do something that just makes you feel good. Read a book or a favourite magazine, take a walk, dance or ride your bike. This time that you take for yourself will help you focus when you sit down to finish your homework.

But you may be asking 'What Can I do Now? My exams are only weeks away'. The first 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. Take care of yourself. Now more than ever it's vital that you take care of yourself. Don't sacrifice your health because you feel you are too busy. A combination of a healthy diet, regular exercise and plenty of sleep helps relieve stress.

### OVER THE NEXT FEW WEEKS WE WILL GO THROUGH SOME TIPS ON WAYS TO MANAGE EXAM STRESS.

Acknowledge your feelings. It is normal to feel stressed at exam time. However, if you are feeling especially stressed or depressed, you may want to look at everything you are doing see if there are one or two things you can cut out until you feel better. Be sure to talk to someone if you feel this way.

If you feel stressed or overwhelmed, it is important to speak with the adults in your life. They may not be aware of just how much pressure you are feeling to get everything done. Talk to a parent, teacher or counsellor, and ask for help in dealing with stress.

At **SOUTHWEST COUNSELLING CENTRE, Killarney** we have a team of adolescent counsellors who can provide valuable support at this time. Call **(064) 6636416** [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)

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

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

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

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

## Health Matters.... With Dr. Michael O'Doherty

### VITAMIN D DEFICIENCY PART 1

Vitamin D is important for good health, growth and strong bones. A lack of vitamin D is very common. Vitamin D is mostly made in the skin by exposure to sunlight. Most foods contain very little vitamin D naturally, though some are fortified (enriched) with added vitamin D. A mild lack of vitamin D may not cause symptoms but can cause general aches and pains. A more severe lack can cause serious problems such as rickets (in children) and osteomalacia (in adults). Treatment is with vitamin D supplements.

#### What is vitamin D?

Vitamin D is a vitamin that is needed for good health. Unlike other vitamins, we do not need to get vitamin D from food. A main source of vitamin D is made by our own bodies. It is made in the skin by the action of sunlight. This is a good thing because most foods contain no or very little vitamin D naturally. Foods that contain vitamin D include:

- Oily fish
- Fortified foods (this means they have vitamin D added to them)

#### Vitamin D and sunlight

Ultraviolet B (UVB) rays in sunlight convert cholesterol in the skin into vitamin D. For a fair-skinned person, it is estimated that around 20-30 minutes of sunlight on the face and forearms around the middle of the day 2-3 times a week is sufficient to make enough vitamin D in the summer months. However, for people with pigmented skin and the elderly, the amount of time needed exposed to sunlight to make enough vitamin D can be much more than this.

For six months of the year (October to April), much of western Europe lies too far north to have enough UVB rays in sunlight necessary to make vitamin D in the skin. So, many people in the Ireland are at risk of not getting enough vitamin D unless they get it in their diet.

#### Why do we need vitamin D?

A main action of vitamin D is to help calcium and phosphorus in our diet to be absorbed from the gut. Calcium and phosphorus are needed to keep bones healthy and strong. So, vitamin D is really important for strong and healthy bones. In addition, vitamin D seems to be important for muscles and general health. There is also some evidence that vitamin D may also help to prevent other diseases such as cancer, diabetes and heart disease.

#### How common is vitamin D deficiency?

It is very common. A recent survey in the Ireland showed that more than half of adults in the Ireland did not have enough vitamin D. In the winter and spring about 1 in 6 people have a severe deficiency. Most affected people either don't have any symptoms, or have vague aches and pains, and are unaware of the problem.

#### What are the symptoms of vitamin D deficiency?

Many people have no symptoms, or only vague ones such as tiredness or general aches. Because symptoms of vitamin D deficiency are often very nonspecific or vague, the problem is often missed. The diagnosis is more easily reached in severe deficiencies with some of the classical (typical) symptoms and bone deformities.

#### NEXT WEEK: PART 2



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



## 8TH ANNIVERSARY

In loving memory of a dear husband,  
father and granddad



### THOMAS DOOLEY

197 Deerpark, The Bypass, Killarney.  
Who died on the 1st May 2006.

*I often sit and reminisce,  
And with a smile or two,  
Fondly telling stories,  
Of things we used to do.  
My heart is full of memories,  
With pride I speak your name,  
Life goes on without you,  
It will never be the same.*

**Loving wife Nora.**

*We miss your smile, your joking ways.  
We miss the things you used to say.  
And when old times we do recall,  
That's when we miss you Daddy most of all.*

**Loved and remembered by your sons,  
daughters, daughters in law  
and son in law.**

#### GRANDA

*No special day is needed,  
For us to think of you,  
You are always in our thoughts,  
No matter what we do.*

**From your loving grandchildren.**

## NOVENA TO THE SACRED HEART

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

## 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. **N.C.**

## NOVENA TO THE HOLY SPIRIT

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

## PRAYER

### NEVER KNOW TO FAIL

You have said O'Divine  
Jesus ask and you shall receive, seek and you  
shall find, knock and it will open to you. Relying  
on these promises I come with confidence to beg  
of the favours that I need (make request). From  
whom shall I ask, Lord Jesus, If not from you  
whose heart is an unfailing source of graces and  
merits. Most loving heart of my God I believe  
in your power, I believe in your knowledge, I  
believe in your perfect love for me and therefore  
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. **C.G.**

## DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I  
have accumulated too much debt,  
and now I cannot imagine  
overcoming it without your help.  
Please Lord, I beg of you to intercede  
on my behalf. Provide me with the  
financial means to be able to  
breathe again. Please forgive my sins Lord.  
Walk with me and help me to make the  
right decisions throughout my life.  
In your name I pray. Amen.  
You must say 3 Our Fathers for 7  
Days. Must promise publication.  
Never Know to fail.

## 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. **E.M.K.**

## 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. **S.O.S.**

## NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2  
impossible, Say 9 Hail Mary's for 9 days with  
a lighted candle, and finish with "May the  
Sacred Heart of Jesus be praised, adored,  
glorified and loved today and ever day  
throughout the world forever. Amen".  
Pray, whether you believe or not.  
Publish on the 9th day.  
Your request will be granted no matter how  
difficult it may seem.  
Favour often granted on the third day.  
**C.F.**

## NOVENA TO ST. CLARE

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

## 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. **J.M.**

## THE MIRACLE PRAYER

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

## THANKS GIVING

Sacred Heart of Jesus, Padre Pio and Our  
Blessed Lady, a thousand thank you for  
everything and all the Saints and Souls.

## NOVENA TO THE SACRED HEART

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

## BARRADUFF MEMORIAL WORKS

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## EXPLORE KILLARNEY YOUR WAY



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Beech Road, Killarney.



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3 DAY TICKET  
**€15.00**  
PER ADULT  
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START FROM  
**€3.00**  
CHILDREN GO FREE

### TIMETABLE

#### ROUTE 1 Outward Daily Monday to Sunday

**Town Centre - Muckross - Torc Waterfall**

A Tourist Office	08:45	11:00	12:00	14:00	15:00	17:00	18:00	19:00	20:00
B Inec	08:50	11:05	12:05	14:05	15:05	17:05	18:05	19:05	20:05
C National Park Main Gate	08:55	11:10	12:10	14:10	15:10	17:10	18:10	19:10	20:10
D Muckross Abbey	09:00	11:13	12:13	14:13	15:13	17:13	18:13	19:13	20:13
E Muckross House Entrance	09:05	11:20	12:20	14:20	15:20	17:20	18:20	19:20	20:20
F Torc Waterfall	09:15	11:30	12:30	14:30	15:30	17:30	18:30	19:30	20:30

#### ROUTE 1 Return Daily Monday to Sunday

**Torc Waterfall - Muckross - Town Centre**

F Torc Waterfall	09:15	11:30	12:30	14:30	15:30	17:30	18:30	19:30	20:30
E Muckross House Entrance	09:25	11:40	12:40	14:40	15:40	17:40	18:40	19:40	20:35
D Muckross Abbey	09:30	11:45	12:45	14:45	15:45	17:45	18:45	19:45	20:40
C National Park Main Gate	09:35	11:50	12:50	14:50	15:50	17:50	18:50	19:50	20:45
B Inec	09:40	11:53	12:53	14:53	15:53	17:53	18:53	19:53	20:50
A Tourist Office	09:45	12:00	13:00	15:00	16:00	18:00	19:00	20:00	20:55

7 DAYS A WEEK





#### ROUTE 2 Outward Daily Monday to Sunday

**Town Centre - Gap Of Dunloe**

A Tourist Office	10:00	13:00	16:00
B St Mary's Cathedral	10:05	13:05	16:05
C Aghadoe	10:15	13:15	16:15
D Fossa Bus Stop	10:20	13:20	16:20
E Gap Of Dunloe	10:30	13:30	16:30

#### ROUTE 2 Return Daily Monday to Sunday

**Gap of Dunloe - Town Centre**

E Gap of Dunloe	10:30	13:30	16:30
D Fossa	10:40	13:40	16:40
C Aghadoe	10:45	13:45	16:45
B St Mary's Cathedral (Via N72)	10:55	13:55	16:55
A Tourist Office	11:00	14:00	17:00