

*"Out First Every Friday"*

# KILLARNEY Outlook

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



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Pictures for illustration purposes only.



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Friday **5th** - Thurs **11th** June 2015

 <b>JURASSIC WORLD</b> (12A) 140m Thurs 8:40	 <b>3D JURASSIC WORLD</b> (12A) 140m Thurs 6:20	 <b>INSIDIUS 3</b> (15A) 105m 7 Days 6:40 9:00	 <b>SPY</b> (15A) 110m 7 Days 6:20 8:50
 <b>SAN ANDREAS</b> (12A) 125m 7 Days 6:30 8:55 Sat/Sun 2:05	 <b>3D SAN ANDREAS</b> (12A) 125m Sat/Sun 4:15	 <b>DANNY COLLINS</b> (15A) 115m 7 Days 6:30	
 <b>WE'RE BACK PITCHES</b> (12A) 125m 7 Days 8:55 Sat/Sun 2:05 4:20 Fri-Wed 6:30	 <b>PITCH PERFECT 2</b> (12A) 125m 7 Days 8:55 Sat/Sun 2:05 4:20 Fri-Wed 6:30	 <b>MAD MAX</b> (15A) 135m Fri-Wed 8:45	 <b>AVENGERS: AGE OF ULTRON</b> (12A) 145m Sat/Sun 4:00
 <b>HOME</b> (G) 100m Sat/Sun 2:00	 <b>TWO BY TWO</b> (G) 100m Sat/Sun 12:15 2:15 4:15	 <b>CINDERELLA</b> (G) 120m Sat/Sun 2:05 4:10	

**KIDS CINE CLUB**  
Sat 6th & Sun 7th June

<b>SPONGEBOB</b> (G) 100m	12:15
<b>BIG HERO 6</b> (G) 105m	12:15
<b>HOME</b> (G) 100m	12:10
<b>PAUL BART MALL COP 2</b> (G) 100m	12:10

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## WALK IN MEMORY OF JOAN HERLIHY A HUGE SUCCESS

The walk and climb in memory of the late Joan Herlihy in Killarney on Saturday last proved to be an outstanding success with in excess of €11,000 raised for the Oncology Unit of Tralee General. Joan, (nee Quinlan from Castleisland), who passed away in February after a Herculean battle with cancer, was a lover of the outdoors and particularly Killarney National Park and its environs and it was entirely fitting that a climb of Mangerton and a walk around Muckross and Dinis should take place in her memory.

The climb of Mangerton (2,700') attracted a larger than expected participation of 210 hardy souls who braved the elements to complete the climb just before the weather deteriorated. Likewise there was a big turnout for the flat walk around Muckross and Dinis with 340 walkers taking part.

Speaking to the Killarney Outlook on behalf of the organising committee, Christy Lehane, a next door neighbour of Joan's, confessed to

being overwhelmed with the turnout on the day; "The combined total of 550 participants went way beyond the organising committee's wildest dreams and a very enjoyable social evening that followed in the Torc Hotel adjacent to Joan's home in Lissivigeen, was a fitting conclusion to the day's events" he said. "On behalf of the organising committee I would like to thank the following most sincerely: The Order of Malta, Torc Hotel, Killarney National Park, all the voluntary stewards, musicians Derry and Rosie Healy and Mike Cronin, M.C. Batty O'Sullivan and of course everyone who took part. The whole day was a fitting tribute to Joan and we are particularly delighted that in the process, the Oncology Unit in Tralee General will benefit to the tune of over €11,000. Donations from all over are still coming in and the Account in Killarney Credit Union, will remain open for another couple of weeks" he continued.

The Herlihy and Quinlan family are most appreciative of the support and generosity of the public and they wish to thank everyone who helped in any way to making Saturday's event a nostalgic but very rewarding exercise" concluded Mr Lehane.



THE LATE JOAN HERLIHY.

## KILCUMMIN'S JULETTE GETS A GARDEN OF ROSE COMPANY



HEADING TO TRALEE NEW YORK ROSE SOPHIE COLGAN AND PHILADELPHIA ROSE MAIREAD COMASKEY.

So at last Kilcummin's Juliette Culloty the Kerry Rose knows who will be in the line up

with her as the names of the extra 23 Roses who will travel to Tralee for the 2015 Rose of Tralee International Festival were announced last night at the end of the last ever Regional Festival in Co Laois.

There were a couple of firsts for some regions - Elysha Brennan (22) from Bettystown, Co Meath became the first ever Meath Rose to make it through to Tralee and Shannon Kelahan-Pierson (21), the first ever Southern Carolina Rose, will also travel to Tralee in August.

Roses from the USA, Canada, Ireland, Britain, Germany, Luxembourg and the Middle East were treated to a four-day festival in County Laois complete with Civic Reception, Classic Car Parade, Music & Street Market Festival and the Laois County Fleadh.

RTÉ Rose of Tralee Selection Host, Dáithí Ó Sé, said: "The Roses who have been chosen to progress to the televised selection in Tralee will be amazed by the sheer scale of the pageantry and excitement of the Festival in the Kingdom.

The Rose of Tralee is a major focal point in Irish communities all over the world that draws people together. The Rose of Tralee is the single biggest thread that ties the whole Irish Diaspora together and that's one of the reasons why the Rose of Tralee is one of the biggest festivals in the world. The event in Tralee is the culmination of a lengthy process to find the next Rose of Tralee."

The 23 Roses who have qualified for the televised selection will be joined by the Kerry, Dublin and Cork Roses as well as six Roses from Australia and New Zealand in the Dome next August.

This year's Rose of Tralee International Festival will run from Friday 14 to Tuesday 18 August and will feature an exciting programme of entertainment for all the family.

The line-up will feature Hometown, StereoKicks, Nathan Carter, The Riptide Movement, Hudson Taylor, Sharon Shannon and the Kilfenora Céilí Band as well as the Rose of Tralee Fashion Show, Rose Ball and Televised Selection nights.



## TASTING FROM A JUG...

MEET 'JUG' HALF PUG AND HALF JACK RUSSELL, THE FOUR MONTH OLD PUP WILL BE BUSY WORKING AS A MASCOT FOR BEERFEST, AT THE INEC, KILLARNEY, JUNE 5TH-7TH 2015. THE BEST OF IRISH CRAFT BREWERS WILL DESCEND UPON KILLARNEY AND BRING WITH THEM KEGS OF CRAFT BEER. IN ASSOCIATION WITH BEOIR AND THE INEC KILLARNEY.

THE WEEKEND INCLUDES BEER TASTING MASTER CLASSES, AWARDS, COMPETITIONS, FOOD VILLAGE AND LIVE ENTERTAINMENT.

PHOTO: VALERIE O'SULLIVAN.

#lovekillarney





# THE KILLARNEY MUSIC FESTIVAL CHARITY 10K RUN

**SATURDAY JUNE 27TH**  
**9:30AM**  
**THE CASTLEROSSE HOTEL**



*In support of The Kerry Spina Bifida & Hydrocephalus Association*

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**• Shower Facilities**

**Entry €15**

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LOAN TERM- YEARS	5	5	5	5	5
APR	10.5%	13.0%	12.8%	12.5%	12.3%
MONTHLY REPAYMENTS	€191.35	€201.50	€200.68	€199.46	€198.64
TOTAL AMOUNT REPAYABLE	€11,475.61	€12,089.70	€12,040.75	€11,967.38	€11,918.51
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WE LOOK AT THINGS DIFFERENTLY





## KILLARNEY TOWN HUMS TO A HARLEY BEAT

Cruising, chrome and plenty of craic... it can only mean one thing!

Over 40,000 visitors from around the world converged on Killarney for Ireland Bike Fest Which took place across the June Bank Holiday weekend.

Motorcycle owners and enthusiasts, young and old, from over twenty countries including Ireland, England, Scotland, Wales, Germany, Italy, Spain, France, Poland, Denmark, Norway, the Netherlands, Slovakia, The Czech Republic, Greece, Hungary, Belgium, Canada and the United States gathered at the festival headquarters - The Gleneagle Hotel, over the weekend.

The Bike Village hosted an array of activities for bikers and non-bikers alike. Biking enthusiasts were spoiled for choice with stands selling specialised biker wares, bike displays, technical areas, free Harley-Davidson® demo rides, along with Waterford and Dublin Harley-Davidson® Dealers, the



WELL KNOWN KILLARNEY FIREMAN PAUDIE MANGAN FROM KILLARNEY IS CONGRATULATED BY BREFFNI INGERTON OF IRELAND BIKEFEST AFTER HE WON A HARLEY DAVIDSON MOTORBIKE IN A RAFFLE AT IRELAND BIKEFEST ON SUNDAY. ALSO IN PHOTO ARE HIS FAMILY, JOAN, MELISSA, KATELYNN AND DENIS, MARJORIE RAE, HARLEY-DAVIDSON, PATRICK O'DONOGHUE, THE GLENEAGLE GROUP AND LOCAL MEMBERS OF MUSCULAR DYSTROPHY IRELAND THE BENEFITING CHARITY. PICTURE BY DON MACMONAGLE.



Custom Bike Show and much more. The Harley-Davidson® Jumpstart Rider Experience gave aspiring bikers the chance to ride a motorcycle while remaining stationary.

Other highlights included three new ride-outs routes around the famous Wild Atlantic Way - marshalled by Celtic Thunder Chapter Ireland

and Gaelic Chapter Ireland, a live broadcast by Phil Cawley of Today FM and the "Win a Harley-Davidson®" raffle in aid of Muscular Dystrophy Ireland which was won by Paudie Mangan from Coolcorcoran, Killarney.



PICTURED LEFT: GRACIE GRIMWOOD AND ELLA BARRETT ENJOYING THE FESTIVITIES AT KILLARNEY BIKEFEST.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## KILLARNEY PARISHIONERS RENEW THEIR VOWS



KILLARNEY PARISH ADMINISTRATOR FR KIERAN O'BRIEN WITH COUPLES WHO CELEBRATED AT THE WEDDING ANNIVERSARY MASS IN ST. MARY'S CATHEDRAL, KILLARNEY, ON SATURDAY EVENING. SEAMUS AND MARY O'SULLIVAN DARCY, WHO WERE MARRIED IN 1960, CELEBRATED 55 YEARS OF MARRIAGE, WHILE OTHER COUPLES WERE CELEBRATING 50, 45, 40, 30 AND 25 YEARS OF MARRIAGE.

PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



# Killarney BEERFEST

IN ASSOCIATION WITH  **Beoir**  
Supporting Craft Beer in Ireland

## HAPPENING THIS WEEKEND!

### June 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup>

Fri. June 5<sup>th</sup>  
**Picture House**



Friday June 5<sup>th</sup>

6-8PM **DJ DONAL** OUTDOOR STAGE  
8-10PM **PictureHouse**  
10.30PM **KAT SQUIRE** BALLROOM

Sat. June 6<sup>th</sup>  
**JERRY & FISH**



Saturday June 5<sup>th</sup>

2-3PM **DJ DONAL** OUTDOOR STAGE  
3-5PM **STRAIGHT FROM THE CRATE** OUTDOOR STAGE  
5-6PM **DJ DONAL** OUTDOOR STAGE  
6-7.30PM **THE TOM CATS** OUTDOOR STAGE  
8-10PM **SCANNAL** OUTDOOR STAGE  
10.30PM **SCANNAL** BALLROOM

Sun. June 7<sup>th</sup>  
**The SWING Cats**



Sunday June 5<sup>th</sup>

12PM **DJ DONAL** OUTDOOR STAGE  
1.30-3.30PM **The Pat Fitz Band** OUTDOOR STAGE  
4-6PM **The SWING Cats** OUTDOOR STAGE



Killarney  
**BEERFEST**  
IN ASSOCIATION WITH  **Beoir**  
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Friday June 5<sup>th</sup> 2015

DJ DONAL • 6-8PM  
PICTUREHOUSE • 8-10PM  
KAT SQUIRE • 10.30PM



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#KILLARNEYBREWS



## LOCALS URGED TO 'CLIMB TO REMEMBER' LOVED ONES

The fourth annual charity 'Climb to Remember' takes place on Sunday 28th June and will see people from all over Munster rise to the challenge of climbing Ireland's highest peak, Carrauntoohil, in memory of a loved one, with funds raised going towards The Mercy Hospital Foundation.

Proceeds raised at this year's 'Climb to Remember' will benefit three key appeals launched earlier to raise vital funds to enhance cardiology, stroke, and cancer services at The Mercy University Hospital. Speaking to the Killarney Outlook Listowel native, Betty O'Sullivan and 'Climb to Remember' founder, who lost her mother Bernie to cancer in 2010, said, "When you lose a loved one, you feel as though life will never again be the same. The Climb to Remember is a wonderful opportunity to reflect on and remember someone who is passed on. I find doing the climbs really therapeutic, and even though they can be tough in parts, I love the fact that I'm doing it in memory of that special person." Pre-event registration is essential, and participants can sign up at [www.mercyfundraising.ie](http://www.mercyfundraising.ie). Sign in will take place at the Upper Car Park at Lisleibane from 9am until 9:45am. At 10am participants will begin their climb from Lisleibane to the summit of Carrauntoohil. The climb will take around 5 ½ - 6 hours including a break.

Travelling up Brother O Shea's Gully and past



KATHLEEN SUGRUE, GASTROENTEROLOGY CLINICAL NURSE SPECIALIST, MERCY UNIVERSITY HOSPITAL FROM BEAUFORT, WITH MAYA FINN HANNON (6) AND DEIRDRE FINN, COMMUNITY AND EVENTS FUNDRAISER, MERCY HOSPITAL FOUNDATION, FROM CASTLEGREGORY, LAUNCHING THE 'CLIMB TO REMEMBER' WHICH TAKES PLACE ON SUNDAY 28TH JUNE. PICTURE GERARD MCCARTHY

the Beenkeeragh Ridge, climbers will reach the top of Brother O Shea's and will be greeted with a spectacular view down into Coomloughra with Dingle Bay and the Brandon group to the northwest. Passing the top of the Central and Curved Gullies, they will emerge onto the summit. Following a break at the summit for food and photographs, it will be time to make the descent down the Devils Ladder.

The registration fee for the climb on June 28th is €25. A second 'Climb to Remember' takes place earlier in the month on Sunday, 7th June up the Galtees, and for anyone interested in doing both, the fee is €45.

Those interested must register by logging onto [www.mercyfundraising.ie](http://www.mercyfundraising.ie) or calling (021) 4274076. Please note that registration will NOT be available on the morning of the event.

## BIG DEMAND FOR ENGLISH CLASSES IN KILLARNEY

A new conversational English language class – Failte Isteach - being run in Killarney through South Kerry Development Partnership Ltd. in conjunction with Third Age has attracted a large number of people from many countries. The class is aimed at migrants who do not have English as their main language.

The Failte Isteach programme being run in Killarney was developed by the active retired group Third Age based in County Meath. They first began the initiative as a small project in the village of Summerhill in 2006 with the aim of helping those in the migrant communities in that area develop a confidence in speaking English as well as a means of helping encourage integration within the different communities. It has since spread around the country to other

communities and is being implemented in the greater Killarney area by SKDP.

Community Development Manager Paul O'Raw speaking with the Killarney Outlook is delighted with the progress of the programme. "We are lucky to have 7 trained tutors on the programme in Killarney at present and they are working with some 25 students who are attending the course," Paul said. He added that the course runs for circa 10 weeks and is for around 2 hours a week with the students having a book that will assist them developing their skills further during the course of the week.

"This initiative is part of the work being undertaken by SKDP under the new SCIAP programme which is aimed at encouraging

integration between those who have come to live in Ireland and the local communities in whose areas they are resident" Paul said.

"By helping them get a better understanding of English and helping them develop confidence in its usage we hope it will assist people with their employment and career prospects, as well as encouraging them to get involved in other activities in the communities in which they have settled and help them develop new friendships with others in the area" Paul said.

The current course is full but it is planned to start a new course in September, which will be well advertised in advance to make sure we get as many as possible to participate Paul concluded.



BREANNA SHORTT KILCUMMIN, WHO RECEIVED HER FIRST HOLY COMMUNION ON SATURDAY 30TH WITH PARENTS SHARON AND ALBERT AND BROTHER DYLAN. PIC BY: TONY O'BRIEN.



LUKE DALY KILCUMMIN WHO RECEIVED HIS FIRST HOLY COMMUNION ON SATURDAY 30TH WITH PARENTS HELENA AND PATRICK AND BROTHER PATRICK. PIC BY: TONY O'BRIEN.



HELENA O'SULLIVAN KILCUMMIN WHO RECEIVED HER FIRST HOLY COMMUNION ON SATURDAY 30TH WITH PARENTS RENA AND DENIS AND SIBLINGS, MICAELA AND OISIN. PIC BY: TONY O'BRIEN.





**KILLARNEY WALKING FESTIVAL**  
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May 2015

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## KILLARNEY BUILDING NOMINATED FOR IRISH ARCHITECTURE AWARD



THE HAVEN HOSTEL BISHOPS LANE.

The Haven Hostel in Bishops Lane is among the 36 projects shortlisted for this year's Irish Architecture Awards, which were announced by The Royal Institute of the Architects of Ireland (RIAI). The list also includes Rosie Hackett Bridge; Dalkey Heritage Centre & Town Hall; Athlone Community College, and the Pavilion of Light – Mardyke Gardens.

Speaking to the Killarney Outlook after getting shortlisted, Achim Gottstein, Owner, Gottstein

Architects, said, "Gottstein Architects is delighted to have been shortlisted for the Irish Architecture Awards 2015. Our brief was to design a compact Hostel Building that would sit adjacent to our Client's existing hostel facility, located at Bishops Lane, Killarney. The project presented us with a fantastic opportunity to reinterpret the Hostel as a building Typology. Our objective was to reinforce the communal and social aspects of the Hostel, by introducing an entrance 'foyer' and covered gathering space which opens onto a new south-facing courtyard. An open circulation access deck to the bedrooms rises above this space, and animates the courtyard below. These new interventions allow groups of travellers to interact and creates a dynamic social hub within the centre of the urban block."

The building is crafted in brickwork and provides a warm, textured and durable backdrop to the public and private spaces of the Hostel. The use of a 'brick and beam' technique allows brick walls to become exposed brick ceilings. Finally, a tall timber structure in Irish Douglas fir structure supports the circulation deck and filters the southern light arriving into the building from the courtyard space.

You can do your bit for the Haven by posting your vote online at [www.riai.ie](http://www.riai.ie), or on Facebook.

The winners will be announced at an awards ceremony on June 18th in the Wood Quay Venue, Dublin City Council Civic Offices, Wood Quay, Dublin 8.

## COOKERY DEMONSTRATION WITH MARK DOE

O'Leary's Expert, Plunkett Street, Killarney are holding an evening of tasty treats, tips and advice from the Bauknecht kitchen with Mark Doe on Thursday 18th June at 7pm.

Bauknecht appliances have the award-winning performance to deliver these perfect results every time. Coupled with sleek, modern styling and energy saving innovations, Bauknecht offers the ultimate in leading design and German engineering to impress outside and inside, ensuring the time you spend in your kitchen is a real joy. Well known in Killarney, Mark Doe has spent over twenty years working in some of Europe's finest restaurants. These include The Ritz, London, The Four Seasons Hotel, London, The Merrion Hotel, Dublin, The Portmarnock Hotel & Golf Links Dublin, and The Queen Elizabeth 2 cruise liner.

Mark and his wife Bernie own and run



MARK DOE FROM 'JUST COOKING'.

'Just Cooking' a Cookery School and Food Consultancy and he has won many awards for his cooking, including the overall winner of the Moreau Chablis Fish Dish of the Year Award 2004.

## KCC-NOTICES OF MOTION

Cllr Danny Healy Rae put forward the following notices of motion at the area meeting on the 27th May.

He asked KCC to rectify the problems with the sewerage system in Greenfields Estate, Furies, the council is currently in discussion about the completion of works necessary with the financial company which holds the insurance bond for the development. He again had a motion asking KCC to lower the Gleannsheroon River at Cragg so as to prevent the town of Castleisland being flooded, he was told that these works will be carried out in June when water levels are low.

Cllr Healy Rae asked KCC to provide a footpath or safe walkway for the residents of Deerpark from the bridge at Coolcororan to the by-pass, he has raised this issue before and there are 20 children living in this area.

He also asked KCC to seek the return of St. Finan's lands in Killarney from the HSE as these lands were in the ownership of KCC previously, KCC have promised to probe the background to the change of ownership of these lands.

## SENATOR MOLONEY WELCOMES INVESTMENT

Senator Marie Moloney welcomes this week's announcement of €91 million housing investment including investment for refurbishing, energy efficiency and housing adaptation grants for the elderly and those with a disability. The funding of €1.43 million in Kerry will be used across a range of housing schemes to make more social housing available and to improve housing for people with disabilities as well as retrofitting homes to improve energy efficiency. There is also funding of €930,684 for Kerry for returning vacant units to productive use.

€50.5 million will be made available for housing adaptations for private houses. This will allow extensions to be built for people with a disability as well as housing adaptations to improve mobility including stair lifts, access ramps etc., with more funding to come later in the year. A further €11 million will be made available for local authority house adaptations and extensions to meet the needs of tenants with a disability and to deal with overcrowding.

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958**  
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## CELEBRATE OUR ANCIENT PAST AND SUMMER SOLSTICE



GETTING READY FOR THE WALKING FESTIVAL WERE, DONIE MULCAHY, SARAH CLINTON-SEERY AND TIM LONG. TO CELEBRATE OUR ANCIENT PAST AND SUMMER SOLSTICE. PHOTO: VALERIE O'SULLIVAN.

Killarney Walking Festival, by nature of its location provides the most natural setting in the world to host any walking festival - now it's 2nd year, and well rooted in the local calendar of events, the organisers will celebrate the Summer Solstice in a series of walking events.

The Summer Festival takes Friday June 19th - 22nd, 2015. A weekend of long relaxing guided walks. The Festival Head Quarters is The Gleneagle Hotel, Killarney.

Discover the hidden valleys, mountains, reeks, lake shores and all that is beautiful and untamed about Killarney and its famed National Park. Walk where Druids and Na Fianna once roamed the mountains.

This year's Signature Walk involves climbing the ancient sacred summit, of The Paps of Danu' on the border of Cork and Kerry. The Paps are associated with mythology, mystic and majesty. The Goddess Anú representing all that is earthly fertile, abundant and protective. Departing Killarney in the dead of night in order to capture the first light of the Summer Solstice sunrise. Keeping the theme of the Summer Solstice, there is also a sunset walk on Stricken Mountain, Other Signature walks include, The Coomloughra

Horseshoe trek along the MacGillycuddy's Reeks, Summit of Carrauntoohil, Sunset on Stricken Mountain on the Eve of the Mid-Summer, Old Kenmare Road, Mangerton and Torc Mountain Paths, Hidden Valleys of the Reeks, and Kerry Way, Gap of Dunloe Boat Trip, Walks in Killarney National Park.

And the fun doesn't stop there. The Gleneagle Hotel, which is the festival's headquarters, has a jam packed programme of post walk entertainment lined up so the festival feeling can carry on late into the night.

John O'Sullivan, Reeks Lodge and Guiding said "This festival is for everyone - families, walking clubs and anyone who loves the great outdoors. The schedule of walks has something for all ages and abilities, from strenuous category three hikes to easy low level category one walks. From the challenging McGillycuddy's Reeks hike to the leisurely Wood trails and Innisfallen Island by boat. There are 13 guided walks to choose from in all". Also guiding are Ray and Mary Walsh, Walk with Me' and Valerie O'Sullivan, along with experienced local guides all ready host the series of walks and treks. For more information and registration [www.killarneywalkingfestival.ie](http://www.killarneywalkingfestival.ie).

## COUNCIL TO REPAIR WALL AT DENNEHY'S BOHEREEN

Kerry County Council have given an undertaking to repair to the long-standing wall en route to Dennehy's Bohereen.

At the recent Killarney Municipal, area meeting Councillor Michael Gleeson asked that Kerry County Council would ensure that the Wall on the right hand side approaching the railway bridge on Dennehy's Road, Killarney would be reinstated, as at present it is a crumpled and unsightly mess.

Kerry County Council replied, "That as the

road is adjacent to the Killarney/Tralee railway line, Iarnród Éireann approval is required. The appropriate request has been forwarded to them and their approval is awaited. Repairs to the wall will then be undertaken. The Area Engineer committed that work will commence within a month." Councillor Gleeson warmly welcomed the response. "I take this as good news as the overall image of the area has for too long been diminished by the fallen wall."

## KILLARNEY'S WEEKLY PARKRUN TO GET UNDERWAY

This Saturday June 6th, will see the start of Killarney parkrun in the wonderful surroundings of Killarney National Park. The free weekly recreational runs have been sweeping Ireland lately, with Killarney being the 30th location nationally and Kerry's second event with Tralee parkrun having commenced last January.

Last week the Minister for Health Leo Varadkar announced Healthy Irelands support for the initiative in Ireland, which seeks to get more people into weekly activity more often. The parkrun initiative is part of a global network, comprising of over 600 locations across 12 countries with over 100,000 participants, participating on a weekly basis.

Alan Ryan, Event Director told the Killarney Outlook "All parkruns start at 9:30am in every location and are targeted at recreational runners. In fact you can walk, jog, run, walk the dog or push a buggy. It is what you make of it that counts and it is all very welcoming and friendly. Killarney parkrun's starting point is within Muckcross House Car Park, opposite the Muckcross Traditional Farms."

Córa Carrigg, Co-ordinator with Kerry Recreation & Sports Partnership, also told the Killarney Outlook "The growth of parkrun in Ireland is attributed to the community and the instrumental volunteers that make these events happen. In addition the support that our state bodies have shown has been tremendous. One of the key supporters has been the Irish Sports Council, who's CEO and former Olympian John Treacy will be joining us in Killarney next Saturday for the inaugural run. Córa continued by saying that Minister Deenihan, who has a keen interest in the National Parks, has been hugely supportive of this initiative coming to Killarney, and he too will be joining us for the inaugural run.

In order to kick-start Killarney parkrun, the local support that has been received has come from the HSE, Kerry County Council, Killarney National Park and the Sports Partnership.

If you would like to come along and take part in this community event then all you need do is register at [www.parkrun.ie/](http://www.parkrun.ie/) register. Print out your personal barcode you receive by return and bring it along with you Saturday morning at 9.20am, to be on time for the pre run briefing to commence at 9:30am. Killarney parkrun starting point is within Muckcross House Car Park, opposite the Muckcross Traditional Farms.



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## THE KILLARNEY MUSIC FESTIVAL 10K RUN



PICTURED AT THE KILLARNEY PLAZA HOTEL AT LAST YEARS LIONS CLUB MINI MARATHON WERE MARIA O'SHEA, CAROLINE SWEETMAN, JOE GAFFEY & CLAIRE O'MAHONEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Killarney Festival of Music & Food and Killarney Lions Club have teamed up to offer festival attendees the opportunity to run 10

kilometres through Killarney National Park in support of Spina Bifida.

Martin O'Brien spoke to the Killarney Outlook about the upcoming event.

"Those attending the Killarney Festival of Music & Food on the 27th and 28th of June might also want to bring along a pair of trainers."

The festival has joined forces with Killarney Lions Club to offer festivalgoers the opportunity to run through Killarney National Park while supporting a good cause.

"Their 10 kilometre route will take participants on a spectacular path through Killarney National Park. They'll skirt the world famous Lakes of Killarney on their way to Ross Castle, while taking in the park's spectacular scenery. This is all being done in support of the Kerry Spina Bifida & Hydrocephalus Association. This is a volunteer run, non-profit organisation that provides community based support to children

and adults with Spina Bifida and Hydrocephalus in the Kerry area." Martin added

The run will be taking place on the morning of Saturday June 27th. Registration takes place from 8am at the Castlerosse Hotel and the starting gun goes off at 9:30am. This will leave plenty of time to run the route, shower on site and still be back in town for the festival. It promises to be a great morning's running in the most spectacular location Ireland has to offer. Online Registration is open and chip timing will be in use. For registration and full details please visit: [www.killarneylions.com](http://www.killarneylions.com).

As well as an incredible musical line up, the festival is offering a huge range of culinary delights from world renowned names such as Derry Clarke, Catherine Fulvio, Kevin Thornton and Paul Treyvaud. What better way to earn your appetite than by running 10 kilometres

## ULSTER BANK KILLARNEY OFFERS MORTGAGE INITIATIVES FOR NEW AND EXISTING CUSTOMERS

Ulster Bank Killarney is inviting its customers to come in to the branch to discuss its lowest-ever mortgage rates. The Bank launched new fixed and variable mortgage interest rates in February, as well as introducing a new 60% LTV fixed rate range.

The rate reductions offer Ulster Bank customers in Kerry market leading rates over five and seven years with the ability to fix for as low as 3.65% 4.2% APR\* fixed over three-years up to 60% LTV. At the end of the fixed-rate term, rates revert to the standard variable rate of 4.3%, APR 4.4%\*\* variable.

Branch manager Justin Healy said "At Ulster Bank we have long-focused on choice and being where customers want us to be, we have re-entered the broker market and have introduced mobile mortgage managers in order to take our best ever mortgage rates direct to our customers in Kerry and offer them even more choice when it comes to discussing their mortgage options with Ulster Bank"

He continued: "We're committed to becoming number one for customer service on the

island of Ireland and since January we have introduced numerous initiatives designed to help customers, such as our biggest ever mortgage rate reduction across fixed and variable ranges for new and existing customers, a €1,500 contribution towards new mortgage customer's legal fees. The mobile mortgage manager service enables mortgage specialists visit customers outside of the branch network to talk them through their mortgage options."

Ulster Bank has over 300 specialist mortgage advisers nationwide available to help customers explore the products available and find a mortgage that's right for them. Customers can also arrange a call-back for a time that's more convenient for them. Ulster Bank assesses each individual's circumstances and gives an indication of the level of mortgage finance that they may be eligible to borrow to help make an informed decision on the properties the customer can afford.

Customers can find out more about Ulster Bank's mortgage offers by calling **087 9316654**.



ULSTER BANK KILLARNEY BRANCH MANAGER JUSTIN HEALY.

## YOUTH CLUB MEMBERS CLIMB HIGH



MUCKROSS YOUTH CLUB MEMBERS AND LEADERS ON THEIR FINAL DAY OUT BEFORE THEIR SUMMER BREAK.

Members of the Muckross Youth Club enjoyed a final adventure before breaking up for the Summer months at the High Ropes in Aghadoe this week.

Although late starting the Youth Club year, young people from Muckross enjoyed many energetic and vibrant Friday nights in the local Community Centre. Spearheaded by local Volunteers Ellen Cagney and Breda Daly and supported by two new recruits Ruairi Mannion and Sean Cronin, the Youth Club partook in a wide range of activities through the year.

The enjoyed a movie night, organised quiz nights, held their own edition of TV show 'The Cube' and reached the final of the U15 Soccer amongst fellow Kerry peers. As a final round up before the Summer break their adventures took them to the High Ropes in Aghadoe where their adrenaline levels reached an all-time high. Plans are already underway for September and additional volunteers will be recruited and trained over the Summer months.



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# KILLARNEY WELCOMES 450 KEY AVIATION INDUSTRY INFLUENCERS

Over 450 key industry influencers, representing 50 airlines and over 150 airports attended the Connect International Aviation Conference that Killarney played host to from last Wednesday. The 3 conference, which is finishing today, is being hosted by Kerry Airport. Kerry Airport is Ireland's first airport to host one of Europe's leading tourism and aviation conferences. The Conference, which is being supported by Kerry County Council, Fáilte Ireland and Tourism Ireland, features speakers including John Weatherill, Westjet; Kenny Jacobs, Ryanair; Cathal O'Connell, Cityjet; Richard Carcaillet, Airbus; Laurent Magnin, XL Airways France; Mike Rutter, Aer Lingus. The conference also offers delegates workshops, seminars, exhibitions, one-to-one organised meetings and social networking. Speaking about the Conference, Denis Cregan, Chairman of Kerry Airport stated, "This is an enviable opportunity for Kerry and for Ireland, and comes at a great time for the tourism sector. With ambitious plans for revenue from overseas tourism in Ireland to grow by €1.5 billion to €5 billion by 2025, industry stakeholders in Ireland are being given the opportunity to meet some of the key decision makers as they plan for the coming years." He added "Thanks to the support of Kerry County Council, Fáilte Ireland and Tourism Ireland, and together with CONNECT,



NOEL RYAN, SALES AND MARKETING EXECUTIVE, KERRY AIRPORT, BREEFNI INGERTON, GLENEAGLE GROUP, SEAN O'DRISCOLL, THE MUCKROSS PARK HOTEL AND BASIL SHEERIN, FINANCIAL CONTROLLER KERRY AIRPORT, AT THE CONNECT AVIATION CONFERENCE AT THE INEC, KILLARNEY ON WEDNESDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

the Conference organisers, we are able to showcase everything that Kerry has to offer, with exhibition opportunities, a gala dinner featuring all local fare, and an evening event showcasing the Wild Atlantic Way featuring artisan food and drink producers, musicians and other personalities and industry experts who will give them a lasting flavour of what Kerry and Ireland has to offer international visitors. As with everyone who visits Kerry, we know that lasting friendships and connections

will be made over these three days of the Conference and we are delighted to welcome all of the delegates for what, we know, will be a fantastic experience."

During the course of the conference delegates got to visit and play a round of Golf at the Killarney Golf & Fishing Club – Home of the Irish Open in 2010 & 2011 as well as enjoying a morning run around the picturesque Killarney National Park. With a final Gala Night, hosted by Tourism Ireland, at the Muckross Park Hotel

## COUNTDOWN TO KILLARNEY FESTIVAL OF MUSIC & FOOD BEGINS

With less than a month to go, music fans in Killarney, Kerry and across the country are counting down the days to the boutique music festival and entertainment extravaganza of the summer. The Killarney Festival of Music & Food, which takes place in Killarney House Demesne, from Saturday, 27th and Sunday, 28th June promises to provide an unforgettable experience for festival goers of all ages. The unique family friendly weekend festival has an eclectic line-up of music, comedy and Ireland's top chefs performing across seven different stages. The festival site at Killarney House Demesne is within walking distance of Killarney town. **MUSIC:** Over 70 Irish and international musicians and bands will perform at the Killarney Festival of Music & Food over two days as follows

**SATURDAY, 27TH JUNE: Main Stage** - The Shed (2.30pm), Kirsty Bertarelli (3.30pm), The Frank & Walters (5pm), ABC (6.30pm), Jools Holland (8pm) and The Stunning (10pm).

**Tony Fenton Stage** - Battle of Bands Winner (2.15pm), Gangs (3.05pm), David Lyttle (4.10pm), Ksyran (5.15pm), Something Happens (6.45pm), The Undertones (8.15pm), Walking on Cars (9.45pm).

**Irish Independent Stage** - Oh Boland (2.50pm), Tracey Bruen (3.40pm), Little Hours (4.30pm),

Sleep Thieves (5.30pm), Daithi (6.40pm), Booka Brass Band (8pm) and Delorentos (9.30pm).

**Acoustic Stage** - Jonathan Carcone (3pm), Jimi Cullen (3.45pm), We Banjo3 (4.30pm), Colin Devlin (5.45pm), Declan O'Rourke (7pm), Wallis Bird (8.15pm) and The Young Folk (9.30pm).

**Chefs Kitchen** - Paul Treyvaud (3pm), Derry Clarke (4pm), The Grumpy Chefs (5pm) JP McMahon (6pm) Ed Cooney (7pm).

**Comedy Tent** - Comedy Club for Kids with Howard Reed and Little Howard (CBBC), Steve Bennett, Foil Arms & Hog (3pm), **Over 16s Only:** Colm O'Regan (4.30pm), Danny Ryan (4.50pm), Chris Kent (5.25pm), Foil Arms & Hog (5.50pm), Neil Delamere (6.35pm) and Apres Match (7.20pm)

**SUNDAY, 28TH JUNE: Main Stage** - Liam O'Connor (2.15pm), The Bill Doherty Rambling Band (3.20pm), The Proclaimers (5pm), Burt Bacharach (6.30pm), Texas (8.15pm), Duran Duran (10pm).

**Tony Fenton Stage** - Voxx (2.15pm), Land Lovers (3.05pm), Giulia (4.10pm), Mundy (5.15pm), Kormacs Big Band (6.45pm), Cry Before Dawn (8.15pm), Father John Misty (9.45pm).

**Irish Independent Stage** - Gingerbeard Family (2.50pm), Elastic Sleep (3.40pm), Steven Sharpe & The Broke Straight Boys (4.30pm), Tucan

(5.30pm), O Emperor (6.40pm), Ham Sandwich (8pm) & Mick Flannery (9.30pm).

**Acoustic Stage** - Tullara Connors (3pm), Morrissey & Marshall (3.45pm), The 4 of Us (4.30pm), Gemma Hayes (5.45pm), Lloyd Yates (7pm), Paddy Casey (8.15pm) & Damien Dempsey (9.30pm).

**The Chef's Kitchen** - Catherine Fulvio (3pm), Ross Lewis (4pm), Noel Enright (5pm), Sunil Ghai (6pm) and Kevin Thornton (7pm).

**Comedy Stage** - Comedy Club 4 Kids: Howard Reed & Little Howard (CBBC), Gunther Gruhn (Barry Murphy), Jonathan Gunning (3pm) **Over 16s only:** Karl Spain (4.30pm), Bernard Casey (4.50pm), Ronan Grace (5.05pm), John Colleary (5.25pm), Deirdre O'Kane (5.50pm) and Apres Match (6.35pm) and Jason Byrne (7.20pm)

**The Chefs Kitchen** Derry Clarke (L'Ecrivain, Dublin), Ross Lewis (Chapter One, Dublin) and JP McMahon (EatGalway Restaurant Group, which comprises Aniar, Cava Boedga, and Eat Gastropub), will join Sunil Ghai (Ananda Restaurant), Noel Enright (The Lake Hotel, Killarney); Paul Treyvaud (Treyvauds, Killarney); Catherine Fulvio (Ballyknocken House & Cookery School) in the Chef's Kitchen where they will show food lovers how to prepare delicious mouth-watering dishes using locally produced, seasonal ingredients from Kerry.



## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



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For further information on the above you can contact **Dermot Cronin APA** at **064 66 22775** or at **kerrymortgagecentre@eircom.net**

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## RAIN BRINGS A BENEFIT FOR ICE CREAM LOVERS



SEAN AND KIERAN MURPHY OF MURPHY'S ICE CREAM.

Not everyone despairs when they see yet more rain - Kieran and Sean Murphy, the two Irish American brothers who founded Murphy's Ice Cream in 2000, love Irish rain! So much so that they have just launched "Rainwater Sorbets" with the help of UTV weather girl, Jenny Buckley. Kieran says, "We wanted to harness something so completely Irish to tantalise the tastebuds. Water is a key ingredient of sorbets, and we have the

cleanest, purest water possible. So we've been collecting Dingle rain water and distilling it and now Irish people and visitors alike can enjoy Irish weather in a whole new way!"

Murphy's Ice Cream Crowned the "Emperors of Ice Cream" by food writers, John and Sally McKenna, the Murphy brothers opened their first shop fifteen years ago in Dingle but are well known in the centre of Killarney. Last week opened their second one in Dingle..

The Sorbets come in two flavours - Chocolate and Raspberry.

Dairy and gluten free, the Chocolate Sorbet, made with ultra-premium Valrhona chocolate and cocoa, is also guilt-free (well, almost!). Dark chocolate-lovers can indulge their passion for the ultimate rich, bitter and aromatic taste experience combined with pure Dingle rainwater. The Raspberry sorbet provides a dairy and gluten-free blast to the tastebuds of freshness and intense fruitiness thanks to Dingle rainwater and at least 35% real fruit.

For further information, see [www.murphysicecream.ie](http://www.murphysicecream.ie)

## MEK UNITED FC

Following on from their inaugural and very successful season, MEK United FC is to have it's AGM on Tuesday the 9th of June at Fossa Community Centre, kicking off at 8pm.

## A BENCH FOR PADDY

Following representations from one of the late Paddy Turner's closest friends, Enda Walshe, Killarney Municipal Area have confirmed that following motions from Cllr. John Joe Culloty and Cllr Donal Grady a provision has been made to have a bench erected in memory of the popular Killarney man. It is hoped that the bench will be manufactured by the local Mens Shed and that a suitable plaque to be placed on it.

## HOSPICE SUNFLOWER DAYS

The National Hospice Sunflower Days collection for local hospice services takes place today, Friday 5th and tomorrow Saturday 6th in Killarney. People will be able to support their local hospice service by purchasing various pieces of Sunflower merchandise including sunflower pins or sunflower seeds for €2 each from collectors on the streets of cities, towns and villages across Ireland. Hospice Sunflower Days is one of the biggest fundraising events for local hospice services in Ireland. Thousands of volunteers will take to the streets on June 5th and 6th to sell sunflower merchandise in a bid to raise €1 million for hospice services. The IHF coordinates the event on behalf of the hospice movement but all of the funds raised locally, stay locally.

## BLACKWATER TREADS THE BOARDS AGAIN

After three sell out nights over the June Bank Holiday the Blackwater Drama Group will present their annual production again this weekend 5th 6th & 7th June. On Saturday last Irish TV covered the event, filming snippets of the play, interviewing the actors and capturing some of the atmosphere in the audience and backstage. This footage will be aired on Kerry Matters on Sky TV 191 on Wednesday 10th of June from 7.30 to 8pm.

This is the fifth year that the Blackwater Drama Group have written and produced a play that has been conceived over the winter months when the group meet to discuss ideas, plots and characters which Marie O'Connell our script writer then puts down on paper. Last year's production involved a murder mystery and previous plays have been based around the coming of electricity, match-making, and the station tradition. There will be no spoilers for the 2015 play except to mention that it involves Love, Money and a very famous Blackwater personality!

Tickets are priced at €10 and can be purchased at The Blackwater Tavern on 064-6682003. Advance booking is essential as last weekend's production was completely

booked out in advance. The Old Dance Hall adjacent to the Blackwater Tavern is the venue for the drama, which promises to amuse and surprise the audience with an entertaining local emphasis. The Drama Group would like to thank Kerry Education and Training Board for their on-going support of this community initiative and Kerry County Council for awarding an Arts Grant.

The group are always very appreciative of the support and encouragement of these bodies and of the whole community. So do come along and see your neighbours as you have never seen them before and enjoy a great night out.



DANNY O'SULLIVAN AS JEROME AND DAVY BREEN AS THADY JACK IN THE BLACKWATER DRAMA PRODUCTION OF 'FOR LOVE OR MONEY' ON AGAIN THIS WEEKEND IN O'NEILL'S HALL BLACKWATER. PHOTO BY MARY O'NEILL





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# ITS ALL GO FOR KILLORGLINS K-FEST

Artworks from emerging local, national and overseas artists took centre stage last weekend in Killorglin as 25 unique venues showcased art of every spectre throughout the four-day festival, which looks certain to be a regular calendar date.

Famous for one of Ireland's best known festivals "Puck Fair" Festival organisers said this year's expanded K-Fest programme featured something for everyone.

K-Fest Music & the Arts aims to promote culture in all its forms and to nurture the growth of music and the arts to include galleries, live music, film, spoken word, and children's workshops and to foster participation in the arts and artistic thought for all ages.

Many of Killorglin's vacant buildings, all with their own unique history, was transformed into centres of creative expression highlighting the work of more than 140 artists.

K-Fest PRO Neil Browne said hundreds of people visited the festival's galleries last year. "The response from visitors was inspiring, and has prompted resurgence in artistic interest within Killorglin. This year's festival builds on that momentum with more galleries, more artists, and more events."



THE K-FEST FLASH MOB WAS A HUGE SUCCESS AT THE WEEKEND. PICTURE MICHAEL G KENNY



KILLORGLIN TOWN ENJOYED K FEST WITH MANY ARTWORKS ON DISPLAY. PICS: MICHAEL G. KENNY.



LAST ONE STANDING AT THE ABBA THEME PARTY AT THE BREHON HOTEL LAST SUNDAY, ORGANISED BY LINDA FLANAGAN FROM ZUMBA SALSA KERRY (WWW.LINDAFLANAGAN.ZUMBA.COM)



MEMBERS OF THE FOSSA BROWNIES ENJOY A TOUR OF THE KILLARNEY FIRE STATION WHERE THEY GOT LOTS OF INFORMATION ON FIRE SAFETY AND HAD A SPIN ON THE FIRE TRUCK.



BABY RIANNE SPILLANE PICTURED WITH HER PARENTS BRIAN AND EVA SPILLANE OF MUCKROSS AFTER HER CHRISTENED AT MUCKROSS CHURCH. PHOTO - EVOQUE PHOTOGRAPHY.



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## CORDAL OPENING NEWLY REDEVELOPED PITCH



CORDAL GAA PITCH PREPARED FOR THE OFFICIAL OPENING BY THE PRESIDENT OF GAA AOGÁN Ó FEARGHAIL.

Sunday next is a big day in the history of Cordal GAA Club when they open their newly redeveloped pitch on the occasion of the county league meeting between Cordal and Firies which throws in at 3pm. The Club, which was founded in 1957 and purchased their current field in 1986, has spent over €200,000 in development work in the past two years. The pitch, which had deteriorated in recent years, has been fully redeveloped with a new sand based pitch laid and a new perimeter fence has been erected outside

of which there is a walkway around the ground. New dugouts and a scoreboard have been added and other planned development will see the erection of a stand and the redevelopment of the juvenile pitch and training area.

Uachtarán CLG, Aogán Ó Fearghail will perform the official opening and other invited dignitaries include Iár Uachtarán CLG, Sean Kelly and Minister Jimmy Deenihan as well as current members of the County and East Kerry Committees.

## RATHMORE'S CONOR UP FOR NATIONAL FARMER OF THE YEAR

A local Kerry farmer, Conor Creedon from Rathmore, has been named as a finalist in the Dairy category at the prestigious Farmer of the Year Awards, which were held recently in Dublin. The Zurich Farming Independent Farmer of the Year Awards, now in their second year, recognise the best farmers throughout the country and reward excellence in all areas of farming.

The Farmer of the Year Awards, sponsored by Zurich Insurance, featured eight separate categories including Beef, Tillage and Sheep Farmer of the Year, as well as a new Farm Safety Award, developed to recognise farmers who strive to apply the highest safety standards to their farming practices. In addition, a special 'Lifetime Achievement Award' was awarded to Anna May McHugh, President of the National Ploughing Association. See full winners list below.

Speaking at the Awards, John O'Connor, Chief Financial Officer, Zurich General Insurance, Ireland said, "Initiatives such as the Farmer of the Year Awards highlight the dedication and innovation which has been witnessed in the farming community over the past few years, and celebrate the high achievers in the industry such as Conor."



CONOR CREEDON RATHMORE NATIONAL DAIRY FINALIST.

O'Connor added, "On behalf of Zurich, I would like to congratulate Conor on this achievement, and the other finalists and winners at the 2015 Farmer of the Year Awards. These Awards are a celebration of their successes and recognition that they epitomise the very best farmers throughout the country."

Zurich Insurance provides the complete farm insurance solution including cover for Property, Livestock, Business Interruption, Liability, Agricultural Vehicles, Personal Accident and Farm Home.

## MENTAL HEALTH CHARITY NOW PROVIDING VITAL SUPPORTS IN TRALEE

Nurture, an Irish charity that offers supports and professional counselling to women affected by mental health issues as a result of conception, pregnancy and childbirth has announced that it is now providing these vital supports in Tralee and other surrounding towns in Co. Kerry. The Charity focuses on counselling women affected by issues such as pre- and post-natal depression, miscarriage, loss of a baby and failed IVF

It is estimated that over 40,000 women in Ireland will experience some form of depression or anxiety every year, many due to a miscarriage, failed IVF or pre or post-natal depression. Nurture established in 2011 and has provided vital supports to over 1,200 women and 150 men nationwide through their network of trained counsellors.

Irene Lowry CEO of Nurture said:

"Despite some progress in the way mental health is perceived and treated in Ireland, unfortunately, there is still a huge stigma attached to the issue. Many women feel ashamed and a sense of failure if they are unable to conceive or carry a child, or if they suffer from depression following the birth of a child. As a result, they feel very alone and isolated and at times and do not fully understand what they are experiencing. They simply do not know where to turn for support".

"Our aim is to help these women and their families to get back to positive emotional well-being by providing professional, affordable and confidential supports nationwide. We would encourage anyone who is feeling anxious or depressed to pick up the phone and contact us today. You are not alone – help is available to get you back to positive mental health."

As Nurture has no waiting lists, people in need of help will be seen within two weeks of contacting the charity. In severe cases, they will be seen within 24/48 hours, avoiding the need to go to the Emergency Department.

All of Nurture's 22 counsellors are fully accredited to their respective Irish governing bodies. Subsidised counselling is also available to those who cannot afford Nurture's counselling fee of €35 per session and also facilitated support groups. For more information, or to locate a counsellor in your area, visit [www.nurturecharity.org](http://www.nurturecharity.org)



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MEMBERS OF BEAUFORT ACTIVE RETIREMENT GROUP PICTURED WITH KERRY COUNTY COUNCIL WRITER IN RESIDENCE, MAIRE HOLMES OF THE NEW WRITERS' GROUP IN THE BEAUFORT COMMUNITY CENTRE LAST WEEK. THE GROUP ENGAGED WITH THE WRITER WRITING AND RECITING POETRY AND PROSE. PICTURE BY DON MACMONAGLE



KILLARNEY GARDAI PICTURED ON A RECENT VISIT TO GLENFLESK PRIMARY SCHOOL. THIS WAS COMPLETED AS PART OF THE GARDA SCHOOLS PROGRAMME ON PERSONAL SAFETY.



PICTURED AT THE BREHON HOTEL FOR KERRY EXPO BEAUTY & FITNESS WERE L-R HAZEL O'MALLEY OF HAZELS NUTS ABOUT VINTAGE, ROMY BIRDTISTLE OF MAKE UP BY ROMY, LINDA FLANAGAN OF ZUMBA SALSA KERRY & ANN ELIZABETH ROHAN OF BEAUTY WITH ANN ELIZABETH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SEAN CULLOTY PICTURED WITH HIS MOTHER MAURA ON HIS FIRST HOLY COMMUNION. PICTURES BY MARIE KENNEDY.



BRYN FLAHERTY ON HIS FIRST HOLY COMMUNION, PICTURED WITH HIS FAMILY AND FRIENDS. PICTURES BY MARIE KENNEDY



KILLARNEY PARISH ADMINISTRATOR FR KIERAN O'BRIEN WITH COUPLES WHO CELEBRATED 40 YEARS OF MARRIAGE AT THE WEDDING ANNIVERSARY MASS IN ST. MARY'S CATHEDRAL, KILLARNEY, ON SATURDAY EVENING. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



PADRAIG O'REGAN PICTURED ON HIS FIRST HOLY COMMUNION WITH HIS FAMILY. PICTURES BY MARIE KENNEDY.



MICHEAL SAVAGE WHO CELEBRATED HIS COMMUNION LAST WEEK WITH FAMILY AND FRIENDS AT BAL-LYGARH HOUSE. PHOTOGRAPH BY SALLY MACMONAGLE.



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# Their Special Day

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



ELAINE MITCHELL AND PAUDIE COLLINS BOTH FROM CURROW ARE PHOTOGRAPHED AT O'MAHONY'S POINT KILLARNEY ON THE OCCASION OF THEIR WEDDING.

THE COUPLE WERE MARRIED IN CURROW CHURCH AND HELD THEIR RECEPTION IN THE KILLARNEY HEIGHTS HOTEL.

PHOTO MICHEÁL O SULLIVAN PHOTOGRAPHY  
WWW.OSULLIVANPHOTOGRAPHYIRL.COM



RONAN UÍ SÍOCHRU WHO MARRIED THE BEAUTIFUL SALOME GAMBLE LAST WEEK, THE COUPLE CELEBRATED WITH FAMILY AND FRIENDS AT WESTCOVE HOUSE.

PHOTOGRAPH BY SALLY MACMONAGLE.

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## Communions in Killarney

PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808



GAVIN MORRISSEY, ANA BLATH NS, PICTURED ON HIS COMMUNION DAY AT HIS HOME IN GLOUNACOPPLE.



LAURA HICKEY, GNEEVIGUILLA NS, PICTURED ON HER COMMUNION DAY WITH HER MUM ÁINE, DAD SÉAN, SISTERS AOIFE & CIARA AND LITTLE BROTHER SHANE.



PICTURED AT GNEEVIGUILLA PARISH CHURCH, SARA O'NEILL ON HER COMMUNION DAY WITH HER MUM CATHERINE, DAD BRENDAN & LITTLE BROTHER RONAN.



RUTH MOYNIHAN, ANA BLATH NS, PICTURED AT THE MALTON HOTEL ON HER COMMUNION DAY WITH HER FAMILY. BACK L-R: ALISON, ROBBIE, BRIAN, SHANE, IVOR AND SEATED IN FRONT L-R MUM CLAIRE AND DAD SEAN WITH RUTH.



THE FIRST HOLY COMMUNION CLASS OF ANA BLATH NS PICTURED WITH THEIR TEACHER PAMELA O'RIORDAN AND PARISH PRIEST FR JOE BEGLEY.



THE FIRST HOLY COMMUNION CLASS OF COOLICK NS PICTURED WITH THEIR TEACHER DANNY MURPHY AND PARISH PRIEST FR JOE BEGLEY.



CALLUM MCCARTHY (RIGHT), KILCUMMIN NS PICTURED ON HIS COMMUNION DAY WITH L-R BROTHER NATHAN, MUM NESSA & DAD DECLAN.




THE FIRST HOLY COMMUNION CLASS OF KILCUMMIN NS PICTURED WITH THEIR TEACHER MICHAEL O'SULLIVAN AND PARISH PRIEST FR JOE BEGLEY.



ELLIE FINNEGAN, KILCUMMIN NS PICTURED WITH HER DAD SEAN, MUM LOUISE AND LITTLE BROTHER CONOR ON HER COMMUNION DAY.





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Hello my name is Teddie Drumm. I Am a married man with five adult children. I live in Newmarket Co. Cork. But have strong family links in the Kingdom. I have crossed over the border to practices at Killarney Medical Centre New St. I hold a BA degree in Counselling and Psychotherapy and I am fully accredited. I believe no one approach fit all and that's why I also uses the creative arts with clients on their journey and I see mindfulness as a key ingredient in therapy. I have worked in a variety of different areas including family support, troubled teenagers, cancer support, bereavement and addictions. My service is fully confidential and non-judgemental.

**Just quick word on Anxiety** which is a word we use to describe feelings of unease, worry and fear. Ask any body sitting exams. It is recognised by emotions and the physical sensations one might experience when we are worried or nervous about something. Although we usually find it unpleasant, anxiety is related to the fight or flight' response Some times anxiety is linked with feeling tense, nervous and perhaps fearful at the thought of a stressful event or decision you're facing – especially if it could have a big impact on your life.

**FOR EXAMPLE:**

- sitting an exam
- attending an interview
- being diagnosed with an illness
- going into hospital
- moving away from home

The list goes on and remember your anxiety is unique to you. The following are some of the physical and phycological sensations that can accompany anxiety:

**PHYSICAL SENSATIONS:**

- Nausea (feeling sick)
- Pins and needles
- Faster breathing
- Difficulty sleeping
- Experiencing panic attacks
- A fast, thumping or irregular heart beat
- Needing the toilet more frequently, or less frequently
- Churning in the pit of your stomach
- Tense muscles and headaches
- Feeling light headed or dizzy
- Sweating or hot flushes
- Raised blood pressure

**PSYCHOLOGICAL SENSATIONS:**

- Feeling tense, nervous and on edge
- Having a sense of dread, or fearing the worst
- Feeling like the world is speeding up or slowing down
- Feeling like other people can see you're anxious and are looking at you
- Feeling your mind is really busy with thoughts
- Dwelling on negative experiences, or thinking over a situation again and again (this is called rumination)
- Feeling restless and not being able to concentrate
- Feeling numb

If any of the above seem familiar watch out for additional effects , you may have problems sleeping , depression ,change in sex drive ,drinking or smoking a lot, simply not enjoying life  
The cause can be any of one from childhood experiences to pressure at home and at work.

**THE MOST COMMONLY DIAGNOSED ANXIETY DISORDERS ARE:**

- Generalised anxiety disorder (GAD)
- Panic disorder
- Phobias
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

If you experience anxiety or panic attacks here are some tips:

- Talking to someone you trust
- Do some breathing exercises
- Shift your focus
- Think reassuring thoughts
- Physical exercise

**IF THIS MAKE SENSE TO YOU DROP IN TO SEE ME - FIRST VISIT FREE**  
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**Further information on his website [www.alaimhcounselling.ie](http://www.alaimhcounselling.ie).  
So if you need to talk , contact Teddie directly on 087-1656050.**



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- Is it my current level (or lack of) Physical activity

This is the first thing I want you to start with on week one.

Then make a list in order of importance of the rest of the things you would like to change & each week work on each one individually and mark off with a tick when complete and move onto the next challenge.... Before you know it you will be well on your way to a happier Healthier you.

2. Make small changes & don't get overwhelmed by making too many or too big changes in the first few weeks.

If you take sugar in your tea or cereal, start with stopping that habit, & add fruit instead. If you don't do any exercise at all start by getting out for a 20 minute brisk walk before dinner. Its these small changes that replace bad habits with good ones. Every little will make a difference.

3. Accept that it make take time

Not everyone starts seeing results immediately and for some it make take weeks but as long as you know you are doing your best with your food choices and exercise consistency then stick with it & you will get there.

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## Beauty Tip

### Keeping your curls

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



## CONSIDER MICROSUCTION FOR EARWAX REMOVAL

**AUDIOLOGY MEDICAL SERVICES** is a family-run premier independent hearing healthcare Practice who offer professional advice for patients and their referring Specialists. In Kerry, we are located at the Bon Secours Hospital and Scotia House, Tralee.

In this week's information feature, we offer reasons why you should consider Microsuction for Earwax Removal

### The Problems of Syringing Earwax

There are several issues associated with earwax removal by syringing of the ear canal. Syringing could and in many cases, did cause issues such as otitis media (middle ear infection), Otitis Externa (outer ear infection), perforation of the ear drum and trauma to the external auditory meatus (the ear canal). Not just that, it actually wasn't very effective at removing the earwax in many cases. That is why the procedure was generally abandoned several years ago. Most earwax removal undertaken in Ireland is now done with an irrigation system.

### Irrigation is Safer than Syringing

Of course, modern irrigation is safer than syringing, however there are still the possibility of some of the same complications arising. It can cause Otitis Media and Otitis Externa, but there is little chance of perforation of the eardrum. Many Patients complain though that it is an uncomfortable process. Because water is used it can also sometimes be messy. This is why we were determined to introduce microsuction

earwax removal to our Practice.

### Microsuction Earwax Removal Service

Introducing microsuction to our Practice allowed us to introduce completely safe, effective and comfortable earwax removal in the comfort of our Practice. Microsuction involves no introduction of liquid or any other material to the ear canal which completely ensures that no infection is introduced. It also means that there is no chance of over pressure bursting the eardrum.

Because we can clearly see what we are doing through the microscope the chance of injury to the ear canal or eardrum is reduced. We are committed to ensuring that we offer cutting edge audiological services to our Patients. For us, the decision to introduce microsuction earwax removal to our Practices was an easy one.

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Contact **085 1962036** for more information

### About the NPLQ :

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

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

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

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

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

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

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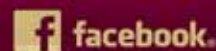
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or Writing to: Nóirín O'Keeffe, Senior Executive Librarian, Moyderwell, Tralee, Co. Kerry

or Attending public consultation organised as follows:

**Listowel:** Tuesday, 9 June at Listowel Family Resource Centre, Listowel,  
7.30 pm – 9.00 pm

**Killorglin:** Thursday, 11 June, at Killorglin Area Services Centre, 7.30 pm – 9.00 pm

**Killarney:** Thursday, 18 June at Killarney Library, 7.30 pm – 9.00 pm

**Caherciveen:** Wednesday, 24 June at Caherciveen Library, 11.00 – 1.00 pm

**Tralee:** Thursday, 25 June at Tralee Library, 6.30 pm – 8.00 pm

**Closing date:** Tuesday, 30 June 2015

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**Cill Áirne:** Dé Máirt, 18 Meitheamh i Leabharlann, Chill Áirne, 7.30pm – 9.00 pm

**Cathair Saidhbhín:** Dé Céadaoin, 24 Meitheamh i Leabharlann Cathair Saidhbhín,  
11.00 – 1.00 pm

**Trá Lí:** Déardaoin, 25 Meitheamh i Leabharlann, Trá Lí, 6.30 pm – 8.00 pm

**Dáta deiridh:** Dé Máirt, 30 Meitheamh 2015

Tommy O'Connor,  
County Librarian





# REVISED REGULATIONS FOR AGRICULTURAL VEHICLES



The Minister for Transport, Tourism & Sport has recently signed legislation introducing revised standards for agricultural vehicles.

## WHY ARE THE REGULATIONS CHANGING?

These standards take effect from 1st January 2016 and are being introduced following a comprehensive review, including a public consultation, undertaken by the Road Safety Authority (RSA) over a prolonged period in 2008-2009 which examined the current legislation, policy and practice relating to the use of agricultural vehicles on public roads.

The current regulations are in place for more than half a century during which time agricultural vehicles have become bigger, faster and more powerful, and their use has been expanded to include a wide variety of tasks outside the scope of the current regulations.

Agricultural vehicles are now widely used on our roads; they are generally constructed to very high standards and it is important that the regulatory regime reflects the developments in agricultural vehicle technology and requires them to comply with recognised vehicle standards in relation to a number of key safety areas, i.e. braking, suspension systems, tyres and lighting as well as the weights for which they are designed.

The majority of correctly maintained tractors already in use comply with the revised standards being introduced. Those that do not comply are likely to need only minor remedial works carried out such as fitment of a flashing amber beacon and/or a replacement manufacturer's plate indicating their design axle weights and maximum permitted towable masses.

Trailers already in service will also be able to continue in use, but, due to varying construction standards, some will need

remedial work carried out if they are intended to be used at higher weights and at speeds of more than 40 km/h.

Tractors and trailers operating at higher speeds and weights will also be required to be appropriately plated and speed rated.

## A SUMMARY OF THESE STANDARDS IS AS FOLLOWS:

**BRAKING** – More powerful braking systems will be required for agricultural vehicles operating at speeds in excess of 40km/h. Most of the correctly maintained tractors which have come into use in the past 30 years already meet these requirements. Detailed information on these new standards can be found on our dedicated agricultural vehicle 'Braking' webpage.

**LIGHTING & VISIBILITY** – Agricultural vehicles will need to be equipped with appropriate lighting systems, flashing amber beacons and reflective markings. Detailed information on these new standards can be found on our dedicated agricultural vehicle 'Lighting & Visibility' webpage.

## WEIGHTS, DIMENSIONS & COUPLING

– New national weight limits are being introduced. These will enable tractor and trailer combinations which are unplated to continue in use at limits which are safe for such vehicles, i.e. combinations of agricultural tractors and trailers, where either of them is unplated, will have their maximum towable mass capped at 3 times the tractor's unladen weight.

Plated tractors and trailer combinations will benefit from being able to operate at higher weight limits of up to 24 and 34 tonnes for tandem and triaxle agricultural trailers respectively that meet certain additional requirements; i.e. they must be plated, they must be fitted with a flexible suspension system, they must be fitted with flotation

tyres for operation at 10 tonnes per axle in the case of a tandem axle trailer or 9 tonnes per axle in the case of a triaxle trailer, and finally they must be fitted with a steered or steering axles if they have an axle spacing of 1.8 metres or greater.

Exemptions from compliance with the revised national weight limits are being provided for certain types of interchangeable towed equipment such as slurry tankers, manure or fertiliser spreaders and grain chaser bins.

Detailed information on these new standards can be found on our dedicated agricultural vehicle 'Weights, Dimensions & Coupling' webpage.

**PLATING & SPEED RATING** – Trailers operating at weights exceeding 19 tonnes or at speeds exceeding 40 km/h will require fitment of both an authorisation (i.e. a national weights and dimensions plate) and a speed disc. Detailed information on these new standards is available on our dedicated agricultural vehicle 'Plating & Speed Rating' webpage.

If you are unsure as to whether your vehicle or vehicles comply with these revised standards, we recommend that you contact the vehicle manufacturer or one of their authorised distributors for advice. Nevertheless, some practical advice, including tips on achieving compliance with the revised standards, is contained in comprehensive lists of 'Frequently Asked Questions' which are available on the webpages dedicated to each of the areas mentioned above in which new Regulations are being introduced.

## PENALTIES

Breach of the new Regulations may result in a direct summons to court, whereby on conviction, courts may impose a class C fine (up to €2,500), a prison sentence or both on both the person who commits the offence and on the owner of the vehicle.

## FURTHER INFORMATION

If you have any further queries in relation to the new regulations please contact the RSA Vehicle Standards Division on 096 25014 from 8am to 6pm Monday to Friday or by email at [agvehicles@rsa.ie](mailto:agvehicles@rsa.ie)

Note that neither changes to the Driver Licensing & Testing arrangements for prospective Category W (agricultural tractor and works vehicle) licence holders, nor the introduction of compulsory roadworthiness testing for agricultural vehicles are being introduced at this time. However these are areas that the RSA will likely consider in the future with a view to implementing further improvements aimed at increasing road safety for all road users encountering agricultural vehicles using public roads.





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- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H

- 11 VW Golf 1.6 TDI, blue motion, Black
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- 11 Hyundai Silver 1.7 CRDi 140kkm
- 10 Ford Focus Estate 1.6 TDCi 110kkm
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 Kia Rio 1.5 CRDi Silver
- 07 Renault Megane Scenic 2yr Test
- 07 Ford Mondeo 1.8 TDCi

- 06 Citroen C5 3dr 1.6 TDI
- 05 Jaguar XType 2.0 Full Leather wood trim, NCT
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner

### CARS

- 08 Volvo Full Leather S4 1.8 93kkm
- 08 Nissan Note 1.4 Black Alloys, Fogs
- 07 Renault Megane Cabriolet 1.6, full leather

- 07 Renault Megane Full Leather
- 07 Ford Focus Silver 1.6 Automatic
- 03 Toyota Avenis Allows, Fogs, As New
- COMMERCIAL**
- 12 Citroen Nemo
- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch
- 09 Peugeot Bipper
- 07 Citroen Dispatch



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## MILLTOWN LISTRY LADIES FOOTBALL

**WELL DONE** to Milltown Listry Senior Ladies who are Division 4 Champions beating Clounmacon/Moyvane 7 goals 12 points to 3 goals 9 points. This was a great display by our girls and a great team effort and every girl gave it their best and they did their Club proud. Thanks to all involved with the team especially to Eileen Myers and to all the supporters who travelled to the game. Well done to our u 14 girls who beat Fossa by 1 points in the county league. This was a hard fought entertaining game and both teams gave a great display of football. Final Score Milltown Listry 4 goals 10 points Fossa 4 Goals and 9 points. Thanks to mentors and all the supporters who travelled to the game. Well done to our u 12 team who had a superb victory over Glenflesk. Our team lead by captain Holly Sayers gave a great performance of football with a final score of Milltown Listry 3 goals and 7 points to 2 goals and 4 points. Congrats to u 12 Footballer of the week Elisha Bradley and wish Fianna and Anna a speedy recovery. Our next game is away to St. Senans. Thanks to all involved with the u 12 team and to all supporters who came along to cheer on the girls.

## DR CROKES CLUB NOTES

**SENIOR HURLING** On Wednesday of last week we entertained Crotta O'Neills in a SHL (Div 2) game and maintained our league progress against an admittedly under strength Crotta side. We were winners by the minimum margin of one point on a score line of 2.09 to 1.11. Having been in a comfortable position up to the final stages but took the foot off the pedal and were almost caught at the end. However, "a win is a win" and we hope to build on it during the coming weeks. We had some new recruits in the team in Lorcan Howe and Jason Lyne and while they didn't have very much hurling played the game time they experienced will bring them on in a big way. This week we play Lixnaw at home on Wednesday 3rd June at 7.30 in the next round of County league games.

**JUNIORS** Our Juniors team beat Schelig Rangers on a score line of 1-13 to 1-11. The goal in last minutes a penalty by Shane Horgan.

**UNDER 12 HURLING** Dr. Crokes U 12 Hurlers recorded their first win of the season on last Friday night with a good victory over local club, St. Pat's in the South Kerry League game, played in Kilcummin.

This was the first time that Dr. Crokes were fielding a full strength team and it certainly made a big difference as we controlled this game from the start. Ben O' Carroll was very impressive in goals and outside him the 4 defenders of Nathaniel Doncel, Cian Lynch, Cormac Rowe and Cian O Connor played excellent hurling. Charlie Keating and Jack

Lynch dominated mid-field with Charlie getting a few great points from both frees and general play, Up front the star of the show was Caoilte O'Cronin, who banged in a hat-trick of goals on the night. Others to impress were Jack McGuire, Ben Flavin, Brian O'Connor, Sean Hickey and Killian Healy.

Well done to St. Pat's also for a great sporting game and great progress is being made with this team. So, keep up the hard work.

It was great to see a hurling game being played in Kilcummin and hopefully we will see more of this in the years to come.

Training for U 12 Hurlers will continue every Wednesday night 5.30 pm to 6.30pm. Any new players are more than welcome to attend.

Next game is away to Kenmare next Friday night.

Prior to the game, we remembered in prayer, the late Timmy Flavin, father of Ben and James who died on Thursday last.

On behalf of all of us in Dr. Crokes, we offer our sincere sympathy to Breda, James and Ben. Ar dheis De go raibh a hanam dilis.

**LOTTO** Lotto numbers 10, 11, 12, 18. Jackpot €7500 not won match 3 4 by €100. Draw Sunday 7th of June Tatler Jack Jackpot €7800

## LEGION GAA CLUB NOTES

**U14 GIRLS** Well done to Legion u 14 girls who are continuing their winning streak with a victory against Abbeydorney last Sunday evening, 4-4 to 4-3

**U12 GIRLS** Last Wednesday evening, our U12 girls cast aside their fashion and bling in favour of strutting their stuff in their beloved green & white colours as they headed out to face neighbours Spa on the football field. In what proved to be an exciting and nail biting match, our girls put their best feet forward and turned on the style for our hosts on the night. When the final whistle blew it was our U12 girls who had come out on top with a result of 3 goals 8points to Spa's 1goal and 8. Well done girls and thanks to all the supporters for turning out in such great numbers.

**FIXTURES** Junior County League away to Kerins o Rahillys Friday 5th June at 7.30

**JUNIORS** Legion Juniors, sponsored by Corkery's Bar, maintained their run in the County Junior League with a 1-14 to 0-5 win over Laune Rangers. A Derek Twomey goal in the first half and some smart point taking being the main difference.

**SUMMER CAMP** Forms will be available from the Saturday Morning Academy this weekend. Special offer is €30 when you book before June 13th. Cost of camp is then €35. Always a great week. All campers go home with a club gear bag, kindly sponsored by Sewells Pharmacy.

**SYMPATHY** The Club extends its sympathies to the family of Donie Doolan. Donie was a supporter of the club for many years with his son Timmy playing at all levels. More recently he was a great seller of the club lotto and is

of course brother to our treasurer of previous years Nora Kissane. May he rest in peace.

**FIXTURES** Senior county league v Finuge at Derreen Sat 6 June at 7pm

## FOSSA GAA

**LOTTO** 31st May 2015. Numbers drawn were 2, 16, 19, 20. There was no Jackpot winner and next weeks Jackpot will be €10,950.

**U12 BOYS** The U-12 Boys teams were in action on Sunday evening in Div 2 of the County League against Dr Crokes, both Fossa teams recorded great wins with the Red team winning 5-14 to 4-06 and the Black team winning 5-07 to 3-06. Fossa are going well in this division playing a nice brand of football at a very high level and this will bring the kids on immensely which will hopefully translate to even more success when they move up in age group. They have a bye next weekend.

**JUNIOR FOOTBALL** Our junior team played Cordal in the County Junior league on Thursday evening in Fossa. Final score Fossa 4-15, Cordal 1-07, their next game is away to Currow on Friday 5th June at 7.30.

**COMMUNITY GAMES** U14 Community Games Spikeball was held in Glenbeigh last Sunday which saw Fossa take on Rathmore/Gneeveguilla and Glenbeigh in both the boys and girls competitions. After the round robin section it was Fossa and Glenbeigh who were in both finals. With some fine play and tough competition the boys came home with Kerry Silver medals and the girls came out on top as Kerry champions. The girls now go on to represent Kerry in the provincial finals to be held in Limerick. A fine performance by both teams and another proud day for the parish. Thanks to Jennifer O' Neill and Rebekah Bruton for their coaching and refereeing on the day. Well done to both teams - a pleasure to work with as always

**U14 FOSSA LADIES** If medals were handed out for gallantry in football then this team would have them in abundance, but unfortunately, there are no such accolades in this game. After a deluge of rain on Bank Holiday Monday, the Fossa pitch was in splendid condition when our girls played Miltown/Listry in their last round game of the County leagues. Miltown were the ones who got off to a fast start with two quick points, but Fossa's Jodie Sheehan and Shelly Clifford quickly counter acted that with two of our own. Half forwards Ciara Griffin along with Sadie Myers and Aoife Kissane were immense on the wings and connected well with the midfield pairing of Anna Clifford and Maud Kelly. Isobel O Donoghue, Sarah O'Neill and Sarah Sheehan defended shrewdly while backing up their center-field. The main talking points in the first half was the opportunist goal by Jodie Sheehan and Aoife Doody making great saves to keep Fossa in this game. Shelly Clifford finished the half with 2-2. Jodie Sheehan with 1-1. Half time score Fossa 3-3 to Miltown/Listry 2-7.





DR. CROKES U12 HURLING PANEL 2015. BACK ROW: LEFT TO RIGHT : CLAIRE KEATING(MENTOR), BEN O'CARROLL, NATHANIEL DONCEL, CHARLIE KEATING, BEN FLAVIN, JACK MCGUIRE, CIAN O'CONNOR, JACK LYNCH , PAT HEALY (MENTOR). FRONT ROW: LEFT TO RIGHT: BRIAN O'CONNOR, SEAN HICKEY, KILLIAN HEALY, CIAN LYNCH, CORMAC ROWE, CAOILTE O'CRONIN.

On resumption our half back line of Kate Murphy, Orla Moynihan with Leah Costello were moving the ball quickly in to the forward line which Miltown/Listry had great difficulty with and found themselves having to foul Fossa continuously. Shelly Clifford had 0-3 from frees giving Fossa a 2 point lead. Anna Clifford had a strong run up the pitch, found Meave Bellew who was powering through on goal when she was viciously taken down in the square. The penalty was converted by Shelly Clifford. Fossa on the attack again added three points from play putting the score Fossa 4-9 Miltown/Listry 3-10. Danielle O'Brien and Xenia Ganser were on their feet on the sideline encouraging their teammates to hang on to the lead. With injury time counting down, Fossa digging deep in defense saw Miltown/Listry awarded an injury time penalty which dashed our girls hopes of a semi final spot bringing the final score to Fossa 4-9 Miltown/Listry 4-10. This was a tremendous team performance by Fossa in front of a huge home crowd with a nail biting finish that kept us on tender-hooks throughout. Our girls played fantastic free flowing football and are a credit to their mentors Pat Sheehan, Mike Moynihan and Amy Moriarty.

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

**SYMPATHY** Sympathy is extended to Maurice Lyons and family of Dromin on the recent death of his mother, Catherine Lyons in Abbeyfeale. May she rest in peace.

**FOSSA NOTES:** If anybody has any item they would like included in the notes, please email information to John O'Neill at [pro.fossa.kerry@](mailto:pro.fossa.kerry@)

[gaa.ie](http://gaa.ie). Please forward information before Sunday at 11am.

## SPA NOTES

### COISTE NA NOG

#### U14 East Kerry 3-9 Eoghan Rua 3-17

Hard luck to the young team. All played well. Thomas Cronin, Liam Spillane, Oliver Cremin, Darragh O'Leary and Ryan Kelliher.

### SCHOOLS LINK

**SCHOOLS FUN BLITZ** James Devane, Spa School Officer organised a very successful 5th Annual Fun school recently in Spa.

The tournament was held on Tuesday the 19th of May and catered for boys and girls from fourth class from seven surrounding schools. In all over 70 pupils took part on the day. The main purpose of the tournament was to promote enjoyment, fair competition and most importantly our facilities as a club. All children got to partake fully in all games. A huge word of thanks must be given to all the school principals for their support and co operation with the organisation of this blitz and especially to all the teachers who came with and managed teams on the day. Many thanks also to Mr Vince Cooper GDA East Kerry for organising the referees who were transition year students in St. Brendans College who brought a great air of professionalism to proceedings. Many thanks to our club chairman, Coiste na nOg officers and field committee for their advice and assistance with the organisation of the blitz, and especially Anne Holland for all her hard work both before and on the day itself. All participants on the day were presented with a certificate of participation and a goodie bag.

**WISHING** all students every success in the Junior and Leaving Cert exams.

**TIERNABOUL BAKE SALE** Friday June 5th 12.30-2.30. Delicious home made baked goods will be on sale at the school. Drop in and taste the great variety of goods on offer.

## LADIES FOOTBALL

### U12 GIRLS

Played at home to Legion. A great game but lost on the night. Grainne Spillane, Erin Holland, Laura O'Carroll, Eimear Cronin, Jenny Cronin and Leah O'Donoghue, Mairead Cahill all played well.

### LADIES U14 GIRLS Furies 4-10 Spa 2-5

The girls played brilliantly and won this hard fought battle. Elizabeth Stack, Mairead Bennett, Siona Moynihan, Aoibhe O'Doherty, Marie Courtney, Eimear Beazley and Sarah Fleming played well.

**GAELIC FOR MOTHERS** A new initiative and further development in the Club under ladies football. This is non competitive football with a strong emphasis on FITNESS and FUN! Great outdoor workout and fresh air for the summer and beyond. No football experience necessary! Meeting this Thurs night June 4th @ 7.30pm in Spa. You can look it up on the following website <http://ladiesgaelic.ie/games-development/gaelic4mothers>

Contact Grace O'Connor (087) 229 9453.

### EAST KERRY: O'Donoghue Cup Fixture

Spa away to v Crokes, O'Sullivan fixture Spa away to Glenflesk on dates to be arranged.

**CO LEAGUE** Senior Men are back in action this Sat June 6th v. Templenoe away @7pm.

**LÁ NA GCLUB** Mark your calendar June 27th @5pm. Annual BBQ, karaoke, music song and dance. All welcome.

### DALY'S SUPERVALU - Kits for Kids Offer

Customers that spend €40 receive a voucher. 2000 vouchers = a kit. The voucher can be placed in the Spa box at the back of the checkouts. Offer runs until July 5th. Please support Spa GAA Club!

### HAPPY FEET SUMMER CAMP

#### July 13th - 17th July

Once again Conor Gleeson and John O'Donoghue are offering a fun filled week of games and activities in a safe Environment in Spa GAA Grounds. Camp is €70 with family rates available €50/2nd child. This camp is for children attending National School. All instructors are fully qualified experienced teachers. Please contact Conor 087-2565142 or John 087-9403517.

**CLUB MERCHANDISE** Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

**ENGAGEMENT** Congratulations to Niall O'Mahony and Claire O'Sullivan on their recent engagement.

**SYMPATHY** is extended to Patsy Cremin & family Park Road on the death of his brother-in-law Patrick McCarthy, to Marian and Sean Moynihan on the death of Marian's uncle Pat Murphy in Dunmanway. Also to the relatives of Timmy Flavin Tiernaboul and Donie Doolan Woodlawn Park who died at the weekend. May They Rest In Peace

**WALK WITH JOAN HERLIHY** Dave Herlihy and family wish to extend a special word of thanks to the huge numbers who supported Saturday's Walk. 209 supporters completed





the trek over Mangerton while 340 completed the 5K through Muckross and Dinis. Also the members of the organising committee and management of the Torc Hotel who catered for the walkers and the musicians who provided the music during the evening. All proceeds will be donated to the Oncology Department of Kerry General Hospital as a gesture of their appreciation of the level of care provided for Joan during her prolonged illness.

## CONGRATS TO JOHNNY AND MARGARET CRONIN

Best wishes from the members of the local community and especially the Spa GAA fraternity are extended to Johnny and Margaret Cronin Coolcorcoran, who celebrated 40 years of married bliss with family and friends during a special party hosted in their honour on Saturday evening. Johnny and the Cronin family have made a huge contribution to the Spa GAA club both as players and supporters over many years.

Tickets are now available for Kerry GAA Night of Champions at Kingdom Greyhound Stadium on Friday 19th June. Tickets are €10 covering entry and raffle. Anyone wishing to purchase tickets can contact our Secretary, Marie Courtney, on 087 6332773. See [www.kerrygaa.ie](http://www.kerrygaa.ie) for full details.

## LISTRY NOTES

**LISTRY WEEKLY LOTTO** Results Sunday 31st May, 2015

Winning Numbers 15, 19, 23, 24

Jackpot €3,950 Not Won

Jackpot next week

Sunday 7th June €4,100

**PREDICTION LEAGUE** Closing date for prediction league is Thursday night next, June 4th. Please make sure to purchase sheets for €10 before closing date. Sheets are available from Senior players and also available in Faha Court.

**SENIOR COUNTY LEAGUE** Listry seniors will be playing their next game away against St Pat's Blennerville next Sunday, 7th June at 2pm. All support welcome.

**JUVENILE UPDATES** U12s had a good win over Ballydonoghue in Rd 2 of Phase two of the county league on a scoreline of 5.14 to 2.10. We play Moyvane next Sunday June 7th at home at 6pm.

**U14S** commence their East Kerry league campaign with a home game V Gneeveguilla on Monday June 8th at 7.30.

**U10S** made the short journey to Beaufort where they took on the locals in two well contested matches on Sunday last. We travel to Fossa for the next three Tues nights commencing on Tues June 2nd to play in the East Kerry go games blitz.

**U8S** played their third and final round of go games blitz last Thurs night. Our boys and girls played very well and enjoyed the games immensely. Thanks to Fossa for coming to Allman Park for three weeks in a row.

Training continues for U6s along with U8s and U10s every Fri evening from 6.30.

## BEAUFORT NOTES

**LOTTO** Next draw for a Jackpot of €4,600 will be held in The Inn Between Bar on June 14th. Tickets available from usual sellers, local shops and bars.

Detailed Match Reports on the club website [www.beaufortgaaclub.com](http://www.beaufortgaaclub.com)

**U14 GIRLS** sponsored by Beaufort Drama Group play Dr. Crokes in Beaufort on Wednesday evening in the semi-final of the County League.

**U12S BOYS** sponsored by Maurice Foley of MF Decorating had no luck against John Mitchells on Sunday evening. The Amber team lost 3-12 to 5-14 and the Blue team lost 2-15 to 0-2.

**U12 GIRLS** sponsored by Anthony Foley Decorating played Dr. Crokes on Tuesday evening last in Lewis Road and had a good win on a score-line of Beaufort 3-5 Currow 1-7.

**BOYS U-10 BLITZ** continues on Monday evenings in Mid-Kerry. Keel will host next Monday night's Blitz.

**BEAUFORT SENIORS** sponsored by Maurice Foley of MF Decorating are due to play Ballymacelligott at home next week-end.

**RING OF THE REEKS LEISURE CYCLE** will be held on Saturday, 25th July. As we have have 3 different level of routes we hope that everybody including families will come along to support the club and take part in this lovely occasion. Contact Bridget 087 9975737.

## EAST KERRY NOTES

with Áine Ní Shuilleabháin PRO

### EAST REGION UNDER 14 LEAGUE

The East Region Under 14 League, sponsored by MD O'Shea, gets under way on Monday evening, the 8th June 2015. All games are at 7.30pm. The first round fixtures are as follows: Division 1: Dr Crokes V Kenmare, Legion V Rathmore; Division 2A: Keel/Listry V

Gneeveguilla, Beaufort V Glenflesk; Division 2B: Kilcummin V Fossa, Spa V Furies; Division 5: Currow V Cordal/Scartaglen, Dr Crokes B V Furies B, Kilgarvan/Tousist - Bye.

### EAST KERRY/KENMARE GIRLS SKILLS

**COMPETITION** East Kerry/ Kenmare primary schools girls skills competitions took place last week. Fossa NS girls team won the team section with a superb display. Maud Kelly, Sarah Sheehan and Jodie Sheehan showed great composure on the day. Anna Hannigan, representing Coolick NS, displayed great skills to qualify in the individual section. Cahir NS scooped the Kenmare District Board team competition with a fantastic performance. Rachel Riadan, Robyn Mayhew and Ciara Price displayed great team work on the day. Chloe Cremin, representing Tousist NS, took the individual title with a superb display. In the Eoghan Ruadh section, Barraduff NS won the team competition showing excellent skill levels. Leah O'Donoghue, Claoine Murphy and Shannon Kenny took part on the day. Danielle O' Leary, representing Meentogues NS, took the individual title with a superb effort on the day. Thanks to all clubs for the use of their grounds and St Brendans College students who combined well with all teachers to mark the scoring sheets. Best of luck to all players in the county final on Thursday 4th June, starting at 11 am in Fitzgerald Stadium.

### MUNSTER UNDER 15 SUPER TOUCH

**BLITZES 2015** East Kerry clubs were well represented last Saturday, at the Munster Under 15 Super Touch Blitzes. The ten aside format is ideal to promote open free flowing football and all players enjoyed this format. Panels of twelve ensured all players got plenty of game time. The standard of football was excellent at all venues. Glenflesk, Dr Crokes, Furies and Listry all took part with each player getting a Munster Council top in recognition of playing in the event. Thanks to all Kerry clubs that hosted the blitzes. Best of luck to all teams that qualified for the Munster final day.



FOSSA U14 LADIES. FRONT L-R DANIELLE O BRIEN, ANNA CLIFFORD, MEAVE BELLEW, MAUD KELLY, AOIFE DOODY, SARAH SHEEHAN, AOIFE KISSANE, JODIE SHEEHAN, XENIA GANSER. BACK L-R ORLA MOYNIHAN, KATE MURPHY, CIARA GRIFFIN, SHELLEY CLIFFORD, ISOBEL O DONOGHUE, SARAH O NEILL, LEAH COSTELLO, SADIE MYERS. MISSING IS LAURA O SULLIVAN AND CIARA KENNELLY. MENTORS PAT SHEEHAN AND MIKE MOYNIHAN.





## ROWING TO RIO

The Monika Dukaraska  
Blog. The story of a  
Professional Athlete



Sport can punish you or reward you. You are either on top, somewhere in the mix or at the bottom of the pack, you are on top of your game or you struggle to execute the performance while winning a silver medal at the time can only be perceived as losing the gold. Sport is sometimes complicated and although you keep practicing it day in, day out, you still miss out and fall short.

The final ranking at the 2015 European Rowing championships in Poznan, Poland is 9th overall. There are 47 European countries with 14 countries entering the Women's Pair event this year.

The European rowing championships have taught me few lessons. First to adjust my expectations, stay open minded (I believed we can deliver a Final A performance and forgot that sometimes little things can go wrong or that little things matter e.g. a state of mind).

Secondly that there will be factors influencing our racing that we cannot control e.g. a lane draw or weather; third that 'yes, I can push for more and give more' and lastly that it's a crew boat that I'm racing in and my partner impacts me equally as I impact her.

### RACING:

Our heat on Friday gave us an automatic progression to Semi final A/B. We were happy with it although our last 500m of the race felt quite disjointed and we ended up missing out by less than a second to Spain who finished 2nd to Netherlands with us ahead of Polish crew. As a crew we were ready to improve on our finish the next day in our Semi final. Poland had to race a Repasage later on that day and they qualified for the second semi final A/B.

Our semi final was far from a performance we hoped for and far from anything we have produced at a race pace in the past. From the first few strokes we couldn't find a 'common' rhythm and although we were in the mix for 750m or so, the crews soon moved away from us and we ended up fighting with the waves rather than competitors. Conditions were very demanding also. Strong tail wind made conditions quick but very bouncy. Only perfectly timed together movement pattern would enable us to take advantage of them, as we ended up hitting waves and slowing ourselves down. The lanes 1 to 3 also had an advantage with wind affecting these lanes differently. Rhythm as a crew however is vital to a boat moving fast and unfortunately we couldn't deliver the same technical movement together which cost us a qualification place for the Final A on Sunday. We managed to finish 5th ahead of a German crew in lane 6.

Our Final B was executed much better, the intent to race and fight was there but again we failed to put our foot down at 1000m gone when our early lead was threatened and push Czech Republic away. Sprint finish didn't go as planned and while falling apart technically as a crew we got overtaken by Czech Republic and Spain putting us 9th overall.

The field of the Women's Pair boats is separated by hundreds of seconds. They row times that myself and Lenny are capable of producing. I still believe that we could have finished 6th or 5th in Final A if we would be on top of our game like we were at home. Perhaps we overdid things, didn't master other things but one thing for sure is we have learned our lesson.

Our next step is to sit down as a crew with our coach and look back at everything performance related. Analyse everything from few days leading to the competition, the competition itself and post race practices. Identify areas that we can improve on and get on with the business. It's 6 weeks to go to our next event. Next stop Lucerne, Switzerland.

And as Michelangelo once said "the greater danger for most of us lies not in setting our aim too high and falling short but in setting our aim too low and achieving our mark".

## ALLIANZ CUMANN NA MBUNSCOL GIRLS FOOTBALL FINAL COUNTY TITLE FOR HOLY CROSS MERCY KILLARNEY

### Holy Cross Mercy Killarney 1-5 Listellick 1-2

In the Urban shield final Mercy Killarney proved too strong for a young and spirited Listellick outfit. Playing with the aid of a stiff breeze in the opening, half Listellick faced the second half wind trailing by a point. Listellick opened brightly and had fine performances from full back Nicole O'Connor, halfback Brenda Devane, Clodagh Murray and Erica Jones at midfield. Up front, the lively pairing of Katie Nix and Muire Kingston caught the eye. Mercy scored a well-worked goal in the opening half through Ava Sheehan. Mercy had top performances throughout the field but the contributions of Amy Myers, Aisling Stack, Sarah Mc Mahon and the inspirational captain Holly Power are worthy of special mention. Wind assisted the Killarney girls dominated possession in the second half and though their shooting let them down at times they won on a final score line of 1-5 to 1-2.

**HOLY CROSS MERCY TEAM:** Deirdre Lyne, Lauren Horgan, Amy Myers, Niamh O'Leary, Eve Crowley, Holly Power, Aisling Stack, Angelika Maslach, Sarah McMahon, Shauna White, Caitlin O'Connell, Ava Sheehan, Amber O'Sullivan, Emma O'Connor, Cara O'Sullivan, Dawn Carmody, Ellen Kennedy, Emma Kelly.



KNOCKANE NS GLENFLECK WHO PLAYED KILMURRY NS CORDAL, IN THE ALLIANZ CUMANN NA MBUNSCOL, 3 TEACHER SCHOOLS FINAL AT AUSTIN STACK PARK, TRALEE ON TUESDAY.  
PIC JOE HANLEY.



MEENTOGUES, RATHMORE, KILLARNEY WHO WERE WINNERS IN THE ALLIANZ CUMANN NA MBUNSCOL, 2 TEACHERS SCHOOL FINAL AT AUSTIN STACK, PARK, TRALEE ON TUESDAY.  
PIC JOE HANLEY.





## FOSSA COMMUNITY GAMES NOTES

Fossa girls are Kerry U14 Spikeball Champions 2015. Shelly Clifford, Aoife Doody, Sarah O'Neill, Aoife Kissane, Anna Clifford and Sadie Myers were unstoppable on Saturday in Glenbeigh. They returned home unbeaten and go on to represent Kerry in the Provisional finals in Limerick. Great performance girls and great coaching and refereeing from Sarah O'Neill and Rebekah Bruton. Get well soon Ciara Kennelly - we need you for the Munsters!

Fossa were also well represented in the boys U14 Spikeball competition. The games went down to the wire and the Fossa boys are proud owners of Kerry Silver medals. William O'Brien, Ruairi Doyle, Colm Talbot, Killian Buckley, Sean Myers, Eoghan Myers and Harry Buckley - as always a pleasure to work with and we couldn't have asked for any more from you all.

Fossa U10 Community Games Football Team were out on Monday along with the wind and the rain! Games were played in Connolly Park, Tralee and Fossa were pooled in a group with Glenflesk and An Gaeltacht. Unfortunately it wasn't our day but the whole team can be very proud of themselves, from the goalkeeper to the forwards everyone of them gave it their all and never gave up even though they were wet through and frozen solid - another team to be very proud of.

**TEAM:** Scott Carlton, Aimee Coffey, Jake Ryan, David Butler, Finn Kennelly, Ted O'Gorman, Rachel Wallace, Elizabeth Coffey, Roan Daly, Ronan Bennett, Cathal Breen, Tadgh Kissane O'Sullivan

Reminder to everyone who qualified for the county finals in athletics that training is on Friday between 6 and 7pm in the old football field in Fossa.

## MILTOWN/LISTRY COMMUNITY GAMES

**CYCLING ON GRASS:** We would like to congratulate Lorcan Daly in finishing 4th in the U14 Boys Comp at Kerry Finals at Tralee Sports Complex last Friday night. Numbers competing were well up this year which is showing the current popularity of cycling. Well done Lorcan on winning the Cert.

**ATHLETICS TRAINING:** Next training session will be held in Riocht Track in Castleisland next Monday 8th commencing at 5pm sharp. Please bring €2 per child for the sessions in Riocht so we can cover the costs involved. We thank the parents for bringing the children to the training with 40 approx attending last week's session. They are getting quality coaching for the events they have qualified in. Reminder that Kerry Finals are on June 20th/21st so make you and your children keep those dates free!

**GIRLS U15 FUTSAL:** We have a team competing in the Kerry Comp this Sunday in Duagh Sports Complex and we wish them the

best of luck on the day.

## RATHMORE GNEEVEGUILLA COMMUNITY GAMES

Any child interested in taking part in a relay in the forthcoming athletics final on June 20/21st June, we are looking for all age groups. Please contact Cynthia Daly on 086 0818606 or Aeneas O'Leary on 087 6577167, to register your interest.

Just to say a big well done to all solo cyclists who took part in the county cycling on grass event last Friday: U14: Jamie O'Leary, Paudie O'Leary, Donal Daly, U12, TJ O'Leary and Ross O'Leary.

We would also like to congratulate our Spikeball U14 boys and girls teams who both won Bronze County medals at the weekend: Boys: Daniel Collins, Ronan Collins, Donagh Fitzgerald, Kieran Fitzgerald, Jake Fleming, Alex Mihailovs and Damien O'Halloran; Girls, Aisling Brosnan, Kornelia Cybol, Michelle Fleming, Hanorah Hurley, Ciarraí Jones, Megan McCarthy and Aoife O'Sullivan. Thank you to their coach Mike McGillicuddy for all his training and preparation for this event

Our Under 10 Gaelic football team played in their county competition on a very wet and windy Bank Holiday Monday. This event consisted of 17 teams and they were split into two Tralee venues, Na Gaeil and Connolly Park. Our team were in Na Gaeil park and played Beaufort in their first match and won that game, they then continued their winning spree by beating St Brendan's Oakpark, in their final game of the day. Our team must be congratulated on some superb football against some very trying weather conditions, they are now through to the semi finals to take place this week, with 3 other East Kerry teams, Spa/Muckross, Glenflesk and Kilcummin. We would like to wish the following players the very best of luck ,Gavin Barry, Tomas Brosnan, Shane Daly, Sean O'Keeffe, James Doyle, Oisín O'Leary, John Hughes, Sean McAuliffe, David McCarthy, Conor Moynihan, Padraig Moynihan, Brian Murphy, Darragh Nagle, Cian O'Connor, Daragh O'Keeffe and Chloe O'Leary. Good luck also to our coaches, Brendan Nagle and Owen O'Leary and a big thank you to all the families who turned up to support their players on Monday, looking forward to seeing you all again, at the finals!!

## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 29/05/2015, numbers drawn were 3, 12, 23 and 30. Sellers prize winner: Andrew McCarthy, €50 Y/T prize to holder John McCarthy Bealnadeega, €50 to Eoghan Lawlor Gullane, €40 each to Sean O'Sullivan Shrone, Reen's Syndicate c/o Austin Murphy, Dawn Gibney S.P.X. Bonus not won numbers drawn were 1, 11, 12 and 25. Next

week's jackpot €10,400 plus €1,000 bonus.

**COUNTY PRIMARY SCHOOL SPORTS:** Held in Riocht on Saturday 30th May, Ciara Casey won the 3rd class Turbo Javelin, Jack O'Leary 1st in 5th class 600m, Delia Foley 3rd in 3rd class 200m, Alicia Burke 3rd in 4th class 200m, Donal Daly 2nd in 6th class 600m, Clara O'Connor 3rd in 1st class 100m, Eoghan Lyne 3rd in 600m 6th class. Gneeveguilla 5-6th class boys relay team were 2nd, team were Damien Cronin, Mark Cronin, Donal Daly and Jack O'Leary.

**ALL IRELAND COLLEGES:** Held in Tullamore Tomas O'Neill was 2nd in Senior Hammer category, throwing over 50m.

**CORDAL ROAD RACE:** Held on Friday 29th in Cordal, Siobhan Daly was 1st and Caroline Murphy 2nd. Robert Purcell Snr was 3rd, Andrew Purcell was 1st Junior, John Barrett was 1st O45.

**JOHN BUCKLEY GRADED MEETING:** Held in Cork IT, Mel O'Callaghan won his category in the 200m.

**RELAY SELECTION:** U9 - U14 relay teams will be picked this Friday night during the training session at Riocht. On June 8th we will have our 2nd joint meet with Killarney Valley & Riocht Clubs. Confirm your interest to Tom Joe (087) 9339087 or Cynthia (086) 0818606.

**MUNSTER U9 - U13 TRACK & FIELD:** Will be held on Saturday and Sunday 6th & 7th June in Cork IT. Best of luck to all our competitors.

**HOME NATIONS UNIVARCITY INTERNATIONAL:** Mairead O'Neill was representing Ireland in this competition in Belfast. She was 3rd in the Hammer competition. Well done Mairead.

## BEAUFORT NOTES

**IRISH SCHOOL ATHLETICS:** Well done to Aoife and Fiona Doyle who competed in the Irish school athletics championships which were held in Tullamore last weekend. Fiona got a gold medal in the junior 200 m and silver in the High jump. Aoife got a silver medal in the Intermediate discus competition and sixth position in the hammer.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The GloHealth Irish Schools Track & Field Championships were held on Saturday 30th May in Tullamore. Congratulations to Kayleigh Cronin who won Gold in the Senior Discus with a throw of 42.93m and David Kenny won bronze in the Intermediate 2000m Race Walk in a time of 09:54.98. Well done to you both.

The County Primary School Sports were held on Saturday 30th May in An Riocht Track, Castleisland. There was a great turnout and all primary schools throughout the county were well represented. The event went off very well with very little delays, so well done to all organisers and volunteers who made this happen.

The primary school children from the Farranfore





Maine Valley District did exceptionally well with many of them taking podium positions.

3rd Class 200m: 1st Ellen Kelliher, Castlemaine.  
3rd Class Turbo Jav.: 3rd Doireann O'Shea, Furies.  
4th Class 200m: 2nd Corrina Griffin, Castlemaine.

4th Class Relay: 2nd Gaelscoil Aoghain, Farranfore.

6th Class 100m: 4th Katie Boyle, Kiltallagh.

6th Class 600m: 1st Natasha Myers, Castlemaine.

6th Class Shot: 1st Katelyn Reid, Scoil Bhreac Chluain.

1st Class 100m: 1st Fionn Coleman, Knockaderry.

3rd Class 80m: 3rd Jack O'Brien, Furies.

4th Class 200m: 1st Cian Spillane, Nagle Rice.

5th Class 100m: 3rd Tomas Clifford, Furies.

Maria McCarthy and Rossa Foley were part of the Kerry Athletics teams who competed in round 1 of the National League on Sunday 24th May in Templemore. They both earned valuable points for the teams. Shane Hand was guest for An Riocht team and won his Hammer event. Round 2 will be held on July 19th.

**CLUB TRAINING:** Juvenile Athletics Outdoor training is at 6pm Tuesday and Thursday in GAA Grounds Farranfore. From Thursday June 4th we will provide training only to those club members who will be competing in Athletics C'ships and Community Games. €2 per session, Post Primary Juveniles (14+), Senior athletes training every Thursday at 7pm. €2 per session with qualified coaches.

**ATHLETIC CLUB FIXTURES:** Munster Juvenile Track & Field Championships.

Munster U/9 to U/13 - 6th & 7th June, CIT Cork.

Munster U/14 to U/19 - 13th & 14th June,

Waterford RSC

Munster Senior & Masters Track & Field Championships, Sunday 28th June in Templemore Track. Closing date for receipt of entries is Friday 19th June. Contact Club secretary (Mary Kennedy 087 9881919) before this date in order to register on time.

Keep up to date with athletics on our Facebook & website: [www.ffmvac.blogspot.com](http://www.ffmvac.blogspot.com)

## KERRY CYCLING NEWS

**JOHN'S THE MAN IN ROUND 2:** The second round of the Kerry Cycling Club's Summer Leagues was hosted by the Killarney Cycling Club and took place on a fast 7.5km circuit in Churchtown near Beaufort. Once again there was a big entry with over 90 riders signing on in the various categories.

### BROSNAN UNBEATABLE IN THE SENIORS:

Moda Kingdom Endurance rider John Brosnan continued his fine form this season by taking the maximum 10 points from this round. With the course allowing fast speeds he got the better of Michael Lucy, Strata 3/Velo Revolution and iBike's Paul Horan in a bunch sprint.

Brosnan's teammate Marc Houlihan ensured a good night for the team by taking 4th with Killorglin CC's Michael O'Shea in 5th. O'Shea was the only rider from the previous round to earn points as he added the 4 points from here to the 5 he took in the first round. The final points from Round 2 went to Michael Healy from iBike.

**PLACES SWOPPED IN THE 16'S:** In the u16 category the same two riders took the top two spots but on this occasion the positions

were switched. Here it was David Fitzgerald from Kingdom CC that came out on top with Killarney CC's Eoin Blake taking second.

iBikes Patrick White finished 3rd with Killarney CC's Fergal Murphy taking 4th. Kanturk O'Leary Stone's Thomas Dore finished in the points for the second event in a row taking 5th place here to add to his 4th in Round 1.

**TOM'S TOP AGAIN IN 14'S:** There was a familiar look to the finishing positions in the 14's section where O'Leary Stone Kanturk's Tom Moriarty took the maximum points. Kingdom's Kieran Coggin's was again the runner up on this occasion while Sean Barrett, iBike, improved from 5th in the first round to 3rd on this occasion. Oisín O'Connor made it two 4th places in a row with Tom O'Connor adding a 5th place to his 3rd in Round 1. Eoin Moloney from iBike took the final two points as he had also done in Round 1 in Killorglin.

**PATRICK'S MAKES IT 2 FROM 2:** Killarney CC's Patrick Galvin made it two wins from two as he continues to impress in the early stages of his racing career. Here he was followed home by his brother Shane to make it an impressive night for the family. Shane moved up a place this time as he was 3rd in the first round. In a clean sweep for Killarney CC Ethan Slattery took the third place. O'Leary Stone Kanturk riders took the next two spots with Thomas Gould in 4th and Ronan Leahy in 5th while Killorglin's CC Calum Moriarty was 6th.

**NEXT UP:** The next round of the Summer League is on June 11th and will be hosted by the Tralee BC.

## SCHOOL CELEBRATES DOUBLE WIN

The 5th & 6th class boys and girls had a double win in the Killarney Cougars Super 7 basketball. Both teams won out their tournaments. The boys defeated Holy Family N.S. Rathmore in the final and the girls defeated Fossa N.S.

This is a super achievement for Gneeveguilla N.S. There were over forty teams in the tournament. The boy's coaches were Cormac and Ashling Collins. The girl's coaches were John Hurley and John O'Leary.

There is a huge gratitude due to the children's coaches for their professionalism and skills during the games. Well done to all the boys and girls.



DOUBLE WIN FOR 5TH & 6TH CLASS BOYS AND GIRLS AT GNEEVEGUILLA NS IN THE KILLARNEY COUGARS SUPER 7 BASKETBALL.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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



## KILLARNEY CELTIC NOTES

**AGM:** Our well-attended AGM saw Liam Shine appointed as Assistant Treasurer and our popular Vice-Chairman Eugene Cosgrave stepping down from the committee to concentrate on coaching, with Brian Looney unanimously elected to replace him. A big thanks to all who attended.

**BEST WISHES:** To everyone at the Kennedy Cup, especially our Celtic contingent on the team. The competition kicks off next Monday at 4.00pm, with Kerry playing West Cork, and they will meet West Waterford/East Cork at 10.30am the following day and Limerick District at 4.00pm the same day in the group stage.

Killarney Celtic extends best wishes to all members doing exams at this time – please remember that they are important, but you as a person are far more important.

**SOCCER TOTS:** Our hugely popular Soccer Tots programme, to introduce children aged from four to seven (born between 1/1/08 and 31/12/11) to the joys of soccer in a complexly non-competitive, fun, friendly environment with expert coaches, starts next Thursday, June 11th, at 6.00pm. All welcome.

Underage Training for our non-competitive age groups is now finished for the summer; hopefully we will see you all back for the start of next season.

### RESULTS: U13 PREMIER: KILLARNEY CELTIC 2 ST. BRENDANS PARK 5

A good win for Park, who now join Celtic at the top of the table, necessitating a play-off to decide the title. Ruairi Doyle and James Darmody were on the mark for us.

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

**LOTTO RESULTS:** Numbers drawn 1, 11, 13, 23. No winner, four match 3, Paudie Griffin Aghadoe, Denis O'Leary, Lyno, Liam O'Connell c/o Jimmy O'Briens, €40 each. Next week's jackpot €4600, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmysodarcy@gmail.com.

Check out [www.killarneyceltic.com](http://www.killarneyceltic.com) for Killarney Celtic news, match reports, or photos.

## KILLARNEY ATHLETIC A.F.C. NOTES

### RESULTS: UNDER 13:

We at the club would like to congratulate Ger O'Shea and the under 13 Squad on a 5-2 win on Wednesday afternoon against Killorglin to clinch the league. This adds to the John Joe Naughten Shield won earlier this month. Well done boys and we wish to thank Killorglin for a great entertaining league that came down to the wire. Hard luck Killorglin

**KILLARNEY ATHLETIC A.F.C.**

**KILLARNEY CREDIT UNION 7 A SIDE**

**TOURNAMENT 2015 KICK-OFF:** Killarney Athletic A.F.C. is delighted to announce details

of the 39th Annual 7 A Side Tournament in conjunction with sponsors Killarney Credit Union which will kick off on Monday 29th June.

**COMPETITIONS:** This year is our thirty-ninth year and we will be providing competitions for Senior Men and Ladies, Over 35s and underage boys and girls. The competitive underage event will be run over a few days, with age groups from U10 to U16 (U10/12 10th /11th July, U14/ U16 to be confirmed).

**AWARDS:** Along with the Premier and Reserve Cups, The Kieran Cahillane Senior Player of the Tournament Award will be on offer for the outstanding player on view, while The Johnny Heffernan Underage Player of the Tournament Award will also be up for grabs.

There will be free entry to the 2016 tournament for the Premier Cup winners.

**ENTRY FEE:** The entry fee remains at last year's amount and we are hoping for a high entry across the categories.

Senior Men: €200; Over 35s: €150; Ladies: €150; U10/12: €75; U 14/16: €100. Get your team in soon!

**WHAT TO DO NEXT...** Application forms are available from Killarney Credit Union, Beech Rd. and Park Rd.; Scotts Bar and at [www.killarneyathletic.com](http://www.killarneyathletic.com)

N.B. The closing date for senior entries (to be returned to the above venues) is Friday 12th June and the draw will take place on Monday evening, June 15th in Scotts Bar at 9pm.

See [www.killarneyathletic.com](http://www.killarneyathletic.com) for entry forms, information on previous 7-A-Side Tournaments and for updates throughout the tournament.

### UPCOMING EVENTS TO MARK THE CLUB'S 50TH ANNIVERSARY CELEBRATIONS:

25th June: Golf Classic at Killarney Golf and Fishing Club.

5th September: Celebratory Dinner in the Dromhall Hotel.

### 50 YEARS OF KILLARNEY ATHLETIC HISTORY ARTICLE SERIES:

To mark 50 years of Killarney Athletic, we will be releasing a series of articles setting out the club's development since its foundation by Dan Harrington in 1965 to the present day. Anyone who wishes to contribute, particularly former officers or managers, can email 50years@killarneyathletic.com or contact Toirdealbhach (087) 6447603 or Mike (087) 2727173 for more details. The first article will be "The Harrington Era 1965-1969", a personal account of the foundation of the club by Dan Harrington. The club is also planning a slideshow or exhibition of photographs on the night of the celebratory dinner (5th September). If you have a photo that you would like to contribute, please pass it on to Don O'Donoghue (086) 1234610, Mary McCarrick (087)7750773, Mike O'Shea (087) 2226185, Toirdealbhach (087) 6447603, or indeed email it (or a link to it) to 50years@killarneyathletic.com. It will be scanned and returned to you with minimum delay.

This is a brilliant opportunity to celebrate the club's proud and varied history in Killarney so please get involved with your contribution.

**CIVIC RECEPTION:** Very proud day for Killarney Athletic to be recognised by Kerry

County Council on our 50th anniversary. Thanks to Micheal Gleeson for the nomination and to Kerry County Council for the Civic Reception. Great to see many of the founding members of Killarney Athletic at the reception. Here's to another 50 years.

**300 CLUB MEMBER DRAW:** Congratulations to the following who were May's club member winners.

€500 Sean Coffey and €100 each to the following: Adam Cooper, John O'Donoghue, John Barragh Kelly, Ross Golf Club, & Margaret Coffey. Next draw takes place in Scotts on Saturday 27th June.

**ANNUAL GENERAL MEETING:** Killarney Athletic A.F.C. AGM was held on the 28th May in Scott's Hotel. The following officers were re-elected. Dan Harrington President, Don O'Donoghue Honourary Vice President, Chairman: Michael O'Shea, Vice Chairman: Joe Daly, Secretary: Damien McCormick, Treasurer: Basil Sheerin, Child Welfare Officer: Geraldine Nagle

**EXAMS:** Best of luck to all our players who are doing their exams.

**CONDOLENCES:** The club wish to offer their condolences to the Doolan family on the death of Donie. Also to the Nagle family on the death of Kathleen Nagle. May they rest in peace.

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

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

## SCHOOLBOY/GIRL SOCCER

### Divisions Decided:

#### JK Sports 12 Premier:

Killorglin 2-0 Listowel Celtic.

#### Daly's Supervalu Premier:

Killarney Celtic A 2 -5 Park A.

#### 13 Division 1:

Killorglin 2-5 Killarney Athletic.

Inter Kenmare 0-5 Mastergeeha.

Mastergeeha 2-0 Park B.

Inter Kenmare 0-3 Killorglin.

#### Foundation Sports 14 Division 1:

Inter Kenmare 3-0 Ballyhar.

**Division 2:** Listowel Celtic B 0-0 Fenit.

#### 14 Girls Premier:

Listowel Celtic 5-2 Killarney Celtic.

#### Killarney Plaza 15 Premier:

Camp Juniors 0-0 Mastergeeha.

#### Division 1:

Killorglin 3 -2 Killarney Athletic.

#### Tralee Trophy World 16 Premier

Tralee Dynamos 0-2 Killarney Celtic.

#### Gaynor Report:

Kerry 2-3 Clare, Kerry 0-5 Donegal

Kerry 1-3 Mayo, Kerry 1-3 Longford

### REPORTS: CHAMPS KILLORGLIN END SEASON WITH ANOTHER 3 POINTS:

Killorglin are the JK Sports 12 Premier champions and ended their season taking another 3 points with a 2-0 win at home to Listowel Celtic. Killorglin had a very good



campaign and were 9 points ahead of Killarney Celtic in the runners up spot.

**13 PREMIER DOWN TO THE WIRE:** The Daly's Supervalu 13 Premier went down to the wire with The Park needing to win away at Killarney Celtic to force a play-off for the title. And it was The Park who got the victory on a 5-2 score-line. Mervin Shambala hit 3 with Sean McGrath and Nathan Gleeson also scoring. Ruairi Doyle and James Darmody got the goals for Killarney Celtic.

**BUSY WEEK IN 13 DIV 1 AS ATHLETIC ARE CROWNED CHAMPIONS:** It was a busy week for the teams in the Daly's Supervalu 13's Division 1 with the title still to be decided. It was Killarney Athletic who took the top honours as they defeated their nearest rivals Killorglin 5-2 to get the three points that pushed the Killarney side over the line.

An Eoghan O'Shea hat trick laid the foundations for the win and his three goals were added to by Emmet Finnan and Damien Switzer. Killorglin finished runners up and ended their campaign on Saturday when a 3-0 win over Inter Kenmare saw them secure the runners up spot.

Mastergeeha will be happy with their finish to the campaign as they ended with two good wins. Firstly they defeated Inter Kenmare 5-0 away thanks to goals from Philip O'Leary 3 and Shane Warren and Darragh Kennedy who got one each. They followed this up with a 2-0

victory at home to Park B. Here Sean Kennedy and Alex O'Leary were the scorers.

**INTER KENMARE TAKE SECOND IN 14'S DIVISION 1:** There was a great battle for the runner up spot in the Foundation Sports 14 Division 1 behind Camp Juniors and in the end Inter Kenmare got the three points they needed from their game with Ballyhar to claim the runners up spot. They finished on 18 points ahead of Mastergeeha on 17 and Killarney Celtic C on 16 points.

**LISTOWEL CELTIC B TAKES 4TH IN DIVISION 2:** The strength of Listowel Celtic in this Division was proved as they took 1st and 4th places. Listowel Celtic B ended their season with a 0-0 draw against Fenit to take the 4th spot. Their teammates Celtic had the Division wrapped up before the last series of games. St Bernard's were second and Asdee third.

**CAMP JUNIORS FINISH 3RD IN 15 PREMIER:** The Park and Listowel Celtic were a little ahead of the chasing pack in this Division and finished in that order at the top of the table. Camp Juniors were the best of the rest and secured 3rd place following a draw with Mastergeeha in their last game.

**KILLORGLIN MAKE IT 2 FROM 2 IN DIVISION 1:** Killorglin went through a bit of a rocky spell but credit to all the players they turned things around and won their last two

games. In the weekend game they defeated Killarney Athletic 3-2. Conor Sugure and Jack Whittleton and Mark O'Connor were the Killorglin scorers.

**GAYNOR REPORT:** A young Kerry side took part in the 14's Gaynor Cup tournament at UL in Limerick. They started off with a 3-2 loss to Clare. Kerry were very nervous early on and went 3-0 inside the first half. Indeed they conceded the first in the first minute. Credit to the Kerry girls they battled back and had goals from Caoimhe Spillane and Aoife Horgan but could not find the equaliser.

On Saturday they faced a very strong Donegal side and were well in the game for long periods. However Donegal got goals at vital times and ran out 5-0 winners.

Next up on Saturday afternoon was Mayo and as the weather deteriorated the Kingdom girls found themselves 2-0 early on. They pulled one back through Aoife Horgan but went down 3-1. Aoife again was the goal-scorer in their 3-1 loss to table toppers Longford.

Kerry went into Monday facing neighbours Limerick County with the winners due to face Tipperary to round off a tiring but very satisfying 3 days in Limerick.

## SCHOOL OFF TO THE DOGS



GNEEVEGUILLA IS GOING TO THE DOGS! PICTURED L-R DAVID HEREZIK, JULIE MCCARTHY, AISLING BROSANAN, AOIFE O'SULLIVAN, RONÁN COLLINS, HANORAH HURLEY, DANNY FINNEGAN & PRINCIPAL GERARDINE SHANAHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Gneeveguilla National School is going to the dogs. Gneeveguilla N.S. Parents Association are holding a fund raising event for the school at the Kingdom Greyhound Stadium, Tralee on Saturday 20th June. The date is but one week away from end of term and the beginning of the summer holidays. It is a great venue for all students to enjoy time together before the holidays especially our sixth class students before they go on their way to secondary level.

The venue promises to provide a bouncing castle, face painting as well as the entertainment of betting on your favourite greyhound. There will also be a raffle on the night. Tickets for the event which starts at 7.50pm are €10, children are free up to the age of 14. These can be purchased at the school or from the members of the Parents Association. Your support for this event would be greatly appreciated.



AOIFE AND FIONA DOYLE OF INTERMEDIATE SCHOOL KILLORGLIN WHO COMPETED IN THE IRISH SCHOOLS ATHLETIC CHAMPIONSHIP AT TULLAMORE LAST WEEKEND.

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## ROSS GOLF CLUB

### GENTS CLUB

**RESULT:** On Sunday May 31st we held a single stableford competition. The following lead the way:-

1. Jonathan Casey (12) 40 pts.
2. Michael Courtney (12) 40 pts.
3. Renaldas Bendikas (12) 39 pts.

On Sunday June 7th we will hold an 18 hole strokeplay competition. The timesheet is now available so please add your name to it as soon as possible.

**ROSS TEAMS:** Best of luck to our Country Clubs team who play Castlegregory in that competition in Beaufort and also to our Mixed Foursomes team who will play Killarney in that competition in Dooks, both will be played in the next week.

**DR BILLY TEAM:** It is Dr Billy time again and all interested golfers are asked to put their names on the entry sheet which is on the noticeboard.

## RING OF KERRY GOLF CLUB

### VICE CAPTAINS DAY RESULTS SINGLES STABLEFORD

- 1st Tomas MacGearailt (9) 40pts.
  - 2nd Mike Harper (15) 39pts.
  - 3rd Tommy O'Driscoll (0) 38pts.
  - 4th Noel Moylan (6) 37pts ocb.
  - 5th Brendan Breslin (9) 37pts.
- Nearest Pin 18th - Jonathan Goodall.  
Longest Drive 16th - Tommy O'Driscoll.

### UP COMING EVENTS:

- 6th/7th June - Scratch Cup weekend (Enter either day).
  - Three categories - Junior (Blue Tees) Intermediate (White Tees) Minor (Yellow Tees) Visitors €25.
  - 9th June - Tuesday Open Singles Stableford
- Please book by calling 064 66 42000

## KILLARNEY GOLF CLUB



MAIREAD MARTIN HAS BEEN SELECTED FOR THE JUNIOR VAGLIANO TROPHY TEAMS GREAT BRITAIN AND IRELAND

### LADIES:

### RESULTS OF PAT O'NEILL-STYLE SUITE COMPETITION, SUNDAY 31ST MAY, KILLEEN COURSE, SINGLES S/FORD

- 1st Margaret Campion (9) 36 pts (B9).
  - 2nd Christine Carroll (12) 36 pts.
  - 3rd Ann Ladd (11) 34 pts (b9).
  - B.G. Ailish Mulcahy (6) 25 pts.
  - 4th Tina O'Sullivan (19) 34 pts.
- Next Competition Sunday June 7th Singles v. par, Mahony's Sponsor Lord Kenmare's.

Killarney's Noreen Moore Team beat Parknasilla in Killorglin on Saturday 30th May.

Mairead Martin has been selected for the Junior Vagliano Trophy Teams Great Britain and Ireland, and Valerie Clancy and Mairead Martin have been selected by the Irish Girls U18 Team for the European Championships which take place in July in the Czech Rep.

## ROSS LADIES GOLF CLUB

### RESULTS SATURDAY 30TH MAY EILEEN MURPHY MEMORIAL TROPHY QUALIFIER: KINDLY SPONSORED BY AILISH MULCAHY.

1st Noreen O'Mahony (26) Mary Moynihan (24) 34pts.

**UPCOMING EVENTS:** Sunday 14th June 18H Single Stableford Time Sheet available in Clubhouse.

## DEERPARK PITCH & PUTT NOTES

By John Kelly

**CONGRATULATIONS:** To Damian Fleming who turned in a most creditable performance at the National Matchplay competitions in Templemore at the weekend. On Saturday he defeated Ger Coyne and on Sunday Ray Murphy and Jim Judge jbr, before going down narrowly to Eoin Murphy Cork at the quarter final stage.

**WEEKLY FOURBALL RESULT:** A Hole in One has very much become the norm during our weekly Fourball competition with Ger Casey, John Murphy and Johnny O'Brien all recording a Hole in One last Tuesday evening. The competition winners were John Murphy and Betty O'Brien. Please note that the weekly Fourball has now reverted to Wednesday evening at 6-30pm.

36 Hole Strokeplay on this Sunday morning Sunday morning's 36 Hole Strokeplay competition will be a shotgun start at 9-30am Top ten scores to qualify for the final rounds.

### RICKY KELLY MEMORIAL COMPETITION:

This year's Ricky Kelly Memorial competition will take place on the weekend of July 19th and the club is making a special appeal not only to club members but to the people of Killarney to support this event as all proceeds go to the Cystic Fibrosis Charity. The format will again be a 3-Ball Scramble with an entry fee of €100 per team and each team will be obliged to have at least one non registered member of the PPUI. The presentation and entertainment will again be held on the Monday evening July 20th in The Clubhouse. Further details will be available in the weekly notes.

**NOTES DEADLINE:** Items for the weekly notes can be forwarded to the club PRO at kellydoolan@eircom.net or landline 064-6632698, Mobile 086-3941769 prior to midday on Monday.

## CASTLEROSSE GOLF CLUB.

**RESULTS: COMPETITION PLAYED ON  
SUNDAY 31ST MAY, 18 HOLE STABLEFORD,**  
Gene Cronin (15) 40 pts. Overall runner up,  
Peter McGrath (22) 38 pts. Overall 3rd place

Donal Power (19) 37 pts.

**FIXTURES:** This Sunday competition in aid of the National Council for the Blind. Please register on sheet at Castlerosse. Scramble competition continue every Tuesday at 6.30pm. Open to Ladies and Gents. Captains prize day Sunday 14th June.

## KILLARNEY GOLF CLUB

### MEN'S:

### JOHN C COOPER MEMORIAL SINGLES STABLEFORD MAHONY'S POINT 31/5/15

- 1st James Mannix (16) 39.
  - 2nd Daniel Doona (11) 38.
  - 3rd Darren Mulcahy (9) 37.
  - 4th Ronan Brosnan (12) 37.
  - 5th Jim Sheehan (15) 37.
- Category 1 Eugene O'Sullivan (4) 36.  
Category 2 Michael Tangney (9) 36.  
Category 3 Emmet Scanlan (12) 36.  
Category 4 Padraig Griffin (18) 36.

## KILLORGLIN GOLF CLUB

### LADIES: 18HOLE STABLEFORD SPONSORED BY BUNKERS BAR & RESTAURANT:

1. Mary Conway (31) 38 pts.
2. Helen O'Reilly (34) 36 pts.
3. Kathleen Cronin (25) 35 pts.

**FIXTURES:** Sunday 7th June Castlegregory Exchange Day sponsored by Ex Officio Maura O'Boyle. Time Sheet in Pro Shop.

12 Hole re-entry sponsored by Lady Member Kathy Lyons continues until end of June.

### SILVER SWANS 12 HOLE STABLEFORD

- 26/05/2015: 1. Betty Griffin (35) 21-1 = 20 pts.
2. Mary Conway (31) 22-3 = 19 pts.

Ladies Open Day sponsored by FEXCO is on Wednesday 10th June. Time Sheet available in Pro Shop 0669761979.

## MURPHYS BAR GOLF SOCIETY

### KERRY VINTNERS CHARITY GOLF DAY WEDNESDAY 27TH MAY

In aid of The Irish Pilgrimage Trust Sponsored by Tom Tobin.

Killarney Medals & Trophies Centre.

- 1st Mustang Sallys 98 Points.
- James O'Connor (16), Derry O'Connor (9), Tedso O'Connor (14) & Mary O'Connor (24).
- 2nd Killarney Avenue Hotel 97 Points
- Michael O'Donoghue (19), Johnny Doolan (19), Con Healy (9), Tadhg Healy (12).
- 3rd Brehon Hotel 96 Points
- Pat O'Neil (15), Bart Hickey (10), Tim Jones (13), James Lucey (15).

- 4th Royal Hotel 96 Points
- John Griffin (10), Pat Fleming (16), John Bowler (19), Colm Foley (20)

Special thanks to our sponsor Tom Tobin and to all the vintners that entered teams.







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PICTURED AT THE OFFICIAL OPENING OF KILCUMMIN PARK L-R RITA FINNEGAN, DANNY HEALY-RAE, NESSA DOOLAN-McCARTHY & MICHAEL HEALY-RAE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE FIRST HOLY COMMUNION CLASS OF KILCUMMIN NS PICTURED WITH BISHOP RAY BROWNE & FR BEGLEY AT THE OFFICIAL OPENING OF KILCUMMIN PARK ON SUNDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT ST OLIVERS NS ON PERFORMANCE NIGHT WITH THE PERFORMING ARTS ACADEMY WERE FRONT ROW L-R LILY MCCARTHY, ABBIE MAGUIRE, EMMA O'BRIEN & CLODAGH O'SULLIVAN. BACK ROW L-R CAOIMHE COFFEY, SAOIRSE COFFEY & EMILY KATE O'SULLIVAN-WATERS. MIDDLE ROW L-R KEELYN O'LEARY, ABBIE O'SULLIVAN, YEN LENISTAM, ISABEL O'SULLIVAN-WATERS, JENNY O'MAHONEY & RHEA O'SULLIVAN. BACK ROW TEACHERS LISA CURRAN & CATHERINE O'HALLORAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT ST OLIVERS NS ON PERFORMANCE NIGHT WITH THE PERFORMING ARTS ACADEMY WERE FRONT ROW L-R LILY MCCARTHY, ABBIE MAGUIRE, EMMA O'BRIEN & CLODAGH O'SULLIVAN. BACK ROW L-R CAOIMHE COFFEY, SAOIRSE COFFEY & EMILY KATE O'SULLIVAN-WATERS. MIDDLE ROW L-R KEELYN O'LEARY, ABBIE O'SULLIVAN, YEN LENISTAM, ISABEL O'SULLIVAN-WATERS, JENNY O'MAHONEY & RHEA O'SULLIVAN. BACK ROW TEACHERS LISA CURRAN & CATHERINE O'HALLORAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



## POSITIVE INCOME FIGURES SHOW 6% INCREASE IN 2014



EDDIE DOWNEY

IFA President Eddie Downey said that the slight increase in average farm incomes in 2014 reflected the drop in input volumes due to good weather conditions compared with the previous years, rather than strong product prices.

Mr Downey was responding to the results of the Teagasc National Farm Survey, which showed that farm incomes in 2014 increased by 6%. He said, "It must be remembered that the fodder crisis of 2013 resulted in a huge increase in feed and fertiliser

expenditure, in particular. Last year's input figures returned to a more normal basis, while production increased in many sectors also.

Despite this, we see that incomes for cattle finishers was back significantly in 2014, due to a fall of over 10% in finished cattle prices. While cattle rearing and sheep farms experienced an increase in prices last year, average incomes in these sectors remain very low, ranging from €10,000 to €15,000".

Tillage farmers experienced no real

change in income, despite a very strong year for growth, as prices fell. Mr Downey said, "2015 is looking to be a very difficult year for our tillage farmers for the third year running as prices have weakened and yield prospects are average."

For the dairy sector, Eddie Downey noted that, while 2014 was a positive year, many farmers will be under significant cashflow pressure in 2015 due to much weaker prices and the first payments of superlevy. Mr Downey concluded.

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## MACRA MATTERS

Kerry Macra along with Mid Kerry Macra would like to congratulate Zeta Ashe on her performance over the weekend in Miss Blue Jeans, she done both her club and county proud. Well done to all her club mates who showed their artist skills in winning the best poster competition over the weekend. Mid Kerry's tag rugby team of Sean joy Trevor coffey, Mike Hennessey, James o Connor, Shane Clifford, Daniel Horgan, Emmet Kennedy, Louise, Michelle and Karen Flynn were unfortunate in their bid for a national title but played well and placed 9th in the country.



Kerry Macra would also like to congratulate Aine O'Donovan who was representing the Muskerry cork region in Miss Blue Jeans. Aine is girlfriend of county chairman John Michael Fitzgerald.

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## KILCUMMIN NEWS

**PILGRIMAGE TO KNOCK:** On Saturday 20th June. Bus fare €25 this includes breakfast. Mass will be celebrated with the group in the Apparition Chapel. Bus seats will be allocated on a first come served basis. Please look at Kilcummin P.O. Pick up points Glounonea Grotto 6.30am, Anabla 6.40am, Post Office 7am & Lawlor's cross 7.10am. Please contact to organise your pick up arrangements and booking. For further details contact Fr. Joe 064-6643176 or 086-2498967. Everyone welcome.

**KILLARNEY LIBRARY:** The "Here I Am" Exhibition is a photographic collection by Dan Murphy, which celebrates the unique personalities of children with Down Syndrome in Ireland. This is a fantastic project that is about creating positive awareness amongst the members of the public. The full exhibition and book contains 90 photos of children from around Ireland aged between one and twelve who have Down Syndrome. The children from Kerry featured in the book are part of the exhibition that is traveling around Kerry and will be on show at Killarney Library from Tuesday 2nd June to Saturday 20th June during library opening hours.

**A 10K FUNDRAISING TREK:** Will take place on Saturday 6th June in Kenmare to raise much needed funds for Brú Columbanas, which provides 'home from home' accommodation for the relatives of seriously ill patients in Cork Hospitals and Hospice. Registration is €20 and can be done online at [www.brucolumbanus.com](http://www.brucolumbanus.com) or by calling 021 4345754 or 087 2787074

**KILCUMMIN LOOKING GOOD:** We are meeting at the Community Park every Wednesday night between 6 - 7pm to do maintenance work. All volunteers welcome.

**COMMUNITY GAMES:** Training for the County Athletics Finals will continue on Wednesday

June 10th and 17th from 7.00pm – 8.00pm in Kilbreen Park, Mastergeeha and we hope to see all competitors there.

**JUVENILE GAA:** Under 14 Girls play Furies at home on 7th June at 5pm. Under 12 Girls play John Mitchells away on 9th June at 7pm.

**HURLING:** GAA Club Hurling Coaching for under 6 to under 12s on alternate Thursdays at Kilcummin and Legion GAA grounds at 6pm on Thursdays. Contact Garry at 087-2884478

**CÚL CAMP:** Kilcummin's Cúl Camp in 2015 will take place on 20th -24th July. The cost for a child is €55 with second and third children costing €45 and €40 respectively. See [www.kelloggsculcamps.gaa.ie](http://www.kelloggsculcamps.gaa.ie) for further details and for bookings.

**ACADEMY:** GAA Academy: There will be no academy on Saturday 6th June to facilitate the Coolick cycle.

**RAMBLING HOUSE:** Kilcummin Rambling House recording of 1st May will air on Kerrywide, Radio Kerry, at 9pm on 7th June.

### MASTERGEEHA FC

**U13 DIV1: INTER KENMARE 0 MASTERGEEHA 5.** The lads put in their best performance of the season away at 3rd placed Kenmare on Tuesday evening. Philip O'Leary gave them the lead just before the break with a super strike from a free kick. They kicked on in the 2nd half with Darragh Kennedy, Shane Warren and Philip O'Leary scoring further goals before O'Leary completed his hat-trick with the last kick of the match following super wing play by Lee Phelan. All played well lead by MOTM Alex O'Leary in midfield.

**U13 DIV1: MASTERGEEHA 2 PARK B 0:** The lads finished the season with back to back wins following this tough battle against the Tralee side. Playing against a strong breeze in the 1st half they defended well with GK Conor O'Leary making some fine saves. Mastergeeha

took a deserved lead just before HT when Sean Kennedy smashed the ball home when it fell to him after a corner. The lads pushed on in the 2nd half and created more chances which paid off when Alex O'Leary headed home from Philip O'Leary after good work from Shane Warren. A good week for the lads and well done to all involved throughout the season.

### DENNY PREMIER B LEAGUE FINAL:

#### FENIT SAMPHIRES 2-2 MASTERGEEHA FC.

Fenit Samphires and Mastergeeha Fc will have to meet again to see who will be crowned Premier B Champions after an enthralling League Final on Thursday night. Mastergeeha took the lead in the 20th minute when Darragh McCarthy found some space on the left wing with his perfectly placed cross directed home by a powerful header from Colm Lenihan. However mid-way through the second half Feint scored two goals in quick succession. In the final stages of the game Mastergeeha pushed forward and scored in the final minute when Tony Brosnan crossed in to the box and Scott O'Mahony reacted quickest to the breaking ball to take the tie to a replay.

**FAI SUMMER CAMP:** Places for the FAI summer camp which will be hosted in Kilbreen Park from July 6th - July 10th can now be booked through the FAI summer schools website. Please book early to avoid disappointment at [www.summersoccerschool.ie](http://www.summersoccerschool.ie).

**LOTTO:** There was no winner on Friday 29th May. Numbers drawn were 10, 12, 13 & 22 Consolation prizes were €100 Joan & Rhea Kate Devane, Mastergeeha, €60 PK Kelliher, Knocklebede, Kilcummin, €30 Marie Curtin, Knocklebede, Kilcummin, €30 Aisling Brennan, c/o Bertie Curtin, €30 Pat Walsh, Milleen, Kilcummin. Draw will take place in The Village Inn Kilcummin every Friday night. Jackpot now €3,150



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## RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

### TWO TEACHER SCHOOL FOOTBALL

**TOURNAMENT:** This is an annual tournament sponsored by Rathmore Credit Union and run between the Primary Two Teacher Schools in the parish. It creates great excitement for the boys and girls involved. The two schools through to the final are Raheen and Meentogues. The final will be played in Barraduff on Wednesday 10th June at 2pm. We wish both teams the best of luck.

**EXAM TIME:** The coming week will see the start of the Leaving and Junior Certificate exams. We wish all students sitting these exams the very best of luck.

**RATHMORE COMMUNITY CENTRE:** Bingo every Friday night at 8.30pm.

**THE MARIAN PLAYERS:** Are organising their old clothes collection and it's perfect timing for a summer decluttering session. They are looking for old clothes, curtains, shoes, handbags etc. the more weight the better! All funds raised are reinvested in the Panto wardrobe.

Start gathering now and give to Eilish Coakley before the 23rd June.

**BARRADUFF NATIONAL SCHOOL CYCLE:** Will take place on Sunday 7th June 2015.

The Cycle will follow the same route as last year – from Barraduff School to Kilgarvan through Kenmare town, down Molls Gap into Killarney and finishing at Barraduff NS. Participants can park for free and register at Barraduff National School from 7.30 am to 10 am on the morning of the Cycle and the cost remains the same at €20 per saddle occupant and €15 for teenagers aged 16 and over.

Barraduff NS Parents Council is hoping for a great turn-out this year to raise much needed funds for the School.

**RING OF KERRY CHARITY CYCLE:** Saturday July 4th 2015. Rathmore Social Action Group are one of the beneficiaries of this year's charity cycle. We would very much appreciate volunteers on the day of the cycle to help in the following areas:

- Stewards for cyclists in Killarney.
- Assisting at the food station in Killarney.
- Experienced bicycle repair.
- Medical personnel:-
- Doctors.
- Nurses.
- Advanced Paramedics.
- Paramedics.
- Emergency First Responders.
- Cardiac First Responders.
- Occupational First Aiders.

Anyone interested in volunteering please contact Mary or Marie Tel :0647758588

E-mail : info@sag.ie

**SYMPATHY:** To the families, relatives and friends of Margaret O'Leary, 118 Kincora Road, Clontarf, Dublin & Rathmore.

Ellen Nell Cahill (née O'Riordan), Stagmount, Headford.

Nellie Murphy (née Lynch) Kilquane, Headford and late of Annaghmore, Headford, whose deaths occurred last week. May they all rest in peace.

**LTV MILLSTREET:** We wish speedy recovery to Sean Radley on his recent illness.

**RATHMORE COMMUNITY MARKET:** Local Food - Local Craft - Juice Bar - Live Music, Tea/ Coffee-Cracic! indoors. Every Saturday from 10:00 -2pm. In the Community Centre, Rathmore. Support our community.

Everyone welcome! More stalls welcome, contact: 083 1588404

**CEMETERY MASSES:** We celebrate our cemetery Masses. Here is a full list of dates and times of the Masses.

Tuesday 9th June – 8pm – Rathmore,  
Thursday 11th June – 8pm – Shrone,  
Tuesday 16th June – 8pm – Knocknagree,  
Thursday 18th June – 8pm – Kilquane,  
Monday 22nd June – 8pm – Behinaugh (Please inform people outside Parish who may have relatives buried in any of the aforementioned. It is greatly appreciated that all our graveyards are kept tidy.)

**RATHMORE COMMUNITY COUNCIL:** Owners, walkers, road users, gardeners, builders, anglers etc. please be aware of the invasive Knotweed. Japanese Knotweed has been found between Gneeveguilla and Rathmore, along the main road west of Shrone Cross and also east of Presbytery View. Japanese Knotweed is a non-native, invasive species, poses a huge environmental and economic threat. It spreads rapidly, particularly along watercourses, roadsides, railways and hedgerows. It can seriously and permanently damage buildings, roads and hard surfaces, damage flood defence structures and actually increases flood risks. It grows vigorously, causing tall thickets and shading out the land under it. This means it outcompetes native plants and animals. It can cover over a river in a few weeks, block off the sunlight and nutrients from native species and native plants and is a huge threat to our rivers, water quality and environment. It can spread from a tiny stem or root fragments that fall of the ground. The Law: Regulation 49 and 50 of the European Communities (Birds and Natural Habitats) Regulations 2011 make it an offence to: Plant, disperse, allow dispersal or cause the spread of Japanese Knotweed.

Keep the plant in possession for purpose of sale, breeding, reproduction, propagation, distribution, introduction or release.

Keep anything from which the plant can be reproduced or propagated from without a granted licence. Keep any vector material, in this case soil or soil taken from Japanese Knotweed, for the purpose of breeding, distribution, introduction or release. For further information contact any member of Rathmore Community Council.

**DESTINATION KERRY FORUM:** The Destination Kerry Tourism Forum, Kerry county council Tourism unit and Failte Ireland on the preparation of a Tourism Strategy and Action plan for. Co. Kerry that should help to drive tourism development in the county over the next five years ( 2016 to 2020 purpose of the meeting was to provide an overview of the proposed strategy and obtain public input to the Tourism Strategy for Kerry. Kerry county council believes that the tourism industry in the county can grow significantly, but this will require commitment to a common agreed vision and coordinated effort by all the communities and organisations involved in tourism in Kerry, communities and organisations in Rathmore, Gneeveguilla, Shrone, should make submission further information or to make submission before 30th June 2015, please contact the tourism unit of Kerry county council at Email:tourismoffice@kerrycoco.ie Phone:0667183591/7183581.

**RATHMORE COMMUNITY COUNCIL:** The Bottle Bank at the creamery Yard are no longer available. We are now looking for site for the bottle banks. Any business person or anyone inserted in locating a site on their property for bottle banks. Contact any member of Rathmore community council. At the moment the only Bottle Banks available are at Millstreet Recycling Centre. Opening Hours: Monday 9.00-4.30. Tuesday Closed. Wednesday Closed, Thursday 9.00-4.30. Friday Closed. Saturday 9:00-1:00. Sunday Closed. Closed for lunch 12.30-13.30.

Also in Coolcaslaugh, Killarney & Beech Road Car Park, & Glebe car park Killarney.

**CONGRATULATIONS:** To Holy Family NS who receive their 5th green school flag at a presentation at Silver Springs hotel Cork recently.

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

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

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## ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



**Red Rock** reaches the end of its debut season on TV3 this Thursday with bosses saying that viewers will be left reeling after the soaps finale cliffhanger. The final episode was aired on Thursday 4th June but fear not the soap will return in September, bigger and better with new characters being introduced and grittier story lines.

Tuesday and Thursday's episode will see a number of characters face big choices. First up, a pregnant Katie Kiely will need to decide if she will travel to the UK and terminate her pregnancy. While David Hennessy's mother Patricia is adamant that her son's girlfriend goes ahead with the abortion, Katie's parents Vincent and Bridget are hopeful she'll keep her baby.

Meanwhile, Angela Tyrells son Connor's drug addiction will be revealed when Angela finds her son passed out after taking his latest hit. Bosses have explained that the scenes involving Angela and Connor will be hard hitting as the reality that her son is a drug addict dawns on Angela.

**Ros Na Run** is also heading towards its explosive season finale as the twisted story of Eoin's revenge on Tadhg reaches its dramatic conclusion on June 11th. Now in its 19th season Ros Na Run will pulling out the big guns for this finale episode as it heads into its 20th anniversary year.

Bosses have promised a stunt filled episode filled with shocking twists and turns sure to leave viewers on the edge of their seats awaiting the return of the Galway village based soaps return in September.

## Citizens Information

### Know Your Rights: SELLING A PROPERTY AND LPT

JUNE 2015

#### QUESTION

I'm selling my house. The asking price is a lot more than the valuation for Local Property Tax (LPT) on 1 May 2013. Will I be liable to pay the outstanding LPT if I sell it for the asking price or more?

#### ANSWER

In general, if you declared a valuation band or valuation on your 2013 Return honestly and in line with Revenue guidelines, this valuation will continue to apply until 31 October 2016. When you are selling your house you (or your solicitor) can use the LPT online system to get clearance from Revenue to prove that there are no outstanding LPT issues with your property.

This is known as General Clearance. However, if the expected or agreed sales price is greater than the valuation band or valuation declared on the 2013 Return, you may need to get Written Clearance from Revenue, as well as General Clearance. If you meet any of the following conditions, you don't need to get Written Clearance:

- The sales price falls within the allowable valuation margin: In general, for houses that were valued up to €300,000 the sales price can fall into the next valuation band; for houses valued between €300,000 and €1 million the sale price can be up to 15% higher than the upper limit of the band declared and for houses over €1 million the sale price can be up to 15% higher than the declared chargeable value.

- You carried out work that enhanced the value of the property. You must have receipts and verification of how much was spent.

- You based the original valuation on sales of comparable properties. You must be able to show that you based the declared chargeable value on the valuation date on known and verifiable sale prices of comparable properties in the area.

You can read full details of the conditions in Revenue's guidelines on the sale of properties.

You will need to get Written Clearance from Revenue if none of the above conditions are met and your declared valuation was made in good faith and in line with Revenue guidelines. You apply for Written Clearance by completing Form LPT5 and including relevant supporting documentation. Revenue will review the basis for your declared valuation and determine whether clearance should issue.

**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, 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.



### THANK YOU FOR BEING YOU!

As I sat down to write this weeks piece for the Outlook I just had the overwhelming feeling of gratitude! And I just wanted to say a huge thank you to YOU for reading my pieces every week and to The Outlook magazine for publishing them!

Life is about communicating and connecting with others and sharing who we are, what we feel and coming together to make a positive difference in the community and in the world! Every week I get the chance to write about what matters to me and to be lucky enough to share it with you. I have had so many beautiful comments about the pieces I write and met so many wonderful people and I just wanted to thank you for being there, for taking the time to read the articles and for all your feedback. It is so easy to complain when something goes wrong and we so often forget to celebrate or give thanks for all the blessings in our days! So this is my thank you to you! I really appreciate you being there and although we may not have personally met, your energy is felt, welcomed and deeply appreciated. And if someone has touched your life or your heart then pass on your thanks, share your blessings and shout out your gratitude!

Thank you for being YOU!

For Life Coaching tips, inspirational thoughts and moments please visit my Facebook page and click on "LIKE!" to receive. Thank you!

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## MANAGING EXAM STRESS

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. Remembering your past achievements and taking 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.

**EXAM-TIME:** 1. Set Priorities. What is the most important and what needs to be done first. You do not need to do everything in one night. Prioritize what needs to be done early in the week, and what can be done later. If you are focusing on a few subjects a night rather than worrying about all of them every night you will do a better job overall.

2. Give yourself a break. Whilst it's important to do your best – don't try to over-achieve. Give yourself time to relax too.

3. Set Realistic Goals. Set goals that you can see yourself achieving within a week, two weeks, etc. Setting goals that are too high can make you feel more stressed if you cannot realistically achieve them.

4. 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.

5. 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.

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.

**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. Please support us at **The Kerry Emergency Charity Cycle on June 13th**. Registration is €30 and is payable on the day. The Cycle is followed by a BBQ. For more information see [www.kerryemscycle.com](http://www.kerryemscycle.com)

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

### WHAT IS A SMEAR TEST AND HOW IS IT TAKEN?

A smear test (sometimes called a pap test) is used for cervical screening. It is a simple procedure where a doctor or nurse (smear taker) takes a sample of cells from the cervix (neck of the womb) to look for early changes on the cells of the cervix. A smear test can identify cell changes before they become cancer cells. If these cells are not found and treated, they could become cancerous over time.

A smear test is a very simple test that takes about five minutes. It may be slightly uncomfortable but should not be painful. It is expected that the entire appointment should generally take about 15 minutes in the doctor's surgery or health clinic.

You can lie on your side or on your back for your smear test. The doctor or nurse taking the test will gently insert an instrument called a speculum into your vagina to hold it open. The cervix is the area where the top of the vagina leads to the uterus (womb). The doctor or nurse will use a small, specialised broom to gently brush off a sample of cells from the cervix. This sample is sent to the laboratory to be checked.

A smear test is not a diagnostic test. It is not needed for clinical investigation of fibroids, cysts, heavy or painful periods or pain during intercourse. A smear test is not used to detect any changes in the womb, the fallopian tubes or the ovaries. If you have any concerns about any of these issues you should speak to your GP or nurse.

### WHAT IS THE PURPOSE OF CERVICAL SCREENING?

A smear test (sometimes called a pap test) can detect changes in the cells of the cervix (neck of the womb). The earlier abnormal cell changes are found, the easier they are to treat.

### WHO SHOULD HAVE A SMEAR TEST?

Women who have ever been sexually active aged 25 to 60 should have a regular smear test and continue to have regular smear tests after the menopause. If you are aged over 60 years and have never had a smear test, please contact your family doctor (GP) or local CervicalCheck registered smear taker to discuss your cervical screening needs.

If you have never been sexually active, the risk of developing cervical cancer is considered to be low. If you do become sexually active, you should have cervical screening.

Woman aged 25 to 60 who live in Ireland are eligible to have a free smear test. CervicalCheck has developed a register (list) of eligible women nationwide aged 25 to 60 through up-to-date information received from the Department of Social Protection.

### WHAT ARE THE RECOMMENDED SCREENING INTERVALS?

- Women aged 25 to 44 will be offered a free smear test every three years.
- Women aged 45 to 60 will be offered a free smear test every five years.
- Regardless of the age of a woman when she has her first CervicalCheck smear test, she needs to have two normal smear test results - three years apart, before moving to a five year screening interval.
- A woman may also be advised by CervicalCheck to have additional smear tests if further investigation is needed, as recommended by the programme.

### HOW MUCH DOES IT COST?

There are no costs to a woman involved in having a smear test. CervicalCheck provides free cervical screening to women aged 25 to 60 years. This covers all aspects of the test from making the appointment, the initial consultation, the smear test, sending the sample to the laboratory (postage), the smear test result, follow-up and appropriate consultation if necessary.

If you have any further queries please do not hesitate to contact **Killarney Medical Centre** on **064 66 20628**



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





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## PHOTO COMPETITION:



BirdWatch Ireland is reminding people of their Wildlife in Ireland 2015 photography competition. First prize is one night B&B plus dinner for two in The Lake Hotel, Killarney (in a lake-view room with a complimentary bottle of wine), valued at €250. Second prize is a set of wildlife books from The Collins Press, Cork, valued at €200.

Photographs entered into the competition must have been taken on the island of Ireland or in its territorial waters between 14th February and 30th June 2015. Photographs must be submitted via email to [competitions@birdwatchireland.ie](mailto:competitions@birdwatchireland.ie), and the closing date for entries is 1st July 2015. A selection of the photographs submitted to the competition will be used in the 2016 BirdWatch Ireland calendar. For a full set of rules and guidelines, please enter BirdWatch Ireland Photo Competition in your search engine and follow the link to Oran O'Sullivan.

## BIRDWATCH IRELAND APPEALS FOR BREEDING CURLEW RECORDS:

BirdWatch Ireland, under contract to the National Parks and Wildlife Service, is undertaking a national Breeding Curlew Survey in parts of the north-west, west and south-west of Ireland and is appealing to members of the public to take part.

The Curlew, with its long legs, large brown body and long, down-curved bill, is one of the most iconic and easily recognised birds of the rural Irish landscape. Its distinct and evocative 'cur-lee' call is a welcome sound that has been heard across Ireland for thousands of years. Sadly, this is changing and the sights and sounds of Curlew in spring and summer are becoming increasingly rare.

"It is estimated that since the 1970s, Ireland has lost almost 80% of its breeding Curlew population, with perhaps only 200 breeding pairs remaining," explains Dr. Anita Donaghy, Senior Conservation Officer with BirdWatch Ireland. "As a result of this decline, Curlew have been 'Red-listed' and become one of the country's highest conservation priorities. Curlew are on the edge of extinction as a breeding species in Ireland and urgently require surveys to locate breeding pairs and target conservation measures to protect

them."

This may come as a surprise to those who regularly see large numbers of Curlew in winter, as migrants arrive at our wetlands in large numbers from July onwards, remaining until spring. These birds are, in fact, from Britain and continental Europe; they come to Ireland for the mild winter conditions, but return to their breeding grounds overseas in spring, with just the small number of native Irish Curlew remaining here to breed.

The aim of this year's Breeding Curlew Survey is to get an improved estimate of the number of breeding pairs of Curlew in Ireland and identify important breeding grounds. This information will help monitor long-term populations trends and aid in the design and application of new conservation measures for this enigmatic and well-loved species.

Curlew nest on the ground in open habitats such as damp and rushy pastures, wetlands, meadows and boglands. They use their long, down-curved bills to probe for food in soft, wet areas and feed their chicks. Chicks hatch from their eggs in late May and early June and leave their parents care after 30-40 days, by which stage they are fully fledged.

You can take part in BirdWatch Ireland's survey by submitting your sightings of potentially breeding Curlew (i.e., sightings of one or two birds only, in suitable breeding habitat) via our quick and easy questionnaire.

If you have a large number of sightings, or would like to get more directly involved with the survey, you can contact us at [curlew@birdwatchireland.ie](mailto:curlew@birdwatchireland.ie).

For further information on this project and Curlew in Ireland visit BirdWatch Ireland Breeding Curlew Survey webpage.

## CHEMICALS IN LAWN FERTILISER:

Lawn chemicals are designed to kill weeds and insects. But they can harm people, as well as pets and wildlife too.

Suburban lawns and gardens receive more pesticide applications per acre than agriculture.

If you want to have a lawn but avoid dangerous chemicals, read the label on the fertilizer bag before you buy.

In the case of weed killers Glyphosate for example is the active ingredient in Monsanto's RoudUp. It is also used to pre-treat seeds as a way to inoculate them against pests and disease. Because it is used so widely, it is inevitably showing up in our air and water. The impacts on human health could be serious, research shows it could deform the heads in developing frog and chicken embryos and could be a cause of cancer.

In place of these and other toxic chemicals, use organic means to control pests. Beneficial insects and organic fungicides can keep pests and disease under control. It's also advised to plant native grasses that resist fungus. Get additional suggestions from your lawn and

garden centre.

Ultimately, the best strategy may be to replace lawns with ground covers, gardens, decorative stones, woodchips, and other materials that require no chemicals.

## NEW HOODIE HELPS YOU TO TAKE YOUR PET WHEREVER YOU GO:

Unihabitat, a Japanese pet supply company, have unveiled a new product that's sure to find fans among people and their inseparable animal companions the world over. It's called the Mewgaroo Hoodie, a sweatshirt featuring a specially-designed pouch precisely for keeping dogs, cats or other small pets feeling cozy, safe and close at hand.

Unlike all those boring, run-of-the-mill hoodies not made with animals in mind, this sweatshirt also features sewn-on ears and paw pads to complete the proud animal-lover look. Of course, the real breakthrough is in the pouch. Anticipating that some dogs and cats are prone to shed, the perfectly pet-sized pocket includes a removable lining for easy cleaning.

## ANSWER TO LAST WEEKS RIDDLE:

What is something you'll never see again?

Answer: Yesterday!

## QUOTE FOR THE WEEK:

"The only way to have a friend is to be one" ~ Ralph Waldo Emerson.

## ON THIS DATE – JUNE 5TH:

1646 - Eoghan Rua O'Neill and his army defeated Robert Munro's Scottish army at Benburb in Co. Tyrone.

1868 - Birth of Irish Patriot James Connolly in Edinburgh.

1899 - Margaret Anne Cusack (Sister Mary Francis Clare), the 'Nun of Kenmare', died in Leamington, Warwickshire, England

1915 - Denmark amended its constitution to allow women's suffrage.

1920 - Cornelius Ryan, war correspondent and author of *The Longest Day*, *The Last Battle* and *A Bridge Too Far*, born in Dublin

1942 - German Nazi SS Lieutenant Eichmann officially noted that since December 1941, 97,000 people had been "processed" in three gas-vans.

1956 - Elvis Presley introduced his new single, "Hound Dog", on The Milton Berle Show

1968 - U.S. presidential candidate Senator Robert F. Kennedy fatally injured in shooting by an assassin after victory speech following his win in California's Democratic presidential primary, he died on June 6th.

1973 - Britain voted to enter the European Common Market.

2000 - British Prime Minister Tony Blair issued an apology to the Guilford Four 11 years after they had been released from prison where



they each spent 15 years on a trumped up conviction

## THIS WEEKS RIDDLE:

A farmer returns from the market, where he bought a goat, a cabbage and a wolf. On the way home he must cross a river. His boat is small and won't fit more than one of his purchases. He cannot leave the goat alone with the cabbage (because the goat would eat it), nor can he leave the goat alone with the wolf (because the goat would be eaten).

How can the farmer get everything on the other side in this river?

Answer next week!

## TONGUE TWISTER:

Tie twine to three tree twigs.

## REDUCED JAIL TIME IN EXCHANGE FOR READING:

To reduce the likeliness of inmates returning to a life of crime, Brazil chose to reduce jail time to those who educate themselves by reading while in prison. For each book a prisoner reads, they must submit a report, and if deemed appropriate, it will reduce 4 days off of their sentence. Since the beginning of the program, Brazil has seen a 30% reduction in criminal relapses.

## ABLIND MAN AND HIS ARMLESS FRIEND HAVE PLANTED OVER 10,000 TREES:

Looking at the lush, green, tree-filled stretch of land north of the Yeli Village in Sunzhuang Township, Jingxing County, Hebei, China, it's hard to imagine that just 12 years ago, those plains were filled with nothing but rocks and weeds. This miraculous transformation is all thanks to the hard work and dedication of an elderly blind man named Jia Haixia and his friend Jia Wenqi, a double amputee with no arms. For more than 10 years, the two have been planting thousands of trees in an effort to protect and preserve the natural ecology of the land surrounding their village.

53-year-old Jia Haixia was born with congenital cataracts that left his left eye blind. Then, in 2000, he lost his other eye in an accident at work, leaving him completely without sight. Jia Wenqi, also 53, lost both his arms in an accident when he was just 3 years old. After Mr. Haixia became fully blind, the two friends were having trouble securing jobs, so they decided to lease over eight acres of land near the riverbank from the local government with the goal of planting trees for future generations. While working towards this noble objective, Mr. Haixia and Mr. Wenqi have also been able to help protect their village from flooding, while also earning a modest income from government funding.

Each morning, the two friends rise at 7am and then head out for a day's work. With little money to buy saplings from the store, they

rely on taking cuttings from grown trees and planting them to create new life. After years of living and labouring side by side, the close friends have learned how to work together in order to overcome their individual disabilities. Mr. Wenqi often carries the sightless Jia Haixia on his back across the rushing river, while Mr. Haixia climbs to the top of trees to cut off the boughs that will become new trees. After climbing back down, Mr. Haixia digs holes in the ground to plant the cuttings; it is then Mr. Wenqi's job to take care of the growing saplings by watering them. With this unique system of teamwork, the friends estimate that they've planted over 10,000 trees in over a decade.

Mr. Haixia and Mr. Wenqi have received a tremendous amount of attention and support after news of their heroics went viral in China and some generous have donated money to provide the elderly couple with pensions to support their lifestyles. Mr. Haixia may even be able to regain sight in his left eye thanks to an operation that a team of health care professionals are willing to perform for free.

## HOW CAN YOU TELL IF THE BABY ANIMAL NEEDS HELP?

Determining whether an animal is an orphan and needs your help depends upon the animal's age, species, and natural behaviours. People often mistakenly assume that a baby deer (a fawn) is orphaned when found alone. If he is calm and quiet, he is OK, and his mother is probably nearby. A doe only visits and nurses her fawn a few times a day to avoid attracting predators. Unless you know the mother is dead, leave the fawn alone.

Mother deer are wary of human smells, so if you have already handled the fawn, take a towel, rub it in the grass, and then wipe down the fawn to remove all human scent. Then return the fawn to the place where you found him.

Only if the fawn is lying on his side, or

wandering and crying incessantly, is he likely to need help. If this is the case, contact a park Ranger or a Vet.

Unlike deer and some other animals, birds will not abandon their young if a person touches them. If baby birds have fallen from their nest and you can put them back without danger to yourself, you should do so.

If the original nest was destroyed or is too high to reach, hang a small, shallow basket close to where the original nest was. Woven stick baskets work well—they resemble natural nests and allow rain to pass through so the birds won't drown. Adult birds won't jump into anything they cannot see out of, so make sure the basket is not too deep.

Keep watch from a distance for an hour to make sure the parent birds return to the new nest to feed their chicks. If they do not return, contact a vet for advice.

Birds with fully feathered bodies but short tail feathers may be fledglings (adolescent birds). You may see them hopping about on the ground, unable to fly. This is normal; birds learn to fly from the ground up!

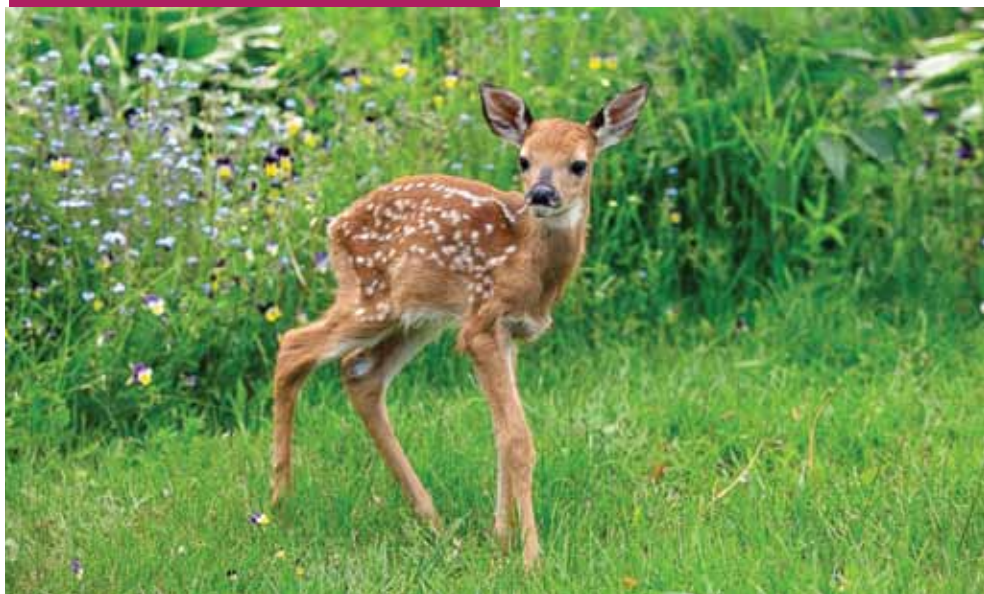
Fledglings may remain on the ground for a few days, supervised and fed by their parents a few times per hour before they get the hang of flying.

Keep pets away from the area—dogs should be leashed, and cats should be kept indoors. If there are stray pets in the area, put the fledglings in a small basket and hang it securely from a nearby tree limb to keep the birds off the ground for the few extra days they need before they can fly.


However, if baby birds appear injured, alone,

## FINALLY THIS WEEK – EINSTEIN HAD THE RIGHT IDEA:

Albert Einstein once declared that his second greatest idea after the theory of relativity was to add an egg while cooking soup in order to produce a soft boiled egg without having an extra pot to wash.







## A WORD OF VICTORY

Welcome back dear reader the world as we know it today began six thousand years ago; scientists are now proving this beyond any doubt. The planet itself existed for much longer than that, but it had no life until God spoke and brought everything into existence and thus began the entity called time and time will last until the return of Jesus to planet Earth where He will reign from the city of Jerusalem. Lucifer, the fallen angel, now Satan, deceived Adam and Eve into handing over the authority they had received from God to him. As the population began to grow sin began to increase and wickedness filled the earth. Immorality was rampant at every level so God decided to cleanse the Earth as He cannot use people who live like that thus the great Noah's flood happened. From that flood only eight people survived and they were commanded to go and fill the Earth once more. Noah's son Ham carried out an indecent act against his naked and drunken father (Genesis 9:22). Noah cursed Ham's son Canaan for what he had done. The place where Canaan lived became corrupt and immoral and God sent brimstone and destroyed the two main cities Sodom and Gomorrah and the surrounding villages annihilating the population. The next major event coming to planet Earth is the imminent return of the Lord Jesus and we are warned that just as in the days of Noah, people will be eating and drinking and marrying when suddenly disaster will strike (Luke 17:26-29). Jesus says the immoral, murderers and all unrepentant sinners will be cast immediately into the fires of hell with Satan and his fallen angels and only those people who from their heart genuinely repent and call on the Lord Jesus shall be saved. We must all decide where we will spend eternity. Call on Jesus now friend! If you have a query on Scripture or any prayer need please call **064-6622950** or email [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net). More next week...

**Contact: 064 - 66 22950 Email: [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net)**

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THE CORPUS CHRISTI PROCESSION GOES THROUGH THE STREETS OF KILLARNEY ON WEDNESDAY EVENING. HUNDREDS OF LOCALS JOINED MEMBERS OF THE CLERGY AND FIRST HOLY COMMUNION CHILDREN FROM SCHOOLS THROUGHOUT THE TOWN FOR THE EVENT WHICH IS HELD EVERY YEAR. PICTURE: MARIE CARROLL-O'SULLIVAN.



KILLARNEY PARISH ADMINISTRATOR FR KIERAN O'BRIEN WITH COUPLES WHO CELEBRATED 25 YEARS OF MARRIAGE AT THE WEDDING ANNIVERSARY MASS IN ST. MARY'S CATHEDRAL, KILLARNEY, ON SATURDAY EVENING. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



KILLARNEY PARISH ADMINISTRATOR FR KIERAN O'BRIEN WITH COUPLES WHO CELEBRATED 30 YEARS OF MARRIAGE AT THE WEDDING ANNIVERSARY MASS IN ST. MARY'S CATHEDRAL, KILLARNEY, ON SATURDAY EVENING. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



KILLARNEY PARISH ADMINISTRATOR FR KIERAN O'BRIEN WITH SEAMUS AND MARY O'SULLIVAN DARCY AT THE WEDDING ANNIVERSARY MASS IN ST. MARY'S CATHEDRAL, KILLARNEY, ON SATURDAY EVENING. THE DARCYs, WHO WERE MARRIED IN 1960, CELEBRATED 55 YEARS OF MARRIAGE, WHILE OTHER COUPLES WERE CELEBRATING 50, 45, 40, 30 AND 25 YEARS OF MARRIAGE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



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## NOVENA TO THE SACRED HEART

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

## PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything  
and show me the way to reach my ideal.  
You give me the divine gift to forgive and  
forget the wrong that is done to me and who are  
in all instance of my life with me.  
In this short dialogue I want to thank you for  
everything and confirm once more that I never  
want to be separated from you no mater how  
great the material desires may be. I want to be  
with you and my loved ones in your perpetual  
Glory. Amen. (Say this prayer three consecutive  
days without stating the request, after the third  
day the request will be granted no matter how  
difficult it may be. Promise to publish this as  
soon as your request is granted.)

## NOVENA TO ST. CLAIRE

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

## THE MIRACLE PRAYER

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## THE MIRACLE PRAYER

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

## 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.

## 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.C.

## NOVENA TO THE SACRED HEART

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

## THE MIRACLE PRAYER

O wonderful St. Anthony, glorious on account  
of the fame of your miracles, and through the  
condescension of Jesus in coming in the form of  
a little child to rest in your arms, obtain for me  
of His bounty the grace which I ardently desire  
from the depths of my heart .  
(State your intention)  
You who were so compassionate toward  
miserable sinners, regard not the unworthiness  
of those who pray to you, but the glory of God  
that it may once again be magnified by the  
granting of the particular request (State your  
intention) which I now ask for with persevering  
earnestness. Amen. This prayer must be  
published immediately.

## NOVENA TO THE SACRED HEART

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many favours. This time I ask you this special  
one, (mention favour).  
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your own broken heart where your Father  
sees it.  
Then in his merciful eyes it will become your  
favour not mine.  
Amen.  
Say this prayer three times for three days and  
your favour will be granted.  
Never know to fail. Must promise publication  
of prayer.

## NOVENA TO ST. CLARE

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

## NOVENA TO THE SACRED HEART

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

## PRECIOUS MOTHER OF JESUS

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful  
Vine, Splendour of Heaven, Blessed Mother Son  
of God, Immaculate Virgin, assist me in this my  
necessity. O Star of the Sea, help me and show me  
herein you are my Mother. O Holy Mary, Mother of  
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Publication of prayer and favour will be  
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