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GOODLIE 12:00, 1:00pm 7 Days 6.50	BAD NEIGHBOURS 12:00, 1:00pm 7 Days 6.50 9.50 Sat/Sun 4.50 7.50	KIDS CINE CLUB Saturday 7th & Sunday 8th June WUPPETS MOST WANTED 12:00 12.40 WUPPETS 12:00 12.40	BIO 12:00, 1:00pm 7 Days 6.50 9.50 Sat/Sun 4.50 7.50

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SELLING KERRY TO A GLOBAL MARKET

Key members of the tourism industry in Kerry attended a workshop on 'Driving Growth Through Segmentation', in the Muckross Park Hotel, Killarney organised by Fáilte Ireland. This is the third in a series of 11 workshops which are currently being rolled out throughout the country. The workshops concentrate on how to secure growth and win additional market share in the four main markets of Great Britain, US, Germany and France who between them deliver 70% of overseas visitors.

In 2013 Irish tourism saw significant and well deserved growth in overseas numbers with an overall growth of 7.2%. In a determined effort to drive growth and increase sales, Fáilte Ireland and Tourism Ireland are jointly implementing a new evidence based consumer global segmentation model. The workshop forms one of a suite of sales capability supports for the Irish tourism industry to aid in better targeting and more effective selling into the right channels to grow international sales.

Fáilte Ireland's Jenny De Saulles, said: "At Tuesday's event in the Muckross Park Hotel, we



KEY MEMBERS OF THE TOURISM INDUSTRY IN KERRY ATTENDED A WORKSHOP ON 'DRIVING GROWTH THROUGH SEGMENTATION', IN THE MUCKROSS PARK HOTEL, ORGANISED BY FÁILTE IRELAND. FROM LEFT, MICHAEL ROSNEY, KILLEEN HOUSE HOTEL, PETER NASH, TOURISM IRELAND, MARTINA CANTY, FÁILTE IRELAND, GINA OVERY AND TOM O'DONNELL, O'DONNELL'S BAR, CLAGHANE. PHOTO: VALERIE O'SULLIVAN.

presented our new domestic and international segmentation models - based on extensive market research - to the tourism industry in Kerry. Before we set about developing and

marketing Irish experiences we must first understand the needs and motivations of our potential customers. Having such insights is imperative to stay ahead of the competition.

SEAN TAAFFE HAIR & BEAUTY GROUP ANNOUNCE OPENING OF PRIVATE WIG CLINICS IN THEIR SALONS IN KILLARNEY AND TRALEE

The multi award winning Sean Taaffe Hair & Beauty Group has this week announced the opening of their new Private Wig Consultancy Clinic in their two main salons in Killarney and Tralee. The service will be managed by specially trained consultants within the Sean Taaffe Group and will offer a private and personalised service to clients who are suffering from alopecia & post- chemotherapy. "Our in-house Wig Specialists have been highly trained so as to offer a personalised, bespoke and premium service to help both cancer patients and those suffering from alopecia and other causes of hair loss, through their difficult journey. We are passionate about preparing clients for the traumatic experience and guiding them through such a tough time and our primary focus is to help by making them feel better with an uplifting experience. Our service is strictly by appointment only to ensure complete confidentiality. Whether within our Salon's private suites, or in our client's own home, we can assist in selecting the wig that best resembles clients natural hair and matches their

personality," said Kara O'Shea, Manager, Sean Taaffe Group

The Sean Taaffe Private Wig Clinic offers an extensive selection of quality human hair wigs in a wide variety of colours, lengths and styles. Prices start at €450 per wig and this cost can be part funded by the HSE and Personal Health Insurance. The Sean Taaffe Group are VTCT Certified. For more information on the new Sean Taaffe Group Private Wig Clinic or to book an appointment, please telephone Kara or Jamie on 1850 822333 or email sttralee@seantaaffe.com



KARA O'SHEA FROM THE SEAN TAAFFE GROUP.

CELEBRATION TIME FOR FIRIES CHURCH

Firies Parish has a major celebration next Sunday to mark 150 years since the blessing of the Foundation Stone of St Gertrude's Church, Firies. This is being celebrated next Sunday night, June 8th, at 7.30. It was blessed in 1864.

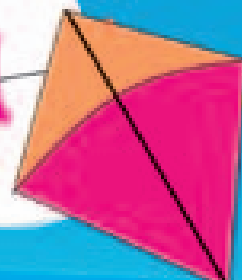
The celebration will include music and prayers from the Firies Choir and Knockaderry National School. Opus 96 will also feature. All are welcome!



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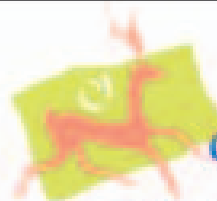


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CRUISING, CHROME AND PLENTY OF CRAIC... BIKE FEST A HUGE SUCCESS

Over 45,000 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, Britain, 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.

It is Ireland's largest free open biker festival – all makes, models and manner of bikes were welcome, no registration was required and admission was free to The Bike Village located in the grounds of The Gleneagle Hotel and INEC Killarney.

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®



PADDY GUERIN FROM WHITE'S CROSS CORK PICTURED AT IRELAND BIKEFEST IN KILLARNEY ON SUNDAY ON HIS 1929 HARLEY-DAVIDSON WHICH HE FINISHED RESTORING THIS WEEKEND. THE 1,000CC BIKE WAS ORIGINALLY BOUGHT IN AUSTRALIA BUT PADDY RESTORED IT FROM A SHELL. PHOTO: DON MACMONAGLE .

Dealers, the Custom Bike Show and much more. The Harley-Davidson® Jumpstart Rider Experience gave aspiring bikers the chance to ride a motorcycle while remaining stationary. You certainly didn't have to be a biker to attend; the Bike Village was sheer bliss for all visitors with a family fun zone, an eclectic array of places to eat, grab a drink, or simply sit and listen to the live bands and DJ's and bask in the glory of some slick well-built machines. Three free music stages including the outdoor stage located in the Bike Village, The Harley Bar and the Main Stage in The Gleneagle Hotel featured some of Ireland's leading party bands who entertained the crowds from midday until the small hours.

Other highlights included daily ride-outs

around famous Wild Atlantic Way touring routes including the Dingle Peninsula and Ring of Kerry - 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 Bob Moorehead.

Ireland Bike Fest is supported by Harley-Davidson® Europe in association with The Gleneagle Hotel, Destination Killarney and Fáilte Ireland. For further information on the festival check out www.irelandbikefest.com Tel: +353 (0)64 6671549, Email: info@irelandbikefest.com, Web: www.irelandbikefest.com

CALLING ALL KERRY TODDLERS - IT'S TODDLER TIME!

THE COW & GATE BIG TODDLER FOR BARNARDOS TAKES PLACE ACROSS THE COUNTRY DURING THE MONTH OF JUNE

Barnardos children's charity is calling on the toddlers of Kerry to dust off their superhero capes and lace up their runners and take part in the Cow & Gate Big Toddler for Barnardos this June. The Toddler is a half mile sponsored walk and families, crèches, schools and groups can register for the event of the year for young children in Ireland by visiting www.barnardos.ie/bigtoddler or by phoning 1850 222 300. You will receive a free fun pack that includes everything you need to organise your Big Toddler!

Together, Ireland's Little Heroes will travel 24,901 miles, the circumference of Planet Earth, in a bid to raise €200,000 for Barnardos. Mums, dads, grandparents, parenting groups, schools

and crèches can register their Little Heroes for this fun sponsored walk now at www.barnardos.ie/bigtoddler. Last year toddlers from Kerry toddled 942 miles!

The Cow & Gate Big Toddler for Barnardos is a fun way to raise funds to support the vital work that Barnardos does with children and families in communities all over Ireland. A Big Toddler can be held anywhere at anytime during June. Everyone who registers will receive a free Big Toddler pack in the post with all the fun stuff they need to organise a Big Toddler for their Little Heroes – hats, stickers, medals, posters and more. The entire cost of the pack and materials has been covered by Cow & Gate, so all funds raised by Ireland's toddlers go directly to support Barnardos work.

MINISTER DEENIHAN ANNOUNCES €100,000 FOR ROAD REPAIRS IN KILLARNEY NATIONAL PARK

Jimmy Deenihan TD, Minister for Arts, Heritage and the Gaeltacht has announced an allocation of €100,000 for road works in Killarney National Park.

Announcing the allocation for priority road maintenance works in Killarney National Park, the Minister said:

'I am pleased to provide funding of €100,000 for these road works in Killarney National Park.

This money will allow for the continuation of road maintenance works commenced last year. The National Park attracts over one million visitors every year and it is important that we make every effort to have the Park in the best possible condition for these visitors."



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KERRY SET TO BUZZ FOR WORLD BATTENS DAY

The Saoirse Foundation will celebrate the 4th Annual World Battens Day with a family fun extravaganza at The Kerry Way, Killarney from 12pm to 6pm on Saturday 7th June 2014.

Why not bring the whole family along for a great day of fun, entertainment and prizes galore? Our World Battens Day celebrations will kick off with a 5K Family Fun Run in the Killarney National Park at 11am. Registration is at 9.30am that morning at St. Mary's Cathedral. This will be followed by a prize giving ceremony music, bands and fun for all the family in The Kerry Way.

Entry is free for all the family. The event will feature live bands, there will be a best dressed bee competition sponsored by Mods and Minis from Deerpark, Killarney. Face painting, dancing and lots of events for all ages will make the day enjoyable for all the family. There will be ice-cream and bouncy castles for the little ones to enjoy. World Battens Day is not just about having fun and thanking all of the wonderful volunteers that have supported the organisation over the past number of years, but

also to raise awareness of this cruel disease. The world's only interactive children's ambulance BUMBLEance will be making a special visit on the day too. This service which is run by the Saoirse Foundation has been transporting sick children from Kerry and all over Ireland since its launch in September 2013.

There will be a wish balloon release to remember Saoirse, Liam, Aidan and Rhiannon and all special children at 3pm and anyone who can't make it for this special event can take part by emailing info@saoirsefoundation.com and texting Buzz to 50300 to make a €4 donation.

BBQ food plus grub for all diets will be available!

Tony Heffernan, founder of Bee For Battens added: "We are delighted to bring BUMBLEance to World Battens Day it is so important to thank all of our supporters and to raise awareness about children living with rare and genetic diseases. Our project Liam's Lodge is now underway in Tralee and we know that it will also bring positive impacts to sick children and their families all over Kerry."



MARY AND TONY HEFFERNAN FROM KEEL WITH THEIR LATE CHILDREN SAOIRSE AND LIAM.

CLIMB TO REMEMBER' LOVED ONES - SUNDAY 8TH JUNE, CARRAUNTOOHIL



KATHLEEN SUGRUE, GASTROENTEROLOGY CLINICAL NURSE SPECIALIST, MERCY UNIVERSITY HOSPITAL FROM BEAUFORT, WITH MAYA FINN HANNON (5) AND DEIRDRE FINN, COMMUNITY AND EVENTS FUNDRAISER, MERCY HOSPITAL FOUNDATION, FROM CASTLEGREGORY, LAUNCHING THE 'CLIMB TO REMEMBER'.

The third annual charity 'Climb to Remember' takes place on Sunday 8th 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. 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.

Registration will take place at the Upper Car Park at Lisleibane from 9am until 9:45am. At 10am, under the guidance of experienced mountain leaders, participants will begin their climb from Lisleibane.

Betty O'Sullivan, 'Climb to Remember' founder, who lost her mother Bernie to cancer in 2010, said: "No matter how many times you climb such a mountain the tremendous feeling of accomplishment is just as alive each time. To do it in memory of someone who has passed away, or for someone who is sick, makes it all the more of an accomplishment and means so much more."

Castlegregory native, Deirdre Finn, who is Community & Events Fundraiser at the Mercy Hospital Foundation says: "Our mission is to support the Hospital in delivering the highest quality of patient care by raising funds to support advancements and innovation in the treatment and care of patients at the Mercy Hospital, the

People's Hospital. We promise to do our very best to provide the people of Munster with a world class hospital, and this is only possible through the help of our supporters and donors, like those who step up to the mark, and 'Climb to Remember' each June."

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
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Kerry County Council



Your Council is changing

As a result of the Local Government Reform Act 2014, the Town Councils of Tralee, Killarney and Listowel will no longer exist from June 1st, 2014.

After June 1st, all Town Council services and activities will be continued by Kerry County Council

YOU WILL STILL BE ABLE TO CARRY OUT THE FOLLOWING TRANSACTIONS AT YOUR LOCAL TOWN HALL:

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- Payment of Parking Fines
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 - Maintenance of Public Parks
 - Traffic Wardens
 - School wardens

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THE FOLLOWING TRANSACTIONS WILL NOT BE ACCESSIBLE AT THE TOWN HALL. YOU MUST CONTACT KERRY COUNTY COUNCIL

- Planning applications
- Viewing physical planning files
(planning files can be viewed online)
- Planning Enforcement
- Commercial Rates and queries relating to rates & charges
- Derelict Sites

Over the coming months, there will be additional changes to Kerry County Council's structure. We will keep you informed of these through your local press & radio.

If you are required to do anything as a result of these changes, (eg: change in direct debit details etc) we will contact you personally by letter.

E: reorg@kerrycoco.ie T: 066-7183500 W: www.kerrycoco.ie

K-FEST ATTRACTS HUGE CROWDS TO KILLORGLIN

The second annual K-Fest, Ireland's only dedicated emerging arts and music festival, attracted huge crowds from all over Ireland to Killorglin, over the June Bank Holiday weekend. Highlights over the 4 days included 30 pop-up galleries featuring over 120 visual artists; nightly live original music acts; secret cine club and workshops, debates, family entertainment and the presentation of the inaugural Screaming Pope Prize to Ireland's best emerging visual artist.

Mike Ahern, Artistic Director, K-Fest said:

"The feedback we have received so far to the weekend has been highly positive with many visitors and artists describing K-Fest as the best Arts festival they have ever attended."

30 previously disused premises (from old sweet shops to pubs and hardware stores) acted as pop-up art galleries over the course of K-Fest. "The K-Fest ethos is to force contemporary art practice out of its current position of comfort and place it in an environment where it can be questioned, queried, admired and appreciated, demystifying the artistic process while creating a more knowledgeable viewing public with a greater appreciation for the Visual Arts." One of the many highlights was the announcement of Girts Balodis as the winner of the inaugural Screaming Pope Prize 2014, a new prize developed to recognize and celebrate creative excellence in emerging visual arts. Balodis was chosen by judges, artists Rebekah Wall and Alan Ryan Hall from 147 entries from



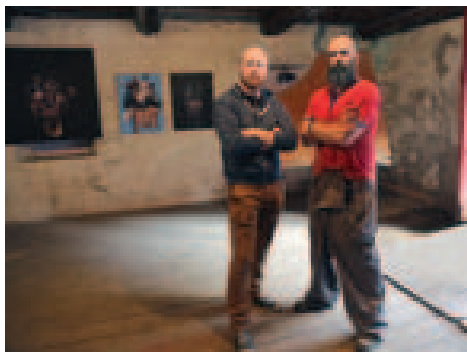
GIRTS BALODIS WAS ANNOUNCED AS THE WINNER OF THE INAUGURAL SCREAMING POPE PRIZE 2014, DEVELOPED TO RECOGNIZE AND CELEBRATE CREATIVE EXCELLENCE IN EMERGING VISUAL ARTS. THE PRIZE WAS PRESENTED BY CONOR BROWNE, LEFT AND NEIL BROWNE, AT IRELAND'S PREMIER EMERGING ARTS AND MUSIC FESTIVAL, K-FEST IN KILLORGLIN ON MONDAY. PHOTO: VALERIE O'SULLIVAN.

both Ireland and abroad. Runners up were Daire Lynch, Lorraine McDonnell, Cira Huwald and Fergal O'Connor. The Screaming Pope Prize was jointly created and developed by four Killorglin based artists, Conor Browne, Neil Browne, Mike Ahern and Michael McCaffrey. The Screaming Pope Prize is kindly sponsored by Killorglin Community Council and Frank and Mary Slattery of Caragh Lodge. Minister for Arts, Heritage and the Gaeltacht,

Jimmy Deenihan, and Kerry County Council Arts Officer, Kate Kennelly visited K-Fest on Saturday and were given a tour by Chairman, Mike Dowd, to just a small selection of the pop-up galleries in now disused premises around Killorglin town. K-Fest's music programme proved very popular with visitors with most bands playing to packed houses and Hermitage Green completely selling out.



CHRISTINE CROKE, IN THIS YEAR'S KFEST, KILLORGLIN ARTS FESTIVAL, IRELAND'S ONLY DEDICATED EMERGING ARTS, MUSIC, DRAMA, FILM AND FAMILY ENTERTAINMENT FESTIVAL. PHOTO: VALERIE O'SULLIVAN.



KFEST FOUNDING MEMBERS AND ARTISTS, CONOR BROWNE, LEFT AND MIKE AHERNE, AT THE OLD TOWN MILL, IN THIS YEAR'S KFEST, KILLORGLIN ARTS FESTIVAL. PHOTO: VALERIE O'SULLIVAN.



KAYLENN NOLAN, ROISIN KELLIHER, CIARA HALLIDAY, IN THIS YEAR'S KFEST, KILLORGLIN ARTS FESTIVAL. PHOTO: VALERIE O'SULLIVAN.



SPECTATORS ENJOYING LISTENING TO THE LOCAL CHOIRS IN THIS YEAR'S KFEST, KILLORGLIN ARTS FESTIVAL. PHOTO: VALERIE O'SULLIVAN.



THE KILLORGLIN MEN'S SHED CHOIR, PERFORMING IN THIS YEAR'S KFEST, KILLORGLIN ARTS FESTIVAL. PHOTO: VALERIE O'SULLIVAN.



SCULPTURE ALAN RYAN HALL, EXHIBITING IN THIS YEAR'S KFEST, KILLORGLIN ARTS FESTIVAL. PHOTO: VALERIE O'SULLIVAN.

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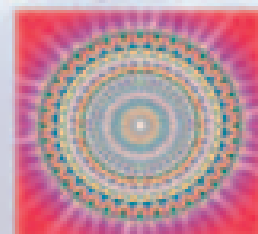
DATES:

MONDAY 9TH JUNE 2014, 10AM - 4.30PM

SATURDAY 21ST JUNE 2014, 10AM - 4.30PM

FRIDAY 4TH JULY 2014, 10AM - 4.30PM

SATURDAY 5TH JULY 2014, 10AM - 4.30PM

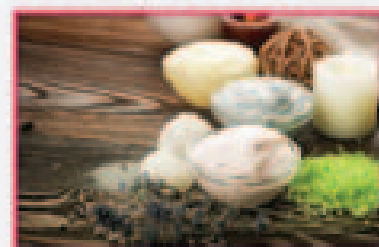


Do you know what you are putting on your skin? Would you like to learn more?

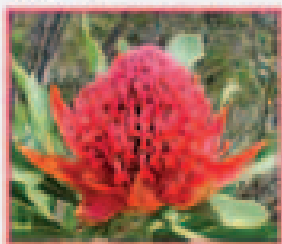
"I can show you how to make your own "Natural Skincare" products"

(You meet & connect in this class - You will learn how to:

- Identify what is natural or harmful
- Treat many skin types and conditions, including baby's skin problems and aging skin concerns.
- How to make your own skin care range to suit your individual needs and skin conditions e.g. Dry or Oily
- How to rejuvenate your skin without harmful chemicals
- Make at least two creams suited to your required skin type
- Detailed booklet on how to do and what to avoid



What this class offers you is a brief introduction to some of the relevant natural ingredients e.g. essential oils and herbal creams and Australian Bush Flowers and how they can help heal the Body, Mind, and Spirit. The flowers and ingredients used are wonderful to combat aging, for repair and rejuvenation for individual skin types, needs and conditions. They are proven to be non-toxic and non-irritant. Build your knowledge by attending this workshop and my follow on classes and workshops in the future.



The flower left named Bushbush "Sacred Heart of Jesus" is an Australian Bush flower

Maureen studied with Ian White founder of Australian Bush Flowers Essence in Numerology, Women, Men and Children's Issues and completed Level's 1, 2, and 3 of the Australian Bush Flower's. In 2008 Maureen did her Teacher Training in Wisconsin USA. As a result of many years conducting research on noninvasive facial rejuvenation treatments, techniques and strategies, Maureen became very interested in herbal lore and a natural approach to caring for skin. It isn't that surprising since many anti-aging products and medicinal treatments have their roots in the powerful healing and rejuvenating properties of an astounding array of natural substances.

Book Workshop Training on June 12th & June 25th from 11.00am - 4pm. Cost €95.00

Location at Linda Finn's Empowering Vibrations Healing Centre Killarney, Co. Kerry

For more details please contact Maureen on 087 918 9408 or Linda on 087 669 9893 OR email me at angelsofshalom@gmail.com

Coming in August: Level 1, 2 & 3 of Integrated Energy Therapy plus RT for kids aged 7 - 12.

KERRY GETTING READY TO SHINE FOR HOSPICE

The countdown is on! Dozens of volunteers will be out in force all over Kerry this week collecting for the national Hospice Sunflower Days on Friday, 6th and 7th of June. People are being encouraged to support their local hospice service by buying sunflower pins or seeds for from collectors on the streets in towns and villages. Hospice Sunflower Days is a major source of income for hospices and voluntary hospice groups countrywide. All of the funds raised locally, stay locally. Ted Moynihan, Chairman of the Kerry Hospice Foundation said the number of people seeking hospice care services continues to increase - at a time when funding resources, both public and voluntary, have become more scarce. "We are most mindful of the fact that confidence

in the charity sector in general is at an all-time low. Yet, we mustn't lose sight of what Hospice Care stands for and we would appeal to people to support their local service to enable us to continue to help the most vulnerable members in our communities and most often at a time of greatest need. Sunflower Days is a vital source of funding for local hospice services so please donate on June 6th & 7th and if you have a few hours to spare please consider volunteering."

Next month Kerry Hospice will hopefully be going for planning permission for their new inpatient unit with fifteen beds, which will start in 2015 with the opening in 2016.



TED MOYNIHAN, CHAIRMAN OF THE KERRY HOSPICE FOUNDATION.

KERRY GAA NIGHT AT THE DOGS



LAUNCH OF THE 2014 BOYLESPORTS & KERRY GAA RACE OF CHAMPIONS NIGHT AT THE KINGDOM GREYHOUND STADIUM ON THE 6TH OF JUNE WAS HELD AT THE KERRY TEAM TRAINING GROUND IN FITZGERALD STADIUM KILLARNEY ON TUESDAY NIGHT. ATTENDING THE LAUNCH IN PHOTO L-R: FRONT MARC O'SE (KERRY SNR PLAYER), JOHN EGAN (KERRY HURLER), SHANE NOLAN (CAPT KERRY HURLING TEAM), DECLAN DOWLING, KINGDOM GREYHOUND STADIUM, SALES & OPERATIONS MANAGER, STANDING L-R: JOE WALLACE (ORGANISING COMMITTEE), DERMOT (WEESHIE) LYNCH (TREASURER KERRY COUNTY BOARD), AIDEN O'MAHONY (KERRY SNR PLAYER), LEON BLANCHE (HEAD OF COMMUNICATIONS) REPRESENTING THE MAIN SPONSORS OF THE RACE OF CHAMPIONS BOYLESports, GER MCCARTHY (KERRY HURLERS TEAM MGR) AND KERRY SENIOR TEAM MANAGER EAMONN FITZMAURICE.
© WWW.DENISWALSHPHOTOGRAPHY.COM 087-6017694

Kerry County GAA Committee host one of their major fundraisers of the year when they host their Annual Night at the Dogs at the Kingdom Greyhound Stadium in Brewery Road this Friday evening. Monies raised from this evening will go towards the Training funds for the Kerry Senior football and hurling teams. This is always a great family day out, with fun and games for all ages as well as a terrific night of Greyhound Racing with Bouncy Castles for the kiddies

and a chance to gain some much sought-after autographs from the Kerry Senior Football and Hurling teams. The main feature race of the evening once again will be the BoyleSports.com Race of Champions, where every GAA Club in the County has nominated a greyhound and can win some super prizes. The evening will be featured in a special programme on RTE 2 Television this Friday evening from 8pm to 9pm.

ST. MARY'S CHURCH OF IRELAND, KILLARNEY: CONCERTS JUNE 7TH AND 10TH.

This month promises a fantastic variety of music from local and international groups. This Saturday June 7th at 8pm we welcome Tim O'Shea and his wonderful traditional Spraoi Chiarraí collective, which mentors and encourages some of Killarney's finest young local performers and musicians. Their performances at St. Mary's Church of Ireland in Killarney are proving more and more popular each year with locals and visitors alike. A wonderful opportunity to hear some of the locality's up and coming talent, this is an evening's entertainment not to be missed!

On the following Tuesday June 10th at 8pm we welcome more young performers and the Kirkwood Children's Chorale, Kirkwood, Missouri, USA. A non-profit educational organization, which offers vocal training to young singers, the choir currently boasts a membership of nearly 100 students representing many schools in the St. Louis area. The choir, under the directorship of Jeff Lackey, is looking forward to their time in Killarney. Admission is free.

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RECOVERY HAVEN TRALEE LAUNCHES “CELEBRATION OF LIGHT”



RECOVERY HAVEN LAUNCHED THEIR ANNUAL “CELEBRATION OF LIGHT” ON TUESDAY EVENING AT THE RECOVER HAVEN, HAIGS TERRACE, TRALEE. THIS YEARS “CELEBRATION OF LIGHT” WILL BE HELD ON FRIDAY 20TH JUNE 2014 AT 8.00PM

Recovery Haven, the Cancer Support House in Tralee, officially launched their annual “Celebration of Light” this week. Celebration of Light has become a very important annual community event which gives an opportunity for all those whose lives have been touched by cancer to come together and share experiences and celebrate the lives of families and friends. “This event creates a great meeting point for people who have been affected personally or through someone they know by cancer. The symbolic lighting of candles creates a very special atmosphere, people are united and hope is renewed. Through solidarity and light our sincere aim is to bring hope to our community,” said Recovery Haven Manager, Siobhán Mc Sweeney. This year “Celebration of Light” will be held on Friday June 20th at 7.45pm with candles lit at 8pm.

The following venues have been selected this year: Abbeyfeale, Ballybunion, Banna,

Camp, Dingle, Fenit, Inch, Killorglin, Killarney, Causeway and Portmagee. Candles will be lit simultaneously, at the signal, at each venue. Candles will be available at various outlets, at each of these venues prior to 21st July.

A symbolic stone throwing into water will also take place and music will be provided by local musicians at each location.

Siobhán Mc Sweeney emphasises the importance of fundraising to support the work that is done by Recovery Haven. “Candles will be on sale for €3 each or two for €5 from various local outlets and at Recovery Haven. The success of this will depend on local support and local volunteers and we would ask people to contact Recovery Haven on 066-7192122 or www.recoveryhavenkerry.com for further information.” Recovery Haven provides

support and information to those on a cancer journey, their families or carers. All services are free to visitors. “Our trained listeners are available to provide a listening ear and inform you on our support services. We provide the following: – A confidential listening service, Information service, Touch therapies-Massage, Reiki, Reflexology and Beauty, Group/Classes-Walking group, Yoga, Mindfulness and Therapy through art. We also provide one to one counselling. Recovery Haven has also opened their outreach community centre in The Reeks, Killarney. Wig fitting services is also available through Recovery Haven Mondays 10am – 4pm, Tuesday 10am – 4pm, Wednesday 10am – 7pm and Thursday 10am – 4pm.”

KERRY TEENAGE ENTREPRENEURS ‘MAKE THE GRADE’ AT WINNERS’ BOOTCAMP



‘STEINDESIGN’ OWNED BY CHRISTIAN STEINBORN (17) FROM CASTLEISLAND COMMUNITY COLLEGE WITH HIS DESIGN EASY COIL PICTURED ON THE FIRST DAY OF THE SECOND ANNUAL ‘WINNERS’ BOOTCAMP’ AT THE NEXUS INNOVATION CENTRE IN THE UNIVERSITY OF LIMERICK WITH LOMAN O’BYRNE, LOCAL ENTERPRISE OFFICES AND ANDREA DEVERELL, CEO, NEXUS INNOVATION CENTRE, UL. PICTURE LIAM BURKE/PRESS 22

UL hosts Kerry Student business as part of Student Enterprise Awards Programme.

Up-and-coming teenage entrepreneurs’ from Castleisland Community College represented Kerry at the second annual ‘Winners’ Bootcamp’, which took place at the Nexus

Innovation Centre, at University of Limerick from June 3rd to 6th. Supported by the Local Enterprise Offices Kerry, Christian Steinborn of Steindesign, was invited to participate in the four-day business bootcamp winners in the Senior Category at the Student Enterprise Awards National Finals in April. In total, twenty students from seven enterprises across the country participated in the bootcamp, which included lectures, workshops and group activities, lead by experienced mentors. During the Winners’ Bootcamp, the award-winning students explored how to develop their business strategies, using techniques such as business canvases, entrepreneurial pitches and prototyping. They also participated in workshops including ‘Blind Dress Up’, to identify customer pain points and the ‘Marshmallow Challenge’, which required the students to build a prototype using only spaghetti and marshmallows. The week culminated on the final morning in a series of team pitches, which the students presented to a panel of business experts followed by an Awards Ceremony. Tomás Hayes, Head of Enterprise at the Local Enterprise Office Kerry, said: ‘Building on the success of last year, the Winners’ Bootcamp

at the Nexus Innovation Centre offers an invaluable opportunity for these students to develop their skills in entrepreneurship, innovation and product development. The Local Enterprise Office Kerry aims to promote young entrepreneurs like Steindesign who will bring their newfound knowledge back to Kerry and share it, not only within their own micro-enterprise but also with the wider business community.’ Seven counties were represented at the Winners’ Bootcamp, with students also from Dublin, Kildare, Limerick, Monaghan, Sligo and West Cork. The Winners’ Bootcamp was introduced for the first time in 2013 as part of the Student Enterprise Awards Programme, which in 2013/2014 programme had more than 17,000 budding entrepreneurs participate from over 370 secondary schools across Ireland. The Student Enterprise Awards Programme is organised by the Local Enterprise Offices, formerly known as the County and City Enterprise Boards, and the 2014/2015 programme will commence in September 2014. Further details about the programme are available at: www.studententerprise.ie and www.localenterprise.ie



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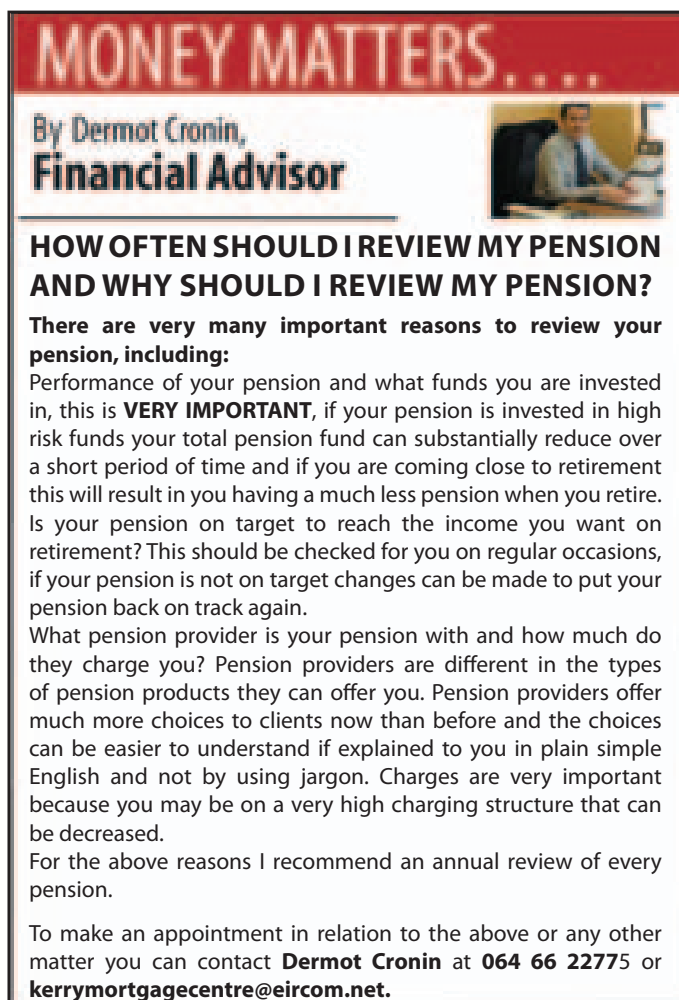
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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor

HOW OFTEN SHOULD I REVIEW MY PENSION AND WHY SHOULD I REVIEW MY PENSION?

There are very many important reasons to review your pension, including:

Performance of your pension and what funds you are invested in, this is **VERY IMPORTANT**, if your pension is invested in high risk funds your total pension fund can substantially reduce over a short period of time and if you are coming close to retirement this will result in you having a much less pension when you retire. Is your pension on target to reach the income you want on retirement? This should be checked for you on regular occasions, if your pension is not on target changes can be made to put your pension back on track again.

What pension provider is your pension with and how much do they charge you? Pension providers are different in the types of pension products they can offer you. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and not by using jargon. Charges are very important because you may be on a very high charging structure that can be decreased.

For the above reasons I recommend an annual review of every pension.

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



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SNEEM HOSTS DE GAULLE PHOTOGRAPHIC EXHIBITION

The de Gaulle Photographic Exhibition was officially opened on last Friday 30th May. Mr. Hadrien Laroche, Cultural Counsellor at the French Embassy in Ireland officially opened the event.

There was great support from the Sneem locals for the launch, Cormac Dineen serenaded the guests on the night with his harp playing while Betty Breen and Mary O'Sullivan served the tasty bits and some refreshments.

On April 27 1969, France voted against reform of the Senate and the regions; General de Gaulle resigned his office as President of the Republic and a few days later, on 10 May, a GLAM airplane brought the famous man, his wife Yvonne and his aide de camp François Flohic to Ireland, for a holiday.

De Gaulle's wife Yvonne had a special reason for visiting Sneem as Mrs Mai McCarthy, Pier Road; Sneem was her governess as a child in France. Mai was educated in Belgium and spoke fluent French.

Dr Patrick Malone gave a short outline of de Gaulle's Irish ancestors the McCartans, who fled to France after the Jacobite Rising and the overthrow of King James 11 of England. Charles de Gaulle's great-grandmother was Marie Angelique McCartan whose father came from Co. Down.



PICTURED AT THE LAUNCH OF THE DE GAULLE PHOTOGRAPHIC EXHIBITION AT THE KERRY GEOPARK INFORMATION CENTRE, SOUTH SQUARE, SNEEM WERE L-R: MARGARET CHRISTIAN, EILEEN BURNS, BETTY BREEN, MAUREEN MURPHY, MARION O'SULLIVAN, MARY O'REGAN AND LORRAINE BORREWT. PHOTO: LISA O'SHEA.

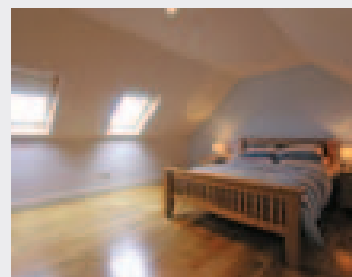
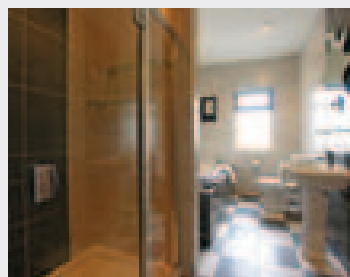
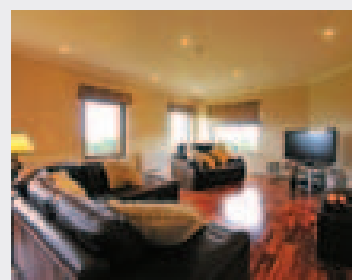
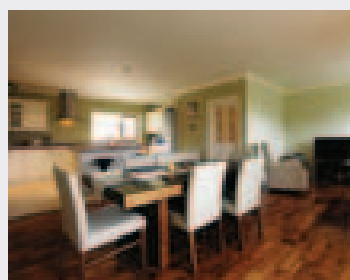
In the exhibition there is a photograph of de Valara and de Gaulle and John V. O'Sullivan in his opening speech mentioned Dev used this house where the Geopark Information Centre is located as a safe house during the 'troubles' At that time the house was owned by a Dr O Donnell who came from Bruff, Co Limerick. Padraig Kennelly spoke about his Photographic Achival connection he was happy that this

exhibition has come to Sneem. His parents Padraig and Joan took the original photographs. There is an opportunity to view this exhibition of De Gaulle's visit at the Sneem Geopark Information Centre, South Square. It is open to the public from 10.30 a.m. to 4 p.m. daily and admission is free. This is a community based project.

PROPERTY OUTLOOK

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Smoked Potatoes, Mushroom Jus, Red Onion Rings
Seared Fillet Of Wild Hake
Red Pepper Sauce, Beef And Saffron Aioli
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Please Ask Your Server For Details
Onion Paste with Roast Tomato Sauce
Carrot and Vine Tomato and Shaved Potatoes
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Garden Potatoes, Roasted Pepper Cream Sauce
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ART PARADISE EXHIBITION OPENS IN SNEEM

Minister for Arts, Heritage and the Gaeltacht Jimmy Deenihan T.D., officially launched Here in Paradise, a public space exhibition by conceptual German artist Jochen Gerz in Sneem's Sculpture Gardens last weekend.

Gerz asked forty people who live or work in Sneem to respond to one of three questions: "What would you wish for the future of Cul Fadda (Sneem's ghost estate) ...what would you wish for Ireland, ...what would you wish for Europe?" Their answers and their photographic portraits, taken by well-known landscape photographer Peter Zoeller, come together to form this unique exhibition. Here in Paradise is commissioned by Sneem Tidy Towns and supported by the French and German Embassies, the Goethe-Institut in Dublin and Kerry County Council. It runs from 31st May to 18th September.



PICTURED AT THE LAUNCH OF THE HERE IN PARADISE ART EXHIBITION IN SNEEM ON SATURDAY EVENING L:R: VINCENT O'LEARY CHAIRPERSON OF SNEEM TIDY TOWNS, DENIS CRONIN, MINISTER FOR ARTS, HERITAGE AND THE GAELTACHT JIMMY DEENIHAN, EILEEN BURNS SNEEM TIDY TOWNS AND RENOWNED GERMAN ARTIST JOCHEN GERZ. PHOTO: LISA O'SHEA.



ALL SMILES: AT THE HERE IN PARADISE ART EXHIBITION LAUNCH IN SNEEM ON SATURDAY L;R: SHEILA O'SULLIVAN TEMPLENOE, CLLR DAN MCCARTHY KENMARE, MARY O'REGAN SNEEM, CLLR JOHNNY HEALY RAE KILGARVAN, PATRICK CASEY SNEEM, CLLR NORMA MORIARTY WATERVILLE, SENATOR MARK DALY KENMARE AND JACKIE O'SHEA TAHILLA.

PHOTO: LISA O'SHEA.

EMERGENCY SERVICES CHARITY CYCLE... ARE YOU UP TO THE CHALLENGE

Members of the Emergency Services in Kerry are to saddle up for their sixth annual charity cycle which this year takes on a new route.

To date the popular cycle has raised over €50,000 for local causes. "Our cycle brings together the Gardai, Ambulance and Fire Services in Kerry as well as our voluntary organisations and the general public in Kerry. We invite anyone to join us on the cycle. All they have to do is donate €30 per cyclist," said Gearoid Constable, one of the organisers. "In 2014 we are raising funds Down Syndrome Ireland Kerry Branch and the Irish Pilgrimage Trust. We hope to have at least 200 cyclists taking part. The event is also a great training spin for the Ring of Kerry Cycle on July 5th." The 2014 event will start at Killarney Fire Station on June 14th and travel



TOP TEAM: MEMBERS OF THE EMERGENCY SERVICES IN KERRY ALONG WITH REPRESENTATIVES FROM DOWN SYNDROME IRELAND KERRY BRANCH AND THE IRISH PILGRIMAGE TRUST LAUNCHING THE KERRY EMERGENCY SERVICES CHARITY CYCLE WHICH TAKES PLACE ON JUNE 14TH. INCLUDED IN THE PICTURE ARE ORGANISER GEROID CONSTABLE (HSE), GARDA TRISH FITZPATRICK, GARDA JAMES FOLEY AND GARDA EDDIE WALSH.

to Moll's Gap, Kenmare, Kilgarvan and return to Killarney Fire Station for a well-deserved BBQ for cyclist and volunteers. "Registration takes place at the Killarney Fire Station between 9am

and 10am on June 14th with the start at 10am. We are hoping for a big turnout as we pass through Killarney."

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 Tuesday 10th June 10.00am - 1.00pm

McSweeney's Pharmacy, The Shopping Centre, Kenmare
 Tuesday 10th June 2.00pm - 5.00pm

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CAITRIONA IS CROWNED 'LILY OF KILLARNEY'

One of the most prestigious titles on offer in Killarney, 'The Lily of Killarney', was the highlight of the weekend when the Heights Hotel Killarney hosted the 41st annual Lily of Killarney Contest. Organised as an annual fundraiser by the energetic Spa GAA Club Ladies committee, the 2014 event saw history repeat itself when Caitriona Reen won the title her mother, Eithne (nee O'Donoghue) from Glenflesk, won 30 years ago when representing the Pretty Polly factory in Killarney. This year's winner, Caitriona is a 23-year-old hairdresser from Headford and represented Allure in the contest. She was one of 33 hopefuls in the contest and impressed the judges with her professionalism, good humour and style. "I was thrilled to win the title. All the other girls were lovely and very supportive. My Mum was thrilled as she had won the title back in 1984," said Caitriona, who is daughter of Owen and Eithne Reen.

The Lily of Killarney began back in 1974 and has included winners from all over Kerry, Cork and Limerick. In the early days it was held in the Town Hall, Killarney. The early winners were 1974, Eileen O'Connor (Blackwater); 1975, Deborah O'Sullivan (Beaufort);



PICTURED AT THE KILLARNEY HEIGHTS HOTEL FOR THE LILY OF KILLARNEY WERE THE COMMITTEE MEMBERS. BACK ROW L-R DENISE GLEESON, SUSAN HAYES, BREDÁ HICKEY, GERALDINE O'NEILL & JULIE FLYNN AND SEATED TO THE FRONT WERE L-R MARIE O'KEEFE, MARGUERITE BROSAN, SHEILA CRONIN, SHEILA CURTIN & CATHERINE CARROLL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

1976, Ann Tarrant (Clash, Tralee); 1977, Ann Mullane (Ashford, Co. Limerick); 1978, Judy

Coffey (Killarney); 1979, Sally O'Sullivan (Killarney); 1980, Veronica O'Sullivan (Kanturk).

MID KERRY CHARITY CYCLE COMMEMORATES MILLTOWN WOMAN

The life and times of a young Milltown woman was commemorated at the weekend when a Charity Cycle took place in her memory. More than 600 cyclists saddled up for the Stephanie O'Sullivan Memorial Cycle. Stephanie, from Milltown, lost her life to suicide with her Parents, Bernadette and Dan Joe, organizing the event, now in its third year, to raise funds for Pieta House and Be Aware Prevent Suicide.

More than €13,000 has been raised to date. This year's cycle was over two routes with the longer 80 km course leaving Milltown and passing Killorglin, Glencar and Beaufort. The O'Sullivan family wish to thank the cyclists who supported the event, the volunteers, those that supplied and cooked food and refreshment and the general public for their kindness and support.

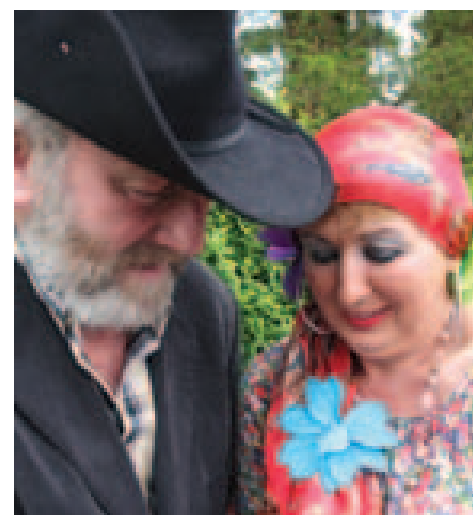


CAROLINE KEATING AND BOBBY O'REILLY WHO WERE MARRIED IN MUCKROSS CHURCH AND HELD THEIR RECEPTION IN THE BREHON HOTEL IN KILLARNEY. PHOTO MICHEÁL O SULLIVAN WWW.OSULLIVANPHOTOGRAPHYIRL.COM

"MURDER IN BLACKWATER" CONTINUES

Following three sell-out nights last weekend, the Blackwater Drama Group are extending their run of the hugely popular original production to include Friday the 6th, Saturday the 7th and Sunday the 8th of June. These three added dates are due to the unprecedented demand for tickets, and they are already filling up as the feedback from those who have already seen it spreads around South Kerry.

"Murder in Blackwater" is being staged in the Old Dancehall Blackwater and begins promptly at 8pm each evening with doors open at 7.30pm. To book your ticket telephone Mary in The Blackwater Tavern at 064-6682003.



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IRELANDS BIKEFEST



NOEL CONNOLLY FROM ATHLONE PICTURED ON 'THE LIBERATOR' HARLEY-DAVIDSON AT IRELAND BIKEFEST IN KILLARNEY ON SUNDAY. PHOTO: DON MACMONAGLE.



JOHN CUNNINGHAM FROM CARRIGTWOLILL WHOSE HARLEY DAVIDSON WAS VOTED THE 'PEOPLES CHOICE' AT IRELAND BIKEFEST IN KILLARNEY ON SUNDAY. PHOTO: DON MACMONAGLE.



HUNDREDS OF BIKERS FOR ALL OVER THE WORLD PARADE THROUGH THE STREETS OF KILLARNEY ON SUNDAY AS PART OF IRELAND BIKEFEST. PHOTO: DON MACMONAGLE.



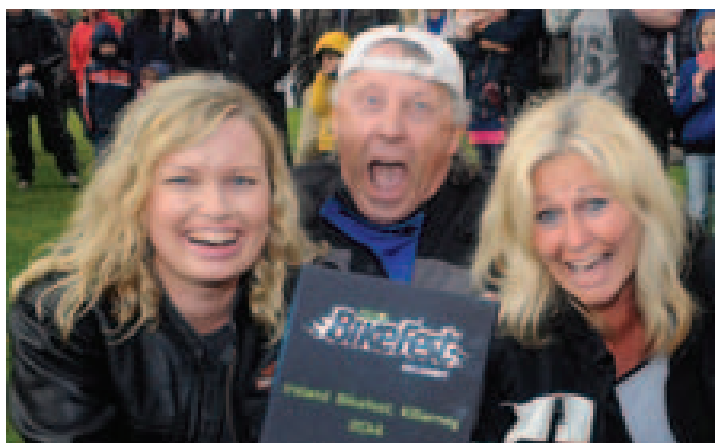
HUNDREDS OF BIKERS FOR ALL OVER THE WORLD PARADE THROUGH THE STREETS OF KILLARNEY ON SUNDAY AS PART OF IRELAND BIKEFEST. PHOTO: DON MACMONAGLE.



TONY MURPHY FROM CHARLEVILLE PICTURED ON HIS HARLEY-DAVIDSON MOTORBIKE AT IRELAND BIKEFEST IN KILLARNEY ON SUNDAY. PHOTO: DON MACMONAGLE.



HUNDREDS OF BIKERS FOR ALL OVER THE WORLD PARADE THROUGH THE STREETS OF KILLARNEY ON SUNDAY AS PART OF IRELAND BIKEFEST. PHOTO: DON MACMONAGLE.



LEO O'MAHONY FROM SKIBBEREEN, COUNTY CORK WHO WON THE 'BEST RAT' IN THE HARLEY DAVIDSON CLASS AT IRELAND BIKEFEST IN KILLARNEY ON SUNDAY PICTURED WITH BREFFNI EGERTON, IRELAND BIKEFEST AND MARJORIE RAE FROM HARLEY-DAVIDSON. PHOTO: DON MACMONAGLE



JOHN CUNNINGHAM FROM CARRIGTWOLILL WHOSE HARLEY DAVIDSON WAS VOTED THE 'PEOPLES CHOICE' AT IRELAND BIKEFEST IN KILLARNEY ON SUNDAY. PHOTO: DON MACMONAGLE.

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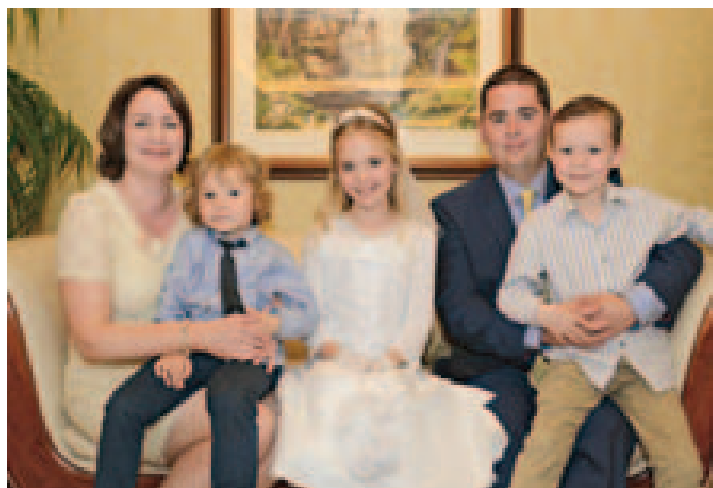
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ALL SMILES ON THEIR SPECIAL DAY



SARAH PIGOTT, KILCUMMIN NS WHO RECEIVED HER FIRST HOLY COMMUNION ON SATURDAY AT KILCUMMIN CHURCH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CLARA MCCARTHY, KILCUMMIN NS PICTURED HERE AT THE KILLARNEY PLAZA HOTEL ON HER COMMUNION DAY WITH HER FAMILY. L-R MUM JOANNE, BROTHER CONAL, DAD ANDY AND BROTHER RONAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FIRST COUSINS AND BEST FRIENDS PADRAIC MOYNIHAN (LEFT), ANABLATH NS & CIAN LYNCH (RIGHT), KILCUMMIN NS WHO RECEIVED THEIR FIRST HOLY COMMUNION ON SATURDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MOLLY O'CONNOR, ANABLATH NS WHO RECEIVED HER FIRST HOLY COMMUNION AT KILCUMMIN CHURCH ON SATURDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GAVIN CRONIN, ANABLATH NS, WHO RECEIVED HIS FIRST HOLY COMMUNION ON SATURDAY. PICTURED HERE WITH HIS BROTHER DYLAN AND LITTLE SISTER TARA AT KILCUMMIN CHURCH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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BABY ROAN KENNEDY PICTURED HERE AT LISTRY CHURCH WITH HIS MUM SHAUNA CULLOTY, DAD ANTHONY KENNEDY AND THEIR EXTENDED FAMILIES & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY AVENUE HOTEL, BABY LAURA DARLINGTON WITH HER DAD JOHN DARLINGTON & MUM LISA O'DONOGHUE AND THEIR EXTENDED FAMILY AND FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MARTINA O'CALLAGHAN AND HER SON ADAM PICTURED WITH NOEL RYAN, MARKETING MANAGER AT KERRY AIRPORT ON FRIDAY 25 YEARS AFTER SHE FLEW ON THE INAUGURAL RYANAIR FLIGHT FROM KERRY TO LUTON. KERRY AIRPORT CELEBRATED 25 YEARS IN BUSINESS ON FRIDAY. PICTURE BY DON MACMONAGLE



PETER MOORE, KERRY AIRPORT MANAGER MAKES SPECIAL PRESENTATIONS TO LONG SERVICE STAFF FROM LEFT, JOHN CRONIN, FIRE OFFICER, HOWARD JONES, TRAFFIC CONTROLLER AND TOM O'DRISCOLL, SECURITY OFFICER MARKING THE 25TH ANNIVERSARY OF KERRY AIRPORT'S FIRST FLIGHT TO LONDON ON FRIDAY. PICTURE BY DON MACMONAGLE.



AT THE LAUNCH OF AWARD WINNING CHEF MARK DOE'S FIRST BOOK 'JUST COOKING', MARK DOE, ANN KENNEDY, GREATFOOD.IE, PUBLISHER, AND BERNIE DOE. THE LAUNCH TOOK PLACE AT CHURCHTOWN HOUSE, BEAUFORT, KILLARNEY. MARK IS THE OWNER OF 'JUST COOKING' COOKERY SCHOOL IN FRIES. THE BOOK CONTAINS OVER 40 OF MARK'S FAVORITE RECIPES, WITH LOTS OF ADVICE AND TIPS TO TAKE YOUR HOME COOKING TO ANOTHER LEVEL. PHOTO: VALERIE O'SULLIVAN.

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KILLARNEY MAYOR CLLR PADDY COURTNEY OFFICIALLY UNVEILS A NEW HUGH O'FLAHERTY VISITOR INFORMATION POINT IN THE KILLARNEY TOURIST OFFICE, BEECH ROAD AT THE WEEKEND. THE CENTREPIECE IS A LIFE SIZE HEAD & SHOULDERS SCULPTURE OF THE MONSIGNOR, BY ALAN RYAN HALL. THE MEMORIAL SOCIETY HAS ALSO PRODUCED A MULTI-LINGUAL INFORMATION PAMPHLET WHICH WILL BE AVAILABLE IN THE TOURIST OFFICE AND THROUGHOUT TOURISM ESTABLISHMENTS IN KILLARNEY. ALSO IN PHOTO ARE FROM LEFT, RENE DOOLEY, PEARL O'FAHERTY, JERRY O'GRADY, SENATOR PAUL COGHLAN AND FR PAT HORGAN. PICTURE BY DON MACMONAGLE



A GROUP TAKING A BREAK AT THE TOP OF MOLLS GAP IN THE RING OF KERRY HONDA 50 CHALLENGE.



PADDY TURNER ENJOYING THE BIKEFEST IN KILLARNEY THE WEEKEND.



CELIA O'CONNOR (VICTORIA HOUSE HOTEL), ASHLEY PURCELL (REVENUE AND RESERVATIONS MANAGER, THE LAKE HOTEL), CAROLINE BREEN (EVISTON HOUSE HOTEL) AND MARY O'CONNELL (THE BREHON HOTEL) AT THE FRONT OFFICE DEPARTMENT NETWORKING EVENT AT THE LAKE HOTEL, KILLARNEY ON WEDNESDAY EVENING. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



REPRESENTING BELLVIEW WOODS CHILDCARE IN THE LILY OF KILLARNEY AT THE KILLARNEY HEIGHTS HOTEL WAS JOANNE LOONEY (CENTRE) WITH HER WORK COLLEAGUES AND FRIENDS. BACK ROW L-R VALERIE FRASER, ELAINE O'DONOVAN, YVONNE MOYNIHAN. MIDDLE ROW L-R ALISON MAHER, SIOBHAN CARMODY, ROSEMARY FALVEY & SAMANTHA O'SHEA. FRONT ROW L-R MAURA LEANE, BRID O'LEARY, JOANNE LOONEY & CLAIRE MULLINS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



REPRESENTING MURPHYS BAR IN THE LILY OF KILLARNEY AT THE KILLARNEY HEIGHTS HOTEL WAS NIAMH COLLINS (CENTRE) WITH HER FAMILY AND FRIENDS. FRONT ROW L-R SHEILA DINEEN, NIAMH COLLINS & AISLING COLLINS. BACK ROW L-R JOSEPH COLLINS, CATHERINE LUCEY, JOAN COLLINS & NORRIE ALLMAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



REPRESENTING THE ROSS HOTEL IN THE LILY OF KILLARNEY AT THE KILLARNEY HEIGHTS HOTEL WAS EMER BUCKLEY (CENTRE) PICTURED HERE WITH HER FAMILY. LEFT - RIGHT, RONAN BUCKLEY, SEAN BUCKLEY, EMER BUCKLEY, CAROL DEMPSEY & ROISIN BUCKLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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This isn't failure this is **FEEDBACK** that brings with it huge amounts of positive growth if you can see it this way! Every day we are experiencing something new. Life isn't perfect – it's an experience! When you try to go through life doing it "right" (whatever "right" is), you miss the most valuable lesson of all – that there is no right way to live **YOUR life** – only **YOUR way!** Be bold and prepared to learn. Welcome mistakes and 'slip-ups' as your greatest teachers and resolve to allow them to spur you on not hold you back!

One woman who has done just this is my special guest Angela Kerry who will be sharing her inspirational story at my next **LIFE LOUNGE** on Wednesday June 25th. She published her first book last year, completed her Reiki masters training and knows that Angels are real and are always guiding you on your life's path!

Join Angela and myself on Wednesday 25th June at the Meadowlands Hotel (7.30-9.30pm). Reserve your place NOW by calling 066 9766374 or emailing me at life_coachingunlimited@yahoo.ie.

Entry is €15.00 – payable on the night! (Refreshments included!).

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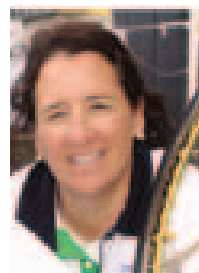


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GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 8 – Week Beginning June 2nd – Nutrition – Food Intake

A minimum total of 130km cycled this week – so well done!! We are truly clocking up the miles! Everything is working out, evenings longer and the mornings brighter, and possibly scheduled an odd cycle to work during the week. It can all work to our advantage if we use the advantages!

Last weeks focus was on fluid intake. This week's focus is on food intake. Again I will preface by saying that I am not a qualified dietician; however I am willing to share my experiences and knowledge gained, as a means of positively assisting your cycling experience.

Become Fuel Efficient! – Nutrition is an integral part of cycling as adequate food intake, as well as hydration, are vitally important especially on event day but equally important during training rides. Below are pointers as it relates to food intake, pre-mid-post ride.

Pre Ride - The best time to eat is 1-2 hours before the ride. So if cycling in the morning, never skip a breakfast! Some people aren't hungry in the morning, yet others pass on the breakfast to trim the calories. Neither is a good strategy, because under eating in the morning usually leads to increased calorie consumption later. In addition eating breakfast replenishes the glycogen stores, which typically dip during sleep. An adequate supply of glycogen will stabilize blood sugar levels during the ride and help keep sugar levels from spiking and dipping. Ideal breakfast foods are muesli/porridge/bran. If solid fuels are unappealing in the morning, whip up a fruit and yoghurt smoothie.

Mid Ride – During the cycle, one should consume minimum 1g carbohydrate per kilogram of body weight for every hour of cycling. This food intake can be in the form of carb-electrolyte drinks, gels bars, solid food, or a mixture. Trying new foods (and drinks) during an event could spell disaster, ah that would be stomach cramps! So during training it's a great way to discover what fuels works best for you. Test new foods on shorter rides. Perhaps designate one day a week as "new foods day".

In terms of ensuring that you consume the minimum 1g carbohydrate per kilogram of body weight per hour (If I repeat this point - I must be stressing the point!) an idea would be to fill your water bottle with a sports

beverage rather than water and set your watch/phone alarm, to remind you to sip every 15 minutes. Also on the ride muesli bars and fruit/banana are a good idea. again little bites at a time, and setting your alarm can act as a reminder.

Post Ride - There is a very important timeline, post exercise that needs attention. To aid muscle recovery it is vital that you refuel your body within half an hour to an hour after cycling. By doing so, this will assist the body to replace the necessary nutrients used up during the ride. Put off eating, one will likely to feel tired from the effort and result in not feeling strong for the next cycle. Ideally these foods would be of a protein base, so that the body can fast track the nutrients towards muscle repair. A scrambled egg on toast works great! Simple and effective! Or an open chicken sandwich! Prepare your recovery foods beforehand so they are ready for you to eat – otherwise you could spend the day on the couch!

The Ring of Kerry Charity Cycle, via the nominated charities, provides excellent feeding stations and water stops, along the route. These stations are well positioned and manned along the route. Therefore you should plan to stop for a short while and re-fuel, before you get to the point of being thirsty or hungry. If you reach this point it maybe too late to recover and complete the ring.

It is important to stress that this is a charity fundraising event, and the charity personnel provide valuable supports on the day. So all donations, as best you can, is truly appreciated to provide the valuable services within out county.

This week's cycle training programme, according to the Ring of Kerry Charity Cycle Training programme, presents another 130km schedule. your fitness levels are improving and you know you can do it, if not more mileage?!!!

WEEK 8

Sat	Sun	Mon	Tues	Wed	Thu	Fri	Total
40k	40k	Rest	25k	Rest	25k	Rest	130km

Happy & Safe Cycling!



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QUESTION

What is the Single European Payments Area?

ANSWER

The Single European Payments Area (SEPA) is a 34 country area, co-ordinated by the European Payments Council which is an institution of the EU. It comprises the 28 member states of the EU along with the three EEA countries (Iceland, Liechtenstein, Norway) and Monaco, San Marino and Switzerland.

SEPA aims to standardise the way euro-area electronic payments are processed. Under SEPA all electronic payments across the euro area (by credit card, debit card, bank transfer or direct debit) should be as easy as domestic payments within one country are now. The introduction of SEPA, among other things, allows you to set up direct debits for anywhere in the euro area and use only one bank account for the whole euro area.

The main change for consumers is the way your bank and account is identified. You now need to use a 16-digit International Bank Account Number (IBAN) and an 8-digit Business Identifier Code (BIC) to make or receive electronic payments in the euro area. You can generally find BIC and IBAN information printed on your bank account statements.

From 1 February 2014 it became mandatory to retire existing 'national only' payment systems in the euro area and move all electronic payments to SEPA standards. (An additional transition period of six months to ensure minimal disruption for consumers and businesses was adopted by the European Commission. This means that payments that differ from a SEPA format can continue to be accepted until 1 August 2014.) You can visit readyforsepa.ie for more information.

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 7840, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Kesh 0761 07 7830, Castleisland 0761 07 7790, Cahersiveen 0761 07 7780.

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

OUTLOOK ON THE STATE EXAMINATIONS

- Make the most of the opportunity to do a good exam.

(By Billy Ryle)



After what seemed like an interminable wait, there is a tangible sense of relief that the state exams are finally underway. Like many important milestones in the eventful journey through life, anticipation of the event is usually worse than the event itself. The first morning was definitely the most nerve racking as it involved an element of formality. Each candidate had to locate the exam venue, settle into an allocated seat and deal with the protocol surrounding the first day of the exams. However, once the question papers were distributed and the candidates got down to work, the tension of the morning quickly evaporated and candidates warmed to their task. The exam timetable is designed to enable the vast majority of candidates take compulsory subjects during the early days of the exam. As the exams progress into the second and third weeks, the optional subjects are nicely spaced out allowing free days for study. But, as they continue until Friday, 20th June, it's important to treat the state exams more like a marathon than a sprint. After sitting a few subjects, candidates now realise that exams test not only your knowledge but also your concentration and ability to utilise every available minute. So it's important to stay in exam mode until you leave the exam venue after the very last subject. Depending on the subjects being sat, the entire exam will conclude reasonably early in the month for some candidates. Others will have to stay focussed until the very last subject on the final day. Irrespective of when you are due to finish the exam, the most important thing to keep in mind is that you have prepared diligently for the exam. This is what you have been waiting for. You must have a singular determination to make the most of the opportunity to do well. Your immediate aim is to reap the rewards of years of study by performing to your optimum ability in each subject.

After three busy days of exams, the coming weekend will bring welcome relief. It will give each candidate a chance to relax a little, to take stock and plan ahead. Inevitably, candidates will look back at their perceived performance during the first week. However, spend as little time as possible on post-mortems. Instead of dwelling on what you should have done, review your tactical approach over the first week. If you are totally satisfied with your strategy before, during and after each subject then you need change very little. Focus your attention on next week's subjects and forget about the subjects that have already been examined. There is no advantage to you in dwelling on what might have been. Your entire concentration must be on the subjects that are still ahead of you.

The weekend provides an opportunity to recharge the batteries for the second week and to do some subject revision. Get out for a few hours of active exercise to get a feeling of well-being. Exercise will burn off the residual tension of the first week. It will help you to sleep soundly and to maintain the levels of stamina, endurance and staying power needed to meet the challenges of the second week. Avail of the opportunity for a few good nights' rest, which is essential for alertness. It's absolutely vital to resist the temptation to study late into the night. Confine your study to daylight hours, enjoy your period of exercise and go to bed early. Avoid the risk of fatigue by deferring any late night socialising until your exam is over. Keep your fluid intake high to avoid dehydration but be moderate in your use of artificial stimulants such as tea and coffee. Keep a clear head by abstaining from alcohol during the exam period. Concentrate on subjects being examined next week. Prioritise your revision according to the timetable. Go over the tips and predictions that have been made for the subjects you are sitting during week two and use your non-exam days well. Study wisely by not cramming on those days. At this stage the quality of your revision is more important than the length of time you spend at it. On the evening before each paper spend an hour or so looking over your notes so that the important concepts and ideas are fresh in your mind.

You are off to a great start after the first week. Maintain your discipline during week two. Keep a good thought for yourself and stay positive. Have confidence in your ability to do well in your second week's papers. You are now well settled in and rising to the challenge. Deal with each subject as it comes and by this time next week it may all be behind you.

Next week, I'll have a few words of encouragement and advice for candidates who have subjects timetabled in the third week of the state exams.

Billy Ryle
is a Career Guidance Counsellor
and Freelance writer.



SCOIL EOIN, TAHILLA NAMED IRELAND'S TRAVEL SCHOOL OF THE YEAR IN THE BUS CATEGORY.



BUS SCHOOL OF THE YEAR 2014 - SCOIL EOIN, TAHILLA. (L TO R) CHRISTINA HALLISSEY, PARENT, ELLA ALLISON, PAT OLIVER, DIRECTOR OF AN TAISE EDUCATION UNIT, DERINDA HALLISSEY, ALAN KELLY, T.D., MINISTER OF STATE WITH SPECIAL RESPONSIBILITY FOR PUBLIC AND COMMUTER TRANSPORT, LORRAINE HALLISSEY AND JOHANNA GALVIN, PRINCIPAL. PHOTOGRAPH: WOVENCONTENT.COM

An Taisce, in partnership with the Department of Transport and the National Transport Authority, hosted this year's Green-Schools Travel Competition Awards Ceremony in the Radisson Blu Hotel, Dublin on Tuesday 13th May at 11.30am, to award the winning schools in its national travel competition. Scoil Eoin, Tahilla was awarded the title of Ireland's BusTravel School of the Year for 2014.

At a special awards ceremony Mr. Alan Kelly, T.D., Minister of State with special responsibility for Public and Commuter Transport, presented

prizes, trophies and certificates of achievement to the winning students in the An Taisce Green-Schools Travel competition.

There was an overwhelming response to the competition this year, which called for schools to explain why they deserved the title of Ireland's Travel School of the Year 2014, a claim they were asked to back up with

statistics showing their school's shift from non-sustainable to sustainable modes of transport. Sixth class pupils Derinda Hallissey, Lorraine Hallissey and Ella Allison were accompanied by principal Johanna Galvin and Christina Hallissey as they accepted the award on behalf of the school community.



THE KILLARNEY CELTIC U-13 TEAM THAT WON A LEAGUE AND CUP DOUBLE WERE TREATED TO A CELEBRATION MEAL BY TEAM SPONSOR EDDIE ROCKETS DINER, NEW ST, KILLARNEY. IN FRONT ARE DAVID DINEEN (CAPTAIN), NIKKO BALTAZAR (EDDIE ROCKETS KILLARNEY MANAGER) AND EUGENE COSGRAVE (MANAGER). ALSO INCLUDED ARE JAMES DARMODY, LIAM SPILLANE, DARA DENNEHY, RYAN KELLIHER, CAOLAN RYAN, EANNA COLEMAN, NIALL MCGILLYCUDDY, RYAN O'GRADY, PATRICK DARCY, DARRAGH LYNE, MARK KELLIHER, PHILIP O'SULLIVAN (TRAINER) AND BRIAN MCCARTHY (COACH). PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

Articles for inclusion in

Youth Zone

can be emailed to editorial@outlookmags.com

SUMMER CAMP SPECIAL 2014

WHY SUMMER CAMPS ARE GREAT FOR CHILDREN...

If you've been to a Summer Camp, you're not surprised when you hear about the benefits of the camp. You may not know why so many parents are committed to sending their kids to camp.

What are the most important reasons to send your kids to camp?

- 1. Spend their day being physically active:** As children spend so much time these days inside and mostly sitting down, camps provides a wonderful opportunity to move. Running, swimming, jumping, hiking, climbing! Camp is action!
- 2. Experience success and become more confident:** Camps helps children build self-confidence and self-esteem by removing the kind of academic, athletic and social competition that shapes their lives at school. There's accomplishment every day.
- 3. Gain resiliency:** The kind of encouragement and nurture kids receive at camps makes it a great environment to endure setbacks, try new things, and see that improvement comes when you give something another try. Camps help conquer fears.
- 4. Unplug from technology:** When kids take a break from TV, mobile phones, and the Internet, they rediscover their creative powers and engage the real world - real people, real activities, and real emotions. They realize, there's always plenty to do.
- 5. Develop life-long skills:** Camps provide the right instruction, equipment and facilities for kids to enhance their sports abilities, their artistic talents and their adventure skills. The sheer variety of activities offered at a camp, makes it easy for kids to discover and develop what they like to do. Camp expands every child's abilities.
- 6. Grow more independent:** Camp is the perfect place for kids to practice making decisions for themselves without parents and teachers guiding every move. Managing their daily choices in the safe, caring environment of camp, children welcome this as a freedom to blossom in new directions. Camp helps kids develop who they are.
- 7. Have free time for unstructured play:** Summer Camp is a slice of carefree living where kids can relax, laugh and be silly all day long. At camp we play!
- 8. Learn social skills:** Coming to camp means joining a close-knit community where everyone must agree to cooperate and respect each other. They resolve disagreements, and see firsthand the importance of sincere communication. Camp builds teamwork.
- 9. Reconnect with nature:** Camp is a wonderful antidote to "nature deficit disorder," to the narrow experience of modern indoor life. Summer Camps enriches kid's perception of the world and supports healthy child development. Camp gets kids back outside.
- 10. Make true friends:** Camp is the place where kids make their very best friends. Free from the social expectations pressuring them at school, camp encourages kids to relax and make friends easily. Everyday, camp creates friendships.



SURF SUMMER CAMPS
is aimed at kids aged 7 - 14. Over four days

Monday to Thursday
10.00 - 1.00/
New for 2014 Evening Camps
03.00 - 06.00

PLACES ARE LIMITED SO
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DISAPPOINTMENT



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www.gaa.ie/kelloggsculcamps

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*Develop and improve at all the Skills of the Game
in a Fun Packed Environment*

Kerry G.A.A. Cúl Camps take place in 68 Venues
throughout the County during July and August.

Log onto
www.gaa.ie/kelloggsculcamps
to Register

Full list of Venues listed on the Website

Application Forms also available from your Local Club or from the Kerry G.A.A.
Cúl Camps Office at Austin Road Park, Tralee 051 217702.

ALL PARTICIPANTS WILL RECEIVE JERSEY, SOCKS, SHORTS AND KIT BAG
ALL PARTICIPANTS AT THE FOOTBALL CÚL CAMPS MUST WEAR A GUN BELT

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- Hockey
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- Badly Bouncing Lessons
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PHONE: 066 7126442

www.kelloggsculcamps.ie

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FUN AT THE KERRY KELLOGG'S G.A.A. CÚL CAMPS 2014



Kerry GAA Footballers Brendan Kealy, Kieran O'Leary and James O'Donoghue at the launch of the Kellogg's G.A.A. Cúl Camp in Kerry.




This year Kerry G.A.A. will organise 68 Cúl Camps for 7 weeks during July and August at venues throughout the county. The camps will include a wide range of football, hurling and camogie activities, providing children with learning experiences in an environment of fun and enjoyment. All range of football and hurling/camogie skills will be taught. Children will take part in mini leagues, fun games and a variety of skill-based activities. Over the last number of summers the camps have proven to be extremely popular with kids and parents. All participants will receive a specially designed Jersey, Socks and shorts along with a Cúl Camp kit bag. Participants will receive an excellent weeks coaching where they will be encouraged to develop and improve at all the Skills of the Game and this along with the Gear the players receive add up to tremendous value for players and parents.

The theme of the camps is enjoyment and skill development and players of all ability levels are encouraged to develop and improve. Kerry Footballers and Hurlers will visit the camps throughout the summer and this will give participants the opportunity to meet some of the stars of the Kerry Senior teams. The place for young players to be this summer are the Kerry G.A.A. Cúl Camps where many of the future stars of Kerry Football and Hurling will develop and hone their skills.

All the details along with a full list of venues and dates can be found on the G.A.A. website at www.gaa.ie/kelloggsculcamps or on the Kerry G.A.A. website at www.kerrygaa.ie

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Killarney National Park EDUCATION CENTRE



The Killarney National Park Education Centre will be running Environmental Summer Camps for 7 to 12 year olds at Knockree. They will include mammal trapping, pond dipping, scavenger hunts, den building and a variety of ecologically themed games. They will run from:

Term July 1st - Fri July 18th
Term July 22nd - Fri July 29th
Term July 29th - Fri Aug 1st



And Junior Ranger Camps (Residential), staying over-night in our own hostel. Watching Badgers, doing bat walks, moth trapping, camp fire, bug hunts and much, much more! These are for 10 to 14 year olds and run from:

Monday 1st July - Friday 18th July
Tuesday 29th August - Friday 30th August

For further information contact:
Killarney National Park Education Centre, Knockree House, Killarney.
Phone 064 6635960
kneducationcentre@eircom.net
www.killarneynationalpark.ie/educationcentre.html



Summer Camp Dates

30th June	Week 1	28th July	Week 5
7th July	Week 2	5th Aug (4 days)	Week 6*
14th July	Week 3	11th Aug	Week 7
21st July	Week 4	18th Aug	Week 8

Time: 10.30am - 3.00pm

Summer Camp €65 per week / €15 Daily Visit



Telephone: 064 6635964

Email: sales@killarneyleisure.com

www.killarneyleisure.ie

Intensive Swimming Dates

30th June	Week 1	11th Aug	Week 4
14th July	Week 2	18th Aug	Week 5
28th July	Week 3		

Levels 1 - 4 - Time: 9.30am - 10.15am

Intensive Lessons €60

***4 Day Camp €52 - Camp & Intensives €115**



COLOURING COMPETITION - LETS CELEBRATE SUMMER!

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Closing date for entries is Friday 13th of June.

Name: _____

Address: _____

Tel no: _____

Click Ahead Summer Camp

28th July - 31st July 2014.

1 Day Senior Camp For ages 13 to 18 years Fri. 8th & 15th Aug
1 day Junior Camp For ages 9 to 12 years Thursday. 7th & 14th Aug

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Enquiries: 087 9429947 / 087 7142199 Email: clickahead@engaged.ie

AN RÍOCHT, CASTLEISLAND SUMMER CAMPS 2014

MULTI ACTIVITY CAMP
 July 24th - 10th

JUNIOR ACTIVITY CAMP
 July 21st - 24th

Both Camps will run from 10am - 2pm with a half hour lunch break.

Summer Multi Activity: For many Children this camp will cover a different first summer experience a wide range of sports although the emphasis will continue to be FUN & PARTICIPATION in all games... the camp will finish with face painting and a Bouncy Castle.

Multi Activity: Children will be taught skills and the basic rules of various sports and will experience both team & individual sports... athletics, soccer, tag rugby, water combat, treasure hunts, obstacle courses and many many more...

Cost: €40 for 1st child, €35 for 2nd and €25 for 3rd.
All camp goers will receive a gift pack

For more details contact An Ríocht 066 7142199 or Brid 087 3645810

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Reachtáilfidh Ógras Cúrsa Gaeilge do dhéagóirí idir 12 & 16 bl. d'aois ag Meanscoil na Trócaire, Cnoc an tSeabhaic, Trá Lí idir 7 & 18 Iúil. Ar an gclár beidh ranganna gramadaí, ceardlanna dramaíochta, ceol, amhránaíocht agus rince, spóirt agus cluichí foirne. Beidh turas lae go dtí an Ghaeltacht agus ar an Aoin deireannach beidh Céilí agus Bronnadh na nDuaiseanna. Ó 1969 tá Ógras ag tabhairt deise do dhaoine óga an Ghaeilge a fhoghlaim i dtimpeallacht thaitneamhach, neamhfhoirmeálta. Costas an chúrsa, €240 (Turas san áireamh) le lascaire €10 do dhaoine breise ón gclann chéanna.

Breis Eolais/Risteárd Ó Fuaráin on 087 2194992
 Email: mumhan@ogras.ie nó www.ogras.ie

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*Average cost for First Year pupil in 2013 – Barnardos School Costs Survey Briefing, 1st August 2013

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KILCUMMIN NEWS

KILCUMMIN LOOKING GOOD: Our new Community Environmental Park is now open to the public. An official opening will be held at a later date. Thank you to everyone who has supported this ongoing project. A difficulty with our IBAN account no. has been resolved and donations can be made to our bank account at Permanent TSB, Sort Code 990720, Account no. 22974763, BIC/SWIFT IPBSIE2D, IBAN IE 54IPBS99072022974763.

KILCUMMIN COMHALTAS: Would like to wish all of the Competitors representing Kilcummin in the County Fleadh the best of luck. The Fleadh will be held in Cahirciveen from 18th to 22nd June. Details of the programme of events & accommodation can be found on www.kerrycomhaltas.ie; stewards & clerks are needed for the Saturday and Sunday (21st/22nd June) for full or half day. Please contact Tony O'Connor if you are available to help.

PARISH PILGRIMAGE TO KNOCK: Parish Pilgrimage to Knock on Saturday 14th June. Fare €25 this includes breakfast. Mass will be celebrated in the Apparition Chapel with the group. Bus Seats will be allocated on a first come first served basis. Please book 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 064-6643176

SPONSORED WALK: The Parent Associations of Anabla, Kilcummin and Coolick National Schools have come together to organise a sponsored walk in aid of Shane McGlynn. The walk will take place on Sunday 22nd June 2014, commencing from the Kilcummin GAA rounds at 12.30pm, sign in from 11.00am. Shane is 11 years old and is a 4th class pupil of Anabla National School. Shane has a rare genetic condition known as Hunter Syndrome. He is one of only 8 children in Ireland with the

condition. Participants have an option of a 4km or 7km walk as detailed below. 4km ROUTE. Start at Kilcummin GAA ground, continue to Clashnagarrane T-junction and turn right. Continue to Old Creamery T-junction and turn right. Continue to Tangney's crossroad and turn right. Continue to Post Office junction in Kilcummin Village and turn right. Finish at Kilcummin GAA grounds. 7km ROUTE. Start at Kilcummin GAA ground, continue to Clashnagarrane T-junction and turn right. Continue to Old Creamery T-junction and turn right. Continue to Tangney's Crossroad and continue straight on. Continue to Keane's Cross and turn right. Continue to Post Office junction in Kilcummin Village turn right and immediately left. Finish at Kilcummin GAA grounds. There will be some light refreshments provided in the Kilcummin GAA club sports hall after the walk. If you require further information, please contact any member of the Parent Association Committees or Email: anablaparentsassociation@gmail.com All wishing to support the event welcome on the day. **COMMUNITY GAMES:** Well done to our U10 Gaelic football team who represented the parish in the county finals in Tralee on Bank holiday Monday. Mayfield dominance by team captain Mark O'Shea and James Williams along with powerful performances from Oran O'Dwyer and Robbie Moynihan in defence and Dara O'Shea and Jack Fogarty in attack were key to a 4 -5 to 0 - 3 win over Ballymac in the opening game. Ardfert were next up and some great saves from Jack O'Donoghue in goals, excellent defence from Luke Bulbeck, Diarmuid O'Neill, Sean Doolan and Cian Murray were crucial in keeping the opposition at bay. With Keelan O'Shea, Adam Murphy, Ewan Evans and Padraig Moynihan all contributing in attack. Kilcummin ran out 3 - 5 to 2 - 3 winners, the Ardfert goals coming late on. Unfortunately the

final group game decided who progressed to the semi - finals and despite our best efforts Kilcummin came up short against neighbours Glenflesk who went on to claim silver medals. Well done to all 16 players who produced some great football on the day and a big thank you to Diarmuid O'Callaghan and Donal O'Dwyer for preparing the team.

ATHLETICS: There will be Community Games Athletics training in Kilbreen Park, Mastergeeha on Thursday June 12th and 19th from 6.30pm to 7.30pm for all who qualified for the county finals which will be held at An Riocht track in Castleisland on Saturday and Sunday June 21st / 22nd.

GAA: RD 1 CO CHAMPIONSHIP SHANNON RANGERS 1-11 KILCUMMIN 0-13

Despite a wholehearted effort we came out on the losing side by a single point to a rangers side that were very fit and well motivated. We now face West Kerry or Milltown/ Castlemaine on this Sunday at 6pm at an away venue. This will be a real test of what we are made of and could well determine our status for the future.

GOLF CLASSIC: June 21st is fast approaching and the time sheet is filling up. Please contact club officers immediately or David O'Riordan on 087 9321364

O DONOGHUE CUP RD 1:

Scartaglen v Kilcummin.

O SULLIVAN CUP RD 1 Legion v Kilcummin

U12 GIRLS: Are due to play John Mitchells at home on 10th June. Time TBC.

U14 BOYS: Play Gneeveguilla at home on 9th June in the East Kerry League.

GAA JUVENILE ACADEMY: Continues on Saturdays at 10.30am, new players welcome.

HURLING/CAMOGIE: Continues every Thursday evening at 6pm at the club and at Legion's club grounds for all children aged 5 to 10 years.

FOSSA NOTES

By Gene Moriarty

FOSSA GAA: Fossa Lotto 01/06/2014:

Numbers Drawn: 6, 18, 22, and 23. Jackpot: €3,000. No Jackpot Winner: Consolation Prizes 5 x €40: Helen Moriarty, Lackabane Fossa; Mick Walshe jnr, Fossa, Ciara O'Donoghue, Two Mile School; Mary O'Connell, Curragh Aghadoe; David O'Donoghue, Gortagullane Muckcross. New Jackpot: €3,150. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night June 8th 2014 at the Golden Nugget Fossa at 11pm.

MONTHLY MEETING: The June monthly meeting of Fossa GAA club has been postponed to Thursday June 12th at 9:00pm.

LADIES FOOTBALL: FOSSA GAA LADIES FOOTBALL FUNDRAISER: Fossa will now go on to represent Kerry in the National Féile Peile na nÓg final in Westport 27th to 29th June. They are holding a table quiz in the Old Killarney Inn on this Friday 6th June at 8pm, tables of four 40

euro, juveniles 20 euro. Your support would be much appreciated.

BEST OF LUCK: To all our boys and girls who are sitting their Leaving and Junior Certs over the next few weeks.

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

BLOOD DONOR CLINIC: On behalf of The Irish Blood Transfusion Service, Blood Donor Clinics for w/c 9th June 2014. Killarney, The Malton, Monday, 9th June, 5pm - 8.30pm. Killarney, The Malton, Tuesday, 10th June, 3pm - 5pm & 7pm - 9pm. Killarney, The Malton, Wednesday, 11th June, 3pm - 5pm & 7pm - 9pm. Killarney, The Malton, Thursday, 12th June, 3pm - 5pm & 7pm - 9pm.

CONRADH NA GAELIGE: Irish Language Weekend 6th to 8th June at Travel Inn Fossa. Friday 8pm Talk on Eoghan Rua O'Suilleabháin,

9:15pm Table Quiz 10pm Traditional Music in the Bar. Saturday 11:45am Talk on Placenames, 2:15pm Guided Walk meet at Castlerosse car park, 5pm Poetry reading, 8pm Talk on Flora and Fauna, 10pm Seisiun Ceoil. Failte roimh Chách.

KILLARNEY LIBRARY: Killarney Library is holding an art competition & exhibition for Primary School children in June whereby entrants are invited to "adopt" a country from the upcoming FIFA World Cup and submit an A4 size poster based on the country chosen. The poster can cover any aspect of the country chosen (i.e. sport, art, geography, history, culture etc.). Closing date is Saturday 7th June. Further details from Killarney Library.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at genemoriarty2014@gmail.com Please forward information on or before Sunday at 10:30am.

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Oifig Fiontair Áitiúil
Local Enterprise Office



Are you Kerry's Best Young Entrepreneur?

New €2 million National Competition to find Ireland's Best Young Entrepreneur

The Kerry Local Enterprise Office today launched a new competition to find Kerry's Best Young Entrepreneur, with a total fund of €50,000 available to invest in winning businesses and entrepreneurs in Co. Kerry.

Winning business in County Kerry can receive investment of up to €20,000.

National winners are eligible for investment of up to €50,000.

The competition is open to individuals aged 30 and under and will be judged under three distinct categories in Kerry:

Best new idea (€10,000)

Best start-up business (€20,000)

Best established business with add on (€20,000)

So, how do you enter?

Simply go to the website www.lbye.ie or www.localenterprise.ie/kerry and complete the online application form.

The first stage will be a county-based competition (run by the 31 LEOs) leading to the naming of the Best Young Entrepreneur in each county. This stage will include boot camps and mentoring programmes. This will be followed by regional finals and ultimately national finals with one business-person being crowned Ireland's Best Young Entrepreneur before the end of the year.

There have been expressions of interest from television production companies on the possibility of covering the later stages of the competition in a reality TV format.

The aim of the initiative is to encourage and support a culture of entrepreneurship among young people in Ireland, to promote entrepreneurship as a career choice, and to encourage the establishment and development of new innovative businesses by Ireland's young entrepreneurs. This is hugely important for job-creation as two thirds of all new jobs are generated by businesses in the first five years of existence – more start-ups and a thriving entrepreneurial culture will lead to more jobs being created.

This project is an integral part of the Action Plan for Jobs 2014 and is supported by the Department of Jobs, Enterprise and Innovation through the Local Enterprise Offices.

Closing Date: 30th June 2014

For further information:

**Contact Tomás Hayes, Head of LEO,
Kerry County Council
Tel. 066 7183522**

SPA NEWS

STUDENTS: Best wishes to all the students sitting their Junior and Leaving Certificates and may you all excel in the exams.

SPA COISTE NA NOG: U6 and U8 ongoing every Saturday morning 11.30am. U12 and U14 will continue their fixtures in the upcoming weeks. U16s and Minors are taking a break till after the Exams.

LADIES FOOTBALL: U8s and U10s are playing Fun Go Games blitz hosting Beaufort last Wednesday night. Next week we host Dr Crokes and then away to Fossa.

U12S: Continue their winning streak in the Co. League. Played at home to InBhear Sceine Gaels and came away with a comprehensive win. The scoring boots were definitely on with Leah Beazley 1-1, Marie Courtney 0-2, Sarah Fleming 2-3, Mairead O'Donoghue 1-1 and Eleana O'Donoghue 1-0 all registering scores on the night. U13 and U15 championship will commence shortly.

SENIOR LADIES: Junior Championship will commence in the upcoming weeks.

SENIOR CHAMPIONSHIP

EAST KERRY 1-19 LEGION 1-16

A highly entertaining game with Mike Stam O Donoghue the difference in the two sides. He was instrumental in scoring and setting up his team mates to overcome a strong Legion side in Fitzgerald Stadium. Spa players Mike Stam O Donoghue, Andrew Garnett, Michael Finnegan and Shane Lynch.

JUNIOR CO LEAGUE:

Friday June 6th v Ardfert in Spa at 7.30pm.

41ST LILY OF KILLARNEY: This year was a huge success with 32 lilies entering this prestigious Annual event. Change of format with Buffet/Dance and held in Killarney Heights Hotel was packed to capacity. Catriona Reen, Rathmore representing Allure Hair Salon, Killarney was the lucky winner and received magnificent prizes. Cheque €500 sponsored by Tricel. Flight and one nights accommodation by Killarney-

London Reunion committee and guest at their event. An electrical gift from O'Learys Expert, Bouquet from White Heather Florists, Hampers from Sheer Beauty and Pat O'Neill Style Suite, Vouchers from the following: Quills, O'Sullivan's Cycles and Adams Jewelers. Following in her mothers steps as Winner of Lily of Killarney in 1984 Eithne nee O'Donoghue won 30 years ago and was on hand to personally congratulate her daughter. Kerryman Newspaper was our major sponsor once again and Danny Cooper presented each Lily with a clock as a token of the night. Derrynane Hotel sponsored the door prize of 2 nights B & B, one evening meal and Kate Murphy, Tullig was the lucky recipient. CWS John Curtin sponsored the security for the night in the hotel. This event wouldn't be a success without the lilies being sponsored by local businesses and the gorgeous ladies representing them.

The following also sponsor this exciting social calendar event

- * Derrynane Hotel and Holiday Homes.
- * Killarney Toning and Beauty Centre.
- * Killarney Carpet & Furniture Centre.
- * International Hotel. * Killarney Trophy Centre.
- * Quirke Sand and Gravel.
- * O'Carroll Engineering.
- * McSweeney Arms Hotel.
- * John Curtin, CWS Electrical.
- * Ark Veterinary Clinic. * Flemings Caravan Park.
- * Niche Boutique. * Denis Hickey Butchers.
- * Corcoran Furniture. * O'Sullivan Pharmacy.
- * Killarney Household and Gifts.
- * Killarney Credit Union.
- * Samantha's Hair Salon. * Olympic Haulage.
- * Killarney Stonecast. * Gleneagle Hotel.
- * Aghadoe Heights Hotel. * Lake Hotel.
- * Wisteria Boutique. * Permanent TSB.

This event is presented by the hard working Ladies Committee of Spa GAA Club chaired by Sheila Curtin and has done a tremendous job in her first year. She is ably assisted by

her trojan working committee Margaruite Brosnan, Catherine Carroll, Susan Hayes, Breda Hickey, Sheila Cronin, Denise Gleeson, Geraldine O'Neill, Julie Flynn and Marie Stack. Special thanks to Catriona and Patricia O Carroll also. Our resident Master of Ceremonies Ger Galvin was as always a professional and kept the crowd entertained throughout the night. The All Ireland Scor na nOg Set dancers performed on the night as special guests and were a huge success. Sheila Curtin in her address thanked the Executive of the Club and everyone who helped out on the night as its a huge undertaking for any Committee and the Club acknowledges the hard work put into this successful event. Long may it continue.

KERRY GAA NIGHT OF CHAMPIONS:

Tickets on sale now from Club Secretary at the Kingdom Greyhound Stadium on Friday June 6th. Contact Deirdre for further info 087 6332773.

KELLOGS CUL CAMP: Registration forms in clubhouse now. Spa will be hosting a football camp once again August 4-8.

TIERNABOUL NATIONAL SCHOOL: Annual Bake Sale will be held in the school on Friday June 13th Time: 12.30 - 2.30. Delicious home baking will be on sale. Please support.

Best wishes to the girls of 5th and 6th Class as they compete in the Cumann na mBunscol County Final 2 teacher school against Caherdaniel in Austin Stack Park, Tralee at 2pm this week.

SPA COMMUNITY NOTES: Sympathy is extended to the relatives of David Hegarty, Park Road, to John Blackwell & family Kilbreen on the death of his mother and to the Cronin family Lissivigeen, and O'Donoghue family Tiernaboul on the death of their uncle David O Leary Gortnaprocess, Rathmore.

May They Rest In Peace.

LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS SUNDAY 1ST JUNE, 2014:

Winning Numbers 1, 12, 17, 26. Jackpot €7,250. Not Won. 1 x €100 Cait O'Dowd, Killarney Rd, Milltown. 2 x €50 Mary O'Sullivan, Rockfield Martin Hunt, Listry. 2 x €25 Darragh Tangney, Ballymalis. Mike Kennedy, Ballymalis. Draw Entrant Lily Kate & Sean Clifford, Lahard. Jackpot next week Sunday 8th June €7,400.

NEXT MONTHLY MEETING: This will take place in the clubrooms on Monday, 9th June at 9pm.

JUNIOR FOOTBALL LEAGUE GROUP 2

ROUND 5: Venue: Listry Friday June 6th at 7.30pm. Listry v Desmonds

JUNIOR FOOTBALL LEAGUE GROUP 2

ROUND 4. RESULT: Listry 2-08 Ballymac 0-12

U-14 EAST KERRY LEAGUE FIXTURES:

All games at 7pm, first named team at home.

16th June Listry/Keel v Kilcummin.

23rd June Gneeveguilla v Listry/Keel.

30th June Currow v Listry/Keel.

7th July Listry/Keel v Firies.

LISTRY COMMUNITY FUN EVENING: It was great to see everyone at the Listry Community Fun evening which took place at the GAA pitch. This event was organised by clubs and organisations in the parish. There was fun games for all the family, tasty barbecue and scrumptious home baking. There was a lovely atmosphere, community spirit and a bit of craic

ART COMPETITION & EXHIBITION: Killarney

Library is holding an art competition & exhibition for Primary School children in June where by entrants are invited to "adopt" a country from the upcoming FIFA World Cup and submit an A4 size poster based on the country chosen. The poster can cover any aspect of the country chosen (i.e. sport, art, geography, history, culture etc.). Closing date is Saturday 7th June. Further details from Killarney Library.

THE MILLTOWN/LISTRY PIONEERS: Are going to Knock on July 20th. Any one intered in travelling with them. Please contact. Bridie: 087-6798129. or Doris: 087-6367807. Price €20 for adults, €15 for students. More details later.

FIRIES NEWS

Any club or persons who wishes to have their notes included in Killarney please E-MAIL ONLY furiesmarianhall@hotmail.com. Outlook



WORLD BATTERS DAY
Saturday 7th June
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- Office Administration with Reception Skills
- Multimedia/Graphic Design
- Photoshop, Publishing and the Web
- Web, Media and Multimedia Studies
- Marketing with Advertising and Public Relations
- Childcare/Childcare with Montessori
- School Age Childcare (Special Needs/Classroom Assistants)
- Building Construction/Furniture Making/Carpentry and Joinery
- Engineering
- Art, Craft and Design (Also available with photography option)
- Hotel and Catering Studies
- Journalism
- PR and Event Management
- Sport and Recreation
- Food Science
- Laboratory Techniques
- Veterinary Assistant
- Applied Social Studies
- Beauty Therapy and Body Massage
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GLENFLESK NEWS

WITH DONAL KELLY

JUNIOR COUNTY LEAGUE: The Glenflesk Junior Team, sponsored by Molly Darcys, defeated Renard on a scoreline of Glenflesk 1-14 Renard 1-12 in Glenflesk on Friday May 30th. The team travel to Portmagee on Friday June 6th to play Skellig Rangers in the next round at 7:30pm. Glenflesk are currently on top of this division with full points from their three games so far.

GLENFLESK GAA LOTTO: Next club lotto draw will be held on Sunday the 8th of June 2014, in The Kerry Way, Jackpot: €3,600. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea 085 1741219 or Denis O'Donoghue at 087 2257915.

SENIOR COUNTY LEAGUE: Glenflesk are due to play Ballymacelligot in the next round of the county league on the weekend of June 14/15.

EAST KERRY: Well done to the Glenflesk players involved with the East Kerry team, who

had a great first round County Championship victory over the Legion on Saturday May 31st, under the management of David O'Donoghue.

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

JFK CHAMPION: Congratulations to Loughitane man Alan Horgan who was the first man home in the Sneem JFK 50 Mile Challenge walk on Saturday May 24th. Amazingly Alan completed the 50 mile course in a time of 10 hours and 15 minutes, defeating some previous winners along the way.

GREEN FLAG: Congratulations to Margaret

O'Sullivan and all at 'Maggie's Montessori' school in Clohane, Iron Mills who were recently awarded a Green Flag at a ceremony in Cork to mark their commitment to excellent environment standards.

RAHEEN NS: Congratulations to Eilis Culloty who had the winning lotto number 33 on Saturday 31st May.

KILHAHA GRAVEYARD: Mass will take place on Monday June 9th at 7:30pm.

BEE FOR BATTENS: The Saoirse Foundation and Bee For Battens.org will celebrate the 4th Annual World Battens Day with a family fun extravaganza at The Kerry Way Killarney, from 12pm to 6pm on Saturday 7th June 2014. Why not bring the whole family along for a great day of fun, entertainment and prizes galore?

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Sunday.

RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

SLIABH LUACHRA COMHALTAS: Fleadh Cheoil Ciarraí will take place in Cahersiveen from the 18th to the 22nd June; closing date for entries is on or before the Friday, 16th May. Fleadh Entry Forms can be got by contacting Maureen Dalton on 087 2871357.

CLASS REUNION: St. Mary's Secondary School Rathmore and Rathmore Vocational School Class Reunion 1994 will take place on the 28th June in the Brehon Hotel at 6.30. All students and teachers welcome. For more details contact 0876555293.

KERRY ROSE SELECTION NIGHT: Congratulations to Mary Hickey Clounts who was selected as Kerry Rose for this year at Ballyroe Heights Hotel Rennelity. Mary was sponsored by O'Donoghue Ring Hotels, she is a member of the Marion Players Pantomime Group. They be keen inserted in this year rose of Tralee in August in Rathmore as she take stage.

SYMPATHY: to family and friends of DAVID O'LEARY GORTNAPROCESS, Rathmore, Paudie GLEESON Mountrodger, Gneeveguilla, deaths occurred last week. May they rest in peace.

GNEEVEGUILLA BASKETBALL CLUB: Final Countdown to our SCRAP METAL COLLECTION on Saturday 7th June 9am to 2pm.

Drop off point Dillane's Garage, Gneeveguilla. Please donate your scrap metal big or small amounts as all funds raised will go towards the development of our Club for our young players

next season. If you wish to drop off your scrap metal earlier or have it collected arrangements can be made. Please contact this number 087-2685448. We would very much appreciate your support.

RATHMORE COMMUNITY ALERT: Are joining the new revamped speedier Crime Text Alert operating from Macroom Garda Station. Anybody wishing to have their name submitted for inclusion in text alert must hand in their name and address and mobile number. There is a €10 fee which will ensure you will get all crime text alerts. If interested in joining drop in envelope with €10 fee and your details to Dermie Moynihan at Kerry Agri Business, Rathmore. Closing date is Monday 9th June.

WINNING STREAK: Best of luck to Aeneas O'Leary Hollymount Rathmore who will appear on this Saturday nights National Lottery RTE winning streak. We wish Aeneas and his wife Meave and family all best on wining steak.

LILY OF KILLARNEY SELECTION: Congratulations to Catriona Reen was chosen as the lucky recipient of the coveted title at a gala reception in the Killarney Heights Hotel on Friday night last Catriona is following in the footsteps of her mum, Eithne (nee O'Donoghue), who won the Lily of Killarney title 30 years ago.

GNEEVEGUILLA GAA wish to thank everyone who made La na gClub such a wonderful day. Our new training field was blessed by Fr Kevin

and opened by Co. Board Vice Chairman Ger Galvin. Sam Maguire and Liam McCarthy were in attendance and a great day was had by all. Thanks to all our sponsors and volunteers on the day.

THE MOYNIHAN FAMILY, Islanderagh, would like to sincerely thank all those who contributed to their recent fundraising event in aid of Friends of Leukaemia Patients Cork, Brú Columbanus and Bone Marrow for Leukaemia Trust. An amazing €12,416.50 was raised in total. This would not have been possible without the support of all those who sold tickets, bought tickets, attended on the night, donated and gave spot prizes. We would also like to thank Don Casey, Jim Mc Auliffe and John Lucey for the entertainment on the night and Darby O' Gills for their help and support in organising such a successful event. A great night was had by all.

RATHMORE GAA: congratulations to Rathmore who Defeated DR Crokes in first rd of Garvey county senior Championship on Sunday evening last in Rathbeg Final score Rathmore 0-14. DR Crokes 09.

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

BEAUFORT NEWS

PILGRIMAGE TO KNOCK: There will be a Bus leaving Beaufort for Knock on Sunday, July 20th. Further details from 064-6644319.

COMMUNITY GAMES: Well done to our U13 Boys Futsal Team who battled hard in Listowel last Sunday. Despite a great team effort they

were knocked out in the quarter final by Ballyheigue with a score line of 4 - 3. The team: Ethan Coffey, Max Doyle, Oisín Cronin, Jack O'Leary, Kieran Dennehy, Sean O'Brien & Sean Kissane.

YOUTH CLUB: Beaufort Youth Club are looking

for Leaders, to join please contact Rose on 087 247211. Very rewarding.


YOUTH CLUB MEMBERS: We are meeting during the summer months at The Barracks from 7.00-8.30pm on Thursdays going forward. Looking forward to seeing you all there.

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



Sports Recreation & Exercise Course (ET609) – Killarney.
If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers.
Start Date: 30th June 2014. **Duration:** 46 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise SM3146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Radio Broadcasting Foundation Course (ET412) – Tralee.
This entry level course is for people who wish to pursue careers in the radio industry. Participants will gain an extensive grounding in the everyday tasks carried out in a radio station in the areas of broadcast pre-production, production and post-production. **Start Date:** 23rd June 2014. **Duration:** 8 weeks. **Certification:** City and Guilds Unit of Credit in: Researching, Recording and Presenting Information and in Radio Studio Production.

Media Techniques – Radio Course (ET283) – Tralee.
This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 18th September 2014. **Duration:** 42 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Java Associate Course (ET607) – Tralee.
This course is for people who wish to pursue careers in Java programming and software development. It covers part 1 and part 2 of the Oracle Certified Professional Java Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer 1 (1Z0-803) and Oracle Certified Professional Java Programmer 2 (1Z0-804).

Digital Web Design Course (ET328) – Tralee.
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Dates:** 16th June 2014 in Tralee. **Duration:** 11 weeks. **Certification:** FETAC Level 3 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Web Experience.

Information & Communication Technology Course (ET458) – Castleland.
This course is an excellent starting point for people wishing to develop their knowledge, skills and competence in a range of information and communication technologies. It's an entry level course for people who are eager to work with computers and learn a range of practical computing skills. **Start Date:** 16th June 2014. **Duration:** 20 Weeks. **Certification:** FETAC Level 3 Major Award in Information and Communication Technologies.

Marketing Course (ET488) – Tralee.
This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 23rd June 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 3 Major Award in Marketing.

Legal Administration Traineeship (ET507) – Tralee Training Centre.
This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 23rd June 2014. **Duration:** 41 weeks. **Certification:** FETAC Level 3 Major Award in Office Administration.

CAD – 3D Parametric Modelling Course (ET481) – Tralee Training Centre.
Are you a proficient CAD technician who wants to bring your 3D modelling skills to the next level? This course offers participants the opportunity to develop the advanced parametric modelling skills needed to design 3D models of components and engineering assemblies. **Start Date:** 9th June 2014. **Duration:** 21 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

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

Kerry ETB Training Centre,
Mooracally Industrial Estate, Tralee,
TEL: 064 7149666, E-mail: training@kerryetbtrainingcentre.ie

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




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POPCORN CHICKEN WITH ZINGY SOURED CREAM DIP



INGREDIENTS

- 25g salted popcorn
- 85g stale bread or breadcrumbs
- 1 tsp smoked paprika
- 50g plain flour
- 1 large egg
- 2 skinless chicken breasts, cut into long thin strips
- oil, for frying

FOR THE DIP

- 150ml pot soured cream
- zest 1 lime and juice of ½

- handful coriander, chopped

METHOD

1. Put the popcorn, bread or breadcrumbs and paprika in a food processor and blend until finely chopped. Tip into a wide, shallow bowl. Whisk the egg in a second bowl, and mix the flour with some seasoning in a third bowl.
2. Dip the chicken strips first into the seasoned flour, then into the egg mixture, and finally into the popcorn breadcrumbs – press the crumbs onto the chicken to help them stick. Continue until all the chicken pieces are coated, then chill for 30 mins, or up to 1 day. Mix together the ingredients for the dip in a small bowl.
3. When ready to cook the chicken, heat enough oil to just cover the surface of a large frying pan. Once hot, cook the chicken pieces for 2-3 mins on each side (in batches so you don't overcrowd the pan) until golden and cooked through. Drain on kitchen paper. Serve warm with the dip on the side.

Recipe from Good Food magazine, March 2013

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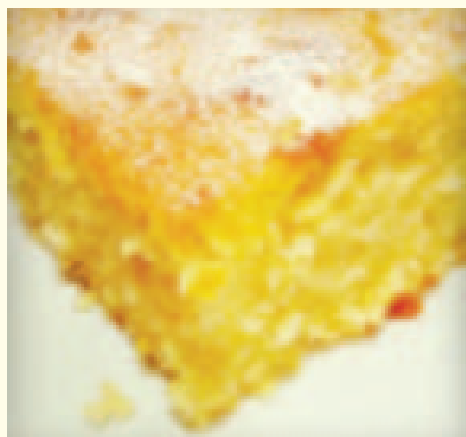
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LEMON DRIZZLE CAKE



INGREDIENTS

- 225g unsalted butter, softened
- 225g caster sugar
- 4 eggs
- finely grated zest 1 lemon
- 225g self-raising flour

FOR THE DRIZZLE TOPPING

- juice 1½ lemons
- 85g caster sugar

METHOD

1. Heat oven to 180C/fan 160C/gas 4. Beat together 225g softened unsalted butter and 225g caster sugar until pale and creamy, then add 4 eggs, one at a time, slowly mixing

through. Sift in 225g flour, then add the finely grated zest of 1 lemon and mix until well combined. Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.

2. Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean. While the cake is cooling in its tin, mix together the juice of 1 ½ lemons and 85g caster sugar to make the drizzle. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping. Leave in the tin until completely cool, then remove and serve. Will keep in an airtight container for 3-4 days, or freeze for up to 1 month.



LEGION GAA CLUB

SENIOR COUNTY CHAMPIONSHIP:

In the first round of this years senior county championship, we faced East Kerry last Saturday evening at sun drenched Fitzgerald Stadium. The standard of football in the opening twenty minutes complimented the beautiful sunshine as both teams kicked some fine early scores but as the half wore on, it was Legion who held the sway as they played extremely well and with ten minutes to leave the score at 1-13 v 1-09. On the resumption Legion had a great chance to strengthen their grip on the game as they bore down on goal but somehow the ball wouldn't cross the line and this let off for East Kerry seemed to give the district side the momentum and drive and they started to control the game and from the 22nd to the 49th minute they scored 1-08 without reply and led by 3 points as the game was entering its final phase but credit to the lads as they managed to claw back the deficit to see the teams on parity with a few minutes remaining but it was East Kerry who finished the stronger kicking 3 unanswered points to propel themselves into round three of the championship while we must now await the draw for to see who we play in round two [back door] this coming weekend.

JUNIOR FOOTBALL: The juniors travelled to Rathbeg last Monday evening and a goal by the home side on the stroke of fulltime saw a share of the spoils.

BIRTHDAY GREETINGS: Birthday greetings to senior player Shaun Keane who celebrated his 21st birthday last Sunday and also to Laura O'Shea who hit the same milestone the previous day.

U15 SUPER TOUCH TOURNAMENT: Played in Derreen last weekend, this tournament styled event saw us up against An Gaeltacht and Macroom and we came away victorious in both games ,on 3-08 v 1-04 and 3-12 v 1-04 scorelines respectively. We now qualify for the second phase of this competition to be played in Cork in two weeks time.

COUNTY U14 CHAMPIONSHIP:

Congratulations to the East Kerry u14 side who qualified for the County Plate final virtue of a 6-16 v 4-04 victory over Kenmare District last Wednesday. This panel included our own Barry Slattery, Jack Hanrahan, Jack Enright, Michael Devlin, Darren Looney, Conor O'Leary and Eoin Moynihan.

SYMPATHY: It was with great sadness that the club learned of the passing of former club secretary of many years and club Chairman in 1966, Jack O'Brien. To his family and relatives we extend our deepest sympathies. Ar Dheis De go raibh a Anam.

FIXTURES: Senior county championship to be

played this weekend 7/8 June but opposition and time not available before going to press. U14 away to Glenflesk Monday June 16. Juniors away to John Mitchels in County league Friday June 6th at 7pm.

MID KERRY GAA

GARVEYS SUPERVALU SENIOR FOOTBALL CHAMPIONSHIP

saw Mid Kerry advance to the 3rd round defeating St. Kierans 2-14 to 2-10, in a very hard fought battle (see main sports for report).

LEE STRAND U14 COUNTY DISTRICT CHAMPIONSHIP sees Mid Kerry take on Castleisland District tonight Wed night 4th at 7.30pm in Fitzgerald Stadium Killarney (extra time playable) Good luck to all.

U8'S & U10'S BLITZ will be held in Keel this thurs night 5th at 6.30pm while the U10's blitz will take place in Beaufort Thurs night 5th.

BOYLES SPORTS GAA NIGHT OF THE DOGS: All Kerry GAA Clubs now have tickets for the Night of Champions that takes place on 6th June. Support your club and County Teams by purchasing your ticket for the night from your local GAA Club for €10. This ticket also gives each purchaser a free entry to a special raffle on the night with some great prizes. Tickets are also available from the Kerry GAA Store in Killarney and The Kerry County Board office in Austin Stack Park, Tralee.

THE GAA CLUBS: IN FINAL OF KERRY GROUP SWEEPSTAKE..

We are now down to the final of the Kerry Group GAA Club Sweepstake that will take place on Friday next the 6th June at The Boyles Sports Kerry GAA Night of Champions at The Kingdom Greyhound Stadium Tralee.

The Final Race on Friday next the 6th June is televised live on RTE 2.

The following clubs are still in with a chance to win great prizes and the winner takes home €1,000.

The Prize-fund for Clubs represented in the Final will be: 1st €1,000, 2nd €600, 3rd €400, 4th €300, 5th €300, 6th €300.

- Finuge/ Milltown/Castlemaire - Knockatoo King
 - Annascaul/Renard - Ranchers Bill
 - Knockanure-Monotore Lady
 - Templenoe - Sent it Lanner
 - South Kerry Football & Hurling - Millridge Zephy
 - Lixnaw - Lassa Exception
- Best of luck to Miltown/Castlemaire.

EAST KERRY NOTES

with Áine Ní Shúilleabháin PRO

COUNTY CHAMPIONSHIP: Well done to the East Kerry Senior team, sponsored by KWD Recycling, on winning the round 1 game in the County Championship last Saturday, with a truly spirited performance, in Fitzgerald Stadium, in a game that had great play and

great scores. Dr Crokes, Legion and Kilcummin compete in round 2 next weekend. Rathmore and East Kerry advance to the last 16.

EAST REGION MINOR LEAGUE: The C.C.C. and Chairman of the East Kerry Board, met with club Officers and team mentors to discuss the format of the forthcoming Regional Minor League which commences on Thursday the 19th June 2014.

EAST REGION UNDER 14 LEAGUE: The East Region Under 14 League, sponsored by MD O'Shea's, gets under way during the week. The rules of the league include the following: All games are 15-a-side. The top team in after league rounds qualify for the final and will have home advantage. Second and third placed teams play in semi-final with second placed team having home venue. If there is a tie after league games, the result of the game between those clubs will decide the league position. If this does not decide the position, then a play off may be necessary. Postponements of games by official rule book only. If clubs agree on a postponement the Chairman of the Board must be notified of the agreed new date before a postponement will be granted. Having been granted the postponement, the referee and PRO must be notified. Any team that does not complete the full list of fixtures is not eligible for the knock out stages. Results of all games to East Kerry Coiste na nÓg PRO Mary Donnelly (087-6471898) within one hour of the end of the game. Home team are responsible. Failure to do so will result in a €10 fine.

The Round 1 fixtures are as follows: Division 1 - Cordal/Scartaglin V Rathmore, Dr. Crokes V Glenflesk, Legion Bye. Division 2 - Fossa V Spa, Kenmare V Beaufort, Kilgarvan/Tousist Bye. Division 3 - Kilcummin V Gneeveguilla, Furies V Currow, Listry/Keel Bye.

NIGHT OF CHAMPIONS: All Kerry GAA Clubs now have tickets for the Annual Kerry GAA gathering at the Boyles Sports Kerry GAA Night of Champions that takes place on 6th June. Support your club and County Teams by purchasing your ticket for the night from your local GAA Club for €10. This ticket also gives each purchaser a free entry to a special raffle on the night with some great prizes. Tickets are also available from the Kerry GAA Store in Killarney and The Kerry County Board office in Austin Stack Park, Tralee.

EOGHAN RUADH PRIMARY SCHOOLS

GIRLS SKILLS: Eoghan Ruadh Primary Schools girls skills event took place during the last week. Ten schools took part with an excellent standard of skills on display. Holy Family NS Rathmore won the team event with Katie Buckley, Paula Gruszka and Ciara Murphy showing great teamwork on the day. Danielle O'Leary representing Meentogues NS and Aoife Cronin Raheen NS qualified in the individual event.

FOSSA UNDER 14 GIRLS IN FÉILE: This year Fossa Under 14 girls will represent Kerry in the Girls Féile competition. This is a great



honour and achievement Fossa Ladies in their fourth year of existence. Fossa GAA club are holding a Table Quiz in The Old Killarney Inn, Aghadoe on Friday 6th June at 8pm (tables of four €40, Juvenile €20). All welcome.

MUNSTER UNDER 15 SUPER TOUCH

BLITZ: Munster Under 15 Super Touch blitzes took place on Saturday last, the 31st May 2014. East Kerry clubs were well represented on the day with Furies, Legion and Dr. Crokes coming through tough groups to progress to the Munster final in Mallow. The standard of football was superb with all teams closely matched. Teamwork, combined with some good fortune, proved vital components in the end to reach the Munster decider. Thanks to referees Eddie Walsh, James O'Sullivan and Tommy Brosnan for assisting and Dr Crokes and Legion clubs who hosted on the day. Munster Council presented all players with a jersey to recognise the effort shown by all the participants.

UNDERAGE HURLING: Hurling continues for underage players in East Kerry and an underage blitz was held in Farranfore on Tuesday.

GLENFLESK NOTES

JUNIOR COUNTY LEAGUE: The Glenflesk Junior Team, sponsored by Molly Darcys, defeated Renard on a scoreline of Glenflesk 1-14 Renard 1-12 in Glenflesk on Friday May 30th. The team travel to Portmagee on Friday June 6th to play Skellig Rangers in the next round at 7:30pm. Glenflesk are currently on top of this division with full points from their three games so far.

GLENFLESK GAA LOTTO: Next club lotto draw will be held on Sunday the 8th of June 2014, in The Kerry Way, Jackpot: €3,600. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea 085 1741219 or Denis O'Donoghue at 087 2257915.

SENIOR COUNTY LEAGUE: Glenflesk are due to play Ballymacelligott in the next round of the county league on the weekend of June 14/15.

EAST KERRY: Well done to the Glenflesk players involved with the East Kerry team, who had a great first round County Championship victory over the Legion on Saturday May 31st, under the management of David O'Donoghue.

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

JFK CHAMPION: Congratulations to Loughitane man Alan Horgan who was the first



THE GLENFLESK U-10 FOOTBALL TEAM WHO WON SILVER MEDALS AT THE KERRY COMMUNITY GAMES FOOTBALL FINALS IN TRALEE ON MONDAY JUNE 2ND.

man home in the Sneem JFK 50 Mile Challenge walk on Saturday May 24th. Amazingly Alan completed the 50 mile course in a time of 10 hours and 15 minutes, defeating some previous winners along the way.

GREEN FLAG: Congratulations to Margaret O'Sullivan and all at 'Maggie's Montessori' school in Clohane, Iron Mills who were recently awarded a Green Flag at a ceremony in Cork to mark their commitment to excellent environment standards.

RAHEEN NS: Congratulations to Eilis Culloty who had the winning lotto number 33 on Saturday 31st May.

BLOOD DONOR CLINICS: A series of blood donor clinics will be held at the Malton Hotel Killarney over four evenings next week, from Monday June 9th to Thursday June 12th. Clinics take place on Monday from 5pm to 8:30pm, and on the other three evenings from 3pm to 5pm and 7pm to 9pm.

KILAH GRAVEYARD: Mass will take place on Monday June 9th at 7:30pm.

BEE FOR BATTENS: The Saoirse Foundation and Bee For Battens.org will celebrate the 4th Annual World Battens Day with a family fun extravaganza at The Kerry Way Killarney, from 12pm to 6pm on Saturday 7th June 2014. Why not bring the whole family along for a great day of fun, entertainment and prizes galore?

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Sunday.

BEAUFORT GAA NOTES

LOTTO Numbers drawn for jackpot of €4,600 held in Beaufort Bar on Sunday night last were as follows: 13, 14, 15, 17. No jackpot winner. Consolation Prizes-€80 Tommy Murphy, Cullina Lower. €50 Patrick O'Connor, Mayo House, Vincent Prendergast, Ardlaas, Pádraig J. Healy, Kilcummin

Next draw for jackpot of €4,800 will be held in Kate Kearney's Cottage on Sunday, 15th June. Tickets are available from usual sellers, local shops and bars. Anyone interested in setting

up a Standing Order or an annual ticket of €50 should contact any of the sellers or officers.

TRAINING continues for the U10, U8 boys and girls and U-6 boys and girls on Sunday mornings at 11.30am.

THE U12 GIRLS sponsored by Anthony Foley of Anthony Foley Decorating had 2 games last week. They were away to Moyvane and after a very hard fought game they came away with a fine win on a score-line of 3-4 to 1-6. On Thursday night they played Beale at home and had a comfortable win on a score-line of 3-12 to 3-2. Panel: Emily Kissane, Hannah Hallissey, Caoimhe Foley, Rebecca McHugh, Hannah O'Connor, Maggie Kingston, Ciara Casey, Lena Kissane, Leanne Hayes, Juliette Murphy, Tara Clifford, Kerry Egar, Adele O'Brien, Sinead Kissane, Holly Clifford, Emma O'Sullivan, Cora Coffey, Niamh Coffey, Ciara Cronin, Emma Kisane, Maeve Coleman-Horgan, Meabhdh Kissane. They have no game this week in the County League. We wish Cullina NS the best of luck in the Girls Cumann na mBunscoil Final in Austin Stacks Park, Tralee on Tuesday evening next.

U12S sponsored by Maurice Foley of MF Decorating are at home to Kilcummin on Sunday next at 6pm.

U14S sponsored by Sean Coffey of Kate Kearneys Cottage are away to Kenmare on Monday next at 7pm in the Eastern Region League.

THE U10 GIRLS travelled to Spa on Wednesday evening to play the local side. They put in a very spirited display but a stronger and more physical side by Spa made it harder for the U10s to play to their ability. We wish Nia Sweeney a speedy recovery after she fractured her arm in the encounter. Their next game is against Laune Rangers next week.

U-10 Mid Kerry blitz in Beaufort this Thursday, 5th June at 6.30pm.

GAELIC FOR MOTHERS & OTHERS continue on Monday evenings from 6.00pm to 7.00pm.

THE JUNIOR (B) team travelled to Skellig



Rangers on Friday evening and after a tough encounter came away with a one point loss. They played Milltown-Castlemaine in the Mid-Kerry Junior Final on Tuesday evening in Cromane. They were beaten on a score-line of 2-6 to 0-10. Report on Beaufort GAA web-site www.beaufortgaa.ie They are at home to Dr Crokes C on Friday next at 7.30pm.

BEST OF LUCK to Mid-Kerry and the Beaufort players involved in the U14 Final of the County Championship on next Wednesday evening. Final is fixed for Fitzgerald Stadium. They played Tralee District in the semi-final on Friday evening and came away with a fine win. Sean Coffey in goals, Ian McGillycuddy at full-back, Ciaran O'Sullivan at corner-back and Liam Curran at wing-forward all had great games. Mary Jo Coffey is Manager of this team.

WELL DONE also to the Mid-Kerry Seniors who played St. Kierans in the County Championship in Castleisland on Sunday. Mike Moriarty, Michael John O'Connor, Gerard Hartnett all played well in defence. We also had Ronan Murphy on the bench due to injury and Fergal Hallissey on the panel on the day.

RING OF THE REEKS CYCLE: Beaufort will be running the very successful Ring of The Reeks Cycle on Saturday, July, 26th. Details on the website.

DR. CROKES GAA CLUB

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 3, 6, 11, 18. The jackpot of €4200 was not won. Match 3, 14 received €30. Next week's jackpot is €4500. Draw will take place in the Tatler Jack.

FIXTURES: Snr Championship: Home vs. Kenmare, Sun. 8th June, 2pm. Snr Hurling Lge.: Home vs. Abbeydorney, Wed. 4th June, 7:30pm. Jnr Lge.: Away vs. Beaufort, Fri. 6th June, 7:30pm. U14 Girls Lge.: Away vs. Cromane, Thurs. 5th June, 7:15pm. Please support.

RESULTS: Snr Championship: Dr. Crokes 0-09, Rathmore 0-14. Jnr Lge.: Dr. Crokes 'C' 3-12, Dromid Peares 2-10.

SENIOR CHAMPIONSHIP: Our senior team suffered their first defeat in five seasons of County Championship in Rathmore last Saturday, on a scoreline of 0-14 to 0-9. We were on track up to the 20th minute of the first half, when we held a lead of seven points to two, with scores from Daithí Casey (0-4), Brian Looney (0-1), Chris Brady (0-1) and Kieran O'Leary (0-1). However, Rathmore finished off the half on top, with three points in the last five minutes without reply. The half-time score was 0-7 to 0-5 in favour of Dr. Crokes. Eoin Brosnan was not able to start, due to illness, and when Johnny Buckley went over on his ankle at the end of the first half, it appeared the gods were against us. Rathmore played the better football in the second half and reaped the rewards, putting up an additional nine points

on the scoreboard. Dr. Crokes managed only two points, with another Daithí Casey free and a well-taken point from substitute Mícheál Burns. The final result fairly reflected the play on the field. Our seniors did not have their best performance last Saturday. The non-availability of Eoin Brosnan until the final ten minutes, compounded by Johnny Buckley being injured did not help our case, who had been dominating midfield in the first-half. This squad has shown great character in the past and now have another opportunity, this coming weekend, to get this year's championship back on track. Members are asked to get out and support our senior players over the weekend. We have been taken on a such a terrific trip over the past five years by this group of players. Now is our time to show real support.

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

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

GOLF SOCIETY: Our next outing is to Beaufort on Saturday, June 14. Timesheet now open on www.drcrokes.com.

US OPEN CHALLENGE: The second major of the year, the US Open, is on June 12th -15th. Again, by popular demand, we are hosting another challenge. Cards are now available from usual sources.

AWARDS NIGHT: 'Pig on a Spit' at 8pm sharp in the INEC on Sat. 7th June. The various awards for the year 2013 will be presented on the night. Tickets are €20 and are on sale now.

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

STACKS ADVANCE AS O'RAHILLY'S MUST FACE BACK DOOR

KERRY O'SHEA ROUNDS UP THE OPENING ROUND ACTION FROM THE GARVEYS SFC

The big talking point to emerge from the second weekend of action in the Garvey's Kerry SFC was the failure of Kenmare District to field

a team for Saturday evening's encounter with Dingle which was called off at short notice just a few hours before the game. The Kerry CCC was due to meet on Monday evening in emergency session to discuss the embarrassing affair at length. Meanwhile on the field of play, last year's champions Dr Crokes were among the first round casualties when they were beaten by East Kerry neighbours Rathmore in Rathmore on Sunday evening, 0-14 to 0-9.

In a major surprise, the Killarney side suffered their first Co SFC defeat since 2009 when they lost to South Kerry. Crokes who were without Eoin Brosnan, led by two at the break, 0-7 to 0-5. County Minor star Shane Ryan who scored 0-8 was influential for the winners who lost County Senior Paul Murphy to the dreaded black card. Crokes cause was not helped when they lost their Kerry senior midfielder Johnny Buckley through injury. Elsewhere, beaten finalists Austin Stacks travelled to Listowel to renew rivalries with Feale Rangers, the side they comprehensively beat in last season's semi-final. Stacks supporters were apprehensive going into this game as the Rockies were without the services of a number of key players including injured talismanic duo Daniel Bohan and Kieran Donaghy, however, thanks to a superb display of accuracy from Shane Carroll who finished the game with 0-7 including a brilliant effort from the sideline, and a great individual performance from veteran Willie Kirby, the Rockies won on a scoreline of 0-14 to 0-9. Conor Cox was Rangers' most influential marksman, with 0-7 to his tally, while Noel Kennelly was also on target. For Kerins O'Rahilly's, it was pretty much a case of the blues as they came a cropper against old rivals South Kerry in Cahersiveen, South Kerry winning 1-14 to 1-7. South Kerry led 1-8 to 0-3 at the break but a Barry John Keane goal late in the game helped salvage some pride for O'Rahilly's who must now face a tough losers round tie next weekend if they are advance further. In the opening game of the Listowel double header, Shannon Rangers caused something of a surprise when they edged past Kilcummin 1-11 to 0-13 in an exciting tie which was played in difficult underfoot conditions. Kilcummin led at the end of an entertaining first half 0-9 to 0-8 in was very much a shoot-out between the respective full-forwards, Paul Kennelly (Rangers) and Jamie O'Sullivan (Kilcummin). The excitement continued in the second half as both sides traded scores regularly, and with four minutes to go a draw looked on the cards, but Shannon Rangers goaled with three minutes remaining when the Kilcummin defence failed to cut out a long David Culhane free and the ball bobbled before ending in the net much to the consternation of the Kilcummin defence.



KERRY COMMUNITY GAMES

By Margaret Dineen

COMMUNITY GAMES CYCLISTS SHOW THEIR PEDALLING SKILLS IN TRALEE!

CYCLING ON GRASS: On Friday last, as well as brilliant sunshine at Tralee Sports Centre, we were also treated to great cycling races by the Under 12 & Under 14 boys and girls who participated in the County Finals of the Cycling on Grass. Kerry has a great record in this competition at National Finals – and judging on the standard shown on Friday, we would be hopeful of a continuation of this trend. Duagh/Lyre's Cathy Johnson, Girls Under 12 National champion from last year will again be competing in Athlone having moved up from the Under 12 to Under 14 category. Duagh/Lyre has a very strong tradition in this sport and we saw a continuation of same last Friday with a good number of children from Duagh/Lyre competing. It was great also to see new areas trying this event this year and we had a larger number than usual taking part which can only improve the overall standard of cycling in the competition with children from Castlegregory, Rathmore, Spa Muckross, Ardfer/Kilmoyley, Beaufort as well as Duagh Lyre competing. We would encourage children that have tried this event to stick with it and come back again next year – the first year should be seen as a trial run where children get an experience of the competition – and a lighter bike may be all that needed to get cyclist up into medal positions. Well done to all our competitors.

RESULTS: Under 12: Boys: 1. Tom Moriarty (Castlegregory); 2. Donal Daly (Rathmore); 3. Conor Teahan (Duagh/Lyre); 4. Evan Corridan (Duagh/Lyre). Excellent cycling also by Oisín Moloney (Duagh/Lyre); Paudie O'Leary (Rathmore/Gneeveguilla); TJ O'Leary (Rathmore/Gneeveguilla); Michael Gloc (Rathmore/Gneeveguilla).

Girls: 1. May Johnson (Duagh/Lyre); 2. Mary Kate Moloney (Duagh/Lyre); Saidbh Murphy (Spa/Muckross); 4. Megan Sheehy (Duagh/Lyre); Sadie O'Connor (Duagh/Lyre).

Under 14: Boys: 1. Fergal Murphy (Spa/Muckross); 2. Eoin Moloney (Duagh/Lyre); 3. David Fitzgerald (Ardfer/Kilmoyley); 3. David Fitzgerald (Ardfer/Kilmoyley); 4. Oisín O'Connor (Beaufort). Girls: 1. Cathy Johnson (Duagh/Lyre).

BOYS FUTSAL UNDER 13: The County Finals of the Boys Under 13 Futsal took place at Listowel Soccer grounds on Sunday last with Rathmore/Gneeveguilla proving too strong for Kenmare – winning gold and the County title, with Kenmare having to settle for silver. Ballyheigue claimed bronze with Duagh/Lyre taking home the certs. Our winners go on to represent Kerry at the Munster Finals on Saturday, 5th July in the University of Limerick.

RESULTS: 1. Rathmore/Gneeveguilla; 2. Kenmare; 3. Ballyheigue; 4. Duagh/Lyre.

GAELIC FOOTBALL UNDER 10: This competition takes place on Bank Holiday



WELL DONE TO RATHMORE/ GNEEVEGUILLA FUTSAL TEAM WHO WON GOLD LAST SUNDAY IN LISTOWEL, THE TEAM NOW GO FORWARD TO REPRESENT KERRY IN THE MUNSTERS IN JULY. RATHMORE/ GNEEVEGUILLA U13- FUTSAL CO. CHAMPIONS. BACK ROW L-R, PAUL DARMODY, MIKE DINEEN, MIKE KELLY, CENTRE ROW L-R, JAMES DARMODY, CATHAL RYAN, IAN O'CONNOR, ALAN DINEEN. FRONT ROW L-R, CIAN DINEEN, DONAGH FITZGEARLD, MICHAEL TWOMEY, KIERAN FITZGEARLD.

Monday, 2 June – results will be available next week.

CHECK-IN TIMES FOR NEXT WEEKEND EVENTS: Check-in for Futsal U13 Girls Saturday 7th June at 9.30 am at Listowel Soccer Pitch.

CLOSING DATES FOR RECEIPT OF COMPLETED ENTRY FORMS: Thursday 5th June – Athletics Relays.

FIXTURE DATES: Futsal U13 Girls Saturday 7th June; Athletics Track & Field & Relays 21st & 22nd June; Long Puck 17 June (Abbeydorney); Marathon 1st July (Currow); Munster Finals 5 July at University of Limerick; National Finals 15-17 & 22-24 August. Check our website www.kerrycommunitygames.ie for up-to-date information on our fixtures, results and rules.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto dated 30/05/2014, numbers drawn were 1, 5, 17 and 18. Sellers prize to Danny O'Sullivan Stagmount, €50 yearly ticket winner Tim T O' Sullivan Annabeg, €50 to Noreen O' Sullivan Farranfore, €40 to Caelene Moynihan Gneeveguilla Lr., Jack Murphy Kilquane, Breeda & Rita Casey Lyre. Bonus not won numbers drawn were 14, 21, 28 and 29. Next week's jackpot €10,000 plus €1,000 bonus prize.

Bust times on the athletics front, at the Cordal 5K on Friday evening last Matthew Collins won the race with Robert Purcell Jnr 2nd and Robert Purcell Snr. 3rd, Niall Collins Matthew's dad was 4th and to complete the route John Barrett was 5th. This is what I call a good result.

At the All Ireland Colleges in Tullamore last

Saturday Thomas O'Neill won the hammer, Hannah O'Sullivan was edged out to 2nd place in the discus and Rita Casey was 3rd in the javelin.

Jerry Griffin Spa – Muckross is working his socks off this weather raising funds for a completely new athletics facility in St Brendan's Killarney. When you meet Jerry do have a chat with him, he needs all the help he can get at the moment. A date to remember is September 27th when he promises a 10 mile road race in Killarney to raise funds for the project.

Our juveniles make a long trip to Lee's road in Ennis this Saturday and Sunday for the Munster Championships. Best of luck to all of them.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES

CYCLING ON GRASS U12 BOYS: On Friday May 30th, 4 boys from this area travelled to Tralee Sports Complex to take part in this competition, which involves a 2Km cycle on grass in a fixed gear. Paudie O'Leary, TJ O'Leary, Michael Gloc and Donal Daly all competed very well, a tough cycle for the boys, however they all enjoyed the event. Donal Daly came 2nd in the race and thus received a silver medal for his efforts.

FUTSAL U13 BOYS: A new competition Rathmore / Gneeveguilla entered this year. The team of seven boys along with trainers Mike Kelly, Paul Darmody and Mike Dineen travelled to Listowel on Sunday 1st to take part in this competition. The boys met with St Brendan's / Oakpark, Duagh / Lyre and Moyvane, winning two games and equalising with Duagh / Lyre



the boys ended up on the same points as Daugh / Lyre and thus had to replay Duagh / Lyre to decide the group winners. A very exciting replay with the teams level at full time the match had to go to extra time, again with both sides level it had to go to penalties to decide the winner. Finally to the relief of all supporters Rathmore / Gneeveguilla were winners and thus advanced to the final where they met with Kenmare. Again displaying some great team efforts and skills the Rathmore/ Gneeveguilla boys emerged the winners, and thus received county gold medals for their efforts. They will now along with the U14 spike ball team, U12 girls football team and U11 Mixed basketball team go forward to represent our area and Kerry at the Munster Finals in UL on Saturday July 5th. We wish to congratulate the team of Cian Dineen, Alan Dineen, James Darmody, Doonagh Fitzgerald, Kieran Fitzgerald, Cathal Ryan, Ian O' Connor and Michael Twomey on a wonderful achievement and congratulations to team managers Mike Kelly, Mike Dineen and Paul Darmody for training the team for this competition. We wish the managers and boys the best of luck in the Munster Finals.

U10 FOOTBALL: On bank holiday Monday our U10 football team travelled to Na Gael in Tralee to take part in this competition, coached by Donal Cronin and Mags Fitzgerald the boys first met with Moyvane, who they were successful in beating, in their second match they met with Ballyheigue and again ran out the winners, for their third match they met with a very strong team from Kenmare, unfortunately Kenmare proved too strong for the Rathmore / Gneeveguilla boys. Winning two and by losing one of their group matches was not enough for Rathmore / Gneeveguilla team to progress out of their group. However the boys and should be very proud of their efforts. They did display some fine team skills. Team members were Dara Fitzgerald, Danny Hickey, Ross O'Leary, Sean Finnegan, James Doyle, Stephen Dalton, Sean O'Keeffe, David McCarthy, Fionn Murphy, Jamie O'Donoghue, Conor O'Donoghue, Darragh Nagle, Shane Daly, Alex O'Leary and John Hughes. Well done to you all and thanks to Mags and Donal for training the team for this competition.

SPAMUCKROSS COMMUNITY GAMES

Congratulations to Fergal Murphy who won the Gold medal in the U14 Grass Cycling event that took place last Friday night and well done also to his sister Saidhbh who won the bronze medal in the U12 girls competition. Fergal now goes forward to Athlone for the National Finals so we wish him the very best of luck there.

Reminder to all the young athletes who qualified recently in Spa field, of the County Finals that will be held in An Ríocht track Castleisland on June 21/22. All the athletes should be there at 10.am for the parade - all

U16 events will be taking place on Sunday. Best of luck to all taking part and if there are any queries please contact Jean Courtney on 086 1994378

KILLARNEY SOUTH COMMUNITY GAMES

RELAY TRAINING: Relay practice continues this Thursday at the earlier time of 6.03pm. All athletes who are on relay squads are urged to attend practise as this will have a bearing on team selection for county finals.

ATHLETICS: All athletes who qualified for county athletics finals are urged to commence their training for the competition. Please follow this notice board and facebook page for updates on team/ group training and preparation for the event.

U10 COMMUNITY GAMES FOOTBALL: The U10 Community Games Football County Finals took place on June 2nd in Connolly Park, Tralee. Killarney South had a powerful run through the group stages with real team work and great attitude by all players. Pia Hickey, the only girl on the team, scored 1:2 against Duagh/Lyre in an outstanding performance. Conall Gallagher and Conor Gamell lorded midfield. Subs, Liam Hennigan, Alex Hobbs and Cian Farndan played a valuable part with Cian scoring a cracking goal against Rock Street. Robbie Hartnett made many crucial tackles throughout the day.

SEMI-FINAL AGAINST FOSSA:

FOSSA 4:5 KILLARNEY SOUTH 3:7

Onto Na Gaeil GAA pitch for the playoffs and Killarney South had a fantastic semi-final match against Fossa. They were extremely unlucky to be beaten by a single point. It was a complete team effort with scores from Donal Hickey, Matthew Horgan, Dara Looney, Conor Gammell and Alex Hennigan. The backs worked incredibly hard with fantastic blocking and tackling by Robbie Hartnett, Killian O'Connor and Teddy Muldoon. They kept Fossa to just 2 points in the second half with Karl McCarthy guarding the net during the half. Wave after wave of attack in the last five minutes by the Killarney players just couldn't breakdown the Fossa defence.

PLAY-OFF FOR THIRD/FOURTH:

KENMARE 6:4 KILLARNEY SOUTH 5:3

What heartbreak !! After a powerful first half which saw the Killarney side ahead by 8 at half-time, the players just ran out of energy and luck. Teddy Muldoon made great interceptions and clearances. Forwards Alex Hennigan (2:2) and Matthew Horgan (2:0) ran themselves ragged, but it was not to be. At the end of an energy sapping day the players had nothing left to give. They should be very proud of their display. Thanks to managers, Philip Gammell, Billy Hennigan and Martin Muldoon for the time and effort they put into this team.

Congrats and best wishes to Fossa who will now represent Kerry in the Munster qualifiers.

FACEBOOK: Please follow Killarney South Community games on Facebook for all new updates, information, pictures and reports. All electronic mail queries can be forwarded to killarneysouthcommunitygames@gmail.com.

KILLARNEY CYCLING CLUB

Here in Killarney Cycling Club we've had a very eventful few months. We decided to enter a team in the An Post Ras way back in November at our AGM. This was a monumental decision and one which was sure to be a lot of work both for the riders who took on the task of getting fit enough and the administrators of the club who would end up doing all the paperwork entailed in a UCI ranked event.

Now a week after the event I reflect on our successes and failures in our venture into the big leagues. On announcing our intention to enter a team we made it clear to our riders that they would be asked to ride a series of races in preparation. The purpose of these races was to prepare our guys as best we could to ride with the big boys. We attended every big ranking race in the country right from the start of the season up to the Tour of Ulster two weeks prior to the start of the Ras. The programme of races although gruelling was in my humble opinion a huge success, in that it gave our riders the sheer speed in their legs that is needed for our national tour. It also served to teach me how and what is necessary for driving in large cavalcades of supporting cars in big races, a skill in itself. If we were to do the same again next year I wouldn't change a thing, the only preparation for racing is racing.

We also prepared for the week by getting some really great sponsorship from Aherns BMW/OPEL, HP Nutrition and MD O'Shea's, this combined with our club sponsors especially The Big Little Bike Shop made it financially possible for us to go ahead with our entry.

As for the race itself, I think that everyone in the club knows by now how we did against some of the biggest teams around. We were competitive on every level and I have to say that even at this remove I am immensely proud of what we all achieved for the week. Sure we had some bad luck, what with mechanical issues and injuries combined with illness, but we performed and there are a dozen county teams in the country that would be happy to take our finishing position!!

As to our failures, I can't think of many! Sure there are things I would do differently next time but they would be minor enough and I'll keep them private so as not to pass on tips to our opposition!!

It may not be the Ras but we were represented in numbers last Thursday evening in Currow for the latest round of the Kerry League. Again the handicap worked well in our favour and Oran Kane took full advantage of the time he was given and rode a really strong race to take a very well deserved win. Mike O'Connor was 3rd



and Joe O'Leary 4th. In the youth races we had some good results as well from, U12s Eoghan Patwell, Saibh Murphy, Albha Russell Kissane and Ethan Slattery, U14s Fergal Murphy and Oisín O'Connor.

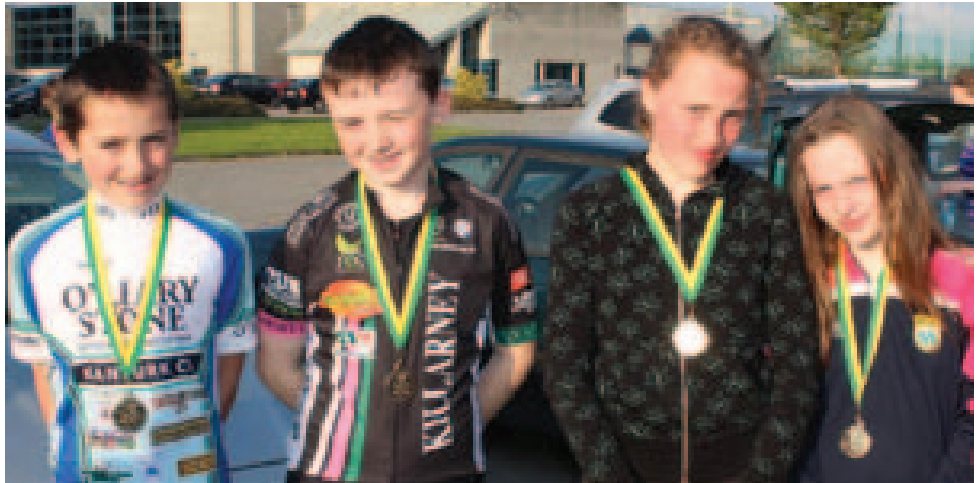
Congratulations to Joe O'Leary who won the A4 race on Sunday in Blarney with Richard Maes in second (a rare one two for Killarney CC). I think that this result ends Richards racing with an A4 licence and he will be promoted to the A3's ..Well done Richard, that didn't take long!!!

The Ras is finished and the CLUB rolls on and I would hate for anyone to get the idea that we are trying to turn into a purely racing club. We have our leisure spins every Wednesday evening at 7pm, and our leisure/sportive riders are out on their bikes every weekend. Combine this with a strong youth division and one of the strongest Mountain Bike racing divisions in the whole of Ireland and I think that we can all be immensely proud of our club. LONG MAY IT CONTINUE!!

EURO BRIDGE

The AGM of the Euro Bridge was held in the Malton Hotel on the 29th April 2014. We had a full attendance and much interesting discussions to the overall good of the Euro. Officers elected for forthcoming year are: **President:** Ms Miriam M. Darcy, **Vice President:** Ms Finula Spillane, **Hon Sec:** Ms Lynda O'Connor, **Hon Treas:** Ms Anne Looney, **PRO:** Ms Pauline Lyne, **Chief Tournament Directors:** Mr Ger McSweeney & Mr Michael O'Shea.

Club reopens Tuesday 30th September 2014.



COMMUNITY GAMES CYCLING ON GRASS WINNERS: TOM MORIARTY (CASTLEGREGORY); FERGAL MURPHY (SPA/MUCKROSS); CATHY JOHNSON (DUAGH/LYRE); MAY JOHNSON (DUAGH/LYRE).



COMMUNITY GAMES CYCLING ON GRASS – UNDER 12 COMPETITORS TAKING PART IN COUNTY FINALS AT TRALEE SPORTS CENTRE.



U13 BEAUFORT BOYS FUTSAL TEAM WHO BATTLED HARD IN LISTOWEL LAST SUNDAY. DESPITE A GREAT TEAM EFFORT THEY WERE KNOCKED OUT IN THE QUARTER FINAL BY BALLYHEIGUE WITH A SCORE LINE OF 4 - 3. THE TEAM: ETHAN COFFEY, MAX DOYLE, OISIN CRONIN, JACK O'LEARY, KIERAN DENNEHY, SEAN O'BRIEN & SEAN KISSANE.



RECORD BREAKER.. TIM O'DONOGHUE, EAST CORK, WHO BROKE A NEW RECORD ON THE ANNUAL IRISH MOUNTAIN RUNNERS ASSOCIATION (IMRA) RUN ON CARRAUNTOOHIL, MACGILLYCUDDY'S REEKS, IN A TIME OF 75 MINS AND 16 SECONDS, FROM THE BRIDIA VALLEY, ALONG CAHER MOUNTAIN TO CARRAUNTOOHIL, RETURN TO STARTING POINT. PHOTO: VALERIE O'SULLIVAN©

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KILLARNEY ATHLETIC A.F.C. NOTES

RESULTS: YOUTHS CUP RESULT

KILLARNEY ATHLETIC 3 KILLARNEY CELTIC 4

Heartbreak for lads again. In an incredible match, we found ourselves 4 nil down within 20 minutes to go. Our boys showed great spirit and fought back in the second half. We dominated the second half and we brought the score line back to 4-3 but it just wasn't to be.

Great credit must go towards our boys who never gave up. We still have a league Final to look forward to and we're sure that better days are still ahead

AGM: Killarney Athletic A.F.C. AGM is on 6th June in Scott's hotel at 8.00pm. Nominations taken for all positions – e-mail sec@killarneyathletic.com with nominations by 30th May- new faces and voices wanted.

HELP NEEDED FOR 7 A SIDE: We are looking for volunteers to help out with the 7 A side tournament for the month of July. Could you spare an hour and help with the gate, the pitches, the shop or the fixtures? Let us know on facebook, twitter, via the website (www.killarneyathletic.com) or text or phone Toirdealbhach (087) 6447603. One day a week would be a great boost to help raise funds for the club's ongoing expenses. Don't forget, it's your club and your club needs you.

KILLARNEY ATHLETIC ANNUAL 7 A SIDE TOURNAMENT KICK-OFF:

Killarney Athletic A.F.C. is delighted to announce details of the 38th Annual 7 A Side Tournament in conjunction with sponsors Killarney Credit Union which will kick off on Monday 30th June.

COMPETITIONS: This year is our thirty eighth 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 U10s to U12s on the weekend of 11th/12th July. And U14 and 16 taking place too.

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.

Also there will be free entry to the 2014 tournament for the Premier Cup winners.

ENTRY FEE: In acknowledgement of the economic climate, we are maintaining the entry fee at last year's amount and are hoping for a high entry across the categories.

Senior Men: €200; Over 35s: €150; Ladies: €150; U10/12: €50; U 14/16: €75.

What better way to pass the summer evenings than putting it up to the cream of Kerry soccer or just giving it all in the spirit of fun with a bunch of your friends!

WHAT TO DO NEXT... Killarney Credit Union, Beech Rd. and Park Rd.; Scotts Bar and at www.killarneyathletic.com

N.B: The closing date for senior entries (to be

returned to the above. Application forms are available from venues) is Friday 20th June and the draw will take place on Sunday evening, June 22nd in Scotts Bar at 9pm.

See www.killarneyathletic.com for entry forms, information on previous 7-A-Side Tournaments and for updates throughout the tournament.

CONDOLENCES: Sincere Sympathy is extended to the O'Donoghue on the sad passing of Christy.

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

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

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

MASTERGEEHA F.C.

LOTTO: There was no winner on Friday 30th May. Numbers drawn were 10, 11, 21 & 24. Consolation prizes were €100 Marie & Adah, Dooneen, €60 Patie Moynihan, Headford, €30 Ann Yeates, Tiernaboul, Killarney, €30 Phil Horan, c/o Joe Doyle, €30 Patricia O'Neill, FSS, Killarney, Draw every Friday night in The Village Inn, Kilcummin. Jackpot now €11,850

KILLARNEY CELTIC NOTES

AGM: Killarney Celtic's Annual General Meeting will be held on June 9th at 8.00pm in Celtic Park. All members are asked to make a special effort to attend.

BEST WISHES: To all players doing exams at the moment. Remember that they are important but ye are far more important as people – if you are feeling the pressure, please make sure to share it with the people who love you.

THE DERMOT O'CALLAGHAN TOWN TWINNING TOURNAMENT:

There was over 700 people in Celtic Park last Saturday to watch 24 enthusiastic U12 teams battle it out for the Gathering Cup, including a 120 strong contingent from Saffenstorp, Sweden. It was a fantastic day for all concerned and a fitting tribute to our late President, who obviously gave so much to the young people of the Killarney area, he would have loved this occasion. A huge thank you to all the participants and especially all the wonderful trojan volunteers who made the day go off so well.

GAYNOR CUP: Kerry's Girls, including a massive Killarney Celtic contingent, really did themselves and their county proud up in Galway, and can even feel a bit unlucky to finish in 13th place. Consider that Kerry have only been able to enter teams in the past few years and the phenomenal growth in girls soccer in Kerry is readily apparent – we at Celtic are very proud to be part of that. Special mention has to be made of Fiadhna Tangney, who not only scored goals at one end of the pitch but actually went in goals and saved two penalties at the other!

TEAM FEATURE: KILLARNEY CELTIC

U13 Killarney Celtic u13 team for 2013/2014 season completed the double last Thursday night when they won the Kerry Cup in emphatic style, when although starting slowly eventually found their rhythm in the first half and scored through striker supreme Ryan Kelliher. One of the highlights of this game was the great winger play by Peter O'Sullivan who put a fantastic display of attacking football. Caolan Ryan worked very hard on the other wing, who gave way to Eanna Coleman who continued the great work rate and inspiring attacking play and Park were unable to develop any play from their full backs due to the efforts of the Celtic wingers. In midfield Liam Spillane, Patrick Darcy, Michael Lenihan and Darragh Lyne worked tirelessly to take control of the middle of the pitch and did so with great passing and workrate. And no team cannot be successful without a great foundation and the U13s have without doubt one of the best in the game in Jared Barton, David Dineen (capt.) and Darragh Dennehy. And Finally we are blessed with one of the best stoppers in the club and Kerry in goalkeeper Mark Kelliher. But it doesn't stop there as James Darmody, Niall McGillycuddy and Ryan Casey who, as they have done throughout the season, contributed to a great win over a dangerous Park team who showed by the cracking goal they scored that they deserved to be in the final. On a sad note one player who was there on the night but due to long term injury was unable to play and has not played for the team for some time now and is greatly missed, Dougal Campion. We look forward to getting back in action again in the new season. This team has improved as the season went on and produced a brand of football that they can be proud of with an excellent disciplinary record which is a credit to them and their parents who have been very supportive of the team throughout the year. The club is very proud of them and the way they play the game of soccer and how they represent the club and themselves. The management team of Eugene Cosgrave, Phil O'Sullivan and Brian McCarthy Snr would like to take this opportunity to thank the players for the great work that they put in this season and the parents for the great support and appreciation showed by them throughout the year. Finally a special thank you to the U 13 B management and u12 a management for helping us source players on the occasions when we were short of the usual squad, thanks lads. **Eugene Cosgrave**

RESULTS

GREYHOUND CUP: TRALEE DYNAMOS 1 KILLARNEY CELTIC 0

Work commitments meant that Celtic had to blood a number of young players who acquitted themselves superbly, but Dynamos have always been and still are a formidable outfit and deserved their victory.

U16 CUP FINAL: KILLARNEY CELTIC 1 ST. BRENDANS PARK 0

Celtic put in a magnificent shift against their closest rivals – a great team in their own right

– and a standout performance by man of the match David Spillane and a cracking goal by Conor McCarthy made that vital fraction of a difference. The two sides will meet in the last game of the league season and again a title will be on the line.

U15 CUP FINAL: KILLORGLIN 2 KILLARNEY CELTIC 0

It was a close game but Killorglin managed to break away with two goals in the second half to claim the cup and deserved congratulations. Celtic left everything on the field and did the club very proud.

U14 PREMIER: LISTOWEL CELTIC 1 KILLARNEY CELTIC 1 Josh Fleming scored a cracker for us but the Listowel needed a point to win the league and got it with a well-worked equaliser. Well done to both teams.

U13 PREMIER: KILLARNEY CELTIC 1 KILLORGLIN 1 A hard-fought draw, in which Killorglin deserve a lot of credit, was enough to seal a league and cup double.

U12 GIRLS: LISTOWEL CELTIC 5 KILLARNEY CELTIC 2 Shauna O'Donoghue hit two great goals for us but Listowel were worthy winners of the game and, with it, the league title. Full congratulations to them but also to our own girls, who put in a magnificent effort and were on their heels all season.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5.30pm-6.30pm at Celtic Park. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729.

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981. There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 1, 7, 23, 24. No winner, 3 x match 3, McDonagh, Irene Tuite c/o Mike's Takeaway, Madeleine Healy c/o Denis, Grainne O'Connor, Pinewood, €50 each. Next week's jackpot €7800, draw in the Failte on Monday night. Tickets available from all club officers.

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

killarneyceltic.com for Killarney Celtic news, match reports, or photos.

SCHOOL BOY/GIRL SOCCER

GAYNOR GIRLS GET SUMMER INTER LEAGUE SEASON OFF TO GOOD START: RESULTS:

UMBRO U14 GIRLS GAYNOR CUP:

Kerry 0-1 Inishowen, Kerry 4-1 Clare.
Kerry 0-0 Longford, Kerry 1-1 Galway.
Kerry 1-4 Wexford.
Play offs: Kerry 2-2 Limerick County.
Kerry win 3-2 on penalties.
Kerry 1-2 North East Counties.

LEAGUE AND CUP RESULTS:

JK SPORTS 12 GIRLS PREMIER:

Listowel Celtic 5-2 Killarney Celtic.

DALY'S SUPERVALU 13 PREMIER:

Killarney Celtic 1-1 Killorglin.

13 DIVISION 2:

Listowel Celtic C 2-0 Killarney Celtic C.

FOUNDATION SPORTS 14 PREMIER:

Listowel Celtic 1-1 Killarney Celtic.

14 DIVISION 1: Killorglin 2-3 Park B.

TRALEE TROPHY WORLD 16 PREMIER:

St Brendan's Park 3-0 Killarney Celtic.

CUP FINALS:

15'S CUP FINAL: Killorglin 2-0 Killarney Celtic.

TUCKER KELLY 16'S CUP FINAL: Park 0-1 Killarney Celtic.

REPORTS: WFAI UMBRO U14 GAYNOR CUP:

The under 14 Girls Gaynor Cup side got the busy summer Inter League competition season off to a good start in their tournament in UL. This off course will be followed by the Boys Kennedy Cup from June 16th to 20th and the U16 Girls Gaynor (June 27th to 29th) both in UL. Later on in the summer it will be the boys in action again in the Galway Cup from August 6th to 9th. In last week's u14 Gaynor 18 Leagues took part in three groups of 6. Kerry opened their campaign against Inishowen and were very unlucky to lose to a last minute goal. Just before that Hannah O'Donoghue was through and taken down and for a second it looked like it was inside the box. But the referee and his assistant got it just right as it was a few inches outside! Kerry showed no ill effects of that loss and got their game against Clare off to the ideal start with a goal from Hannah O'Donoghue inside the first minute. Kerry went on to dominate the game with Hannah adding two more to complete her hat trick and Fiadhna Tagney netting a 4th. Clare to their credit kept going and got 1 back late on. But Kerry deserved their 4-1 and put 3 points on the board. It was a scorching day in UL and the girls completed their play with a 0-0 draw against a defensively good Longford side and it left Kerry in third place in the Group behind favourite Galway and Inishowen. Sunday was always going to be a tough day with games against Galway and Wexford. But Kerry reserved their best football of the week for the game against the Tribeswomen. Galway were looking to secure a place in the Gaynor Cup semi-final but it was Kerry who went ahead when Ciara O'Brien headed home a Fiadhna Tagney corner. Kerry defended excellently until the last two

minutes when Galway were awarded a penalty. But Edel Harnett was equal to the Galway girl and dived to her right to save the spot kick and earn Kerry the point. Galway would go on to win the Gaynor Cup but will remember the Kerry game as their hardest of the week. Kerry then were unlucky to meet a Wexford side that need all three points to secure a Plate semi-final spot and Kerry went down 4-1 with Hannah O'Donoghue again on the mark. It must not be forgotten that a large number of this team are underage again and will improve from this experience. Into the playoff Kerry met Limerick County in a cracker that ended 2 all. Hannah O'Donoghue continued her prolific scoring rate getting both goals. Onto penalties and Hannah, Fiadhna Tagney and Kate Stack scored from the spot and Faidhan went into goal and saved two. Kerry then met North Eastern Counties (NEC) in their last game of a tough but hugely enjoyable tournament with 13th and 14th place up for grabs. Kerry went behind mid-way through the first half but didn't drop their heads and got level before the break. Kate Stack finished a good team move to leave the score 1 all at the break. Kerry continued to create chances into the second half and hit the post and crossbar, had a goal rules out for off side and the NEC defence were putting in last ditch tackles. Kerry did not the breakthrough their play deserved and were caught with a sucker punch when they conceded a penalty with two minutes to go. NEC made no mistake to take the win and leave Kerry in 14th place. Overall Kerry were a little unlucky in that their two losses were by the minimal margin. They deserved a top 10 finish and can take great heart in the knowledge that they held the eventual champions Galway to a 1 all draw.

LEAGUE REPORTS:

JK SPORTS 12 GIRLS PREMIER:

Listowel Celtic wrapped up the U12 JK Sports Premier title with a 5-2 over Killarney Celtic. Aoife Horgan was in great form getting 4 for her side with the 5th coming from Hannah Healy. Shauna O'Donoghue got both goals for Killarney Celtic.

DALY'S SUPERVALU 13 PREMIER:

Killarney Celtic wrapped up the u13 double following a 1 all draw with Killorglin who finished second.

13 DIVISION 2: Listowel Celtic C's great run has seen them moved to joint top of the table on 36 points, the same as Camp. There latest came following a 2-0 win over Killarney Celtic. However it might not be enough to see them take the title as Camp have two games left with Listowel Celtic finished but it was a great effort for this C team.

FOUNDATION SPORTS 14 PREMIER:

Listowel Celtic got the point they needed to pip Kingdom Boys to the title following a 1 all draw at home to Killarney Celtic. Josh Fleming for the goal for Killarney but a Cillian Spillane goal was enough to give Listowel Celtic the Premier title finishing on 21 points with Kingdom Boys on 20. Killarney Celtic had needed all three points to overall The Park for third.

U15 CUP FINAL: Killorglin 2-0 Killarney Celtic.

RING OF KERRY GOLF AND COUNTRY CLUB

VICE CAPTAIN'S DAY RESULTS MEMBERS SECTION

1st: Donal Casey (25) 41pts
2nd: Daniel Taylor (28) 40pts
3rd: John Nyhan (13) 39pts ocb
Best Nett: Tommy O'Driscoll (1) 35pts

VISITORS SECTION

1st: Jason Daly (8) 40pts
2nd: Mikey Crowley (23) 35pts
3rd: Declan Dunne (9) 33pts ocb
Nearest Pin 18th: Bart Van Oyen

UP COMING FIXTURES

Saturday 7th June – Kerry Shield Day – Members are pre-warned that the tee is blocked off from 08:30am through until 14:00pm.
Saturday/Sun 7th/8th – Singles Stableford GOTY

There is also a members exchange day with Ceann Sibeal Golf Club should members wish to travel over to Dingle.
Tuesday 10th June – OPEN Singles Stableford – Only €15 for visitors.

KILLARNEY GOLF CLUB

LADIES:

RESULTS OF PRESIDENT MARY GEANEY'S PRIZE SUNDAY 1ST JUNE, 2014, SINGLES STROKE KILLEEN COURSE:

1st Mary O'Neill (25) 65 net
2nd Kathleen Wall (24) 67
3rd Susan Tong (17) 70
B.G. Mairead Martin (4) 79
4th Nicola Rainsford (11) 70
5th Liz Downey (15) 71
6th Mary Kelly (35) 71
7th Eileen Magee (29) 72 (Bk 9)
8th Carmel Fitzgerald (18) 72
Longest drive Amy Arthur
Putting Bernie Nolan 26 putts
Front 9 Christine Carroll (13) 32
Back 9 Maura Fitzgerald (23) 35 points
CSS 73

Next Sunday's Competition June 8th will be Sponsored by Lord Kenmare's Restaurant, College Street.

Single S/Ford Killeen Course. Tee times 8.30am to 10.30am.

Entry for Club Singles and Club Foursomes has been extended to 9/6/2014.

A RULES NIGHT: By Gillian Harte will take place in the Club House on Thursday 12/6/2014 at 5.45 p.m, fee 5 euros. All Golfers welcome.

CONGRATULATIONS: To Mairead Martin who's superb golf sustained over 3 rounds in the Irish Stroke Play Championship held at Douglas Golf Club on the 24th and 25th May resulted in a highly respected finish of 5th overall.

ROSS GOLF CLUB

ON SUNDAY JUNE 1ST WE HELD A 10 HOLE MIXED SCRAMBLE.

The following were the winners:

1. Alan Flynn, Liam Chute, Humphrey Kerins.
2. Michael Courtney, Donal Power, Liz Kelliher.
On Sunday June 8th we will hold a V Par competition. The timesheet is available in the

clubhouse so please add your name to it as soon as possible.

NINES OF KERRY: Best of luck to our Nines of Kerry team as they participate in that competition next weekend in Ardfer.

KENMARE GOLF CLUB

18H OPEN SINGLES:

1st Gerald O'Dwyer [12] 42pts.
2nd Martin O'Brien [23] 42pts.
3rd Colm O'Sullivan [12] 40pts.

LADIES:

1st Brenda Holden [22] 39pts.
2nd Laura Hatton [24] 37pts.
3rd Anne Kelly Murphy [30] 36pts.

KILLORGLIN GOLF CLUB

LADIES RESULTS: 18 HOLE SINGLES

STROKE SPONSORED BY GALLYS BAR & RESTAURANT: 1. Christina O'Sullivan (27) 70 nett. 2. Kathleen Cronin (25) 72 nett (B9). 3. Eibhlin McCarthy (12) 72 nett.

FIXTURES: Exchange Day with Castlegregory 18 Hole Single Stableford sponsored by Hannah Mary's XL, Tullig is on Sunday 8th June. Time Sheet in Pro Shop. 12 Hole re-entry Stableford sponsored by Vice Captain Phil Anne Foley continues until further notice.

SILVER SWANS: 12 HOLE STABLEFORD:

1. Christina O'Sullivan (26) 26 pts.
2. Vice Captain Phil Anne Foley (36) 21 pts.

WEEKEND RESULTS OF THE 3 BALL RUMBLE SPONSORED BY SUPERVALU:

1st with 85 pts Martin Smith, Donal Murphy
Mike Lawlor

A reminder of next Sunday's exchange day with Castlegregory, time sheet at the pro shop.

CONGRATULATIONS: To the Minor Team and Managers on their great win over Ardfer in Castleisland recently. They are now into the 3rd round against Fermoy in Ballybunion on Saturday 21st June.

THE CONFEDERATION OF GOLF PROGRAMME: Is proving to be a huge success at Killorglin Golf Club and all the ladies are enjoying the sessions with Pro Mark Heineman and the lady members.

BEST OF LUCK: To the Noreen Moore team for their match against Parknasilla in Kenmare this Saturday.

DEERPARK PITCH & PUTT NOTES

By John Kelly PRO

Congratulations to Damian Fleming who turned in a tremendous performance in the National Matchplay at the weekend in Parteen before eventually bowing out To Cork's John Walsh in the final. Also special mention to Jason O'Brien who was beaten in the last 16.

CLUB STROKEPLAY: The club Strokeplay continues during the current week with last card to be handed in at 6pm on Sunday Entry €3 per card and €2 for repeat cards.

CLUB MATCHPLAY: Teams for the club Matchplay are now available on the club Notice Board and the obligation is on the first

named player to arrange for game to be played.

TRALEE SCRATCH CUP: Tralee Scratch Cup takes place this Sunday from 8.30am to 2pm. Please support.

WEDNESDAY EVENING FOURBALL RESULTS

Winners on last Wednesday were Michael Cronin and Mary O'Brien with Sheila O'Donoghue and John Looney in 2nd place.

HOLE IN ONE ROBBIE O'BRIEN, COMPETITION continues each Wednesday evening 7pm. Winners of Sunday morning's Singles competition, John Kelly.

CLUBHOUSE OPENING TIMES: The Clubhouse and Shop is now open 12 noon to 9pm during month of June.

CASTLEROSSE GOLF

RESULTS COMPETITION: PLAYED ON SUNDAY JUNE 1ST, 18 HOLE STROKEPLAY,

Winner, Michael Leahy (19) net 68.

Runner up Steve Shine (17) net 69.

RESULTS, SCRAMBLE PLAYED ON THURSDAY 29TH MAY:

3 person scramble, winners Mick Clifford, Trevor Shine & Denis Tangney.

FIXTURES: Scramble each Thursday evening at 6.15pm, meet at 6pm in Club House, open to Ladies & Gents, Guests welcome. Come and enjoy 9 holes of golf at very reasonable cost.

Next weekend 18 hole Stableford, play Friday, Saturday or Sunday. Register on sheet at Castlerosse.

Captains prize day Saturday 14th June register on sheet at Castlerosse, Golf & Meal €25, guests welcome.

BEAUFORT GOLF CLUB

(MEN'S RESULTS)

1ST JUNE – 2ND ROUND GOTY – SPONSORED BY RANGLES COURT HOTEL.

1st Tim O'Brien (10) 72 Net.

2nd Michael Quirke (13) 73 Net.

3rd Michael Furlong (14) 73 Net.

23RD MAY – OPEN FRIDAY SPONSORED BY CLIFFORD GROUND CARE:

Winner: Pat Tangney (20)(Beaufort G.C.) - 39 pts

31ST MAY – OPEN FRIDAY SPONSORED BY CLIFFORD GROUND CARE:

Winner: Tim O'Brien (11)(Beaufort G.C.) - 39 pts

FIXTURES: 8th June – 3 RD Golfer of The Year – 18 Hole Stroke (white Tees) sponsored by Beaufort Bar.

Presentation of outstanding prices on Wednesday 11th June at approx 9pm after Scramble.

Open Fridays (Single Stableford for Ladies & Gents) continues Friday 6th June.

MEMBERSHIP: Contact Beaufort Golf Club or website www/beaufort-golf-club.com for latest offers on membership and green fees.

Phone: 064 66 44440, Email: info@beaufortgolfresort.com

BEAUFORT GOLF CLUB

(LADIES BRANCH)

RESULTS:

31ST MAY/1ST JUNE – 2ND ROUND GOTY

(STROKE) – SPONSORED BY GOLF PRO MARK HEINEMANN.

1st Joan O'Sullivan (23) 72 Net.
2nd Teresa Clifford (30) 73 Net.
3rd Renee Clifford (25) 76 Net.

27TH MAY – 9 HOLE SCRAMBLE:

Winners: Teresa Clifford (30), Captain Gearoid Keating (18), Tony Sinclair (22) - 27 pts

FIXTURES: 7th/8th June – 18 Hole Stableford – Sponsored by Sean Taffee.

Ladies Only Open Day – Tuesday 10th June – 4Ball Betterball – Sponsored by Dunloe Hotel.

Presentation of Outstanding Prizes will take place on Wednesday 11th June at approx 9pm (after scramble).

PARKNASILLA GOLF CLUB

RESULTS LADIES: 18 HOLE STABLEFORD,

1st Bernie Gleeson (35) 36 pts. 2nd Therese O'Leary, (32) 35 pts.

FIXTURE: Rumble continues until June 6th, open, 12 hole stableford, team of three, ladies, men or mixed. English Cup, V par, June 7th until June 15th.

KILLARNEY GOLF AND FISHING CLUB

PRESIDENT'S PRIZE MARY GEANEY'S PRIZE

MAHONY'S POINT, SINGLES VPAR SUNDAY 01/0-6/2014

1st Dan Doona (13) +6
2nd Derry O'Connor (10) +6
3rd Stephen Hanley (12) +5
Best Gross Stephan Kelliher (5) +4
4th Dan O'Leary (16) +5
5th Eddie O'Sullivan (13) +5
6th Neill Kiely (13) +4
7th ML Jr O'Neill (11) +4
8th Dan J Cahill (14) +4
9th Conor McNeice (6) +3
10th Sean (Spa) Kelliher (11) +3
11th Donal O'Connell (13) +3
12th Jonathan Sparling (9) +3
Past President Sean Coyne (7) Level.

THURSDAY SINGLES KILLEEN 28/5/14

1st John Herlihy (10) 42 pts.
2nd John Cooper (18) 39 pts.
3rd Anthony Curran (18) 36 pts.

KILLARNEY GOLF CLUB SCRATCH CUPS: On Saturday June 21st Mahony's Point - Categories are - Junior (5-9 Hcps) & Intermediate (10 - 17 Hcps).

Entries taken at Reception - (0)64 66 31034 - Entry Fee €10 Members €40 non Members.

ROSS GOLF CLUB NOTES

LADIES: Sunday June 8th will see our Kerry nines team compete against Ardfer in



MARY GEANEY CLUB PRESIDENT KILLARNEY GOLF CLUB PRESENTING HER PRESIDENT'S PRIZE TO MENS WINNER DAN DOONA WITH (LEFT) DERRY O'CONNOR 2ND, MIKE DALY CAPTAIN (BACK FROM LEFT) PRIZEWINNERS DAN J CAHILL, ARTHUR HANLEY, STEPHEN KELLIHER, DONAL O'CONNELL, SEAN KELLIHER, CONOR MCNEICE, MICHAEL O'NEILL JR., JONATHON SPARLING AND EDDIE O'SULLIVAN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



MARY GEANEY CLUB PRESIDENT KILLARNEY GOLF CLUB PRESENTING HER PRESIDENT'S PRIZE TO LADIES WINNER MARY O'NEILL WITH (LEFT) KATHLEEN WALL 2ND, MAUREEN CULLOTY LADY CAPTAIN, LOUISE LANGAN PAST PRESIDENT'S PRIZE (BACK FROM LEFT) PRIZEWINNERS BERNIE NOLAN, NICOLA RAINSFORT, LIZ DOWNEY, MARY KELLY, CARMEL FITZGERALD, ANNEMARIE GALLIVAN, MAURA FITZGERALD, MAIREAD O'SULLIVAN, CHRISTINE CARROLL AND AMY ARTHUR AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.

Ardfer at 2.30pm. Sunday June 15th Ross' mixed foursomes will play against Beaufort in Kenmare. Support for all our teams would be welcome.

Sunday June 22nd ladies scramble kindly sponsored by Han Lenihan. Entry sheet in the locker room.

MIXED FOURSOMES COMPETITION: The draw has taken place for the mixed foursomes competition. Check club house for your playing partner and date for completion of the first match. The best of luck to everyone.

CONGRATULATIONS: Well done to our Minor cup team who won their match against Kenmare in Killorglin on Wednesday May 28th. A big thanks to the Manager and to the players caddies. The team now advances to the next stage of the competition which will be held in Ballybunion on June 21st.

KILLARNEY DEBATES GROWING OLD IN IRELAND



"RECYCLED TEENAGERS" IN KERRY DEBATE GROWING OLD IN IRELAND

80 PEOPLE JOINED BROADCASTER GEORGE HOOK IN THE MALTON HOTEL, KILLARNEY TO DEBATE GROWING OLD IN IRELAND. WITH OUR POPULATION RISING AND FIGURES PROJECTING 800,000 PEOPLE OVER THE AGE OF 65 BY 2021, BLUEBIRD CARE HOSTED AN EVENT TO DISCUSS PLANNING FOR AN AGEING POPULATION. THE MAIN ISSUES DEBATED WERE COMMUNITY POLICING WITH SGT. JIM FOLEY AND DIARMUID CRONIN OF Muintir Na Tíre; SOCIAL ENGAGEMENT AND ACTIVE AGEING WITH PETER KAVANAGH, ACTIVE RETIREMENT IRELAND AND PHILIP O'REILLY, RESPOND HOUSING; AND THE IMPACT OF AUSTERITY ON OLDER PEOPLE BY EAMON TIMMINS OF AGE ACTION AND SUSIE HALL FROM THE ALLIANCE OF RETIRED PUBLIC SERVICES ASSOCIATION. ONE AUDIENCE MEMBER, 90 YEAR OLD BERNIE McMONAGLE DECLARED, "IN KERRY WE DON'T LIKE TO BE REFERRED TO AS SENIOR CITIZENS, WE RATHER 'RECYCLED TEENAGERS.' THIS SET THE POSITIVE TONE FOR THE EVENING WHICH WILL FEATURE IN AN ONLINE VIDEO SHARED ON BLUEBIRDCARE.IE.

PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, MAGDA WYPYCLE, KILLARNEY, CLLR. MICHAEL GLEESON, KILLARNEY AND RUTH DOHERTY, KILLARNEY.

PICTURE BY DON MACMONAGLE



PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, PAUDIE O'MAHONY, KILLARNEY, SHEILA AND CARL BARCLAY, KILLARNEY. PICTURE BY DON MACMONAGLE.



PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, PADDY O'DONOGHUE, FARANFORE, MARGARET MARSHALL, KATHLEEN CASEY AND MICHAEL MARSHALL. PICTURE BY DON MACMONAGLE.



PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, BERNADETTE MACMONAGLE, KILLARNEY AND SHEILA DOONA, MUCKROSS, KILLARNEY. PICTURE BY DON MACMONAGLE.



PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, MARY MURPHY, KILLARNEY AND EILEEN O'CONNOR, MILLTOWN. PICTURE BY DON MACMONAGLE.



PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, WILLIE AND MAURA O'NEILL, KILLARNEY. PICTURE BY DON MACMONAGLE.

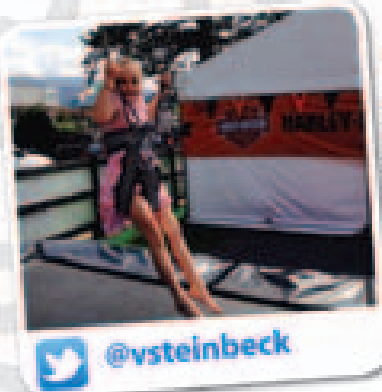


PICTURED AT THE KERRY DEBATE 'GROWING OLD' WITH BLUEBIRD CARE AND GEORGE HOOK' AT THE MALTON HOTEL KILLARNEY WERE FROM LEFT, GERARD MANNIX, FIRIES, JOANNA AND JOE HARDY, CAHERSIVEEN. PICTURE BY DON MACMONAGLE.

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SUMMER DRIVING ADVICE

LONG JOURNEYS, HIGH TEMPERATURES AND HEAVY TRAFFIC

The high temperatures and busy holiday routes of summer put extra demands on both car and driver. With a little planning and preparation though you should be able to reduce the risk of a breakdown and keep stress levels to a minimum.

SUMMER DRIVING ADVICE

Long journeys, high temperatures and heavy traffic

The high temperatures and busy holiday routes of summer put extra demands on both car and driver. With a little planning and preparation though you should be able to reduce the risk of a breakdown and keep stress levels to a minimum.

Summer breakdowns

Drowned or lost key fobs

It's easy to lose your car keys in sand on the beach or take the remote control for a swim and then find that car doors won't open.

Salt in sea water can ruin electric circuits and render transponder keys useless. Most cars will have an alternative method of entry if the remote key fails - check the handbook - but it's better to keep keys safe and dry in the first place.

Punctures

High temperatures aggravate any existing damage to the rubber. Under-inflation adds to the problem causing friction and more heat which can prove too much for weak spots, causing punctures and blow-outs.

- Check tyre condition and pressures, adjusting for extra load if appropriate.
- Check caravan tyres for cracking and renew damaged tyres before use.

Overheating

High temperatures can aggravate cooling system problems too. Low coolant level, leaking hoses and broken electric cooling fans can all result in overheating and expensive damage. If the fan's broken it will soon become apparent when you meet slow moving traffic and engine temperature soars.

- Check the coolant reservoir level regularly.
- Look out for wet or white staining on coolant hoses.
- Check the fan by running the car to normal temperature and allowing the engine to idle for five to 10 minutes - the cooling fan should cut in automatically.

SUMMER FUEL SAVING

If you have to carry luggage on the roof, use a roof box to reduce drag. Alternatively load luggage on a roof rack as low as possible and wrap tightly in plastic sheeting. If you are staying in one place for your holiday,



take the roof rack or box off when you get there - you'll save fuel on day trips.

Open windows cause extra drag. Try air vents first particularly on a motorway.

Once air conditioning has cooled the inside of the car, you may be able to turn it down or off. Don't start the air conditioning if doors or windows are open.

Increase tyre pressures if carrying extra passengers or heavy luggage (Check the handbook).

Using a windscreen shade and opening up the car as soon as you get back to it will help to cool the inside. Opening windows while you drive out of a car park will lower the inside temperature before you start the air conditioning.

Fatigue

Fresh air, exercise or turning up the radio may help for a short time but are not as effective as:

- Break a journey over 3 hours with a 20 minute break.
- On longer journeys, take a break every two hours or so.
- Frequent short stops (of at least 20 minutes) are better than one long stop.
- Avoid heavy meals and alcohol before driving.
- Counter sleepiness by taking a short nap (up to 15 minutes) or drink two cups of strong coffee.
- Remember that it's illegal to stop on the motorway hard shoulder, except in an emergency

Hayfever

Hayfever is particularly bad in the summer and if you sneeze at 70mph you lose your vision for as much as 100 metres.

- Only take medication which doesn't cause drowsiness.
- Get someone else to drive if you are having a particularly bad hayfever day.
- Ask about cabin pollen filters for your make of car.
- Keep tissues close to hand.
- Slow down and drop back if you're about to sneeze.
- Wear sunglasses to block out bright sunlight.
- Close windows and air vents to reduce pollen grains in the car.
- Vacuum car mats and carpets regularly during summer, to get rid of dust.

Loose chippings

Surface dressing - laying tar covered with loose chippings - helps preserve roads and improve

skid resistance, but is also a cause of cracked headlamp glasses and windscreens, and damaged paintwork.

Keep your distance and drive within posted speed limits to reduce the risk of damage.

Fire

Verges and embankments can become bone dry, and a smouldering cigarette butt could be all that it takes for roadside grass to ignite - in previous hot summers we have seen mile after mile of blackened motorway verges.

Roadside fires endanger the countryside, wildlife, and put motorists at risk because of the obvious danger from smoke reducing visibility as well as congestion as emergency services tackle the blaze.

Tractors

Tractor drivers often have sound-proofed cabs or wear ear protectors, so they may not hear approaching cars.

Tractors don't have to be fitted with brake or indicator lights unless used at night so in daylight be prepared for them to stop or turn without warning.

Our country road code

- Keep plenty of distance behind a tractor, in case it stops suddenly - remember the two-second rule.
- A tractor may be longer than it appears - there may be a loader on the front. Make sure you have plenty of room to get past before overtaking.
- Slow down if you come across a spillage - a bale of straw hit at speed will cause considerable damage to your car.
- Don't park in a gateway or passing place - they are farmers' field access points.
- Drive carefully after rain - dry mud can turn roads into a skidpan after a downpour.

Glare

- Sun glare causes many accidents, particularly under clear skies at dawn or dusk.
- Keep a clean and unscratched pair of sunglasses handy.
- Avoid lenses which darken in strong sunlight - the windscreen filters out UV light so the glasses will change only slowly.
- Clean the windscreen regularly, inside and out, to remove smears, which will catch sunlight and impair vision.
- Renew worn or damaged wiper blades will also help to improve vision.



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ADVICE AND TIPS ON HOW TO STAY SAFE WHILE CYCLING ON IRISH ROADS

Cycling is a common means of transport in Ireland. It's popular for several reasons: it's great exercise, it's cheap and it cuts down on travel time, especially during rush-hour. But cyclists are also a vulnerable category of road user. Every year there are several cycling fatalities on Irish roads and countless collisions involving cyclists. As a cyclist, you can reduce your risk of death or injury by following some simple advice:

- Never cycle in the dark without adequate lighting – white for front, red for rear.
- Always wear luminous clothing such as hi-vis vests, fluorescent armbands and reflective belts so that other road users can see you.
- Wear a helmet.
- Make sure you keep to the left. Always look behind and give the proper signal before moving off, changing lanes or making a turn.
- Follow the rules of the road, never run traffic lights or weave unpredictably in and out of traffic.
- Maintain your bike properly – in particular, your brakes should work properly and your tyres should be inflated to the right pressure

and be in good condition.

- Respect other road users – don't get into shouting matches with motorists; stop at pedestrian crossings; don't cycle on the footpath.
- Watch your speed, especially when cycling on busy streets and going downhill.
- Steer well clear of left-turning trucks: let them turn before you move ahead.

CYCLING FOR CHILDREN

Using a bike for the first time and learning to ride has been a rite of passage for generations of Irish children. Cycling is fun and sociable and, like swimming, a life-skill that stands to children in later years. Yet, like many activities, cycling carries an element of risk. Parents play

an important role in minimising the risk by giving them proper guidance and instruction at an early age to ensure that basic safety rules are absorbed while young.

Do's and don'ts of safe cycling for children

Do ensure they:

Cycle a bike matched to their height and experience.

Wear a safety helmet.

Use lights in dark or dusky conditions.

Don't allow them to:

Cycle on public roads unsupervised (if under 12).

Wear loosely-worn scarves or other clothing that could get caught in the wheels or chain-set.

Take unnecessary risks.



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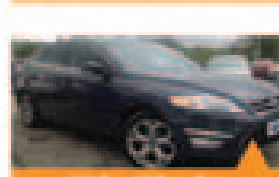
05 Suzuki Liana



11 Hyundai i20



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07 Renault Megane



11 Citroen Berlingo

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- 10 Citroen Picasso 1.6HDI, 35k, 1 owner, Full S/H
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- 10 Ford Focus 1.6 TDCi, sports, sat nav, bluetooth, alloys, fogs, 83k, full Ford S/H
- 09 Audi A4 2.0TDi 92k, Black, Full Audi S/H
- 09 Ford Focus 1.6 TDCi, Titanium, 97k
- 09 Ford Focus 1.6 TDCi, Titanium, Full Ford S/H
- 09 Kia Proceed 1.6, Alloys, Fogs, 3dr H/B
- 08 Ford Mondeo 1.8 TDCi, Zetec
- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCi, Black, NCT Tested
- 06 VW Passat 1.9 TDCi, Green, NCT Tested
- 06 Citroen C5 1.6HDI, 106k, 1yr Test

- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Skoda Octavia 1.9 TDi, silver, 1 owner
- 03 VW Passat 1.9 TDi, NCT tested
- 03 VW Passat 1.9 TDi, NCT tested, Silver
- 08 Kia Rio 1.4, Automatic
- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Ford Focus 1.4, NCT tested
- 07 Ford Focus 1.4, Connection, Hatchback
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OAK TREES BENEFIT EVERYTHING FROM CATERPILLARS TO SONGBIRDS

As the world becomes more urbanised, researchers and city managers from Baltimore to Ballinasloe are recognising the importance of providing urban habitat that can support biodiversity. It just may be the start of an urban wildlife movement.

A few years ago in Baltimore County, Maryland, environmental staffers were reviewing a tree-planting proposal from a local citizens group. It called for five trees each of 13 different species, as if in an arboretum, on the grounds of an elementary school in a densely-populated neighbourhood.

It seemed like a worthy plan, both for the volunteer effort and the intended environmental and beautification benefits. Then someone pointed out that there were hardly any oaks on the list, even though the 22 oak species native to the area are known to be wildlife-friendly. Local foresters, much less local wildlife, could barely recognise some of the species that were being proposed instead. As if to drive home the logical inconsistencies, both the school and the neighbourhood were named after oak trees.

That sort of epiphany has been happening a lot lately in metropolitan areas around the world, as people come to terms with both the dramatic increase in urbanised areas and the corresponding loss of wildlife. The portion of the planet characterized as urban is on track to triple from 2000 to 2030—that is, we are already almost halfway there. Meanwhile, 17% of the 800 or so North American bird species are in decline, and all 20 species on the Audubon Society's list of "common birds in decline" have lost at least half their population since 1970.

Those kinds of stark numbers, repeated around the world, have made it disturbingly evident that it's not enough for cities to plant a million trees, preach the gospel of backyard gardens,

or build green roofs and smart streets. The trees, shrubs, and flowers in that ostensibly green infrastructure also need to benefit birds, butterflies, and other animals. They need to provide habitat for breeding, shelter, and food.

SWIFT CONSERVATION PROJECT

Perhaps the most iconic and intriguing of our urban bird species, the Swift is a summer migrant that breeds throughout Europe and much of Asia and winters in southern Africa. However, in recent decades there has been much concern for Swifts as their numbers have been in decline throughout many parts of their range. The recent Bird Atlas 2007-11 shows there has been a substantial loss in range in Ireland since 1970, while the latest Countryside Bird Survey data shows an alarming 39% decline between 1998 and 2013. Reasons for their decline remain unknown, but it is thought that the loss of available nest sites due to the renovations of old buildings and the impacts of climate change could be significant factors.

BirdWatch Ireland is appealing for volunteers to take part in a National Swift Survey to help identify breeding sites across Ireland. Information collected through these surveys will help our knowledge of Swifts so that more nest sites can be provided and protected.

Swifts nest mainly in tall buildings, usually under the eaves. Until they lay eggs, the birds will spend most of the day time flying around feeding. They will spend the night together in their box and may pop in during the day to add nest material that they have managed to find on the wing (swifts can't land on the ground because they have very short legs).

If you would like to take part in the Swift Survey or require some general information, please email swifts@birdwatchireland.ie

THIS WEEKS QUOTE:

"Love, butter & the company of cats is the recipe for a good life" - Julia Child Chef & Author.

ON THIS DATE – JUNE 6TH

1592 - Red Hugh O'Donnell, son of the Earl of Tyrconnell made a dramatic escape from the Record Tower and returned to Co. Donegal and the leadership of his Clan.

1683 - The Ashmolean, Britain's first public museum, opened.

1763 - Birth of William Simms, a founder and secretary of the United Irishmen.

1798 - Rebellion broke out in Ulster: Henry Joy McCracken issued proclamation calling United Irishmen in Ulster to arms

1800 - Ordination of the first priests at St Patrick's College, Maynooth. The college was founded in 1795 as the National Seminary for Ireland.

1868 - Birth of Robert Scott, British Antarctic Explorer.

1940 - Willie John McBride, Ireland and Lions rugby captain, born in Toomebridge, Co. Antrim.

1944 - The D-Day landings in Normandy by Allied forces during the Second World War.

1957 - Redbarn Ballroom, Youghal opened with The Johnny Butler Band.

1968 - Senator Robert F. Kennedy died from the gunshot wound he received the previous day following a major victory in the California presidential primary. After addressing his supporters in a ballroom at the Ambassador Hotel in Los Angeles he left the ballroom through a service area to greet supporters working in the hotel's kitchen. In a crowded kitchen passageway, Sirhan Sirhan, a 24-year-old Palestinian, opened fire with a .22 caliber revolver and shot Mr. Kennedy in the head at close range.

THIS WEEKS GOOD NEWS

In Dhaka, Bangladesh—for most of the last 14 years, Hazara Begum a single mother has lived an invisible life. Each night, she sleeps with her three children on the same square patch of sidewalk.. Each day, she hides away her meager belongings to make way for the pedestrians, and works when she can as a substitute garbage sorter, earning no more than 30 cents before sun sets—usually far less.

Dhaka, one of the world's most over-crowded cities, grows by an average of 1,418 people every day, and its slums are grim. But "pavement dwellers," who cannot afford even a life in the slums, survive with a harder level of grimness on the city streets. Sometimes treated as human debris, their socio-economic, political and human rights have been shattered—in no small part because they are the unseen.

And yet, it takes an effort to ignore them. Visit certain areas of the city in the hours after dark, and you will find men, women and children sleeping on the sidewalks without an inch of space between them. Still, the city's approximately 40,000 pavement dwellers face social ostracism and have remained largely unacknowledged on an official level until Concern Worldwide drew attention to them

six years ago with the start of a program called "Amrao Manush," or "We Are People Too."

Hazara, a small woman with a worn, determined face, ended up on the street when her marriage fell apart. She travelled to the capital city from Sylhet, 270 kilometres to the northeast. In Bangladesh, women lose their place in the family of their birth when they are married. If a partnership fails, a woman, left with her children, often has to find her way forward alone.

Since March 2008, Concern Worldwide has reached 14,476 pavement dwellers like Hazara, among them 7,466 men and 7,001 women. Working with partner organisations, Concern Worldwide has established life-changing programs, including twelve multi-purpose centres for pavement dwellers that offer daycare services for children ages two to six; tutorial support for children of primary school age; night shelter facilities for women, children and adolescent girls; basic healthcare services; and bathing and toilet facilities.

The groundbreaking program also has included intangible support, helping pavement dwellers reclaim their self-respect and advocating successfully on their behalf with government officials. The government has begun to recognise them in national documents, to allow pavement dwellers' children to obtain birth certificates, to provide stipends to children who have found their way into primary school, and to allow some to obtain voter registration cards. The official papers are especially important because pavement dwellers need them in order to escape the streets and find a place to rent. For Hazara the education of her children is her passport off the pavement.

About Concern Worldwide:

Concern Worldwide is an international, non-governmental humanitarian organization dedicated to reducing extreme poverty, with approximately 3,000 personnel working in 25 of the world's poorest countries in Africa, Asia, the Middle East and the Caribbean. Concern Worldwide targets the root causes of extreme poverty through programs in health, education, livelihoods and microfinance, HIV and AIDS, and emergency response, directly reaching more than 6.5 million people. For more information, please visit concernusa.org or follow them on Twitter and Facebook.

OLDEST CELEBRATES BIRTHDAY

The oldest living American, one of the few living people born in the 19th Century, has marked her 115th birthday.

Jeralean Talley was born on 23 May 1899 and is the world's second-oldest person, according to a list maintained by the Gerontology Research Group.

The oldest is Misao Okawa in Japan, who is 116, according to the group.

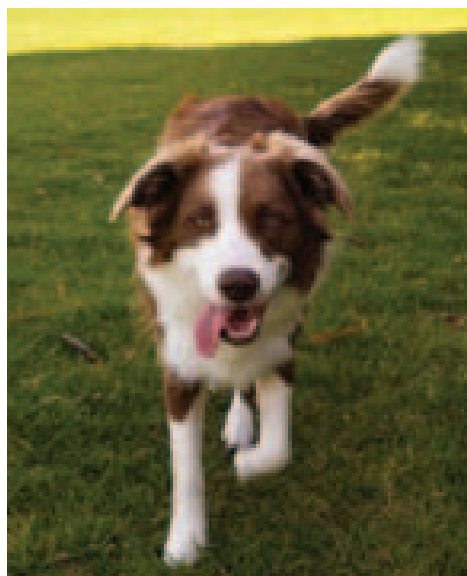
AMERICAN 115TH

Asked how she has lived so long, Ms Talley said "It's all in the good Lord's hands. There's nothing I can do about it."

Born in Montrose, Georgia, One of 11 children, she spent her early years living on a farm picking cotton and peanuts and digging sweet potatoes out of the ground. She moved to Michigan, in 1935, and has lived there since. A year later, she married Alfred Talley (1893–1988) and had one child, a daughter, Thelma Holloway, born in 1937. Jeralean and Alfred were wed for 52 years before he died on October 17, 1988, at the age of 95.

According to her daughter Thelma, Ms. Talley stayed active in her later life by sewing dresses, making quilts and playing the slot machines at casinos. She bowled until she was 104, when her legs got too weak, but still goes on annual fishing trips. She has three grandchildren, 10 great-grandchildren, and 4 great-great-grandchildren.

Ms. Talley's daughter aged 76, lives with her mother in Wayne County, and helps with her mother's care.



5 DOG BEHAVIOUR MYTHS, DEBUNKED

Interpreting dog behaviour can be tricky, and there are some strong myths about dog body language. The list below debunks a few common misconceptions about what our dogs are trying to tell us.

Dogs have personalities as varied as humans, and unless you know a dog really well it can be difficult to read what she's trying to tell you.

It's hard to tell at first glance sometimes whether you're dealing with a well-adjusted dog or not, but knowing how to spot subtle signs can make things go more smoothly for you and for the dog. So often our dogs or dogs we encounter are trying to tell us that they are scared, anxious, or unhappy. When we miss these signals, we tend to blame the dog.

1. Dogs attack without first showing any signs of distress – Not really - almost all dogs give signs that something or someone is making

them uncomfortable. Those signs may be subtle, like inching away or even just pulling their heads away. Look for other signs like bared teeth and flattened ears. Not all dogs will growl before lashing out, so looking for these physical signs is important.

Why don't all dogs growl before attacking? Never scold a dog when she growls. It's actually pretty easy to train a dog not to growl. The trouble is, you're teaching it not to give that important warning that she's reaching the end of her rope.

2. A dog on her back is asking for a belly rub - When a dog rolls over, it is saying one of two things:

"I trust you, you're the boss, please rub my belly!" "I'm feeling nervous. Please leave me alone."

Talk about confusing! The key is to look at the other signals that dog is sending. Does she seem relaxed with a vigorously wagging tail? Rub away! If her legs are stiff, and she's holding her head to one side, leave her be.

3. Happy dogs wag their tails - Tail wags can mean lots of things, and not all of them are happy. A slow back-and-forth means it's uneasy. If she's wagging so hard that her body is shaking, she's feeling fine. We call the latter its "helicopter tail," and its lovely seeing a dog that happy!

If you don't know the dog, you should look at other signs, just like with the two myths above. The ears, eyes, and mouth give you a lot of information.

4. When your dog is bad, punish her. No. No. No. Punishing teaches your dog fear. Instead, you want to entice and reward. There's no need to hit your dog or shout at her. If your dog gets too wound up, don't shout or hit. Just remove it from the situation for a few minutes, then start again. These little time outs give it a chance to calm down, so that you can bring it back in to the situation and reward it for playing safely and calmly.

5. A calm dog is a happy dog. If you encounter a dog who's sitting very still, know that it might be terrified. Terrified dogs are hard to read. Your best bet is to look to the owner for cues on whether to pet her or leave her be.

FINALLY THIS WEEK

In Australia the Wilderness Society Victoria Campaign Centre is developing a Schools Outreach Program to educate and inspire primary and secondary students to become advocates for the environment, specifically the forests campaign.

Through developing an understanding of key forest protection issues, students are empowered to create change within their own schools and local communities.

A key aim of the program is to encourage schools to make the switch to 100% post consumer recycled paper and ultimately to sign the Ethical Paper pledge.



EXAM TIME

Over half way through exams now it is essential to stay calm and keep positive. It is important to put your exams into perspective and remember that whilst the results will have a bearing on your future the results are not a measure of your worth. Be sure to continue eating a well-balanced diet, do some exercise and get sufficient sleep each night. If you are finding it difficult to cope or don't feel you have the necessary support, be sure to seek professional advice.

FOR PARENTS

It's important that your child knows that you are interested in their work. Tell them that they can only try their best and even if they don't do as well as they'd hoped, you still love them just as much. Whilst we're not suggesting bribery it's fine to provide small treats by way of encouragement – and be sure to celebrate the end of exams with a treat that everyone can look forward to, such as a meal out or a trip to the cinema.

Your sympathy and support is all important at this time – so recriminations about the past and 'I told you so' speeches will not be welcomed at this time. Professor Aidan Moran advises parents to "avoid doing post-mortems with your children after the exam – it's neither helpful nor accurate" (as students don't always remember what they wrote in an exam). He also states that "parents should praise their children for doing their best and for staying in the exam until it's over."

Continue to focus on the exams ahead reminding your teen that it's 'never too late, and a lot can be achieved in a short time'. Encourage them to continue trying and that it's worth 'having a go' and it will all be over soon.

Let them know that you love them unconditionally. Let them know that this time will pass and they will get through it. Let them know that no matter how the exams go, you will be there for them.

At **SouthWest Counselling Centre**, Killarney we have a team of parenting and adolescent counsellors who can provide valuable support at this time. Call **(064) 6636416** info@southwestcounselling.ie

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

info@kerrylifeline.com

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

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

Health Matters....

With Dr. Michael O'Doherty

WHAT ARE MUMPS!!

Mumps is a viral infection transmitted by and affecting only humans. While the salivary glands (especially the parotid gland) are well known to be involved during a mumps infection, many other organ systems may also experience effects of the virus infection. There is no cure for mumps, but the illness is of short duration (seven to 10 days) and resolves spontaneously. Prior to the introduction of mumps vaccination, the highest rate of new cases of mumps was reported in the late winter to early spring.

Mumps is highly contagious with an incubation period of 14-18 days from exposure to onset of symptoms. The duration of the disease is approximately 10 days and has a rapid spread among members living in close quarters. The virus most commonly is spread directly from one person to another via respiratory droplets. Less frequently, the respiratory droplets may land on fomites (sheets, pillows, clothing) and then be transmitted via hand-to-mouth contact after touching such items. The incubation period from exposure to the virus and onset of symptoms is approximately 14-18 days. Viral shedding is short lived and a patient should be isolated from other susceptible individuals for the first five days following the onset of swelling of the salivary (parotid) glands.

The initial symptoms of mumps infection are nonspecific (low-grade fever, malaise, headache, muscle aches, and loss of appetite). The classic finding of parotid gland tenderness and swelling generally develops the third day of illness. The diagnosis is generally made without the need for laboratory tests.

Serious complications of mumps include meningitis, encephalitis, deafness, and orchitis.

The MMR vaccine provides 80% effective immunity against mumps following a two-dosage schedule (12-15 months with booster at 4-6 years of age)

What is the treatment for mumps in adults and in children?

The mainstay of therapy (regardless of age range) is to provide comfort for this self-limited disease. Taking analgesics (acetaminophen, ibuprofen) and applying warm or cold packs to the swollen and inflamed salivary gland region may be helpful.



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

THE MIRACLE PRAYER

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

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).
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Amen.
Say this prayer for three days.
Publication of prayer and favour will be granted.
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DEBT REMOVAL PRAYER

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

NEVER KNOWN TO FAIL

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence to beg of the favours that I need (make request). From whom shall I ask, Lord Jesus, If not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your perfect love for me and therefore I place all my trust in you.
Our Father, Hail Mary and Glory.
Say 3 times for 3 days and request will be granted, Never known to fail.
Must publish.

M.L.

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).
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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 PADRE PIO

O God,
You gave Saint Pio of Pietrelcina, capuchin priest, the great privilege of participating in a unique way in the passion of Your Son, grant me, through his intercession the grace of... which I ardently desire; and above all grant me the grace of living in conformity with the death of Jesus to arrive at the glory of the resurrection.
Glory be to the Father... (three times)

ST. THERESA

St Therese, the little flower, please pick me a rose from the heavenly garden and send it to me with a message of love.

Ask God to grant me the favor I thee implore and tell Him I will love Him each day more and more.
Amen.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within Your own heart where your Father sees it.
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Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.
In thanksgiving.
N.T.

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.

NOVENA TO ST. CLARE

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

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THE MIRACLE PRAYER

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Then in his merciful eyes it will become your favour not mine. Amen.
Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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