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MAYOR'S BALL HAS IT ALL....

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

From fantastic entertainment to high fashion - the Mayor's Ball at The Malton Hotel on Sunday night last was a night to remember.

John Joe Culloty and his wife Mary hosted the occasion which saw almost 500 people gather to enjoy music from Crystal Swing and Jerh Healy along with some performances from the Strictly Come Dancing crew thrown in for good measure.

Organisers of the event Myra Fitzgerald and Joe Burkett ensured the night went off without a hitch.

The Mayor's Showband Show was in aid of the Irish Cancer Society and one of John Joe's last jobs as Mayor of the Killarney Municipal Area will be to hand over the proceeds to the Society next month.



MAYOR JOHN JOE CULLOTY PICTURED AT THE MALTON HOTEL AT THE MAYORS BALL AT THE MALTON HOTEL.



PICTURED AT THE MALTON HOTEL FOR THE MAYORS BALL WERE L-R ORLA HOWE, LISA AHERNE AND CATHERINE HOWE.



PICTURED AT THE MALTON HOTEL FOR THE MAYORS BALL WERE BACK ROW L-R PAT O'CONNOR, CON CARROLL, ROSEMARY CARROLL, CHRISTINE CARROLL, JOE GAFFEY, TARA O'CONNOR, BILLY O'CONNOR, DANIELLE O'SHEA & BETTY KISSANE. FRONT ROW L-R JESSICA O'CONNOR, BREDA O'CONNOR, TESS CARROLL, JULIE GAFFEY & MARION O'CONNOR.



PICTURED AT THE MALTON HOTEL BEFORE TAKING TO THE STAGE TO PERFORM THE HUCKLE BUCK DIRECTED BY PERFORMING ARTS ACADEMY WERE SOME OF THE CAST MEMBERS OF THE IRISH CANCER SOCIETY'S STRICTLY COME DANCING. BACK ROW L-R BREDA O'CONNOR, MARIE WADE, AISLING CROSBIE, KATE O'LEARY, LORRAINE KELLY, NORITA CRONIN, GRAINNE O'SULLIVAN & CATRIONA WHITE. FRONT ROW L-R TERRY CUMMINS, JOHN JOE CULLOTY, MICHAEL BERNARD O'DONOGHUE, ADRIAN O'SULLIVAN, JOE GAFFEY, DERRY HEALY, JOE BURKETT AND IN FRONT PAT O'NEILL.



PICTURED AT THE MALTON HOTEL FOR THE MAYORS BALL WERE BACK ROW L-R TERESA IRWIN, KATHERINE MCMULLIN, ANN O'CONNOR, ANN HEALY, NOREEN O'SULLIVAN & SHEILA CASEY. FRONT ROW L-R FRANKIE McMAHON & EILEEN FOLEY.



PICTURED AT THE MALTON HOTEL FOR THE MAYORS BALL WERE L-R ALICE CULLOTY, ANDREW O'SULLIVAN, AISLING MAHONY & JASON CULLOTY.



PICTURED AT THE MALTON HOTEL FOR THE MAYORS BALL WERE BACK ROW L-R MC FOR THE NIGHT, KERRY RADIOS BRENDAN FULLER, EILEEN O'DONOGHUE, MARY FULLER & MIKE FULLER. FRONT ROW L-R EVE O'DONOGHUE, JANET O'DONOGHUE & MARY O'DONOGHUE.

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1. For extra colour in your shrub beds plant perennial plants e.g. Lupins, Philox Aster and Dianthus that will give flowers for the summer months.
2. Plant vegetables now, Cabbage, Lettuce, Leeks, Tomatoes, Cucumbers, Squash etc
3. To Kill weeds on paths & Driveways apply Hytrol for season long control.
4. When Planting up containers or hanging Baskets add in some slow release fertiliser to help with feeding over the summer months
5. Apply sulphate of Potash around Fruit trees & Bushes for better Flowering and Fruit



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STUDENTS CYCLE AGAINST SUICIDE

When Jim Breen took part in RTE's Secret Millionaire, it prompted him to start the initiative Cycle Against Suicide and on Monday last, May 4th the cyclists departed Mounthawk Secondary School in Tralee and headed for Bantry in West Cork. Ten students and three teachers from Killorglin Community College proudly led the group from Tralee to Killarney where they stopped at Kerry Coaches depot for a 'sós beag'. "The atmosphere at Mounthawk, on the road and arriving at Killarney was electric. The support and encouragement for this great cause was overwhelming. Like cancer, heart disease and alcoholism, suicide has affected small communities all over our island. The more that Jim's message is highlighted the better. We need to encourage our youth to talk about their problems." Melissa O Riordan, PE teacher who organised the students to take part.

Jim's message is 'It's OK not to feel OK and it's absolutely OK to ask for help'.

The main objective of the Cycle is to raise awareness of the considerable help and supports that are available for anyone battling



TIME FOR BREAK.... THE CYCLE AGAINST SUICIDE TAKES A PIT-STOP AT KERRY COACHES IN KILLARNEY ON THEIR WAY TO BANTRY.
PICTURE JOSEPH DIXON

depression, self harm, at risk of suicide or those bereaved by suicide.

The Cycle Against Suicide community is determined to let people in every corner of the island of Ireland know that "it's OK not

to feel OK and it's absolutely OK to ask for help". Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland.

<http://www.cycleagainstsucide.com>



STUDENTS AND TEACHERS FROM KILLORGLIN COMMUNITY COLLEGE TAKING PART IN THE CYCLE AGAINST SUICIDE



READY FOR THE OFF.... STUDENTS AND TEACHERS FROM KILLORGLIN COMMUNITY COLLEGE TAKING PART IN THE CYCLE AGAINST SUICIDE.

TENANT PURCHASE SCHEME



CLLR MICHAEL GLEESON

At a 2015 Killarney Municipal Area Meeting, Councillor Michael Gleeson called on Government to provide clarity in relation to the long awaited introduction of a

new Tenant Purchase Scheme.

The following reply has been received from Mr Paudie Coffey, Minister of State for Housing:

"Part 3 of the Housing Act 2014 provides for a new Scheme for the Tenant Purchase of existing Local Authority Houses along incremental purchase lines. The Government's Social Housing Policy 2020 includes a commitment to introduce a new Tenant Purchase Scheme in the second Quarter of 2015. Full details of the

New Scheme will be set out in the regulations that the Minister will make in advance of its introduction".

Councillor Gleeson stated that this scheme will give hope to individuals and families who have long wished to acquire their own home. He hopes that the terms of the scheme will encourage active involvement by many.

MUCKROSS ICA

The last meeting before the summer break will take place on Monday 11th May at 7.45 at Lough Guittane National school.



€2,000 RAISED FOR NAPAL

A coffee morning held at Noelle's Retro Café in Killarney has raised €2,000 for those devastated by the recent earthquake in Nepal. Killarney explorer Mike O'Shea is an ambassador for the Himalayan Stove Project in Nepal. The project is currently working with people in outlying villages and helping

communities devastated by the earthquake. All money raised at the coffee morning will be sent directly to the project.

Noelle's has been shortlisted for the best cafe in Ireland - winners to be announced on May 25th at a ceremony in Dublin.

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FASHION SHOW THE FIRST OF MANY

Hundreds of fashionistas descended on The Malton Hotel last Thursday night as the C  irde an Leigi  n Designer Fashion Event took place. The long awaited show, which was organised by Norma O'Donoghue lived up to its expectations and the evening boasted an all Star cast of the who's who of designers and boutiques.

It was Legion GAA club first venture into hosting a fashion event and according to Legion clubman Enda Walshe it is something they will definitely do again.

"As it was our maiden voyage when it comes to Fashion Events, Norma and her models brought their expertise to the fore to produce a visually stunning show not out of place in the catwalks of Milan and Paris", Enda told the Killarney Outlook.

MC Alan Finn masterfully pulled the strings while the special guest Noel Cunningham was hugely popular with the audience. "Noel posed for endless photos and his good nature was hugely appreciated", added Enda.

"Thanks must also be given to all the local businesses who supported the night through tickets sales and the donation of spot prizes. Many thanks also to Conor Hennigan and his crew at the Malton who looked after us so well" said Enda.

When the lights had faded on the catwalk Kieran Healy and Co kept everyone entertained till the wee hours. Without a doubt the inaugural Fashion Event has sown a seed for many more to flower.



PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE THE ORGANISING COMMITTEE BACK ROW L-R JOHN FORAN, JEROME O'REGAN, ENDA WALSH, BARRY SLATTERY, JIMMY REEN & KEVIN GRIFFIN. FRONT ROW L-R TIM O'LEARY, SUZANNE SMITH, MAURA MCCARTHY, DENISE FOGARTY & MARIAN O'CONNOR. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE MODELS FROM THE NORMA O'DONOGHUE MODEL AGENCY L-R SHARON O'KEEFE (WEARING VERONICA O'SHEA), VICTORIA TINAN (WEARING WHITE WILLOW), TV3 PERSONALITY NOEL CUNNINGHAM & AOIFE BEGLEY (WEARING IVORY CLOSET).



PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE SPONSORS KEANE'S JEWELLERS L-R ELAINE MORIARTY, JOYCE TRANT & SUSAN O'SULLIVAN.



PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE L-R JUNE WALSH, NOEL CUNNINGHAM, BREDA WALSH, REBECCA WALSH AND IN FRONT AMY WALSH.



PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE - L-R CLODAGH IRWIN OWENS, EMIR O'SHEA, MELISSA BUCKLEY, KATIE FOX, JUDY O'MAHONY & MARIE BUCKLEY.




PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE L-R CATHERINE HOWE, MAYOR JOHN JOE CULLOTY, DIANA HOWE, NOEL CUNNINGHAM AND ORLA HOWE.



PICTURED AT THE MALTON HOTEL FOR C  IRDE AN LEIGI  N FASHION SHOW WERE L-R CLARE HYNDY, DENISE LUCEY, ANNIE MCMONAGLE, MAGS KELLIHER, CHRISTINE TANGNEY & KELLY ANN MCSWEENEY.

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CAMERA CLUB COMPETITION HEATS UP

Killarney Camera Club held their penultimate photo competition with Paul Garnett taking first and second place in the Unrestricted category and Marie Lyne Coffey in the Novice category.

The theme this time was People and the top three places were only separated by three points! The results of the Unrestricted Category

were:

1st Paul Garnett - Kenmare Horse Fair - 141 pts

2nd Paul Garnett - Streetwise Lady - 140 pts

3rd Chris Slattery - Pedal power - 138 pts

The results in the Novice Category were:

1st Marie Lyne Kelly - Perfect Moment 137pts

2nd Mark Webb - BriJenn 127pts

3rd Adrian Healy - Smokie 126pts

With only one more competition left, there is only one point separating Paul and Chris for the top two positions in the overall Photographer of the Year competition

Duel at dawn... choose your cameras... who will shoot first!



ABOVE: PERFECT MOMENT BY MARIE LYNE KELLY
RIGHT: KENMARE HORSE FAIR BY PAUL GARNETT



BREDA'S FAMILY SAY THANK YOU

As an acknowledgement of the wonderful care and attention given to her sister a Killarney woman has donated a painting to the staff of The Killarney Nursing Home.

Margaret Murhill's sister Breda passed away recently at the home and Margaret, a student of Killarney VTOS Adult Education donated the painting which was a class project.

Margaret was joined by her sister Mary Halpin for the presentation at the Killarney Nursing Home this week.

Pictured are Mary Halpin, Sandy Stack, Margaret Murhill, Irene Milligan, Kerry Halpin and Eileen Mannix.



NEW DEPARTURE FOR THE VANBRUGH QUARTET

The Vanbrugh Quartet is pleased to present CROSSINGS, a suite of collaborations with contemporary composers and traditional performers that which will be performed at the Ionad Culturtha at 8pm 22nd May 2015.

With the performance of CROSSINGS, Ireland's leading string quartet The Vanbrugh Quartet, will demonstrate their virtuosity and versatility

with compositions by Sean Doherty, Dave Flynn and Linda Buckley. Niall Vallely will perform a new composition of his with the Quartet, 'throughother', while Iarla O'Lionard will join them to perform works composed by Linda Buckley.

CROSSINGS signifies a new chapter for the Vanbrugh Quartet as they take up their roles

as Artists in Residence at University College of Cork after leaving the RTE stable of orchestras last year. Now in their 30th year, these long time Cork residents' new collaborations highlight their support and commitment to inspired musical performance by future generations of musicians and composers in Ireland.

GET YOUR HEART RACING

This Sunday sees the start of the May Racing Festival in Killarney.

Ireland's most scenic racecourse will play host to La ná gClub on Sunday an event which will feature local GAA cubs competing in free taking competitions. Sunday will also host the

Jeremy O'Neill Memorial Mares Hurdle in aid of The Cancer Clinical Research Trust. First race is at 2.20p.m.

Monday will feature the Killarney Grand National - which promises to be a heart stopping race. First race at 5.05pm.

And finally, Tuesday promises to be an evening of thrilling racing with 50% of the gate going to the Kerry Cancer Support Group and the Kerry/Cork Health Link Bus. First race 5.40pm. Not to be missed!



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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: MILL ROAD, KILLARNEY. Large detached 198 sq.m. 4 bedroomed family home, located on riverbank site, on Mill Road, Killarney. Living Room, Kitchen cum dining room, utility room, play/games room, shower room, 4 bedrooms, (1 en suite), bathroom.

Agent: ● Sherry FitzGerald Coghlan ● 95 New Street Killarney ● t: 064 66 31892 ● M: 087 2668591 ● info@sfmtc.ie

Asking Price: €395,000 ● BER: C3

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

CHALLENGE YOURSELF AT THE 10TH KERRY WAY CANCER RESEARCH WALK?



PICTURED IN THE GAP OF DUNLOE KILLARNEY FOR THE LAUNCH THE 10TH KERRY WAY CANCER RESEARCH WALK WHICH WILL TAKE PLACE IN JULY ARE WORLD RENOWNED ADVENTURER PAT FALVEY AND LEGENDARY KERRY FOOTBALLER AND SPORTS PUNDIT PAT SPILLANE, WITH PAT MURRAY OF THE ORGANISING COMMITTEE, ANN O'SULLIVAN AND MARGUERITE TIERNEY FROM BREAKTHROUGH CANCER RESEARCH. PHOTO: DON MACMONAGLE.

For the 10th year, world renowned adventurer Pat Falvey and legendary Kerry footballer and sports pundit Pat Spillane have once again lent their support to the Breakthrough Cancer

Research, Kerry Way Cancer Research Walk and they are asking you to join the walk.

To mark its anniversary the walk has an added element of a 9 day team walk covering the 200km Kerry Way route along with the usual 3 day walk covering over 70km of the Kerry Way. These guided walks will combine impressive mountain views, dramatic peaks and glens, wild moorlands, wooded paths and lakes along the Kerry Way trails. Challenging but fun, the great camaraderie on the route adds to the spectacular settings and ensures a truly memorable experience in the Kingdom.

"Cancer affects so many people, through their own journey or through someone they know. Taking on cancer is a daunting challenge which requires focus and determination, elements which are also needed for facing other challenges in life such as climbing Mount Everest walking to the North or South Pole. However, the greatest challenges cannot be achieved alone - it is the team supporting you that will help you get through. Just like the team of people that I work with to achieve what most would say as impossible, the team at Breakthrough Cancer Research bring focus and determination to the challenge of developing new treatments for cancer patients. I'm delighted to be involved in this event and to lend my name and support as part of the fundraising efforts for cancer research, and to help combat cancer" commented adventurer Falvey.

To get involved visit

<http://www.kerrywaycancerwalk.ie/> email info@breakthroughcancerresearch.ie call **1890 998 998** or see us on Facebook.

CALLING ALL SNAPPERS...

'Life Unfiltered' is the theme for this year's Top Oil Amateur Photo Competition and Top Oil are calling on all Kerry amateur photographers to pick-up their cameras and submit their photographs that capture life as we experience it... Unfiltered. The May 31st deadline for entry is fast approaching, so amateur photographers are encouraged to get their entries in soon. This year's theme 'Life Unfiltered' encourages amateur photographers to pay tribute to the real beauty of everyday life. Whether it's capturing moments, sights, feelings or experiences, what does Life Unfiltered mean to you? In a world where social media is so prominent, it's easy to get caught up in the perfection of what we see online, but how often do we take in the beauty of life around us. Life isn't a specific place, person

or happening, living unfiltered is what we do in everyday life, it's real, raw and natural but most of all, it's beautiful. Top Oil's Amateur Photo Competition is open for entries until Sunday May 31st.

HERE IS HOW YOU CAN ENTER:

- The Top Oil Photo competition is open to all amateur photographers who submit a shot that reflects this year's theme 'Life Unfiltered'.
- Simply upload your photos to www.topphotocompetition.ie
- Each shot must be taken in Ireland.
- Each shot must be at least 1MB in size.
- Closing date for entries is Sunday May 31st 2015.

LETTER TO THE EDITOR FROM NEPAL

Dear Editor,

I am writing to you from Nepal to thank your readers for the enormous generosity they have shown towards the people of this country. People across Ireland have donated more than €100,000 to Trócaire's relief efforts in Nepal following the devastating earthquake on April 25th. Those donations have enabled us to bring shelter, food and water to people left homeless by the disaster. I am currently in Kathmandu organising urgent aid for 15,000 families in a badly affected region west of the city. These are people whose lives were torn apart by the earthquake, but with the assistance of people back in Ireland we are getting vital aid to them. Nepalese people have told me how much it means to them to know that people from a small country on the other side of the world are standing with them in solidarity in their hours of need. On their behalf, I thank your readers most sincerely for their support during this terrible time.

Yours sincerely,

Conor O'Loughlin

Trócaire Humanitarian Coordinator in Kathmandu

NATHAN'S WALK

At 4.15am tomorrow, Saturday 9th May, hundreds of Killarney people will gather at the Racecourse on Ross Road for a 5k walk in memory of Nathan O'Carroll.



THE LATE NATHAN O'CARROLL.

The Darkness into Light walk in aid of Pieta House takes place while dawn breaks and brings the community together to raise funds and awareness for the self-harm and suicide centre.

Pre registration is available on line or at the Race course this evening from 6pm to 8pm and also on the morning of the walk.

IF YOU HAVE A STORY...

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



Jerome O'Regan

AUCTIONEER & VALUER

Tel / Fax: 066 9761200 | Mob: 087 2833410

Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



CARANAHONE, BEAUFORT, KILLARNEY

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

BER Pending
P.O.A.



CURROW/KILCUMMIN, KILLARNEY AREA

57 acres approx. (40 acres recently reseeded) with an old slate roof farmhouse and farm buildings. Also included 8/95th share of 240 acres. The lands have access to electricity and water. Approx 9 mls. from Killarney, 4 mls. from Currow village and 6 mls. approx. Kerry Airport.

PRICE: €350,000



CLOONEYDONIGAN, BALLYHAR, KILLARNEY

Charming stone built farmhouse on c.3 acres, stables for 4 horses and an arena. Mature trees and very scenic only 4 miles approx from Killarney. Professionally restored reflecting most of its original features. 3 bed 1 en-suite, kitchen/dining/living area, fully fitted utility, bathroom and very large sun lounge. BER Pending. POA

LAND FOR SALE

ARTIGALVIN, GLENFLESK AREA, KILLARNEY

10 acres approx. with stables at Artigalvin, Glenflesk area, Killarney. Very scenic convenient location.

P.O.A.

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

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

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

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

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

GLENFLESK, KILLARNEY AREA. 5 bed detached bungalow, all large double bedrooms, 4 ensuite. Large area floored upstairs suitable for further development. (Bedrooms, office, gym etc.

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

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

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN TOWN Large modern warehouse **TO LET.**

CARAGH LAKE, KILLORGLIN. Two storey detached house (requires major repair) on 3.5 acres approx. Beautiful, much sought after area.

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

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

BALLYHAR, KILLARNEY Beautifully restored 3 bed farmhouse on c3 acres, stables for 4 horses, mature trees and very scenic.

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

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,8000 sq. ft.

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

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

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

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow. Nice views. BARGAIN.

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

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

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

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

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

location.

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

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

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

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

FARMS/LAND

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

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

c. 35 acres of mixed land in one lot, Ballyhar, Killarney area.

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

Firies area, Killarney. Country mansion on c. 35 acres of top quality land all in excellent condition.

Dooks/Killorglin area (Ballycleave) 20 acres approx.. with an old house. Mixed quality land with extensive road frontage.

SITES

LOUGHGUITTANE/MUCKROSS area- Site with lake view, roadside.

LEAMNAGUILLA Off the Tralee Rd. very scenic 1/2 acre site with full planning.

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

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

BEAUFORT, KILLARNEY 1 acre with full planning.

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

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

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

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

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

YOUNG STARS SHINE AT STAGE SCHOOL SHOW



THE J8-10'S AWAIT THE STAGE AT THE KILLARNEY HEIGHTS HOTEL FOR THE ANNUAL FIONA CROWLEY STAGE SCHOOL PERFORMANCE. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808

The students of the Fiona Crowley Stage School took to the stage on Monday and Tuesday night for their Summer Showcase much to the delight of everyone who attended the show.

The students ranging in ages from 4-18 burst onto the stage with numbers from "Toy Story", "Mamma Mia", "Hercules" and "Jungle Book" just to name a few !!!!

"We are so proud of our wonderful students, they have worked so hard and it has all paid off ! It is so important to us that they have a positive experience on our stage no matter what their ability and that they come off the stage feeling on top of the world", said Fiona. "Our aim in the Stage School is, and always has been from the beginning, to nurture each child so that they have a feeling of self worth and a sense of achievement. That is the most important element for us. We are privileged to have such enthusiastic and vibrant students", she added.



PICTURED AT THE HEIGHTS HOTEL FOR THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE OF TOY STORY AND PLAYING LEADING ROLES RACHEL GRIFFIN (JESSIE), CLAIRE CULHANE (WOODY) & CAROLINE CASEY (BUZZ LIGHTYEAR). PICTURE



PICTURED AT THE HEIGHTS HOTEL FOR THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE WERE L-R COLM O'BRIEN, DANIEL SHEEHAN, ETHAN MURPHY & PADRAIG QUILL.



PICTURED AT THE HEIGHTS HOTEL FOR THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE WERE L-R ORLA O'DONOGHUE, LIAM MURPHY & GRACE HEALY.



PICTURED AT THE HEIGHTS HOTEL FOR THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE WERE L-R MOLLY CRONIN, ALISON SHRAEVER & MELANIE LYNCH.

OFF TO THE FAYRE

A novel fundraiser is being planned by the Parents' Council, Students' Council and staff of St. Brendan's College in Killarney.

The school this week launched the 1st annual St. Brendan's College Fayre Day.

The event, celebrating St. Brendan's day takes place on Sunday, 17th May and is set to be a festival of sporting, cultural, culinary and shopping activities!

The College choir and students will participate in the midday Mass in the Cathedral - then from 1 till 4'ish activities such as the finals of the interclass leagues in soccer, football, basketball will provide a centrepiece while novelty funfair activities and games of chance offer whole family fun. The Parents' Association have also arranged a second-hand book sale, uniform sale, pre-loved handbag stall, as well as food and refreshment stalls.

In the school quad a number of bands and DJ's will also provide live entertainment throughout the afternoon.

Parents' Association Chairperson, Joan Gill,



JOAN GILL CHAIRPERSON PARENTS' ASSOCIATION, STEPHEN DALY, EILIS MYERS, DARRAGH BEESTON, MARY COLLIER, SEAN COFFEY PRINCIPAL AND JACK KELLIHER AT THE ST BRENDAN'S COLLEGE PARENTS' ASSOCIATION, STUDENTS COUNCIL AND STAFF MEMBERS LAUNCH OF THE FIRST ANNUAL ST BRENDAN'S COLLEGE FAYRE DAY WHICH WILL BE HELD ON ST BRENDAN'S DAY SUNDAY 17TH MAY AND IS SET TO BE A FESTIVAL OF SPORTING, CULTURAL, CULINARY AND SHOPPING ACTIVITIES.

hopes that the event will offer families a day out with a difference and also raise some fund

for our School Development Fund.

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



WHAT OPTIONS HAVE I GOT WHEN DEPOSIT RATES ARE LOW EVERYWHERE??

Firstly interest rates in some banks are better than others, for example one bank at the moment will give you only .01% per annum interest for having money on demand, so for €50000 you would only get €5.00 interest over 12 months and that's even before DIRT tax is deducted. However another bank will give you 1.25% per annum for an on demand account which is €625.00 interest over 12 months before DIRT tax. In every bank in Ireland they are customers earning ridiculously low rates of interest at present. However, by simply shopping around or getting an advisor to do this for you, you could substantially increase the amount of interest you could earn by just changing bank accounts, which is very easy to do. Also there are even better rates of interest available for other products such as fixed term deposit accounts. This can be done for you by a financial advisor who is authorised to carry out this business for you.

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

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Sherry
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NEW TO MARKET

10 BEAUFORT PARK, BEAUFORT, KILLARNEY

Exceptional four bedroom exclusive family home located in exclusive Beaufort Park, Beaufort Village. Well proportioned (176 sq. m./1,894 sq. ft.) property is on half acre site with landscaped private south west facing gardens and views towards McGillicuddy Reeks.



BER C3

Price Region: €370,000

FARM LAND, GURRANE EAST, KILLORGLIN

Lot 1: This property consists 27.78 acres approximately in four divisions of mixed quality lands together with cottage bungalow (Shamrock cottage) and outbuildings. Lands - Folio 13585 House - Folio 58312. (BER Pending)

Lot 2: The lands consists 16 acres approximately in five divisions of mixed quality ground. Folio 13590

Price Region: €120,000



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CELEBRATING 50 - CAMINO STYLE

Looking for something different to celebrate their 50th birthday's, two Killarney women decided to take on the challenge of the Kerry Camino. Mairead Murphy and Kathleen took on the challenge of walking through Kerry for three days....

Here is Mairead's account of their adventure.

'Three days walking through Kerry ... over rocks, streams, boggy ground, up steep hills, down steep hills, through farmland, along seashores and past pre famine village ruins.... the Kerry Camino put us through our paces!

Despite a dreadful weather forecast we did not get a drop of rain till we reached the village of Camp around 3.30pm on Saturday, having set out from Tralee via Blennerville and Slieve Mish at 9.30am. Packed lunches were enjoyed and shared on the heather enjoying the views. We are quieter people but great food and pints in Mick Neills and Camp Junction perked us up.

Sunday saw our number swell from 50 to 80 walkers as we started heading uphill from Camp, crossing the Finglas river - stepping from boulder to boulder and holding onto a rope rail. Due to higher than expected levels there were men positioned on the boulders to help us. I am sure I promised one of them something in my will - so grateful was I for the help! After a few boggy miles we enjoyed the peace and tranquility of Killelton Oratory ruins.

Annascaul never looked so good when we arrived that afternoon. Hannafins pub had delicious scones, jam and hot drinks ready for us. After hot showers and a change of clothes Kathleen and I walked again to find the resting place of Tom Crea. "Only a kilometre down the road" said a local man. Can I just say here in print that the Annascaul kilometre is actually about 2 miles!! We found the tomb.. we can confirm the man is dead.... we nearly were too! Mighty craic was had on these two nights in Camp and



KATHLEEN GILES, LISTRY (LEFT) AND MAIREAD MURPHY, FORMERLY WOODLAWN, KILLARNEY PICTURED ENJOYING THE KERRY CAMINO WALK.

Annascaul hostleries - new friendships forged, jokes shared and songs sung. Cures for aching muscles were discussed.

Next morning a brief but ice cold shower christened us as we met at The South Pole Inn and set off for our final destination of Dingle town. As we trudged up the steep hill out of the village the sun shone out, the waterproofs were packed away and soon we were downhill again to the towering Minard Castle where a black stallion added to a moody picture. A quick lunch stop in Lispolie and spirits rose as we headed off on the final leg. The peaks of Croaghkearda and An Cnapan Mor observed us heading south west. Soon the Conor Pass was above us. 'Dingle is just over that hill... the shout went up. We crossed the Conor Pass and down the seemingly endless road to Dingle town. What a feeling of achievement!! We got our Camino certs in St James Church and welcome hot food in Adam's pub. Sixty kilometres behind us. "Great to have it done, I'll never do it again' I said - but now 24 hours laterI just might..."

Mairead Murphy (nee McCarthy) is originally from Woodlawn Road and now lives in Dunboyne in Co. Meath.

MANGERTON FOR LUCA

Luca O'Brien-Leahy is a beautiful 16th month old Killorglin boy who was diagnosed with a brain tumour in February. Following surgery, the tumour was removed but unfortunately it has returned. Luca is spending a lot of time in both Crumlin and Temple Street Hospital and family friend and personal trainer Aine Fitzgerald has organised a fundraiser to help the family.

Mangerton for Luca will take place on Sunday 17th May at 9.30pm. There will be two options on the day - you can hike Mangerton and meet at Muckross Park Hotel at 9.30pm. or you can cycle and hike and meet at Afritbody Gym at 8.30pm. The hike costs €20 and the cycle and hike costs €30. More more information contact Aine at **086-1052427**.

PINK RIBBON WALK

Final call for the Pink Ribbon Walk which will take place in Kenmare on Sunday 17th May at 2015.

The Pink Ribbon Walk is a national voluntary movement with a big dream - a world without breast cancer.

To sign up for the second Pink Ribbon walk go to **www.pinkribbonwalk.ie** or call **085-8509829**.



LAST YEARS WALK ATTRACTED HUNDREDS OF SUPPORTERS

NEW STORE FOR KILLARNEY OUTLET CENTRE

Outdoor clothing and accessories brand Trespass is to open a new store in Killarney Outlet Centre this weekend.

Trespass will trade from a 152 sq.m. unit within the scheme, this brings to nine the total number of standalone Trespass stores in the Republic of Ireland. The Irish owned chain has gone from strength to strength opening four new stores in 2014 with further stores planned for 2015.

Trespass offers functional and fashionable outdoor clothing and accessories for all the family at value driven prices. A spokesman for Trespass said "We are delighted to be opening in the Killarney Outlet Centre. We see this as a perfectly situated store to pick up all that is needed whether you are tackling the mountain peaks of Kerry, enjoying the breathtaking scenery of the lakes or fighting the rain on the streets, Trespass has something for all, from waterproof jackets, walking boots, skiwear and active wear, Trespass is a one-stop-shop for outdoor clothing and equipment".

Trespass will be celebrating the opening of their store at Killarney Outlet Centre with a fantastic 50% off most stock.

Make sure to drop in and visit the newly opened store in the coming weeks.



MARRIAGE ...

BUT, WHAT IF IT'S MY CHILD?

THE CASE AGAINST REDEFINING MARRIAGE

THURSDAY MAY 14TH 8PM
FELS POINT HOTEL, TRALEE

PUBLIC MEETING
ALL WELCOME
ADMISSION FREE



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-This weeks BEEF comes from SJ CAHILLANE, BANSHA, KILLORGLIN
-This weeks LAMB comes from SJ CAHILLANE, BANSHA, KILLORGLIN



FULL STEAM AHEAD.... KILLARNEY BOUND STEAM TRAIN DUE IN THIS SUNDAY



THE RAILWAY PRESERVATION SOCIETY OF IRELAND No. 461, WILL VISIT KILLARNEY THIS SUNDAY. PHOTO: NEIL DINNEN.

This Sunday a very special train will pull into the platform at Killarney Railway Station. No. 461 is part of the Annual Irish Railway Heritage Weekend which takes in South Munster. The Railway Preservation Society of Ireland was formed in 1964 to preserve in working order steam locomotives and other rolling stock built for the Irish railway system, from 1850 to the present day.

The RPSI maintains a museum at Whitehead, Northern Ireland and operates steam-hauled excursions over the present day Iarnród Éireann & Northern Ireland Railway railway networks (for families and enthusiasts. The Society is a not-for-profit charity managed by volunteers. All funds from ticket sales shop sales membership fees or donations go directly to keeping Ireland's steam railway heritage operating for future generations. Now in its 46th year, the Annual Irish Railway Heritage weekend for 2015 takes in South Munster with visits to Cork and Kerry. The train will depart Mallow at 13.25 for the 40 miles to Killarney. Calling at Banteer (13.45 - 13.55), Millstreet (14.11 - 14.21), Rathmore (14.34 - 14.46), 461 is due to arrive into Killarney at 15.10 hours. The railtour passengers will have 1 hour & 20 minutes to sample the delights of Ireland's No. 1 Tourist destination. At 16.30 hours, 461 is scheduled to steam out of Killarney back to Mallow and then into Cork where the tour will spend its second night. Well worth a visit.

DR. CROKES COMMEMORATE 100 YEAR OLD BOOK

Dr Crokes will celebrate the centenary of the publication of Dick Fitzgerald's book, 'How to play Gaelic football' at a special night in the clubhouse at Lewis Road, tonight, May 8th at 8.00 pm.

Canon Tom Looney author of the biography of Dick Fitzgerald, 'King in a Kingdom of Kings' will deliver a lecture on the first ever book on how Gaelic football should be played. Dick is a holder of 5 All Ireland medals. It is remarkable that this book was written while Dickeen was still playing as Kerry captain and remained the only book on coaching published until 1958, when fellow Croke, Dr Eamonn O'Sullivan published 'The Art and Science of Gaelic Football.



MARGARET O'LEARY, DAUGHTER OF SMALL JEHR O'LEARY, A CLOSE FRIEND OF DICK FITZGERALD.

Special guest on the night will be RTE'S Mícheál Ó Muircheartaigh, who will be interviewing the 5 senior Crokes players and the 2 club minors who won All Ireland medals in 2014. Dickeen captained Kerry to All Ireland success in 1914 as he did in 1913 and the strong Kerry and Crokes tradition was continued in 2014 when Kieran O'Leary and Fionn Fitzgerald lifted the Sam Maguire.

An unbelievable 8 Crokes players won All Ireland medals in 1914, Dick Fitzgerald, Con Murphy, Denis Doyle, Pat Breen, Johnny O'Mahony, John Skinner and Paddy Healy who is grand-father of Seanie and Pat O'Shea.

The way the game was played 100 years ago

is very different to the present day football, a question Mícheál O Muircheartaigh will be putting to Colm Cooper as himself and Dick Fitzgerald both played at centre forward.

That and much more for O Muircheartaigh as he promises to tease out from the players and the audience in the open forum session what we have gained and lost, on how Gaelic football has evolved over the past 100 years.

The earliest footage available of live action from the archives in Croke Park shows Dick Fitzgerald in action and John C O'Shea will be showing that during the night.

The night is open to all followers of Gaelic Football and a large attendance is expected.

GET ON YOUR BIKE FOR THE KERRY GAA CYCLE CHALLENGE!

The inaugural Kerry GAA Cycle Challenge will take place on Saturday next, May 16th is just over a week away and no doubt many cyclists throughout the county will



RACE AMBASSADOR SEAMUS MOYNIHAN.

be flexing their muscles for the event that starts and finishes in Fitzgerald Stadium, Killarney. This is the ideal opportunity for cycling enthusiasts to test their fitness levels ahead of the Ring of Kerry Cycle later in the year. Online registration is available on the Kerry GAA Website and the entry fee is €30. There are two routes of different lengths as follows:

Route 1 - Killarney, Rathmore, Gneeveguilla, Scartaglin, Tralee, Milltown and back to Killarney.

Route 2 - Killarney, Farranfore, Milltown and back to Killarney.

Kerry GAA has appointed Kerry Legend Séamus Moynihan as 'Race Ambassador' and are delighted to have the 'Kerry Stars Special Olympics Club' as their partner charity. More details are available on the Kerry GAA Website or from event organiser, Stephen O'Sullivan 087 9490883. Come along and cycle with Sam!!

REMEMBERING SHEILA

The 9th Annual Sheila Moynihan Memorial Sponsored Walk in aid of Kerry Hospice will take place in Rathmore on Sunday, 31st May, 2015 at 12.30 p.m.

Sponsorship cards are available from the committee or a donation of your choice on the day.

Since the inception of the Sheila Moynihan Memorial Fund 9 years ago following Sheila's untimely death a total of €158,000 has been raised by various ventures for Cancer Support Projects. The generous support of all those who sponsored, participated, facilitated and contributed to these ventures is greatly appreciated.

We look forward to your ongoing support.

MAY MADNESS

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ON YOUR MARKS.... GET SET.... GO

PICTURES: **AMONN KEOGH (MACMONAGLE.COM)**

Young athletes from the Killarney South area gathered in the grounds of St. Olivers Primary School at the weekend for the annual area athletic finals.

This was one of the best attended area finals for many years and a PA system and shop courtesy of Ken O'Day Entertainment added hugely to the night.

Anthony Greaney was the starter for the night and was ably assisted by Antoinette Casey, Martin Muldoon, Simon Evans, Billy Hennigan, Sarah Leahy, Dylan and Lorna O'Sullivan. Patricia O'Sullivan completed the registrations and Marie Leahy presented medals.

Training continues on Wednesday evening at 7.00 pm for the County Finals that will be held on the 20th June in Castleisland.



ELLEN MOLONEY LEADS THE WAY IN THE U-12 100 METRES GIRLS RACE IN THE KILLARNEY SOUTH COMMUNITY GAMES ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.



JACK GREANEY IN FULL FLIGHT AS HE CLEARS THE HURDLE IN THE U-14 RACE IN THE KILLARNEY SOUTH COMMUNITY GAMES ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.



EMMA O'SULLIVAN CLEARS THE HURDLE IN THE U-10 RACE IN THE KILLARNEY SOUTH COMMUNITY GAMES ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.



CONAL GALLAGHER AND JACK MCGUIRE TAKING PART IN THE 600 METRES RACE IN THE KILLARNEY SOUTH COMMUNITY GAMES ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.



JASON LEE WINS THE U-12 100 METRES SEMI-FINAL RACE IN THE KILLARNEY SOUTH COMMUNITY GAMES ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.



LEAH O'GRADY AND SARANYA RYAN AFTER THE U-8 100 METRES GIRLS RACE IN THE KILLARNEY SOUTH COMMUNITY GAMES ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.



KILLARNEY SOUTH COMMUNITY GAMES OFFICERS TRISH O'SULLIVAN, BILLY HENNIGAN, MARIE LEAHY, ANTHONY GREANEY AND KATHLEEN HARNETT AT THE ATHLETICS QUALIFIERS AT ST. OLIVER'S NATIONAL SCHOOL, KILLARNEY.

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EOGHAN BOLGER, NAGLE RICE NS, MILLTOWN, PICTURED IN KILLARNEY NATIONAL PARK ON HIS COMMUNION DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



NATHAN DOOLAN, KILCUMMIN NS PICTURED AT HIS HOME IN KILCUMMIN ON HIS CONFIRMATION DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ÉABHA DWYER, ANABLA NS, PICTURED AT HER HOME IN GLOUNACOPPLE WITH HER DOG BRUCE ON HER CONFIRMATION DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLIAN O'BRIEN, ANABLA NS, (CENTRE STANDING) PICTURED AT THE MALTON WITH HIS DAD EDDIE, MUM TRISH, SIBLINGS AND GRANDPARENTS ON HIS CONFIRMATION DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KIAN O'SULLIVAN, ANABLA NS, PICTURED WITH HIS FAMILY ON HIS CONFIRMATION DAY. L-R KIAN, EVAN, ELLA, DAD NOEL, CHLOE & MUM SIOBHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SIMON O'LEARY WHO RECEIVED HIS 1ST COMMUNION IN FIRIES CHURCH SAT 2ND WITH PARENTS SINEAD & TIM, SISTERS ALANNAH & JESSICA. PICTURE TONY O'BRIEN



SEAN BROSAN CURROW WHO RECEIVED HIS 1ST COMMUNION IN KILLEENTIERNIA CHURCH ON SAT 2ND WITH PARENTS, MIRIAM & LIAM, SISTERS KATELYN & MEGAN. PICTURE TONY O'BRIEN



OWEN O'CONNOR CURRANS WHO RECEIVED HIS 1ST COMMUNION IN KILLEENTIERNIA CHURCH SAT 2ND WITH PARENTS, RACHEL & JOHN, & BROTHERS, CATHAL, RORY, & ODHRAN. PICTURE TONY O'BRIEN



KIAN COSTELLO LAUREL HAVEN FIRIES WHO RECEIVED HIS 1ST COMMUNION IN FIRIES CHURCH SAT 2ND WITH PARENTS BERNIE & NOEL, SISTER GRAINNE & BROTHER CORMAC. PICTURE TONY O'BRIEN

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O'Doherty's Opticians, New Market Lane, Killarney 064 6632289
Tuesday 12th May 10.00am - 1.00pm

McSweeney's Pharmacy, Kenmare Shopping Centre 064 6679880
Tuesday 12th May 2.00pm - 5.00pm

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Angel EFT is a collection of techniques working with the angelic realm whilst tapping on energy meridian points for assistance in healing the energy system for wellness and success. It incorporates the Energy EFT (emotional freedom techniques) tapping protocol, and also energy visualisations with angels. 1:1 appointments are available and one day workshops, next workshop is on 7/6/15 in Ballyduff.

Susan Browne is an APCP Accredited Counsellor, EFT Master Practitioner and Diana Cooper Foundation Angel Teacher.

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CONSISTENCY IS KEY:

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Quite often you fail the plan, the plan does not fail you. Having one good week and 3 bad weeks won't get you anywhere fast...

So it's important you pick a plan, or change in lifestyle that you can live with for the foreseeable future. This applies to diet and exercise.

So choose healthy clean foods you love and will look forward to eating, and if it's a certain type of diet plan you are choosing make sure it's one that isn't a quick fix but one you can live with & continue to follow consistently.

Likewise choose exercises that are enjoyable and that you will look forward to doing most days of the week, then it won't be such a chore to exercise but will be a fun experience you won't want to live without.

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OUTLOOK FASHION TIP:

CLEANING SUEDE

To clean dirt off suede, remove the crust from a piece of bread and allow it to become stale. Gently rub dirt and stains with the edge of the stale bread, and they'll disappear. To de-scuff suede, use an eraser or nail file.

DIET TIP SWAP A CUP OF PASTA FOR A CUP OF VEGETABLES

Simply by eating less pasta or bread and more veggies, you could lose a dress or pants size in a year. You can save from 100-200 calories if you reduce the portion of starch on your plate and increase the amount of vegetable.



Beauty Tip

Gorgeous Cheekbones

To make your cheek bones appear higher, use bronzer under the cheekbone and highlighter on the actual cheekbone, and remember to blend. Contouring at its finest!

IMPROVED HEARING ENHANCES QUALITY OF LIFE IN MODERATE DEMENTIA

AUDIOLOGY Medical Services, Kerry's only professionally audited hearing centre of excellence held an Alzheimer's Tea Day at the Bon Secours Hospital Tralee, yesterday, Thursday 7th May. Chief Audiologist at AMS in Bon Secours Hospital and Scotia House Tralee, Charles Lewis, said: "It has been reported that early findings in a new study suggest that the quality of life is improved in impaired listeners diagnosed with moderate dementia by treating hearing loss with hearing aids, as well as the quality of life of the caregiver. The study by the University of North Texas and Unitron, a global manufacturer of advanced hearing solutions, is being conducted by Aryn M. Amlani, Ph.D., Associate Professor of Speech and Hearing Sciences at the University of North Texas, in partnership with Brian Taylor, Au.D., Director of Practice Development and Clinical Affairs at Unitron." He said that the researchers have already been able to show some improvement in cognitive ability among participants using hearing aids. This is certainly suggestive that there may be new therapeutic potential for hearing aids in cases of dementia. If the early results are found to be conclusive, the findings could enhance the role of hearing healthcare professionals in the rehabilitation of patients diagnosed with cognitive decline in relation to his or her hearing. Dr Aryn Amlani, who carried out the study, said: "This study looks at whether improved hearing can improve cognitive functioning for people who have already been diagnosed with Alzheimer's disease or other forms of dementia. In particular, we want to understand whether better hearing

can play a role in helping people with dementia lead more active and engaged lives, particularly if hearing loss is identified and treated early."

Untreated Hearing Loss & Dementia

Previous studies have found that people with hearing loss are significantly more likely to develop dementia over time in comparison to those with normal hearing. There are currently many studies ongoing in relation to hearing loss and neuro degenerative disease, but no data yet exists showing that the effects of dementia can actually be lessened through the use of hearing aids.

The research concluded that given the expected sharp increase in dementia cases over the next few decades, the findings could have significant implications for aging individuals as they begin experiencing hearing loss.

The study includes adults 50-90 years' of age with moderate dementia who are inexperienced with amplification devices. It measures speech-recognition performance in noise, cognition and self-reported improvements in quality of life. The study is expected to be completed in late 2015. Audiology Medical Services (AMS) at the Bon Secours Hospital and Scotia House Tralee is Kerry's only professionally audited hearing centre of excellence. AMS is the exclusive supplier of the Lyric Hearing Aid which can be worn 24/7, even in the shower and without having to change batteries. For free trial of the Lyric Hearing Aid, Call 1800 501 501.

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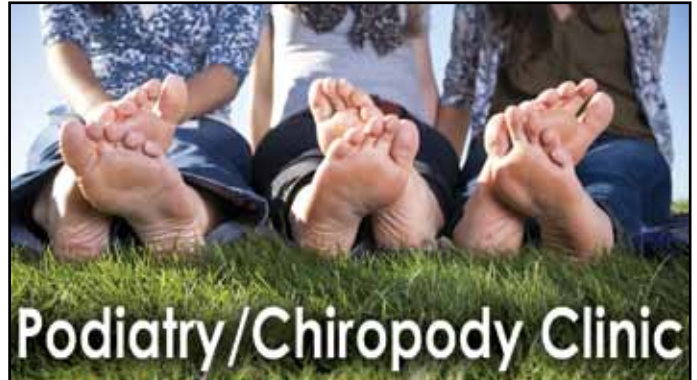


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Endocarditis, which is inflammation of the lining of the heart, is most commonly caused by bacteria, including bacteria from the mouth, travelling in the blood stream and attacking the heart.

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



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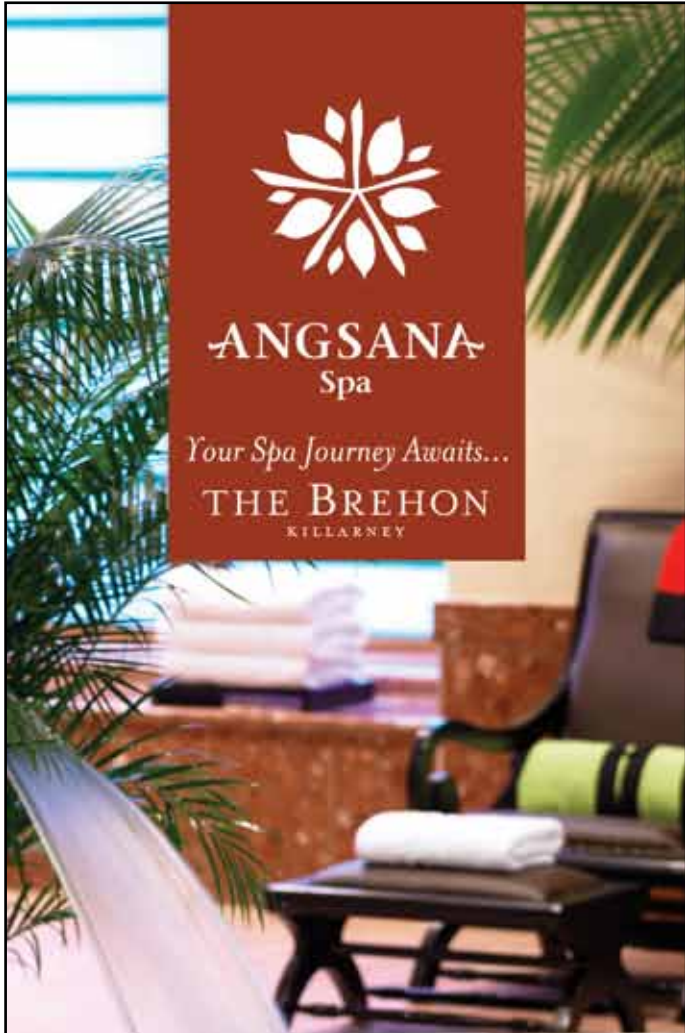
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Kerry ETB Training Centre



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

Food Preparation and Cooking Course (ET20D) - Tralee.

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

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

This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 18th May 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

Outdoor Activity Instructor Traineeship (ETS64).

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

Legal Administration Traineeship (ETS07) - Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 10th August 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

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

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24th August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise SM5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Java Associate Course (ET0R7) - Tralee.

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

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

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

Digital Media Production Course (TRY18).

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

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INTERVIEW TIME FOR TY STUDENTS

The final stage of the Business in the Community "Skills @ Work Programme" 2015 took place this morning in the college for our thirty transition year students. They had the unique opportunity of experiencing a real life interview from either Manager Mr. Paul Daly (Marks & Spencer) and Ms. Kerri McCarthy (TY co-ordinator) or Ms. Eileen Fitzgerald (Regional Co-ordinator Schools' Business Partnership) and Ms. Irene Ahern. Essential feedback was given back to each student to help them enhance and develop their interview skills in the future.

The Schools' Business Partnership is an education inclusion programme that partners schools with businesses. Killarney Community College has been partnered with Marks & Spencer, Killarney for the past four years. Our Transition Year students completed The Skills @ Work Programme which provided them with a unique insight into the world of work. Over a number sessions, our students were provided with the opportunity to learn about our partnering company Marks and Spencer. In February 2015, we completed a site visit to Marks and Spencer, Killarney. The students got a detailed tour of the business from the Operations Manager Mr. Kieran Fenton and Foodhall Manager Mr. Donal Casey. All daily operations were explained to the students and they got a behind the scenes look at the business and the life of a product. It was a great experience for the students to see the reality of how a business operates on a day to day basis. Over the past few weeks the students also engaged in preparing their CV and interview skills with Mr. Paul Daly Manager of M&S, which lead to our mock interviews today for each student. "The mock interview experience for our students will be hugely beneficial to them when entering the world of work. The initiative equips our students with necessary interview skills which ultimately we hope would give them an advantage over other interviewees"



PICTURE INCLUDES: FRONT ROW L – R: MS. EILEEN FITZGERALD, MICHELLE O'SULLIVAN, SHEYENNE KEHOE, GRÁINNE DINEEN, MS. KERRI MCCARTHY, MS. EILEEN AHERN. BACK ROW L – R: MR. PAUL DALY, BROGHAN EDMONDS, PETER O'BRIEN, BROGHAN EDMONDS. according to teacher Ms. Kerri McCarthy.

BAKING FOR CHARITY

On Daffodil Day, on the 27th of March, St. Brigid's Secondary School, Killarney held a Bake Sale in aid of The Irish Cancer Society. The students, along with their parents, provided an

array of mouthwatering, homemade cakes & buns. €701 was raised through the bake sale. An additional €170 was collected on the day from the sale of merchandise on the day. Many thanks to all the students, parents & staff who participated & made it a successful event.



FRONT ROW AVA O'SULLIVAN, DAYNA COURTNEY, AVA O'DOHERTY, SARAH MCGRATH, KELLY O'HALLORAN, KATELYN BARRY BACK ROW MS BREEN, ANDREA O'DONOGHUE, REBECCA O'SULLIVAN, EUGENE O'SULLIVAN, ELEANOR O'DOHERTY, MS BUCKLEY, CORA KELLIHER AND SARAH WALSH

JUNIOR ENTREPRENEUR SHOWCASE

Junior Entrepreneur Programme was held recently in Malton hosting the Kerry Showcase Day. Two local schools Tiernaboul and Lissivigeen participated in this programme

where everyone is a winner on the day displaying their projects. 6th classes of both schools took part. Tiernaboul made candles from scratch "Cozy Candles Killarney" and

Lissivigeen went green "Fun Pots" using recycled materials. The children spent many months on these projects and the end result was beautifully produced products.



LISSIVIGEEN NATIONAL SCHOOL WITH TEACHER JOHN O DONOGHUE AND PRINCIPAL MICHAEL MCCAULIFFE



TIERNABOUL NATIONAL SCHOOL INCLUDED IN PHOTO WITH PRINCIPAL CONOR GLEESON, CAOIMHE CLAFFEY, GRÁINNE SPILLANE, ERIN HOLLAND, MAIREAD O DONOGHUE AND REBECCA HOWE.

Tom Fleming TD

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Clinics Monday 11th May 2015

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3pm Sneem House
4pm Kenmare Brook Lane Hotel
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6.30pm Gneeveguilla Community Centre

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- 12 Hyundai i30 1.6 TDCi
- 12 Ford Focus 1.6 TDCi Black
- 11 Ford Focus 1.6 TDCi, 44k
- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H

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

- 06 Citroen C5 3dr 1.6 TDI
- 05 Opel Mireva 1.3 CDTi, left hand drive
- 05 Jaguar X Type 2.0 Full Leather wood trim, NCT
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner
- CARS
- 132 Ford Fiesta Choice of colours
- 08 Nissan Note 1.4 Black Alloys, Fogs

- 07 Renault Megane Cabriolet 1.6, full leather
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START TO FINISH VICTORY AT RALLY OF THE LAKES

Donegal driver Donagh Kelly and his Monaghan co-driver Conor Foley scored a start to finish victory on last weekend's Cartell.ie Rally of the Lakes. The Ford Focus World Rally crew coped best in the trying conditions and extremely wet roads to score Kelly's third victory in the 2015 Clonakilty Black Puddings Irish Tarmac Rally Championship. It also marked Foley's maiden international rally win. At the Killarney finish ramp on Sunday evening Kelly said: "It was a tough rally, very hard, but I am delighted." Kelly now leads the series after four of the seven rounds. Robert Barrable finished runner-up after a fantastic debut drive in a McKinstry Motorsport Subaru WRC S14. He also won the Bertie Fisher Cup for setting the fastest stage time over Moll's Gap, stopping the clocks with an impressive 8mins 37.9sec on the third over the famous pass despite the road being covered in standing water. Local ace Alan Ring and his West Cork co-driver Adrian Deasy were third in another Subaru Impreza. Like Barrable they too overcame gearbox problems on Saturday evening and held off an early Sunday morning challenge from former double-event winners Darragh O'Riordan and Tony McDaid.

This is the second time Ring has finished on the podium of his home rally following his second place last year. "There is only one place left, he joked at the finish line.

O'Riordan dropped a load of time half way through Saturday's loop of stages on the Beara Peninsula, the front differential broke on his Ford Fiesta on the first run over Cod's Head and he dropped from second to sixth. He began a massive recovery drive over the latter Saturday and early Sunday stages and had closed to just five seconds of Ring's third place when he crashed out of the rally on the third and final run over Moll's Gap.

Joe McGonigle and Ciaran Geaney rounded off the top four in their Skoda Fabia S2000.

HISTORIC RALLY

For the third year in a row the rally was a counting round of the FIA European Historic Rally Championship but for the second year in a row honours were claimed by the local



FRONT FROM LEFT ARE PATRICK O'DONOGHUE, GLENEAGLE HOTEL, CONOR FOLEY AND DONAGH KELLY, OVERALL WINNERS, AND JEFF AHERNE CARTELL.IE. BACK FROM LEFT ARE NIAMH MCGALEY, MARY T MOYNIHAN, DERMOT HEALY, CLERK OF THE COURSE, AINE O'CALLAGHAN AND MAGS KELLEHER AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2015 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

crew of Denis Moynihan and Ger Conway. The Millstreet/Killarney team led the historic section from start to finish and were never really challenged by any of the international visitors. London-based Irish man, Ernie Graham was second in another Escort.

There was an additional class for Irish Tarmac Championship registered historic rally crews and local father and daughter crew Pat and Tara Looney won their class in Pat's newly built Ford Escort Mk1.

NATIONAL RALLY

Tipperary's Roy White, co-driven by Kanturk's James O'Brien reported a trouble free run on their the National Rally win in their MGZR.

Behind there was an epic scrap between two local crews for runner-up spot. Fergus O'Meara and Brian Doherty edged out Ed Murphy and Shane Buckley, after two days of time-swapping action.

O'Meara eventually settled the contest on the

second run over Shanera, the penultimate stage of the rally, after he went nine second faster than his fellow Ford Escort rival. O'Meara and Doherty also took home the Sean Mullane Cup, presented annually to the highest placed Kerry crew in the rally.

Charlie Hickey, navigated by his son Johnny, and on his 30th Rally of the Lakes, finished sixth in the national rally and won class 14.

Miltown's Kenny O'Neil and Ronal Riordan were another to turn in a national rally top ten result and won their class in a Ford Puma. Killarney's Tadhg O'Sullivan and Owen O'Leary won class 13 in their Ford Escort while Glenflesk's Denis Hickey and Sean Nolan were the class 12 victors in another Escort.

JUNIOR RALLY

Rob Duggan from Killarney was the runaway winner of the Junior section. The Ford Fiesta drivers finished over three minutes clear of his nearest challenger.



ALAN RING, CASTLEISLAND, AND ADRIAN DEASY, THIRD OVERALL, AT THE FINISH OF THE THE 36TH CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2015 AT THE GLENEAGLE HOTEL, KILLARNEY ON SUNDAY. ALSO INCLUDED ARE FRONT FROM LEFT, MARTIN MCKENNA, MOTORSPORT IRELAND, LINDA GORDON, RALLY SECRETARY, MAGS KELLEHER AND LIAM CRONIN, DEPUTY CLERK OF THE COURSE. BACK ROW FROM LEFT ARE DIARMUID CRONIN, KILLARNEY AND DISTRICT MOTOR CLUB CHAIRMAN, ALAN RING, NIAMH MCGALEY, ADRIAN DEASY, JEFF AHERNE, CARTELL.IE, PATRICK O'DONOGHUE, GLENEAGLE HOTEL AND DERMOT HEALY, CLERK OF THE COURSE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



FOLLOWING HIS RECENT SUCCESS IN WINNING RALLY ARGENTINA WITH KRIS MEEKE, KILLARNEY CO-DRIVER PAUL NAGLE WAS HONOURED BY KILLARNEY AND DISTRICT MOTOR CLUB AT THE CEREMONIAL START OF THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2015 IN KILLARNEY TOWN CENTRE ON FRIDAY NIGHT PICTURE: EAMONN KEOGH (MACMONAGLE.COM)





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2013	Fiesta Titanium	1.5 5 Door	Diesel	Grey	17k=10,000 miles
2012	Focus Titanium	1.6 5 Door	Diesel	Candy Red	43k=26,000 miles
2012	Fiesta	1.4 5 Door	Diesel	Silver	38k=23,000 miles
2012	Grand C Max	1.6 7seater	Diesel	Silver	90k=54,000 miles
2011	Fiesta	3 Door and 5 Door	Choice		
2011	Kuga	2.0 4WD	Diesel	Black	66k=40,000 miles
2011	Focus	1.6 5 Door	Diesel	Choice	
2010	Focus	1.6 5 Door	Diesel	Choice	
2010	Focus	1.6 4 Door	Diesel	Choice	
2010	Kuga	2.0	Diesel	Blue	72k=43,000 miles

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2012	Toyota Avensis	2.0 Aura Diesel	Silver	54k=32,000 miles
2012	Skoda Fabia Combi	1.2 Petrol	Blue	49k=29,000 miles
2011	Opel Corsa	1.2 SC 5 Door	Silver	78k=47,000 miles
2010	Peugeot 207s	1.4 5 Door Diesel	Grey	43k=26,000 miles
2008	Opel Astra	1.3 5 Door Diesel	Silver	147k=88,000 miles
2007	Toyota Yaris	1.0 5 Door	Grey	133k=80,000 miles
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EAST KERRY NOTES

with Áine Ní Shúilleabháin PRO

2015 EAST KERRY JUNIOR LEAGUE – SEMI FINALS

Dr Crokes 0-12 Gneeveguilla 0-7
Despite the wet and cold weather on the night, Dr Crokes and Gneeveguilla served up an open free flowing game of football at Lewis road, in the semi final of the East Kerry Junior League, sponsored by Patrick Doyle Haulage last week. Dr Crokes opened the stronger built a five point lead in the first fifteen minutes. Gneeveguilla fought back came in the second quarter and reduced the gap to a point at the 20 minute mark 0-5 to 0-4. Dr Crokes finished the half stronger and went in at the break with a four point lead. Dr Crokes opened scoring in the second half. Both sides missed chances from play and frees, with weather conditions particularly difficult at the time. Dr Crokes made changes and brought on fresh legs at 40 minutes, and this had an immediate impact with fine scores. The visitors responded immediately with a pointed free leaving the score 0-10 to 0-5 in favour of Dr Crokes. Gneeveguilla made a change then and for the next ten minutes the visitors held the upper hand at midfield which led to a point from play. However, the Dr Crokes defence was strong with a high work rate and during this period, Gneeveguilla had a number of chances which weren't converted. The sides traded points and it was Dr Crokes were the winners, on a final scoreline of Dr Crokes 0-12 Gneeveguilla 0-7.

RATHMORE 1-10 GNEEVEGUILLA 1-07

Played in cold and wet conditions, this was a tight and dogged affair as both sides tried to get to grips with the weather conditions and a slippery ball. In a low scoring first half Rathmore went into the break with a one point lead over Glenflesk's three points, thanks to scores from Daniel O'Sullivan and Mark T. Reen. Gavin Kelly was on target for the Glenflesk side. Rathmore got off to the better start in the second half due to some fine Tom Kelleher fielding. Despite some good interplay from the forwards yielding two well taken Mark T. Reen scores from play, this was not enough to shake off a resolute Glenflesk team. Glenflesk were counter-attacking well after some Rathmore handling errors and this resulted in the visitors reducing the deficit to just three points. Time, however, was against them and despite some late goal chances Rathmore ran out winners on a scoreline of 1-10 to 1-7. Rathmore progress to the final of this competition where they will play Dr. Crokes at a venue to be decided.

East Kerry Post Primary Schools

St Brendan's College, Killarney and P.S. Sliabh Luachra, Rathmore, took part in the schools games last Friday, the 1st May 2015, in Caherslee. The first year boy's teams played fantastic open football on the day with all players showing excellent skill levels. The semi finals saw St. Brendan's College paired with Colaiste Na Sceilge and P.S. Sliabh Luachra paired with and Tralee CBS. The teams showed



THE FIRIES TEAM WHO WON THE EAST REGION U16 LEAGUE DIVISION 1 FINAL

great ability in testing conditions with St Brendans College and Tralee CBS contesting the decider. The well balanced St Brendan's College outfit produced a superb team display to secure the title, defeating a gallant Tralee CBS team in a sporting contest. Well done to all players and management teams for performing so well on the day.

SPECIAL NIGHT FOR GAA FOLLOWERS

A special night to celebrate the centenary of the publication of Dick Fitzgerald's book 'How to play Gaelic football' will be held by Dr Crokes, on Friday evening. The event will include a showing of live action from the Croke Park Archives, a talk by Cannon Tom Looney and discussion on how Gaelic football has evolved over the past 100 years. The discussion with both current players and the audience will be facilitated by special guest Micheál Ó Muirheartaigh. The night is open to all followers of Gaelic Football and starts at 8pm on Friday evening, in Dr Crokes club house, Lewis Road.

EAST REGION U16 LEAGUE

DIVISION 1 FINAL

FIRIES 4-15 DR CROKES 3-13 (AET)

The East Region Division 1 Final, sponsored by MD O'Shea, played in Glenflesk on Monday, was a hugely competitive, entertaining game between two excellent sides, with great skills, open football and commitment from both squads and their mentors. Play varied from end to end with both teams having periods of dominance. The sides traded points in the opening minutes, Mark Hartnett, Dr Crokes and Donnchadh O' Sullivan, Firies, who went on to add a goal from distance and four points before half time. In a five minute period, Dr Crokes' Jack Griffin floated over two 45's and Michael Potts goaled from the penalty spot. Fires finished strongly with two fine points (Jake Flynn, Shane Kennedy) to lead at the break 1-7 to 1-5. On resumption, Michael Potts crashed a great goal to the Firies net. However, Firies responded with three unanswered points (Jake Flynn, Donnchadh O' Sullivan, Ciaran Flynn) and a Trevor O'Shea goal to lead 2-10 to 2-6 mid-way through the half. Dr

Crokes then went ahead by a point with time running out (Michael Potts, Mark Hartnett, Sean O'Neill, Owen Moynihan, Jack Griffin the scorers). Fires rose to the challenge and Cian O'Callaghan kicked great long distance point to tie the scores at 2-11 a piece, putting the game to extra time. Extra time opened with a Firies blitz. An early point from Liam Brosnan, before Ciaran Flynn finished to the Dr Crokes net followed by a further 1-3 by Donnchadh O' Sullivan put Firies ahead 4-15 to 2-11. To their credit, Dr Crokes rallied and notched up two points and a goal from Rohan Deane. Final score 4-15 to 3-13. Sean O'Keeffe, East Kerry Coiste na nÓg, presented the cup to the Firies captain, Jake Flynn.

Referee: Christy Crowley (Gneeveguilla).

DIVISION 2 FINAL BEAUFORT 3-10 CORDAL/SCARTAGLEN 0-17

The East Region Division 2 Final was played in Spa on Monday. This contest epitomised everything that's good in underage football in the Region. The teams were closely matched. Beaufort led at half time, 2-06 to 0-10 and ran out winners with a two point margin. Final score: Beaufort 3-10 Cordal/Scartaglen 0-17. Referee: Tom Moriarty (Legion) Sean O'Sullivan, Chairman East Kerry Coiste na nÓg presented the trophy to Beaufort captain Michael Healy.

FOSSA NOTES

FOSSA GAA: LOTTO

3RD MAY 2015 Numbers drawn were 8, 19, 20, 25. There was no Jackpot winner and next weeks Jackpot will be €10,350. U-12 Boys

The U-12 boys played Ballymac on Sunday evening in Fossa, unfortunately both the Red and Black teams came unstuck against a very strong and committed outfit with the Red team losing on a scoreline of 3-07 to 3-01 in what was a very entertaining game and the Black team found the going tough against their counterparts losing out by 3-08 to 0-05.

U-14'S The U-14's lost to Kilcummin on Wednesday evening on a scoreline of 7-10 to 5-08. That concludes their County league



campaign.

U-16'S The U-16 team were beaten by Legion 3-13 to 0-5 in the East Kerry League on Friday evening, that was their last game in this competition and the county league will be starting after the exams in June.

SENIORS The senior team are away to Churchill in the County League next Saturday evening at 7pm, Fossa welcome back Donald O'Sullivan to their ranks after some time away in Australia, we are looking forward to having him back in the forward line and hope for a new lease of life for the remainder of the league.

KILLARNEY LIBRARY Killarney Library will host an art exhibition by Betty Rohan in aid of the Kerry Stars Special Olympics from Tuesday 28th April running until 29th May. The exhibition will be officially launched by Cathaoirleach John Joe Culloty on Tuesday 28th April at 7pm. Bealtaine Festival returns to Killarney Library in May. On Tuesday 12th a screening of the film "The Hundred-foot Journey" will take at 5.30pm. On Friday 15th a felting workshop will be held from 11am – 12.30pm. Prior booking essential for workshop.

ASTROTURF ALL WEATHER PITCH: all weather pitch@Fossa National School. Opening hrs, Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O' Connor 083 4228977 or email fossaweatherpitch@gmail.com

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

DR CROKES NOTES

As we enter the business end of the first half of the season, many teams are involved in semi-finals and finals this week. Members receive texts with details of these games so that you can go and support the teams. You can also follow their progress through Twitter and Facebook.

DICK FITZGERALD – 100 YEARS ON Are you interested in Gaelic Football past and present, the GAA, Irish History, local history?? – if so, we have a night for you.

Our club will celebrate the centenary of the publication of Dick Fitzgerald's book - How to play Gaelic football - in the clubhouse, Friday May 8 @ 8.00 pm. Micheal O Muircheartaigh will conduct a question and answer session with the Dr Croke's Kerry senior and minor players from the 2014 All Ireland. Fr Tom Looney will be there to give an overview of Dick Fitzgerald and his book- How to play Gaelic Football.

The night is open to all members and also to interested GAA folk from around the county and beyond.

KILLARNEY RACES LÁ NA GCLUB A great day out is promised on Sunday May 10th at Killarney Races. Entry tickets at a reduced price

of 5 euro are available from the club – please contact Mike O Leary or Vince Casey.

JUVENILE ACADEMY: Our under 6s, under 8s and under 10s boys and girls hosted John Mitchel's GAA Club from Tralee on Saturday last. The boys and girls had a very enjoyable fun-filled day with lots of games. Well done to all our young footballers.

UNDER 14 Our Under 14s had a very busy week last week playing their final match of the Div 1 league against Annascaul / Lispole on Wednesday night in Annascaul. After a titanic struggle, the game ended in a draw which led to a replay two nights later in Keel. The weather that night in Keel was cold wet and windy but these two teams still served up a magnificent display of football. Crokes had more of the play in the first half but struggled with a very good Annascaul/Lispole defence. At the other end, our opponents were very efficient with their limited number of attacks. Crokes were behind 0-5 to 1-1 at half time. The second half performance if anything was even better as the conditions worsened. Both teams played a brand of football to the very end that kept all supporters fully engaged. These two teams were a credit to their clubs and though Annascaul / Lispole lost on the night 3-7 to 2-5 there will be better days ahead for them too. Our team now move on to play Laune Rangers on Wednesday this week in the Div 1 semi-final.

HURLING: Our hurling officer will be on a high this week after the Deise's big win last Sunday in Thurles. All Cork hurling fans within the club should know to stay away from Paul at least for the week.

We got our season up and running last week with an away outing to Abbeydorney. We came away with the points from this game and hopefully this will help us to drive on with the rest of the season. The next game will be at home against Crotta on Wednesday 13th May. All support greatly appreciated.

UNDERAGE HURLING Any young boys who would like to take up and learn the skills of hurling can join the underage panels by contacting John at 087-6534444.

LADIES FOOTBALL.

UNDER 12 Our under 12 girls took to the field on Tuesday last in horrible weather conditions to play Kenmare. The girls put in a great performance, especially in the second half but unfortunately it wasn't to be. This team have come on in leaps and bounds in the last few weeks and better results are to be expected from them in the future.

LOTTO: Draw took place in The Speakeasy Bar on Sunday last. Numbers drawn 2, 12, 17, 22. There was no winner of the jackpot of €6,300.

LEGION GAA CLUB NOTES

MAY RACES This coming Sunday sees Killarney races hosting their La na Club day with great family fun and the highlight being

the free taking competition between all the local Gaa clubs in the area ,so we hope to see as many members as possible on the day to support this day . A special feature race will also be held in memory of Jeremy O'Neill .Special rate admission tickets are available for just 5 euro [15 at the gate] from Jimmy Reen 087 2250589 , Enda Walshe 087 6447523, Paudie Lynch 087 9041078 and Kevin Griffin 087 2484394 .Please note that these tickets are only available on a pre sale basis and cannot be purchased at the racecourse on the day

U16 GIRLS Well done to the U16 girls team that scored an emphatic victory over Listowel Emmets last week clocking up an impressive 4-22

U12 BOYS No luck for either of our u12's in Killorglin last Sunday in County Division 1.

U16 BOYS Convincing victory for our Under 16's against Fossa in Derreen on a score-line of 3-13 to 0-04. Weather conditions weren't great but the lads adapted well and have now booked their place in the East Kerry group 3 final set for Monday 11th May, venue tbc.

FASHION SHOW Many thanks to everyone who made our inaugural Fashion event such a huge success.To Norma O Donoghue and her model agency,Sandra Evans and Allure Hair Salon, Before and After Make Up Artists, all the designers and boutiques,the professional MC Alan Finn and our special guest Noel Cunningham who brought an added touch of class to the proceedings.Thank you to Conor Hennigan and his crew at the Malton Hotel who looked after us so well and to our finance committee who ran a great show. To Sandra Evans and the team at Allure and to Therese Breen and Christine Fitzgerald, make-up artists. To everyone who bought a ticket whether they attended or not.To all the raffle tickets sellers and anyone who helped in anyway at all

MINOR The minors were desperately unlucky to go down by a point to An Ghaeltacht in last Friday evenings County minor league semi final.Leaded by a point heading into injury time 2 late points by the Gallarus outfit saw us pipped at the post.

ALL IRELAND SCHOOLS FINAL Hard luck to St. Brendan's College in their quest to win the All-Ireland Under 16.5 A competition (the Paul McGirr cup). A very sporting game played by two excellent sides.Full-time score: Good Counsel 2-12 St. Brendan's College 3--07.

Legion lads involved with the team today were Cian Gammell, Thando Dube, Patrick O'Leary, Paul Moriarty, Mike Cronin, Luke O'Donoghue & Robert Osborne.

U14 BOYS Under 14 boys result: Killarney Legion 5-11 Dr Crokes 1-06. This was a convincing victory in a must win game for our young Legionnaires in the Division 1 of the County. In a very open group it was essential that our lads came away tonight with the two points in order to secure a semi-final place.



HUNDREDS ATTEND B WILDERED CHALLENGE



THE R & R FITNESS TEAM FROM LEFT MIKEY RYAN, SHIELA LYONS, CHRIS O'SULLIVAN, THOMAS O'REGAN, NUALA O'CONNOR, LOUISE NELLIGAN MCCARTHY AND MICHELLE BROWN. PICTURE BY TOM O'DONOGHUE.

The ultimate fitness challenge set in the wilderness of Glanageenty in Ballymacelligott attracted a crowd of over 250 fitness enthusiasts.

The inaugural B WILDERED 'The John Lenihan Wilderness Challenge' sponsored by Lee Strand Protein+ Milk took place on Saturday, May 2nd, 2015. All participants received a B WILDERED finisher's mug, medal, goody bag, refreshments

and enjoyed a post-party BBQ.

All proceeds from the event will go towards the development of a new juvenile training pitch for Ballymacelligott GAA Club boys and girls.

The course was designed by running legend John Lenihan in conjunction with Joe O'Connor, Nisus Fitness. John Lenihan trained in Glanageenty to achieve peak fitness when he became the World Mountain Running

Champion in 1991. Joe O'Connor, Nisus Fitness is the Fitness & Performance Expert on RTE's Ireland's Fittest Family. The experience of both individuals culminated in the ultimate challenge over a 7km route of hill & trail running, obstacle courses and a little influence of the TV Show Ireland's Fittest Families.



MAGS GRIFFIN AND PATRICK O'CONNOR AT B WILDERED EVENT IN BALLYMAC. PICTURE BY TOM O'DONOGHUE.



DERMOT HEALY, CLERK OF THE COURSE, SECOND FROM RIGHT, PRESENTS THE SILVER WHEEL AWARD FOR DEDICATION AND COMMITMENT TO JOHNNY HICKEY, KILLARNEY AND DISTRICT MOTOR CLUB PRO AT THE CARTELLIE INTERNATIONAL RALLY OF THE LAKES 2015 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. ON LEFT IS MARY T MOYNIHAN AND ON RIGHT IS MAGS KELLEHER. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



DERMOT HEALY, CLERK OF THE COURSE, SECOND FROM RIGHT, PRESENTS THE SPIRIT OF THE RALLY AWARD TO MARTIN FARRELL AT THE CARTELLIE INTERNATIONAL RALLY OF THE LAKES 2015 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. ON LEFT IS AINE O'CALLAGHAN AND ON RIGHT IS MAGS KELLEHER. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



PATRICK O'DONOGHUE, GLENEAGLE HOTEL, PRESENTING THE MAURICE O'DONOGHUE MEMORIAL CUP TO AARON MCHALE AT THE CARTELLIE INTERNATIONAL RALLY OF THE LAKES 2015 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. ALSO INCLUDED FROM LEFT ARE DERMOT HEALY, CLERK OF THE COURSE, NIAMH MCGALEY, PAUL NAGLE, JEFF AHERNE CARTELLIE, AND MAGS KELLEHER. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



ROBERT DUGGAN, KILLARNEY, THIRD FROM RIGHT, AND KEITH MORIARTY, JUNIOR CATEGORY WINNERS, WITH NIAMH MCGALEY, DIARMUID CRONIN, KILLARNEY AND DISTRICT MOTOR CLUB CHAIRMAN, MARTIN FARRELL MAGS KELLEHER, AT THE CARTELLIE INTERNATIONAL RALLY OF THE LAKES 2015 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



OUTLOOK SPORTS NEWS

Deadline: Monday 5pm Email : news@outlookmags.com



SENIOR COUNTY FOOTBALL LEAGUE ROUND-UP

COUNTY LEAGUE DIVISION 1 AUSTIN STACKS V DR CROKES

Venue: Connolly Park, Time: Saturday 6.45pm

Austin Stacks and Dr Crokes renew rivalries in the standout tie in Round Four of this year's league. This tie will also double as the long awaited 2014 County League decider, and with silverware on offer for the winners the game is sure to attract a bumper attendance.

Both sides are going through a rich vein of form at the moment. Stacks are hampered by the loss of Wayne Guthrie, Greg Horan and Darragh O'Brien who have gone to the United States for the summer while Dr Crokes will be at full strength.

Crokes, with Daithi Casey, Kieran O'Leary, Chris Brady and Colm Cooper have ace forwards that will need close scrutiny from the home defence while Kieran Donaghy, Daniel Bohan, Shane Carroll and David Mannix should get the necessary scores for the Rockies.

Dr Crokes are currently leading the Division 1 table with an unbeaten record and will be putting this on the line while the Rockies will be defending an unbeaten home record which stretches back to August 2013.

The atmosphere in Connolly Park will be colourful and electric as the now famous Austin Stacks Supporters Club gather in force to cheer on the home side.



DANIEL BOHAN COULD BE A KEY FIGURE FOR AUSTIN STACKS

KERINS O'RAHILLY'S V GLENBEIGH/GLENCAR

Venue: Strand Road

Kerins O'Rahilly's host Glenbeigh/Glencar in a round four encounter at Strand Road.

The Mid Kerry men have found life in the top flight difficult to handle and having lost their four games to date may suffer a similar fate here. Meanwhile Kerins O'Rahilly's are very

determined to keep their unbeaten record in this year's league going.

WATERVILLE V FINUGE

Venue: Waterville

Finuge travel south to Waterville with a mixed bag of results in the league so far. To date, they have won one game from three while Waterville languish at the bottom of the Division 1 table. Both sides suffered heavy defeats last time out. Waterville need a win to kick-start their season but Finuge may have other ideas.

COUNTY LEAGUE DIVISION 2

KENMARE V JOHN MITCHELS

Venue: Fr. Breen Park

Fr Breen Park in Kenmare hosts the meeting of the top 2 in Division 2. Both sides are absolutely flying here and will defend their 100 per cent league records.

Will Mitchels keep their unbeaten run going or will Kenmare on home soil prove to be party poopers. Don't rule out a draw.

COUNTY LEAGUE DIVISION 3

BALLYMACELLIGOTT V NA GAEL

Venue: Ballymac

Ballymacelligott is the venue for the local derby clash between the home side and Na Gaeil.

Both sides go into this game on the back of good results last time out, Ballymac defeated Beale by the narrowest of margins while Na Gaeil drew with Beaufort.

This game has all the hallmarks of a good tussle, with little to separate the two protagonists.

LISTRY V KEEL

Venue: Listry

Second -placed Keel travel to Listry on the back of an impressive win over Brosna.

Listry who are in mid division in the table, were defeated by Ardfert last time out. A lot will depend on whether Listry can recover from their exertions against Fries in the Castleisland Mart County Junior Championship.

SKELLIG RANGERS V ARDFERT

Venue: Portmagee

All-Ireland Intermediate champions Ardfert make the long journey to Portmagee to face Skellig Rangers.

Both sides are currently at the wrong end of the table. Ardfert were victorious in the previous round while Skellig have a game in hand which could come to their rescue later on.

Ardfert will be hampered by the loss of Damian Wallace but should have enough firepower to pick up the league points.



BRENDAN POFF WILL BE LOOKING FOR ANOTHER ST.PAT'S VICTORY

BROSNA V ST PATRICK'S BLENNEVILLE

Venue: Brosna

St Pat's Blennerville make the long journey to Brosna to take on the All-Ireland Junior champions.

Both sides had contrasting fortunes in the previous round with St Pat's edging out Annascaul while Brosna were hammered by Keel. St Pat's who have won two out of three games to date, on form should get another win here but on home soil Brosna will be difficult to defeat.

COUNTY LEAGUE DIVISION 4

CHURCHILL V FOSSA

Venue: Churchill

Churchill have climbed to second place in the Division 4 table following an impressive win over Cromane and will be favourites on home soil to beat Fossa, who were defeated by Castlegregory in the previous round.

COUNTY LEAGUE DIVISION 5

AUSTIN STACKS 'B' V KNOCKNAGOSHEL

Venue: Connolly Park

Austin Stacks 'B' welcome Knocknagoshel to Connolly Park. Both sides go into the game with mixed results.

Austin Stacks have one win from their three games to date, their latest defeat was at the hands of Duagh, while Knocknagoshel go into the game on the back of a good win over North Kerry rivals Ballylongford.

With home venue in their favour, Austin Stacks fancy their chances of adding another notable scalp here.



AT THE PRESENTATION OF PRIZES OF THE GLENEAGLE SQUASH CLUB MONTHLY COMPETITION SPONSORED BY CROSS REFRIGERATION WERE FRONT FROM LEFT, CIARAN O'MAHONY, MIKE HOWARD, CROSS REFRIGERATION, MACIEJ TRUCHAN, OVERALL WINNER, EAMON O'DONOGHUE AND STANLEY WADE. SECOND ROW FROM LEFT ARE MIKE O'DONOGHUE, TONY MACKAY, SEAN CASEY, ANETA TRUCHAN, SEAMUS KERRISK AND JOHN MCCARTHY. BACK ROW FROM LEFT ARE KEVIN SMITH, DONAGH CROWLEY, CATHAL O'GRADY, LIAM SHINE, CONNIE DOYLE, JOHN O'SULLIVAN, MIKE CROWLEY, JOHN CAGNEY AND RAY O'CALLAGHAN. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

KERRY CYCLING CLUB NEWS

Who will follow George as Summer League County Cycling Champion?

The Kerry Cycling Clubs Summer League 2015 gets underway this Thursday with Killorglin CC hosting the first race of the League. The races are organised by different clubs each night and will run until the final race on August 6th in Currow.

The dates for the League Races and the host club are:

Killorglin CC – May 7th. Killarney CC – May 28th. Tralee BC – June 11th. Killorglin CC – June 25th. Sliabh Luachra – July 9th. Tralee CC – July 23rd and Currow CC on August 6th.

To compete in the Kerry Cycling Clubs Summer Leagues riders need to hold a Club Competitive or a full Competitive Licence. However for members of the club that are hosting the round they can take out a 1 Day Licence to compete but only on the night their club is hosting.

WORKMEN'S ROWING CLUB

CLUB NEWS: We had the best surprise ever this week when our long lost club member, Oonagh Nelan walked out the pier on Monday evening. Oonagh had emigrated to Canada but when she heard about the long list of injuries in the Ladies crew she booked the first flight home to come to our assistance. Such is her dedication to the club, she came straight from the airport to the clubhouse and rowed to Glengahilly and back without a bother!! Well done Oonagh, we are all delighted to have you back.

UPCOMING REGATTAS: Lee Regatta will take place at the Marina in Cork on Saturday, May 16th. The race times and draws are available on the Rowing Ireland website. Best of luck to all Workmen's crews competing at this event.

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

contact Mary on 086 8098182.

GNEEVEGUILLA ATHLETIC CLUB:

LOTTO: No winner of our lotto 1/05/205, numbers drawn were 7, 27, 29 and 30.

Bonus not won numbers drawn were 1, 12, 24 and 29. Next week's jackpot €9,600 plus €1,000 bonus.

COUNTY JUVENILE TRACK & FIELD CHAMPIONSHIP & MASTERS: Juvenile track & field championship will be held in Riocht on Saturday & Sunday 9th & 10th. The master's Championships are on Sunday at 10am. A great weekend of sport is assured.

MILLTOWN/LISTRY COMMUNITY GAMES

GIRLS GAELIC FOOTBALL: Our U14 girls competed in the Kerry finals last Monday in Legion GAA Grounds. They played in a group of 5 with very little between all teams. They won 2 games against Ardfert/Kilmoyley and Keel/Kiltallagh and lost 2 to Rathmore/Gneeveguilla and Duagh/Lyre, the 2 teams that qualified out of the group for the semi finals. We were missing a few girls through injury but our team played very well throughout. **TEAM:** Amanda Flynn, Caoimhe Burke, Aileen O'Leary, Kitty O'Dowd, Orla Cronin, Ciara Tangney, Caoimhe O'Donoghue, Flynn Elisha, Bradley Maggie O'Dowd, Tallulabelle Courtney, Milly Mason, Ciara O'Mahony. Coaches: Breda O'Mahony Mike Broderick Linus Burke

ATHLETICS: For those children who won medals from U8 up in our recent athletics day we are commencing training with qualified coaches next Monday May 11th at 4pm in Milltown/Castlemaine GAA Grounds. The following Monday May 18th at 4pm we

will train in Listry GAA Grounds. We will alternate between both venues and then will go to An Riocht Track in Castleisland for 2 training sessions prior to Kerry finals being held there on June 20th/21st.

Please note we still have places available at U10/12/14/16 level for children to join our training and compete at Kerry finals. Any queries please contact George McCarthy 087-8260139 or Denis O'Mahony 087-9662332.

EURO BRIDGE CLUB

PRESIDENTS PRIZE: On the night of 28th April we had our President Miriam Darcy's night.

We congratulate the winners,

1st. Marjorie Barton and Mela Burke.

2nd. Anne O'Shea and Harry Milner.

3rd. Ger Sweeney and Mike O'Shea.

4th. Maureen Culloty and Phyllis O'Regan.

1st Session. Doreen Brosnan and Miriam Darcy.

2nd Session. Pauline Lyne and Joan Lenihan.

The club would like to thank Miriam Darcy for being President for the year and for her courtesy and kindness to all members, it made it a very pleasant year for all members of the club.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

The U14 girls Football team took part in the county final on Bank Holiday in Killarney.

The girls played very well and beat Duagh, Miltown, Keel and Ardfert in their first four matches and continued their winning streak by beating Kenmare in a closely fought semi final. Unfortunately, Killorglin beat them in the final to win Gold and our girls ended up with well deserved silver medals.

A big thank to their coaches James Brosnan, Siobhan Buckley, Dan O'Leary, Cliona Rahilly, Mags Fitzgerald, for all the training and preparation and thanks to all their families for supporting them on the day.

We have two events this weekend, including the county Gymnastics and U15 Futsal finals. We would like to wish all participants the very best of luck, results to follow next week.



AT THE EURO BRIDGE PRESIDENTS PRIZE WERE PRESIDENT MIRIAM DARCY (RIGHT) WITH WINNERS MARJORIE BARTON AND MELA BURKE.



ROWING TO RIO

The Monika Dukarska
Blog. The story of a
Professional Athlete



Training two to three times daily, every day for three to four weeks without a day off is demanding. It is demanding physically as well as mentally. Sometimes it is more of a mental battle to get through a training session while your body can actually do it. Also, not every training session is perfect. There is several things that a rower has to work on. The rowing stroke is complex but our goal is to make it as simple and easy as possible. We have to be able to repeat it over 240 times during a race especially when the fatigue kicks in. In a crew boat, it is even more difficult. We have to find a common way of thinking, moving and coping. Two has to become one.

Last week has been challenging. I felt tired. However, it was not only a physical tiredness but also more of a mental drain, which accumulated over hundreds of kilometres that I covered on and off the water. Long paddles often turned into a battle, a battle with myself. My goal was to maintain straight lines while moving up and down the boat. I knew I was fatigued but I had to force myself to change, to improve and to sustain that change for several kilometres. It is my responsibility to respond to what the coach is saying, to what the coach is trying make me to do. My changes affect my partner and vice versa, making the boat go faster or slower. I have to be on top of my game all the time especially as I am in a stroke seat – dictating the pace of our rowing.

Getting through a training session when you are not feeling 100 percent able for it often feels like an accomplishment. The moment you get things right and the boat goes faster or you feel that you are moving effortlessly with the boat feel very rewarding. Those rewards remind you why you do it in the first place. When my body and mind are aching, I remind myself about the upcoming competition and that I may feel similar way on the race day.

It is important to remember that days like these will always be there and are perhaps necessary. Without a tough day, I would not know how a great day feels like. A meandering road leads to success. Prepare yourself for ups and down, while the way you deal with them will determine your success.

Make sure you follow Monika's daily journey on Twitter @MDukarska



U16 GIRLS FACE TOUGH TASK

Best of luck to the Kerry U16 team who take on Cork in the Munster A Final on Saturday 9th May in Castletownroche at 2pm. The sides met earlier in the round robin which Kerry won comprehensively but with Cork putting out a much different team to what is expected on Saturday. Many of the Kerry team were members of the All Ireland winning U14 team last year so despite their young years they will have plenty of experience. Kerry will be hoping that players such as

Tara Breen & Moira Flaherty are tight in the back, while in midfield Emma McCarthy & Laobhaise Walmsley will have to be at their best to cope with the marauding Cork midfielders who like to go forward & attack frequently. Kerry's attack if supplied with good ball into Fiadhna Tangney & Hannah O'Donoghue can be deadly accurate. A really exciting game is in store with possibly the 2 best teams at this grade in the country competing.



THE KERRY LADIES U16 FOOTBALL TEAM WHO TAKE ON CORK IN THE MUNSTER FINAL.

COUNTY FEILE ROUNDUP

The County Féile competition took place recently in 2 venues in the county. In Fossa the Division 1 teams grouping took place with 8 teams split into 2 groups. In Group A Corca Dhuibhne came out on top defeating Austin Stacks, Cromane & Rathmore. While in Group B Milltown/Listry came out on top defeating Abbeydorney, Castleisland Desmonds & Fossa. This set up a wonderful final between the top 2. Milltown/Listry raced into an early lead but Corca Dhuibhne pulled them back before the Milltown/Listry raced ahead again to leave the half time score Corca Dhuibhne 3-1, Milltown 4-1. In the second despite a long day of football, Corca Dhuibhne came out fighting & were ahead in the closing stages before a late Milltown/Listry fee levelled. End of normal time 5-05 apiece. The first half of extra time couldn't separate the teams with just the minimum between the teams- Corca Dhuibhne 1-1, Milltown/Listry 1-2. Corca Dhuibhne

seemed to get their second wind and scored 1-2 from the whistle. The backs were well tested on both teams but soaked up the pressure. Niamh Ní Chonchúir sealed the win with a goal and Céiti Ní Lúing pointed before Milltown/Listry scored the final goal of a nail biting match. When the match referee blew the full time whistle there was relief on the West Kerry girl's faces as they ran out winners: Corca Dhuibhne 8-9, Milltown 7-7 (AET). In Ballymacelligott teams from Division 3 participated to select the second representative for Féile. Teams participating were Ballymacelligott, Spa, Kilcummin, Currow & Kerins O'Rahillys. Currow were crowned champions after defeating Spa in the final, Currow 5-05 Spa 2-07.

Well done to all the teams that participated in the Féile. Best of luck to both Corca Dhuibhne & Currow who will represent Kerry in June in Féile Peil na nOg which will take place in South Leinster.

SCHOOLBOY/GIRL SOCCER

END OF SEASON ACTION FOR THE 11'S:

Two end of season 11's Blitz's took place to finish up the season at this age group. Many of these players will now move up to the 12's and competitive League action next season. The new FAI Player Development that is being rolled out will determine what type of action the 11's player next season will see.

In the Blitz The Park welcomed Listowel Celtic, Asdee, Fenit, Castleisland, Camp Juniors, Tralee Dynamos and LB Rovers to Christy Leahy Park. Over in Killarney and Celtic Park was the venue with the home team being joined by Killarney Athletic, Ballyhar, Inter Kenmare, Mastergeeha and Killorglin. Well done to all these players and their coaches as their hard work over the season is easily seen in the Blitz's.

PLENTY OF ACTION IN JK SPORTS

12'S DIVISIONS: In the Premier Listowel Celtic's 3-0 victory over Tralee Dynamos sees them move into third place on the table. Oisín Smiles for Camp Juniors and Eoin Hassett for Killorglin shared the goals as the sides drew 1 all. Inter Kenmare B took a further step towards the title as they continue to lead in the 12's Division 1 after a 2-0 win over Killorglin B. Killarney Celtic C won the mid-table battle over the same opposition winning 3-0.

In the 12's Division 2 Tralee Dynamos are now in second place on their own on 16 points as they were 2-0 winners over Park C. It's the other Park team, Park B lead the way on 22 points.

12 GIRLS: Goals from Saoirse Dorrian and Keri Ann Hanrahan were enough to give Killarney Celtic all three points in their away game against Inter Kenmare A.

KILLARNEY CELTIC AND PARK LEVEL

PREMIER: Killarney Celtic moved to the top of the table on their own after they were 5-0 winners at home to Ballyhar in mid-week. Padraig Looney, Nathan McMonagle, James Darmody and Cian Dineen were the scorers.

However on Friday night The Park cancelled out that win and levelled matters again as they defeated Listowel Celtic 3-1 in Tralee. Nathan Gleeson, Sean McGrath and Colin Walsh got the goals for The Park with Ted Moloney replying for Listowel Celtic.

DIVISION 1: Inter Kenmare are still putting it up to the two sides above them and added another three points thanks to a 2-1 away win against Mastergeeha in Kilbrean Park. Shane Warren scored for the home side but goals from Senan Sheehy and Kaleb Patterson gave the Kenmare boys the points.

ACTION IN ALL 3 DIVISIONS OF THE FOUNDATION SPORTS 14'S:

In the Premier The Park went level with Killarney Celtic at the top as they beat neighbours Tralee Dynamos 6-1. Junior Tshikato scored twice with Sean McGrath, Mervin Shalemba, Kevin Goulding and Colin Walsh getting one each in the win. Shar Chaudry replied for Dynamos. Listowel Celtic were too strong for Killarney Athletic for whom Harry Potts scored twice. However Devon McKenna was on fire and he hit 4 for the North Kerry side.

DIVISION 1: Goals from Dean Callan and Steven Sisley had put Killorglin 2-0 and 3-1 up before Killarney Celtic turned it around with a great second half performance. Cian Dineen did most of the damage netting a hat trick including a cracking long range effort. Padraig Looney was just behind Dineen as he hit two while Ruairi Doyle and Aaron Brennan got one apiece.

LISTOWEL CELTIC CHAMPS IN DIVISION

2: Goals from Robert Foley, Michael Fogarty 2, Ronan O'Neill and Aodain Behan gave Listowel Celtic C the insurance points they needed to wrap up this Division after going undefeated all season. St Bernard's cannot be caught for 2nd and they took a point from their game with Asdee following a 2-2 draw. Listowel Celtic B and Fenit put a point each on the board as they drew 1 all.

15 PREMIER WINNERS DEFEATED:

Jack Sheehan, Jake Kelly and Michael Kennedy got the goals that saw Listowel Celtic A consolidate second spot as they defeated the recently crowned champions The Park 3-1. JR Tshikato replied for The Park.

FINAL GAMES FOR MANY IN THE

SCHOOLBOYS: With the Tralee Trophy World 16's Divisions coming to an end many of these players are playing their last games as Schoolboys before they move onto the 17's in the KDL. In mid-table in the Premier Listowel Celtic and Mastergeeha shared the points in a 1 all draw.

With Camp Juniors leading the way on 21 points the clash of second placed Ballyhar and third placed Park A was always going to be a nail bitter. In the end Ballyhar will probably be the happier with the point as the sides drew 1 all. Jack Flynn got their goal as they move onto 19 points. The Park are on 16 thanks to Cian Holden's goal.

DIVISION 2: Killarney Celtic B lead the way on their own now in the 16's Division 2. Michael Devlin had a day to remember as he hit 5. Kane Phelan and Lee Downing got the other goals. The Park B and Castlemaine shared 7 goals in a thriller with the visitors just getting the better of the Tralee boys 4-3. Aaron Roche, Eoin Lynch and Ian Dillane scored for The Park. Daniel Cronin hit 2 with Cian Flynn and James Sugrue for the winners.

CUP REPORT: There was one outstanding Cup semi-final played this week when the line-up for the John Joe Naughton 13's Cup final was decided. Killorglin join the Park in the decider after they were 3-0 winners at home to Tralee Dynamos. Aaron Broderick, Gar Hassett and Stephen O'Loughlin were Killorglin scorers.

CUP AND SHIELD PREVIEWS: The Kerry Schoolboys Girls League Cup and Shield Finals get underway this weekend.

JOHN JOE NAUGHTON 13'S: First up on Friday night is the inaugural playing of the John Joe Naughton 13's Shield and Cup final which take place at Mounthawk Park. Ballyheigue, who are on the brink of their first big success since re-joining the League, face Killarney Athletic in the Shield Final which kicks off at

7pm. Following this game it's the Cup final where Killorglin A meet that Park A at 8.30pm.

TUCKER KELLY 16'S: The action moves to Listowel on Saturday for the Tucker Kelly 16's double header. In the Shield final its Fenit v Park at 11.30. The Cup final has Tralee Dynamos taking on Killarney Celtic from 1.30pm.

JOHN MURPHY 12'S: On Sunday there is a triple header in Camp with the 12's Boys Cup and Shield and the 12 Girls Final. Starting at 11am The Park B and Killarney Celtic C meet in the Shield. This is followed by the 12 Girls Final where Listowel Celtic and Killarney Celtic take on each other at 12.30. The final of the Cup sees The Park versus Killarney Celtic and this kicks off a 2pm.

BANK HOLIDAY RESULTS

MWFAI MUNSTER U16 SEMI-FINAL:

KILLARNEY CELTIC 1-3 DOUGLASH HALL.

Killarney Celtic went down to Cork's Douglas Hall in the semi-final of the Munster WFAI 16's Cup 3-1. Celtic were well in the game and were holding the Douglas Hall Irish international Saoirse Noone but she got two opportunities and took both of them to give her side a 3-1 win. Kate Stack got the Celtic goal who had very good performances from Aoife Callaghan, Erica McGlynn and Leah Henry.

15'S CUP SEMI-FINAL:

CAMP JUNIORS 2-1 KILLARNEY CELTIC:

Goals from Seamus Boyle and Chris Kane put Camp Juniors 2-0 up in this semi-final before Celtic scored late to set up an exciting last 15 minutes. However the home side held on and will now meet St Brendan's Park in the final.

KILLARNEY CELTIC

AGM: Killarney Celtic's Annual General Meeting will be held in Celtic Park on May 28th at 8.00pm. As always, all are welcome and members are urged to attend; this is your club and your input is always needed.

BARNADOS TOURNAMENT: Killarney Celtic are very proud to again be invited to host the Barnados Tournament in aid of the wonderful childrens' charity. Games will be on this Saturday from 10.00am to 5.00pm. Any help or support, including food donations to help feed the masses, would be hugely appreciated.

COMMISERATIONS: To the St. Brendans U16.5 team that lost out narrowly to Good Counsel of Wexford in the All Ireland Final, especially all the Celtic people involved.

RESULTS:

RESERVE CUP: CLASSIC FC 1

KILLARNEY CELTIC B 1: Celtic made all the running, with Stephen McCarthy and David Spillane going very close and the Classic keeper making two great saves. Just before half-time Classic broke through to go 1-0 ahead at the short whistle. The second half was very even, with some great passages of play by both sides, before Cian Casey and Vlad Sirotiak combined to open it up for Stephen McCarthy, who produced a brilliant finish. Classic had a few good chances just went over the bar, while

David Spillane was just millimeters wide of the back post with a great shot. Celtic were reduced to ten men with five minutes remaining but still had the best chance of a winner when Cian Casey's snap shot skinned paint off the top of the crossbar. A great game, and well done to both sides. Best for Celtic were Conor Murphy, Billy Goulding, Vlad Sirotiak, Stephen McCarthy, and the returning Mikey Moynihan.

MWFAI MUNSTER U16 SEMI-FINAL: KILLARNEY CELTIC 1-3 DOUGLAS HALL: Killarney Celtic went down to Cork's Douglas Hall in the semi-final of the Munster WFAI 16's Cup 3-1. Celtic were well in the game and were holding the Douglas Hall Irish international Saoirse Noone but she got two opportunities and took both of them to give her side a 3-1 win. Kate Stack got the Celtic goal and we also had very good performances from Aoife Callaghan, Erica McGlynn and Leah Henry.

FIXTURES: Jimmy Falvey Youths Cup Quarter-Final: Killarney Celtic at home to Castlemaine United, Saturday, 3.30pm.

U16 Cup Final: Killarney Celtic v Tralee Dynamos, Pat Kennedy Park (Listowel), Saturday, 1.30pm.
U14 Girls Premier: Killarney Celtic at home to Listowel Celtic, Tuesday (12th), 7.30pm.

U13 Premier: Killarney Celtic at home to Tralee Dynamos, Saturday, 11.45am.

U13 Div One: Killarney Celtic B at home to Park B, Saturday, 10.30am.

U13 Div One: Killarney Celtic C at home to Killorglin, Tuesday (12th), 7.00pm.

U12 Girls Cup Final: Listowel Celtic v Killarney Celtic, Camp pitch, Sunday, 12.30pm.

U12 Cup Final: Killarney Celtic v Park A, Camp Pitch, Sunday, 2.00pm.

U12 Shield Final: Killarney Celtic C v Park B, Camp pitch, Sunday, 11.00am.

LOTTO RESULTS: Numbers drawn 1, 5, 8, 24. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.

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

MASTERGEEHA F.C.

U13 MASTERGEEHA 1 INTER KENMARE

2. This mid table battle went the way of Kenmare who took their chances to claim all 3 points. Kenmare took the lead on 5th minutes following a goal line scramble from a corner and doubled their lead with a similar goal midway through the 2nd half. Mastergeeha scored with 5 mins left when Shane Warren's long range effort found the net following good work by Philip O'Leary and nearly snatched a draw when Darren Lehane rattled the cross bar in injury time.

U18: MASTERGEEHA 1 KILLARNEY CELTIC 1. In this tough local derby Mastergeeha played top of the table Killarney Celtic. Both sides started well creating some good chances with Donal Moynihan and Andrew Sheehan going close for Mastergeeha.

However just before the break the visitors took the lead with a shot from the edge of the box. In the second half Mastergeeha pushed forward but in the 60th minute needed Denis Ring to save from the penalty spot to keep the score at 1-0. With 5 minutes remaining Mastergeeha got the equaliser they deserved when Paul O'Connor scored after a pass from Cian Jacobs. All played well and deserved the draw.

SENIORS 2A: CLASSIS 1 MASTERGEEHA

3. Mastergeeha qualified for the final of the division 2A final with a good win away on Thursday evening. In this game were the better side throughout and an early goal when Ciaran Doolan scored following some good work in midfield. In the second half Mastergeeha double their lead when Eoin Horan scored in the 50th minute. However the home side got a goal back but Mastergeeha push forward again and Tony Brosnan finished well. Mastergeeha now play Tralee Celtic in the final.

COMMUNITY GAMES U12 SOCCER

FINALS: Mastergeeha hosted the final of the u12 Community Games soccer on a wet evening last Friday night. Well done to the Kilcummin boys who won the silver medals on the night. Despite not conceding a goal in normal and extra time throughout the competition Kilcummin were unlucky to lose on penalties to winner Glenflesk. The boys were excellent throughout and tried their best. Well done to all involved.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 24th April. Numbers drawn were 1, 4, 13 and 20.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES:

Kerry Schoolboys/Girls League

Friday 8th May 2015

John Joe Naughton Under 13 Shield Final

Ballyheigue v Killarney Athletic 7.00pm.

Venue Mounthawk Park.

Saturday 9th May 2015

League Fixtures

Killarney Plaza Under 15 Division 1

Killorglin v Killarney Athletic 11.45am.

Sunday 10th May 2015

Tuesday 12th May 2015

Daly's Supervalu Under 13 Division 1.

Killarney Athletic v Inter Kenmare 7.00pm.

NEW 300 MEMBER CLUB: 300 Club

Member draw Results for April

€500 Joan McCarthy, €100 each to Therese McDonagh, Michael Coughlan, Ger O'Shea, Seamus Galvin and Bishop Ray Browne. Congratulations. Next draw will be held on Thursday 28th May in Scott's.

ANNUAL GENERAL MEETING: Annual General Meeting Thursday 28th May at 8.00pm in Scott's Hotel. Motions and nominations must be sent in by 21st May to sec@killarneyathletic.com. All new members welcome. It is very important for all Parents and Members attend the AGM.

Well done to Paul O'Neill on being first to cross

the finishing line in the B Wildered challenge last weekend.

RESULTS:

SENIORS

KILLARNEY ATHLETIC 3 TRALEE DYNAMOS 3 AFTER EXTRA TIME.

Athletic won 5 - 3 on penalties. Another cracking cup game this morning between our boys in blue and a much fancied Dynamos side, after 2 games plus extra time we prevailed on the penalty shootout. This was a cup match that had everything. 6 goals, sending offs, missed penalties and Heros everywhere in blue. This athletic team never know when their beaten and refused to accept defeat playing the last 40 minutes with just 10 players, after Lukas was unfortunately sent off for 2 yellows. Dynamos twice took the lead but Athletic pulled them back with goals from Gavin O'Shea and Martin Crowley. We then hit the front through another Shane Doolan free kick and held out till the 92nd minute when Tralee pressure finally told and they bundled home the equaliser to force extra time. Dynamos as expected held the majority of possession during extra time but Doolan, Reilly Milner the two Cillians and all the boys refused to be beaten and finally went through in the dreaded penalty shootout with all 5 Athletic penalties expertly dispatched. Tralee Dynamos is a great scalp for our lads to take and we now wish the Tralee side all the best in the Munster junior cup final in a couple of weeks. Meanwhile it's the 1/4 finals and Listowel Celtic for us.

YOUTHS: ABBEYDORNEY 0 KILLARNEY ATHLETIC 4:

This game was played bank holiday Monday in Mounthawk Park and with the strongest squad available, all 18 players went fighting for 11 places. This is unfortunate but shows the interest and the fight by the boys. Credit to Abbeydorney, they were well organised team and fought to the very end. Athletic created numerous chances and could have easily been more but for the Abbeydorney keeper who had a great game. Mikey Casey scored all 4 goals before being substituted but Eamonn Lavin was man of the match. We now play the winners of AC Athletic and Kenmare which is being played this weekend so expect the home quarter final next weekend. Training this Wednesday 7.45pm at Woodlawn.

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.

#lovekillarney

CASTLEROSSE GOLF CLUB

RESULTS Competition played on Sunday 3rd May, 18 Hole Stableford, winner Gene Cronin (16) 44 pts. Overall runner up, Joe Gaffey (20) 38 pts. Overall 3rd place Daniel Shine (07) 38 pts.

Results, 3 person mixed Scramble played on Tuesday 28th April best net return, Roger O Sullivan, Daniel Shine & Denis Tangney.

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

SCRAMBLE COMPETITION continue each Tuesday @ 6.30pm. Open to Ladies & Gents. Come along for an enjoyable evening of Golf.

KILLORGLIN GOLF CLUB

LADIES: 18 Hole Stableford sponsored by The Anvil Bar: 1. Kathleen Cronin (25) 36 pts. 2. Maura O'Boyle (27) 34 pts. 3. Agnes Carey (25) 33 pts.

12 HOLE RE-ENTRY Stableford month of April sponsored by Vice Captain Anne Kenny Foley: 1. Maura O'Boyle (27) 26 pts. 2. Kitty Galvin (26) 24 pts. 3. Emma Daly (21) 24 pts. **FIXTURE:** 12 Hole re-entry sponsored by Junior Officer Emma Daly continues for the month of May.

ROSS GOLF CLUB

GENTS CLUB



PHOTOGRAPHED AT THE PRESENTATION OF PRIZES FOR THE INTERNATIONAL HOTEL SPONSORED COMPETITION AT THE ROSS GC WERE (FRONT L TO R) DANIEL CRONIN, WINNER, TERENCE MULCAHY INTERNATIONAL HOTEL-SPONSOR, DENIS CRONIN, CAPTAIN. (BACK L TO R) SEAMUS MCCARTHY, DAMIEN GREER, RENALDAS BENDIKAS, JORDANAS JONIKAITIS

We wish the Killarney Race Company the best of luck for a successful May Race meeting on May 10th, 11th and 12th.

Club Matchplay :- All players are urged to play their next round games in the Killarney Trophy & Medal Centre Club Matchplay championship as soon as possible.

CLUB FOURBALL CHAMPIONSHIP:- Anyone interested in participating in this competition must add their name to the entry sheet as soon as possible as the draw for this competition is imminent.

ROSS LADIES GOLF CLUB

NOTES

Results Sunday 3rd May 18 Hole Single

Stableford Kindly Sponsored by Bridie Doyle.

1st Mary O Sullivan (29) 35pts..

No Competition on Sunday 10th May due to Killarney May Race Meeting.

KILLORGLIN GOLF RESULTS - MENS Temmler Scotch Foursomes

1st J Kennedy(6) & P O'Shea(16) 63Nett

2nd D Brosnan(13) & D Comerford(18) 65.5 Nett

3rd J McCarthy(5) & A Daly(13) 67 Nett

12 HOLE COMPETITION

1st M J O'Sullivan (11) 29pts

Next weekend Killorglin are hosting the West Munster Section of the Jimmy Bruen Shield.

The matches are as follows for Saturday morning:

Dooks V Ballyheigue

Ceann Sibeal V Ballybunion

Ardfert V Newcastlewest

Tralee V Castlegregory

Winners of these four matches will play Saturday evening and the final will take place Sunday morning.

DEERPARK PITCH & PUTT NOTES

By John Kelly

After four rounds of our sports predictor competition there is a four way lead at the top. John Fitzgerald 376, Willie Buckley 347, Don O'Donovan 131, Kieran Coffey 392. However we all know we are still not at the halfway stage and be sure that a lot will change over the next number of weeks. To see how your prediction is progressing please go to our website to see all entries.

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

MONASTERY OUTING A HUGE SUCCESS

43 teams competed in the annual Presentation Monastery fundraiser on Monday and the results are as follows - 1st Timmy Looney, Keelan Looney and John Clifton, with a score of 32 points; 2nd Neil O'Shea, Tom Doyle, Cian O'Leary 33 pts, Visitors prize Hugh O'Sullivan Paul Cronin, and Chris Collins 30 2/3 Juvenile prize Cillian Crowley, Darragh O'Callaghan, Cian O'Mahoney 32pts A special word of thanks to all who contributed to the success of the event.

DEERPARK INTER./JUNIOR Deerpark played a draw with Tralee at Castleisland on Thursday evening. and the Scratch team played two games in Mallow which finished in a draw with St Annes and a loss to Fermoy

MID WEEK COMPETITION the mid week competition has re-commenced and will continue on each Tuesday evening at 6-30pm.

KILLARNEY GOLF CLUB -

LADIES

RESULTS of Competition Sunday 3rd May, Singles, S/ford, Killeen Course, Sponsored by Mac Bees, Killarney.

1st Anne Looney (26) 49 pts.

2nd Amy Arthur (8) 41 pts.

3rd Christine Carroll (12) 38 pts (bk9).

B.G. Siobhan Brosnan (10) 38 pts.

4th Tina O'Sullivan (19) 37 pts.

CSS 72 (38 s/ford pts).

NEXT SUNDAY'S COMPETITION TRALEE EXCHANGE. Senior Cup will be played in Lahinch Next Saturday 9th May, when Killarney take on Castletroy at 12 noon trying to retain their Senior Cup Title. We wish them the beat of luck.

RING OF KERRY GOLF CLUB

3RD / 4TH MAY RESULTS

SINGLES STABLEFORD

1st Toby Steadman (5) 42pts.

2nd David Kerins (6) 41pts.

3rd Brian McCarthy (28) 39pts.

RESULTS for the 24-Hole event with Parknasilla golf club are still pending.

WINTER SINGLES MATCHPLAY FINAL

Charlie Foley beat Joe Harrington 3&1.

UP COMING EVENTS May 9th / 10th

Singles Stroke Play.

Tuesday 12th May - OPEN Singles Stableford Visitors €25.

Please book by calling 064 66 42000

KERRY PITCH & PUTT

The qualifiers for the Munster Match-Play Finals were held recently and Conor McCarthy (Deerpark) qualified in the senior grade. Jason O'Brien and Michael Cronin both from Deerpark were the Inter qualifiers while Castleisland clubmates Timmy Looney and John Clifton qualified in the Junior grade. They all go on to play Rosscarberry, Co. Cork on May 15th/16th. Last week the National Match-Play qualifiers took place in Listowel. The four who go forward to play the finals over the June Bank Holiday were Jason O'Regan (Tralee), Damien Fleming (Deerpark), Richard Bunyan and Mortimor Galvin both from Listowel.

Last Sunday in Listowel the first Inter County trial took place. In the Senior grade Jason O'Brien shot an impressive seventeen under par one shot ahead of Jason O'Regan and Damien Fleming. In the Inter grade local Richard Bunyan shot eleven under to lead the way from Deerpark players Ger Casey and James Fleming. The Junior grade Roger Guthrie leads with seven under par from clubmates Shane Collins and David Hobbart. There is a long way to go with five more trials over the summer to find the top six players in each grade to represent Kerry.

KILLARNEY GOLF MEN'S

CLUB NOTICES

CAPTAIN'S CHARITY DAY

Mahony's Point 3/5/15

Team of 4 - 2 scores counting

1st 97 pts

Brian O'Regan (6) Ian Cronin (8) Dermot O'Sullivan (17) Pat Gill (13).

2nd 96pts

Tim O'Meara (16) James O'Neill (3) Pa Fleming (16) Michael Foley (10).

3rd 96 pts
 Nick O'Brien (18) Bernard O'Shea (19) Mossie Foley (22) Paddy Looney (23)
 4th 95 pts
 Tom O'Sullivan (19) Donie MacSweeney (12) Donagh Moynihan (10) Eddie MacSweeney (15)
 5th 94 pts
 Brian Clarke (11) Stephen McCarthy (13) Derry McCarthy (6) Jim McCarthy (12).



PATSY HANLEY LADY CAPTAIN PRESENTING THE KILLARNEY CUPS MIXED COMPETITION SPONSORED BY GLENEAGLE HOTEL KILLARNEY TO WINNER ENDA CURTAYNE WITH (RIGHT) MICHAEL CAOPTAIN (BACK FROM LEFT) DERMOT ROCHE AND KATHLEEN GRIFFIN 2ND, MARY GEANEY BEST GROSS, DERRY O'CONNOR AND MUIREANN O'FARRELL 3RD WITH AND BILLY TARRANT 4TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON FRIDAY.



WINNERS OF THE CAPTAIN'S CHARITY DAY COMPETITION TO WINNERS DERMOT O'SULLIVAN, BRIAN O'REGAN AND IAN CRONIN WITH (LEFT) CONNIE BROSANAN AND ENDA CURTAYNE IRISH KIDNEY ASSOCIATION, (RIGHT) JAY GALVIN CHAIRMAN KERRY CORK HEALTH LINK BUS (BACK FROM LEFT) PRIZEWINNERS PAT FLEMING, JAMES O'NEILL, EDDIE AND DONIE MCSWEENEY, BERNARD O'SHEA, PADDY LOONEY, DERRY MCCARTHY, BRIAN CLARKE AND MICHAEL QUIREK CAPTAIN IN KILLARNEY GOLF AND FISHING CLUB, KILLARNEY. THE CAPTAIN'S CHARITY RAISED €6000 FOR HIS CHOSEN CHARITIES.



PATSY HANLEY LADY CAPTAIN (CENTRE) PRESENTING FIRST PRIZE IN THE DESIRE CHAPEL LANE LADIES COMPETITION TO WINNER MAUREEN ROONEY WITH (FROM LEFT) MAIREAD O'SULLIVAN 3RD, NOREEN SHEEHAN 2ND AND AMY ARTHUR BEST GROSS AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



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MARY O'ROURKE LADY VICE CAPTAIN (THIRD FROM LEFT) PRESENTING FIRST PRIZE IN THE MALTON LADIES COMPETITION TO WINNER KATE O'CONNELL WITH (FROM LEFT) LIZ O'CONNOR 5TH, JULIE O'DONOGHUE WHO ACCEPTED 2ND PRIZE FOR EVELYN O'DONOGHUE, PATSY HANLEY LADY CAPTAIN 3RD AND JULIE LEONARD 4TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



SEAN COYNE (LEFT) PRESENTING THE FIRST PRIZE IN THE INTERNATIONAL HOTEL MENS COMPETITION TO WINNER RONAN KELLIHER WITH MICHAEL QUIRKE CAPTAIN. (BACK FROM LEFT) ALAN O'DOHERTY 2ND, NIAL McCARTHY 4TH, PAT HOWELL AND LUKE SWEENEY IN KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

KNOWLEDGE TRANSFER PAYMENT SHOULD GO DIRECT TO FARMER - ACCORDING TO ICMSA.

The payment made under the Knowledge Transfer Scheme to farmers should be paid directly to the farmer by the Department and the farmer should not be dependent on the advisor making the payment, according to Mr. John Comer, President of ICMSA. It is totally unacceptable that under the scheme, the €750 payment per farmer will be paid to the facilitator of the Group and the farmer will then have to wait for the facilitator to pay him/her. Such a system does not reflect the so called simplification agenda at EU level at this time and is a significant departure from the normal system of payment where a farmer is now relying on a third party to make a payment from a Department scheme. While welcoming the announcement by the Minister for Agriculture, Food and Marine regarding the opening of the Knowledge Transfer Scheme,

a scheme that all farmers should consider given its benefits from a farming and personal perspective, Mr. Comer said, that it makes no sense that the farmer will not be paid directly by the Department. At a time when the EU is talking up simplification, it would appear that yet again, actions say otherwise and what we now have is complication rather than simplification when the simple fact should be that the farmer should be paid directly by the Department.

The simplification agenda is hugely important to farmers but yet again, ICMSA, Mr. Comer said, is very concerned that schemes are being made more complicated, more costly for no obvious reason or benefit and this needs to change. The payment should be made directly to the farmer and Mr. Comer concluded by calling on the Minister to make this simple change.



MR. JOHN COMER,
PRESIDENT OF ICMSA

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MACRA MATTERS

It has been a great weekend for Kerry Macra. Kenmare Macra's Novelty act of Shane Randles, Richard Moss Rice, Niall Lynch, Patie Looney, Jamie Cooper, Neily O'Sullivan and Theresa and Kerry O'Shea took 2nd place in the All Ireland final of the National Talent Competition in Navan on Sunday. This was a great achievement for the club as it was the first year they have entered the competition. Also Mid Kerry Set dancers Niall Flahive, Sean Joy and Karen and Loise Flynn were unfortunate not to place in the final but done both their club and county extremely proud.



In the 1950's, when Allan Savory was a young ecologist he presided over the slaughter of forty thousand elephants in South Africa. At the time, he was involved in establishing national parks. To begin with, they removed the native tribes and their livestock, Savory blamed the degradation of land on livestock, as he had been educated to believe, so they were the first to go. However, the land quality continued to deteriorate, he assessed the situation and decided that they had too many elephants, a team of experts agreed, a savage slaughter ensued. The degradation of the land continued and Savory had to accept that some elements of his assessment did not add up. Carrying the burden of previous errors, he dedicated his life to solving the problem of soil degradation and desertification. His story is not a theoretical one, he has lived it and he has proven the myth of too many livestock in the world to be untrue. In a "Ted" talk of some years ago, available on the internet, he documented how by increasing cattle numbers dramatically on sites that had effectively turned to desert he restored them to grassland. The saying that a picture says a thousand words was never as true as it is in this presentation. Savory has worked his magic across the world and has shown the damage environmental experts have done to natural grasslands through poorly conceived ideas. From Atagonia to Orth America to Africa, Australia to Asia, mismanagement of natural grasslands has led to vast areas of desert where it should not in theory exist. The experts hired by the outside world to advice on solving the problem have only managed as Savory did in the 1950s to make it worse. Such experts rarely accept responsibility for their failure as Savory did. The decimation of a national park in the S by removing livestock was put down to "unknown" causes. In another case two hundred and fifty thousand sheep were removed from the Avajo reservation, to preserve native grassland, the policy deprived the Indians of a livelihood, and did nothing for the environment. The myth persists despite the tangible

visible evidence provided by holistic rotational grazing, in truth, grass needs grazers as much as grazers need the grass. In his paper "Where have all the grasslands gone", Craig Allen examines the history of ew exico grasslands. His study confirms precisely what Savory says. The photographic evidence again documents the changes that have occurred in the century since livestock have been removed. Grasses disappear and woody vegetation thrives. In years beginning in the most productive grasslands in the Emez mountains were reduced by, around the time this policy of stock reduction took hold. Here also fire was used to cleanse vegetation. Thousands of years of soil formation were altered by half a century of policy change. The reason for sharing this story now is that we will witness our own version in this county over the next few decades. Our mountains are under threat and it is not from overgrazing but the exact opposite. The last few weeks will have done little to secure their future. Insulting and deriding the custodians of those mountains will do two things, harden the resolve of those entrenched and inform those at an impressionable age that they are not wanted. Those who feel that they were threatened by fire lately should try to imagine what the mountains will look like covered in gorse and other highly flammable vegetation and nobody willing to control it. There are only two practical methods of control, manage livestock properly and manage fire, a combination of both has worked successfully in the past. Fail to maintain the former and the latter will be far more dangerous in the future.



IFA WELCOMES NEW €52M SUCKLER BEEF GENOMICS SCHEME

IFA President Eddie Downey this week welcomed the new Beef Data and Genomics Scheme, saying IFA lobbied hard to secure the annual funding of €52m. He said Minister Coveney must ensure that applications are sent out to all farmers immediately and there are no delays in processing so payments are made to suckler farmers by the end of this year, as promised.

Encouraging all suckler farmers to apply, Eddie Downey said this is a vital income support to maintain our valuable national suckler cow herd. He said the Minister must ensure the scheme is practical and that farmers do not incur unnecessary additional cost.

IFA National Livestock Chairman Henry Burns said this scheme is positive for suckler farmers with payments the equivalent of €100/€80 per cow for the next six years. He said the key message to suckler farmers is to make sure

to apply for the scheme. He said applications will be sent to all suckler farmers and producers can also apply on-line. The closing date for the scheme is May 29th 2015.

Henry Burns said IFA has clearly outlined farmers concerns with some aspects of the scheme to Minister Coveney and particularly the costs farmers will incur to comply with some of the criteria under the scheme. In addition he said there is a high level of concern among farmers about the direction of the scheme on aspects of the breeding requirements. He said suckler farmers cannot be left in a position where they are required to comply with something that is very costly or not practical at farm level. The IFA Livestock leader said it is essential that the genomics programme now being pursued under this new programme delivers for suckler farmers.



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KILCUMMIN NEWS

COMHALTAS MONTHLY SESSION

Thanks to everyone who came along to our monthly music session. We were delighted with the turnout with people travelling from as far as Listowel and Ballydonoghue and also new members from kilcummin too. Our next session will be towards the end of May - date to be announced soon. For more info contact Mike McGurl 087-666-2707 or visit kerrycomhaltas.ie

CONCERT Thanks also to all our members who represented our Branch so well at the recent Credit Union Conference in the Gleneagle Hotel. The night did run on quite late and we really did appreciate all your support.

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

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

INVITATION TO SWEDEN Kilcummin Comhaltas Branch has been invited to send a group of musicians/dancers/singers to perform two concerts (26th /27th June) in the Swedish town of Staffanstorps, which is twinned with Killarney. Any Branch members who are interested in traveling to Sweden to support the group please contact John Moriarty on 086 1579381 for further details.

NOEL MC CARTHY MEMORIAL TABLE QUIZ The McCarthy family, Glounonea wish to thank everyone who helped in so many ways to the success of the recently held quiz at the Klub Bar. A total of €2246.20 was raised in aid of the

Oncology Unit at Kerry General Hospital.

CHARITY WALKS "Walk with us in the footsteps of Joan Herlihy" in aid of Oncology Day Unit Kerry General Hospital. Walk 1 Mangerton Mountain (3-4 hours) registration at 10am. Start: 11am from Mangerton car park (appropriate footwear required). Walk 2 Muckcross & Dinis (1-2 hours) registration at 12pm. Start: 1pm from the Old School House Muckcross car park. Sat., May 30th. Voluntary contributions will be collected on the day. Meet afterwards at 4pm in the Torc Hotel, Mallow Rd., refreshments and entertainment. MC for the evening Batty O' Sullivan music by Rosie & Derry Healy, Jimmy Doyle & Friends. For further info contact: Dave 087 6297514 or Paul 085 7504477.

I.C.A.

SYMPATHY The I.C.A. also wish to extend sympathy to our member Eileen Purcell on the death of her husband.

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

COMMUNITY GAMES Congratulations to our U12 Boys soccer team who collected the silver medals at the County finals in Mastergeeha on Friday evening last. Finally, anyone interested in taking part in U12, U13, or U14 (31/7/15) cross - country running in Beaufort on Sunday, May 17th please pass your name to any committee member by Thursday, May 7th.

KILCUMMIN JUVENILE GAA U12 Boys play Legion away in Division 1 of the County League at 6pm on Sunday 10th May
Under 14 girls play Beale away on 10th May at

6pm in the County League

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

GET INVOLVED We want all of the players to enjoy their time here and we want to make sure that all of them are given the opportunity to develop their skills in Gaelic football. Many hands make light work and the more people we have involved the bigger the chance we have of ensuring that the children get more enjoyment and are safer. Anybody who would like to participate and lend a hand during training sessions is more than welcome. From coaching to assisting with supervision every little helps. Just say it to any of the mentors and it will be easily arranged.

KILCUMMIN GEAR

You can kit your child (or yourself) out in Kilcummin gear. We can also kit you out with jerseys and jackets for cheering your team on from the side line. These are available from Marie Lehan on 0879181973

KILCUMMIN RAMBLING HOUSE The Kilcummin Rambling House welcomed Sean Hurley of Kerrywide on Friday 1st of May. Recordings from the evening will be broadcast on Kerry Radio on Sunday 31st May. Many thanks To Sean, to the performers, the patrons and all who made this another great night of entertainment. Kilcummin Rambling will be taking a break over the summer to return in October. We wish all our patrons, our performers, fear agus bean an tí as well as the organisers an enjoyable summer break.

LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS Sunday 3rd May, 2015

Winning Numbers 4, 5, 11, 25

Jackpot €3,350 Not Won

Sunday 10th May €3,500

JUNIOR CHAMPIONSHIP REPLAY RESULT

Half Time Score Furies 2-04 Listry 0-6

Full Time Score Furies 2-07 Listry 0-10

COUNTY LEAGUE Listry seniors will be playing their next game at home v Keel on 10th May at 2pm. All support would be greatly appreciated. There is also a back game to be played Skellig Rangers v Listry on 16th May Venue: Skellig Rangers.

JUVENILE FIXTURES & RESULTS

U16S Our U16s put in a heroic effort last Monday night away to Gneeveguilla in the East Kerry semi-final. The game went to extra time and our boys lost out by the minimum on a score of 0.19 to 1.15. Well done to all concerned. The boys will have a break now until after the Junior Cert. The county league commences on Wed June 17th.

U14S Our U14s had a big win on last Wed night at home in Keel v Moyvane/Tarbert. They play Fossa this Wed night May 6th in Allman Park in the county semi-final at 7.00pm. Please come out and support the boys if possible.

U12S Our U12s made the long journey to Moyvane on Sunday evening. They were short a few players on the night. They found themselves trailing by a big margin at half time but put in a storming second half performance and were unlucky to lose out by two points on a score of 5.12 to 4.13. This second half performance was very encouraging for all concerned. We play at home next Sunday May 10th v Scartaglin at 6.00pm.

U6/U8/U10 Training continues every Friday evening at 6.30pm.

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SPA NOTES

COISTE NA NÓG

U12 BOYS Spa's As and Bs played Ballymac at home last Sunday in the County League. Spa B's had to field a good number of U 10s on the night where they lost both games. However there were standout performances by Rian O'Neill, Ruairi O'Connor and Donal Hickey.

U14 BOYS Spa played Dingle away in a pulsating game recently. A physically bigger Dingle team ran up an early lead with a strong wind. Unfortunately a late Dingle goal against the run of play ensured that they won on a 5-11 to 4-13 final score.

U14 BOYS Spa travelled to Beaufort for the final game of the county league last Wednesday. Beaufort a physically big team imposed themselves around midfield running in at half time leading by 6 points, good defensive play by Michael Horgan and Connie Cremin on the resumption was not enough to change the tide whereby Beaufort ran out comfortable winners on the night, Spa however qualified to play the same opponents in the County League Semi Final next Wednesday.

LADIES FOOTBALL

U12 GIRLS Well done to the young squad who won all their games in the preliminary round of the county league.

U14 GIRLS Girls next game May 24th away to Currow

U16 GIRLS Played away to Kerins O Rahillys and came away as winners on the night. The girls and coaches welcomed the young boys and girls from the twin town Saint Avertin, Tours, France last Wednesday night to a coaching session.

SENIOR LADIES

Division 3 "B" Final

Scheduled for May 24th at home to Currow @ 12noon.

Spa v Kenmare- Intermediate Championship Round 2 Replay.

Spa 2 -12: Kenmare 2-09.

Spa produced their best performance of the season so far to overcome a very tough Kenmare side and progress to the semi finals of the Intermediate Championship. The game was played in very wet and slippery conditions in Kenmare on Saturday evening but both teams served up some top quality football despite the

conditions.

The teams were slow to settle and Craig Hickey got Spa off the mark after 6 minutes with a well taken point. Kenmare had to wait until the 8th minute to register their first score from Kevin o Sullivan. Ml. O Donoghue and Cormac Cronin scored a point each from frees and Craig Hickey added another point from play. In the 19th minute Fionan o Sullivan found the back of the Spa net but Spa reacted quickly when Mike Foley finished to the net in the 24th minute. Liam Kearney, who was in great form on the night, added another point before half time to leave the score 1-04 to Kenmare and 1-05 to Spa at the interval. Throughout the first half all the Spa backs played really well with Dan o Donoghue limiting the Kenmare danger man, Stephen o Brien, to 1 point from play.

Spa started the second half with 3 great points from Ml. O Donoghue, who showed that he was back to his best after a long break during the winter due to injury. However Kenmare were not easy to shake off and when Paul o Connor found the net in the 10th minute of the second half there was only 1 point between the sides again. Ryan Carroll replaced Matt Moynihan 10 minutes into the second half and he popped up to score a great goal in the 19th minute to settle Spa nerves. The game got a little scrappy at this stage and Mark Crowley for Kenmare was sent off after receiving two yellow cards. Ryan Carroll received a black card during this spell and was replaced by Pat Cronin. Ciaran Spillane also came on to replace Hugh o Donoghue who had put in a great performance at center back. Ml. O Donoghue added another two points and Craig Hickey and Liam Kearney added one each to leave Spa ahead by 4 points with a minute to go. Kenmare did manage to score a point in injury time but the referee blew the final whistle on the kick out and Spa were through to the semi-finals of the Intermediate championship. This was a great team performance with the younger Spa players gaining in confidence playing at this level. It was great to have so many Spa supporters there also cheering on the team especially in the second half when the game was in the balance.

LOTTO Many Spa Lotto annual contributions will be due for renewal in the coming weeks. Please check with your seller or ring Jim

Gleeson 0876340581. New members welcome. Thank you for your continued support.

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

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

MAYORS BALL JOHN JOE CULLOTY A great night was had by all who attended the Annual Ball in the Malton. John Joe and the First Lady Mary, First Son Jason and First Daughter Alice, held a very successful night raising funds for the Killarney/South Kerry Branch of the Irish Cancer Society. In tribute to his club the tickets and posters were in Blue and Gold in honour of Spa GAA. John Joe recently gave his allocation of €3,800 towards a crash barrier in Spa and will be in place very shortly. John Joe has set the standard very high in the Killarney Municipal District and was very personable, approachable and hard working Mayor. His term will end in May and will be sorely missed but will be looking forward to a well earned rest in Knocknaskeha.

LÁ NA GCLUB has been deferred to a date in June to be announced.

JOAN HERLIHY MEMORIAL WALK On May 30th

In appreciation of the treatment afforded to the late Joan Herlihy Lissivigeen the Herlihy family are organising two fundraising walks on May 30th with all proceeds being donated to the Oncology Department Kerry General Hospital

Walk (1) will commence at Muckcross National School and proceed around Muckcross and Dinis and Walk (2) will commence in Muckcross Car Park and proceed via Mangerton Mountain. Full details of starting times tbc.

SPA COMMUNITY NOTES

SYMPATHY is extended to the family of Peg Cronin nee Casey of Newquarter, Gneeveguilla and late of Knockmanagh who passed away at the weekend. May she rest in peace.

BEAUFORT NEWS

65th Anniversary Celebrations This joyful event was completely booked out. To the very large attendance who travelled from far and near the Pioneer Council wish to express their most sincere thanks. We wish to thank everybody who helped in any way to make the event such a tremendous success.

FEILE NA BEALTAINNE

PICTURED RIGHT: LOCAL INDEPENDENT TD TOM FLEMING WHO ATTENDED FEILE NA BEALTAINNE IN DINGLE OVER THE WEEKEND PICTURED HERE AT THE ANNASCAUL FAIR ART EXHIBITION ON SUNDAY WITH LTO R: ARTISTS KATE LANDERS, MARIE KENNEDY AND ABE BOLAND.



ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



Corrie Crisis

Big name exits, celebrity cameos and one hell of an explosion, has Coronation Street lost its shine?

First up, we'll start with the exits. Alison King (Carla Connor), Hayley Tamaddon (Andrea Beckett), Craig Charles (Lloyd Mullaney) and Amy Kelly (Maddie Heath) have quit the cobbles. While Lloyd and Andrea who are an on-screen couple will make their permanent departure from the cobbles in September (Around the time of the LIVE episode), it is believed that Carla will be returning to Weatherfield at a later date. Rumours persist that young Maddie may well be killed off.

Making their arrival are big celebrity names Paddy McGuinness (Take Me Out) and Sarah Harding (Girls Aloud). Paddy will guest star in a comedy storyline which will see him encounter the Tinker and Dobbs families on their summer holiday. Meanwhile, Sarah's role will be more prominent as she will star as Robert Preston's (Tracy Barlow's ex-husbands) wife.

Finally, as Britain's Got Talent big week of LIVE shows kicks off so does Corrie's huge week of drama. With Steve MacDonald and Michelle Connors wedding at the centre of the drama over the week, the stage is set for some explosive drama. Enter Tracy Barlow. After losing out on her bid to take over the Rovers Return, Tracy eyes up Tony Stewart, Liz MacDonald and Carla Connor for her act of revenge. Will Tracy expose her affair with Tony?

The biggest news however is that during that week there will be a huge fire at the Victoria Court apartments. Who will die? And who started the fire?

Citizens Information

Know Your Rights: BETTER ENERGY HOMES SCHEME

MAY 2015

QUESTION

Our house is quite chilly, so we'd like to make it more comfortable and save on our heating bills. Are there any grants for this type of work?

ANSWER

You can apply for the Better Energy Homes Scheme, which provides grants to homeowners to improve energy efficiency in their homes. (It is also available to landlords and owners of more than one property.) The Sustainable Energy Authority of Ireland (SEAI) administers the scheme.

You can use the Home Energy Self Survey to identify areas in your home that could be improved to increase energy efficiency. You can also get a Building Energy Rating (BER) done if you are uncertain about your energy-saving options or what work to get done first.

Grants are available for the following types of work: roof insulation; wall insulation; upgrade of heating controls; installing a high-efficiency boiler; solar heating; and a BER after the energy-saving work is carried out.

To qualify for a grant, you must own a dwelling built before 2006; use a contractor from SEAI's registered list; use newly fitted materials and products; have work done that complies with the required standards; have a BER carried out after the works are done and use a BER assessor from SEAI's National Register. You must have grant approval before you buy materials or start work.

Grants for qualifying measures range from a maximum of €300 for attic or cavity wall insulation to a maximum of €4,500 for external wall insulation on a detached house. Grants are paid after the work is completed and you have paid your contractor.

If you get three qualifying measures done, a bonus of €300 is payable on top of the grants. (A BER doesn't count as a measure for this bonus.) A further €100 is payable on completion of a fourth measure. Full details of grants and bonuses are available on seai.ie.

If you are also claiming a tax credit under the Home Renovation Incentive, the amount of expenditure that qualifies for the credit will be reduced. You can contact SEAI at **1850 927 000** or info@betterenergyhomes.ie.

Further information is available from the Citizens Information Centre below.

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

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



CUT OUT THE JUNK THOUGHTS!

We hear a lot about cutting out junk food but what is even more important is to cut out the junk thoughts! Junk thoughts are all of those thoughts that are self-defeating, negative, limiting, fearful or anxiety forming. They take us away from the moment and clog up our energy systems so that we end up feeling depressed, lethargic and stuck in fear!

3 STEPS TO HEALTHY NOURISHING THINKING!

1. Write down all of the negative things you continue to say to yourself in a day. Note the ones that come up again and again. Then challenge each thought with this question: "Where does this thought come from?" Was it something you continually heard your mother or father say? Was it something you heard from a teacher or family member? Maybe it came from TV programmes? The key is to understand that the way we think is often learned when we were young.
2. Ask yourself if the thought is true? Do you believe it? Be firm with yourself. You may have been saying that you're not good enough but is that really true? Look at all of the things you do and who you are! We are all good enough – no matter what!
3. Replace the negative thought with the truth of who you are! Find evidence to support this thought and affirm it daily.

BACK BY POPULAR DEMAND – ASTRID'S LIFE CLASS – SAY "YES!" TO YOUR AMAZING LIFE at the Meadowlands Hotel, Wednesday 27th May from 7.30-9.30pm. Only €15.00! Everyone welcome! Mindful Energy Movement Meditation class (Chakranetics) every Wednesday at the KDYS, Killarney at 7.00pm! And Tuesday morning at the Travel Inn, Fossa, 10.00-11.15am!

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

066 9766374 | life_coachingunlimited@yahoo.ie



RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

SHRONE N.S. CONGRATULATIONS to the pupils from Shrone N.S. who participated in the J.E.P. Project .The pupils wrote and published an English book. Over 1,000 pupils from all over Kerry gathered in the Malton Hotel Killarney on 29th April to receive their plaque and their flag. Thank you to Chris in Copywrite, Tralee who help us to print our book and also to all our customers who helped us to make our business venture a success! Well done to all involved.

SLIABH LUACHRA COMHALTAS: Fleadh Cheoil Chiarrai. Will take place from 16th- 21th June in Caherciveen, hosted by CCE Barr na Sraide. Closing date for entries to our Branch Secretary Maureen Dalton will be the 8th May. entry from can be downloaded from www.kerrycomhaltas.ie or contact Maureen 0872871357.

TIME TO SPRING CLEAN we will be holding a Clothes Collection Fundraiser on the 20th May 2015.

FIRST HOLY COMMUNION: First Holy Communion for Shrone N.S & Hollymount N. S. Will take place on Saturday 16th May 2015. In Out Lady of Perpetual Succour Catholic

Church, Shrone. At 11.00am. All Parishioners and member of the Community are welcome to attend.

RATHMORE RAVENS BASKETBALL CLUB: held a juvenile Ouiz on April 24th We'll done to all involved.

RATHMORE COMMUNITY MARKET: every Saturday 11-4pm

Rathmore community centre

WEDDING BELLS: Congratulations to Siobhan Murphy, Gneeveguilla who married Jer Moynihan, Lacka Ballydesmond recently. and Joanne Dennehy, Carrigaline Rathmore, who married JJ O' Sullivan, Millstreet, Renelity. We wish them all happy life together.

SYMPATHY: to families & relatives and friends of late Peg Cronin (née Casey)

Newquarter, Gneeveguilla, & Killarney, whose death occurred last week, May she rest in peace.

GNEEVEGUILLA ANNUAL PILGRIMAGE

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

ROSARY FOR MONTH OF MAY: at Grotto.

Tureencahill : nightly 8pm. Sunday evenings at 7.30pm.

Leam: nightly 8pm.

Grotto near Holy Family N. S. Nightly c8.30pm mass on Monday May 18th at 7.30pm.

SHINNAGH CROSS: Monday - Friday 7pm. For Month May.

ENGAGEMENT: Congratulations to Siobhan Carmody Scrahanagullane Gneeveguilla who got engaged to Jim Carolan, Shinnagh Rathmore, last weekend. We wish them both happy life together,

KERRY ROSE SELECTION NIGHT: the new Kerry rose will be selected this Saturday night May 9th at Ballyroe Heights Hotel Tralee. Our own Mary Hickey Clounts is the current Kerry Rose and she has put Sliabh Luachra and Rathmore on the Map.

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

GLENFLESK NEWS WITH DONAL KELLY

COUNTY LEAGUE: The Glenflesk senior team, sponsored by the Jarvey's Rest, will face Currow in Glenflesk on Saturday May 9th at 7pm in Glenflesk.

GLENFLESK LOTTO: The next Lotto draw will be held on Sunday May 10th in the Kerry Way, Jackpot €5,000. Tickets available in local shops.

COISTE NA NOG: The U12 boys team defeated John Mitchells on Sunday May 3rd on a scoreline of 3-13 to 4-6 in the third round of the County League. The second team were defeated on a scoreline of 2-12 to 0-8. The remaining fixture in this group is against Kerins O'Rahillys, to be played next Sunday May 10th at 6pm in Glenflesk.

GLENFLESK COMHALTAS: The County Fleadh Cheoil will be held in Caherciveen on the 20th June for under 12 and under 15 and on 21st June for under 18 and senior. Please contact Margaret Creedon (087 2706390) with entries before the 17th May.

ALL-IRELAND HOMECOMING: Unfortunately last weekend's homecoming was cancelled due to the unavailability of some team members. We are hoping to reschedule this event in the near future.

BARRADUFF NS 80KM RESOURCE CYCLE: The 4th annual Barraduff National School Resource Cycle takes place on Sunday June 7th. The cycle will follow the usual route from

Barraduff to Kilgarvan, Kenmare, Molls Gap, Killarney and back to Barraduff again for refreshments in John Dan's bar. Cyclists will receive mechanical support along the route from O'Sullivan's Cycles and the Order of Malta will provide ambulance cover for the event. Registration from 7:30am at the school costs just €20.

GLENFLESK COMUNITY GAMES ATHLETICS

DAY: We will hold the Athletics day on Sunday May 17th at the big pitch in Glenflesk at 2pm. Competitions from U8 to U16 with medals for 1st, 2nd & 3rd and qualification for County final in Castleisland in June. Tiny tots and U6 races also - lollipops for all finishers! €2 admission at the gate max €10 per family which includes entry to all events and refreshments in the kitchen. Shop also available On the day for purchase of drinks and snacks. Any enquiries please contact Helena O Donoghue

COMMUNITY GAMES TEEN CLUB: Our first night at the teen club was a great success and thanks to everyone for coming. We will run another night in two weeks time on Friday 15th May from 8-10pm. €2 entry. Shop available to purchase snacks. A big thanks to Jacob for supplying all the games and equipment and for setting up on the night. Thanks to Helena, Kathleen Jacob and Elizabeth for supervising on the night.

COMMUNITY GAMES U12 BOYS COUNTY

FINAL WINNERS: Well done to the under 12 outdoor soccer team who won the county title in Mastergeeha on Friday last, defeating Kilcummin on penalties to clinch the title. A great performance and achievement by all the boys. Well done to John Crowley and Eamon Bowler for their coaching. They are now off to Munster in July and we wish them the best of luck.

BARRADUFF COMMUNITY FIELD: Councillor Michael Gleeson has allocated the sum of €2,000 towards the cost of improvement works to the entrance to the newly developed Barraduff Community Field. The area engineer has been instructed to undertake the work during the present year.

TAEKWONDO SUCCESS: Well done to Barraduff NS pupil Joshua O'Sullivan who won three gold medals at the WKU tournament held in Cork on April 26th: gold in Sparring, silver in High Kick and bronze in Tul.

RAHEEN NS: Congratulations to Eamon Bowler who had the winning lotto no. 6 on Saturday the 2nd May.

CONTACT: We welcome items of local interest. Please contact Donal on pro.glenflesk.kerry@gaa.ie or 0876687926

IF YOU HAVE A STORY...

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



EXAM STRESS

Last week we looked at some practical ways that you can reduce the pressure around exam time. So now it's time to plan how you are going to study over the next few weeks. It is important to study in a location where you can concentrate and won't be interrupted. Studying with others or as part of a study group can be helpful, but be careful to keep it from turning into an opportunity to catch up on the latest news and gossip. Just as we are all different in many other ways, we also have different learning styles – so try out some of the following and use what works for you.

Effective Tips for Revising

1. MAKE SUMMARY NOTES

Condense your class notes and reading by pinpointing key terms and concepts and make sure that you understand them. Writing these notes can help you to retain more information. You can recite the summary notes out loud, and even record and listen to them.

2. USE FLASH CARDS

Flashcards are very helpful tools to remember information. You can condense your summary notes into bullet points, keywords, lists, formulas and diagrams and place them onto a card for each topic. They are also easy to carry around so you can look at them anytime.

3. QUIZ YOURSELF

Why not make up your own mock exam to test yourself. Write down a list of the keywords or questions and leave room underneath each one. Then pretend to take the exam and write down as much as you know about the topic under each keyword. If you do this with your study group it can even be fun!!

4. PRACTICE UNDER EXAM CONDITIONS

Practice going over past examination papers – in the same amount of time as in the exam. Although you are only practicing try writing the full answers to the questions so you can work through the entire thought process. Check your answers so you can assess your strengths and weaknesses and go back and study any area which you feel weak on.

5. CREATE MEMORY AIDS SUCH AS MNEMONICS AND DIAGRAMS

Mnemonics are tools that can help you to remember formulas, keys concepts, definitions etc. Jot down these mnemonics or diagrams before you start answering any question. In that way, you can refer back to your plan when writing your answer, without fear of forgetting what you were going to write next. If you feel stressed or overwhelmed, it is important to speak with the adults in your life. They may not be aware of just how much pressure you are feeling to get everything done. Talk to a parent, teacher or counsellor, and ask for help in dealing with stress.

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

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

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

Health Matters....

With Dr. Michael O'Doherty

MALARIA

INTRODUCTION:

Malaria is widespread in many tropical and subtropical countries and is a serious and sometimes fatal disease. You cannot be vaccinated against malaria but you can protect yourself in three ways:

Avoidance of bites

Mosquitoes cause much inconvenience because of local reaction to the bites themselves and from the infections they transmit, Mosquitoes spread malaria, yellow fever, dengue and Japanese encephalitis.

Mosquitoes bite at any time of the day but most bites occur in the evening.

PRECAUTIONS TO TAKE:

1. Avoid mosquito bites, especially at sunset, if you are out at night wear long sleeved clothing and long trouser.
2. Mosquitoes may bite through thin clothing, so spray and insecticide or repellent on them. Insect repellents should also be used on exposed clothing.
3. Spraying insecticides in the room, burning pyrethroid coils and heating insecticide impregnated tablets all help control mosquitoes.
4. If sleeping in an unscreened room, or outdoors, a mosquito net (which should be impregnated with insecticide) is a sensible precaution. Portable, lightweight nets are available.
5. Garlic, vitamin b and ultrasound devices do not prevent bites.

WHERE THE DISEASE OCCURS:

For those travelling to many of the warmer regions of our world there may be risk of contracting malaria. Each year this parasitic disease causes many deaths both in the tropics and among travellers returning to their home countries. Most of the transmission occurs in tropical Africa (approx 95%), Asia and Central & South America. Travellers need to remember that there is also a mild risk of the disease when visiting parts of North Africa and some parts of the Middle East.

HOW IS THE DISEASE TRANSMITTED?

- Fever
- Sweating
- Shivering
- Headaches
- Generalised flu symptoms

The degree of illness within any particular patient depends greatly on the number of parasites with the blood stream. During an initial attack the symptoms are usually very definite and a clinical diagnosis may be quite straight forward so long as a history of international travel is obtained.

CONTINUED NEXT WEEK...



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



PICTURED AT THE MARKET CROSS COLLECTING FOR THE IRISH HEART FOUNDATION YESTERDAY WERE BACK ROW L-R TOMAS LOUTHER, ANNE O'CONNOR, EILISH COFFEY, DAMIEN BAKER & BRIDGET DELANEY. FRONT ROW L-R MEGAN DUGGAN, OLIVIA GRAMZA, DOMINIKA GWIZDZINSKA & SHEYENNE KEHOE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KEVIN GLEESON, COMPOSER IN RESIDENCE AT KILLORGLIN COMMUNITY SCHOOL PICTURED WITH PUPILS, DANIEL MIANOWSKI, TOM CAREY, ADAM O'BRIEN, AMY MASON, THOMAS HORAN, CHLOE WEST, LUCY KNIGHT, PADRHAIC McMAHON, JAMES HURLEY AND CATHAL CROSBY. PHOTO: DON MACMONAGLE



MINISTER FOR THE DIASPORA JIMMY DEENIHAN TD, VISITING KILLARNEY HOUSE, KILLARNEY NATIONAL PARK, TO SEE AT FIRST HAND THE PROGRESS AND CRAFTSMANSHIP CARRIED OUT AHEAD OF THE OPENING NEXT YEAR, INCLUDED IS, PAT DAWSON, CENTRE, REGIONAL MANAGER, NATIONAL PARKS AND WILDLIFE SERVICE AND CRAFTSMAN, SEAMUS MORRISSEY. PHOTO: VALERIE O'SULLIVAN.



CAROLINE MARTIN, CATHAL KING AND GILLIAN O'SULLIVAN AT THE INAUGURAL B WILDERED 'THE JOHN LENIHAN WILDERNESS CHALLENGE' SPONSORED BY LEE STRAND

PICTURE BY TOM O'DONOGHUE.



PAT WALSH, LUKE, DOREEN, JAMIE AND PAT MOYNIHAN, KILLARNEY, AT THE CEREMONIAL START OF THE CARTELLIE INTERNATIONAL RALLY OF THE LAKES 2015 IN KILLARNEY TOWN CENTRE ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



OVER 500 IRISH TRADE, INCLUDING TOURISM BUSINESSES FROM KERRY, RECENTLY ATTENDED MEITHEAL, IRELAND'S LARGEST TRAVEL TRADE FAIR, ORGANISED BY FÁILTE IRELAND IN THE RDS DUBLIN. PICTURED WERE SIOBHAN KING, FÁILTE IRELAND (CENTRE) WITH MICHAEL AND LAURA TANGNEY, KILLARNEY JAUNTING CARS. [PHOTO CHRIS BELLEV / COPYRIGHT FENNEL PHOTOGRAPHY 2015]



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (FOURTH FROM LEFT) PRESENTING SPONSORSHIP TO THE ST. BRENDAN'S COLLEGE UNDER 16 TEAM (FROM LEFT) SEAN COFFEY COLLEGE PRINCIPAL, NIALL MCCARTHY, MARK MURPHY CEO KILLARNEY CREDIT UNION, DARA MOYNIHAN, NIALL O'DONOGHUE, GARY MCGRATH TEAM MANAGER AND SEAN O'LEARY AT ST BRENDAN'S COLLEGE, KILLARNEY.



ANN, CHRISTOPHER, LAUREN AND RICHARD CAREY, KILLARNEY, AT THE CEREMONIAL START OF THE CARTELLIE INTERNATIONAL RALLY OF THE LAKES 2015 IN KILLARNEY TOWN CENTRE ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

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MADELINE MCCANN WILL BE 12 YEARS OLD ON NEXT TUESDAY

Madeline was abducted just over 8 years ago from her family's holiday apartment in Praia da Luz, in the Algarve area of Portugal on May 3rd 2007, when she was approaching her fourth birthday. Madeline and her younger brother and sister had been left asleep at 8.30pm in the ground-floor apartment, while their parents and friends dined in a restaurant 50 metres (160 ft) away. The parents checked on the children throughout the evening, until Madeleine's mother discovered she was missing at 10pm. Despite all enquiries by the Police and private investigators it's like Madeline has vanished off the face of the earth and about the only good news over the past 8 years is that the Portuguese police chief who led the initial investigation into Madeline's disappearance and later wrote a book about the case suggesting the couple had faked the abduction to cover up their daughter's death will now be paying for the continuation of the investigation by private investigators. Kate and Gerry McCann sued ex-police chief Goncalo Amaral for libel and were awarded € 490,000, he was also ordered to pay an extra €104,000 in interest dating back to January 2010. The court also barred Amaral and his publisher from selling the book or issuing further editions. It also barred the producer of a documentary from selling the rights to broadcast or distribute it. The former police chief can appeal the verdict. Madeleine's parents are asking the public to continue search for their missing daughter saying "We would like to remind people that there is still an innocent little girl who is missing and that those responsible for her abduction remain at large." Kate McCann had earlier announced she will lead a 500-mile bike ride from Edinburgh to London in June to raise £10,000 for a missing persons charity 'Missing People' of which she is an ambassador. said: "As the eighth anniversary of our daughter Madeleine's abduction is upon us, I'm more driven than ever to continue the search for Madeleine and to help other families who face the pain of a child being missing. Madeline has blue-green eyes; the right eye has a distinctive spot on the iris and she also had a small brown mark on the calf of the left leg at the time of her abduction. Were you on holiday in the resort at that time? Did you notice anything suspicious? As you look back on old photos or videos do you think you might have something useful, no matter how trivial that might help the police to bring Madeline home? If so please ● Email: investigation@findmadeleine.com or phone the ● Investigation Line: +44 845 838 4699. No matter how insignificant you think it is, it could be the vital clue to bringing Madeline home. If you prefer you can phone Operation Grange on +44 207 321 9251 or e-mail OperationGrange@met.police.uk

CAT-PROOFING YOUR HOME: HIDDEN DANGERS YOU MAY HAVE FORGOTTEN

Cat-proofing your home has two goals: protecting your cat and protecting your home. The best time to get started is before your new cat or kitten arrives to distract you. Your cat can squirm under furniture and discover stuff you never knew was in your house. And he can climb things and topple items you never thought he could reach. Curiosity can kill — or at least injure — your cat. And it can destroy your prized possessions. So think like a cat and start prowling the house for danger.

HIDDEN DANGERS:

- Uncovered electrical outlets. These can cause shocks when licked.
- Electrical wires. These can cause shocks when chewed. They can also topple lamps and appliances when pulled. Tape them together and out of reach. Do the same with long phone cords. Better yet, buy plastic conduit or flat strips of vinyl to cover them and hold them flat to the floor.
- Little things: rubber bands, thumbtacks, paper clips, deflated balloons. All of these can be enticing playthings but pose a choking hazard.
- Big things, such as unsecured bookcases. Top-heavy or unstable furniture can topple over onto a cat should he hang from it.
- Hanging cords for blinds. They may look fun to play with but can become wrapped around a kitten's neck. Tie the cords out of reach or cut them so they don't form a loop.
- Open windows, balconies etc. These can result in falls.
- Unsecured doors. You don't want your cat to accidentally wander outside or get caught in a door slamming shut from a breeze.
- Swinging doors. These can trap a kitten's head and neck.
- An open fireplace. Protect your cat from getting burned by using a secure fire screen.
- Precariously placed statues or vases. They can fall on a curious kitten.
- Hanging tablecloths. If pulled, they can bring dishes crashing down, possibly injuring the kitten.
- Long strings. If swallowed, they can damage the intestines or cause a blockage, requiring surgery.
- Craft or sewing kits. These may hold needles and threads that can be swallowed, causing severe injury and illness.
- Houseplants. They may be enticing to munch on, but some can be toxic. Know your plants or, even better, put them all out of reach.
- Household cleaners containing pine or phenol. These chemicals are particularly toxic to cats. Never use these to clean the cat's bowls or sleeping quarters.
- Laundry dangers, such as fabric softener sheets and laundry pods. These can be toxic, and open dryer doors (or front-loading washer doors) can be inviting for a cat to nap inside on the clothes — before the door is shut and the appliance is turned on.

ANSWER TO LAST WEEK'S RIDDLE

Round and round the rugged rock the ragged rascal ran, how many R's are there in that, now tell me if you can.
There are no r's in THAT.

QUOTE FOR THE WEEK

"The optimist sees the doughnut, the pessimist sees the hole." - Oscar Wilde

ON THIS DATE – MAY 8TH

- 1541 - Hernando de Soto discovered the Mississippi River.
- 1559 - The Act of Uniformity made attending an Anglican church compulsory in England.
- 1784 - Only known deaths by hailstones in the US (Winnsborough, South Carolina).
- 1786 - Birth of Thomas Hancock founder of the British rubber industry.
- 1790 - France adopted the metric system.
- 1794 - Death of Antoine-Laurent Lavoisier French chemist (identified oxygen) who was tried, convicted, and guillotined all on one day in Paris.
- 1828 - Birth of Jean Henri Dunant Switzerland, writer and founder of the Red Cross.
- 1840 - Alexander Wolcott patented Photographic Process.
- 1847 - Robert Thompson from Scotland patented rubber tyre.
- 1935 - Birth of Jack Charlton, English soccer player and former manager of the Republic of Ireland team.

GOOD NEWS

A police unit has been dedicated solely to investigating and apprehending perpetrators of animal cruelty in Norway. The initiative, which will be running a trial for three years, will take place in the western Sor-Trondelag county and will be the first of its kind in the country. The unit will consist of an investigator, a legal expert, and a coordinator who will focus solely on crimes of animal cruelty. In 2014, under 40 cases of animal cruelty were reported to police in Norway. Not only will the unit address these crimes, but will help catch and rehabilitate those who could move on to commit more serious crimes against humans in the future. According to the Norwegian government, studies have found a correlation between those who abuse animals as youth and those who commit violent crimes as adults. This law will only add to Norway's excellent record of protection for animals. Using live animals as bait is illegal in the country, as is abandoning them. The government foots the bill for the medical care of any sick or injured animal found by a citizen and brought into a shelter or veterinary center, and requires citizens to act if they see a group of stray or wild animals exposed to sickness or abnormal suffering. This new unit will ensure that police have the time and resources to investigate all allegations of animal cruelty, and could help prevent violent crimes in the future. If successful, this trial could change

the landscape of animal protection all over Europe.

LET'S HOPE THE GOVERNMENT DOESN'T READ THIS

- During the 1st century AD, Roman emperor Vaspasian placed a tax on urine. The buyer(s) of the urine paid the tax. The urine from public urinals was sold as an essential ingredient for several chemical processes e.g. it was used in tanning leather etc and also by launderers as a source of ammonia to clean and whiten woollen togas etc. Therefore, those who obtained valuable urine from collectors were charged a tax.

- During the Middle Ages, European governments placed a tax on soap. Great Britain didn't repeal its soap tax until 1835.

- Playing cards were taxed as early as the 16th century, but in 1710, the English government dramatically raised taxes on playing cards and dice. This led to widespread forgeries of playing cards to avoid paying taxes. The tax was not removed until 1960.

THE LAVENDER CAPITAL OF NORTH AMERICA



When you imagine lush fields of lavender, the first place that comes to mind is often southern France, which has led the world in commercial production of these fragrant flowering bushes for many years. Despite this long-held dominance, lavender can be grown throughout the world as long as the climate is sunny and low in humidity. One such location is Sequim, Washington, which has earned the nickname the "Lavender Capital of North America." Located along the Dungeness River at the base of the Olympic Mountains, Sequim has spent the last 20 years transforming arid farmland into a fragrant prairie of purple blooms. Despite the relentlessly rainy reputation of the Pacific Northwest (and especially the Olympic peninsula), Sequim stays quite sunny and arid throughout the year due to its position at the downwind base of the Olympic Mountains, a placement that results in a meteorological phenomenon known as a "rain shadow." Rain shadows form when humid prevailing winds roll in from the ocean and are intercepted by mountains. As the moist air rises along the

mountain's windward side, it begins to cool down, condense and precipitate. This process essentially dehumidifies the air by the time it makes it over the mountain peaks, casting a "shadow of dryness" down along the leeward side of the mountain. The effect of this phenomenon is striking when you compare Sequim with a town situated on the other end of the mountains, such as Forks which receives a whopping 119 inches of annual rainfall, Sequim only clocks in at around 10-15 inches a year. With so little rainfall, Sequim nearly qualifies as a desert, but early Western settlers who came to the "Sequim Prairie" in the 1850s to farm were able to circumvent this challenge by digging irrigation canals. Farming remained the primary industry of Sequim for over a century, but as more housing and commercial developments began to take root in response to an influx of people in the late 20th century, evidence of this important agricultural history began to dwindle and farmers began turning their attention away from conventional crops and livestock in the mid-1990s to focus on more niche crops, like lavender. Almost 20 years later, the pivotal shift towards this fragrant purple flower has transformed Sequim into a major cultural tourist destination on the Olympic peninsula and today, there are dozens of lavender farms spread across the Sequim-Dungeness Valley. Several farms in Sequim grows, harvests, distills and sells their own lavender and some are also a tourist destination where visitors can wander the fields at their leisure and even pick their own lavender bouquets. One farm for example sells all kinds of lavender-based goods, like sachets, soaps, tinctures, lotions, candles and even salad dressing and coffee! Their biggest crowd-pleaser is the homemade lavender-infused ice cream, which they sell by the scoop in a small hut outside the main gift shop; the ice cream stand features several lavender-infused flavours, including lemon custard, peppermint, lemon sherbet and white chocolate. For those who don't like ice cream, there are also lavender lemonades, teas and sodas.

THANKS TO DNA, THE FACES OF LITTER BUGS ARE BEING PUT ON BILLBOARDS

A new science-based anti-littering campaign is taking away the anonymity Hong Kong residents who fling Litter on footpaths and streets currently enjoy. The aptly named project, The Face of Litter, is using DNA found on discarded items—the saliva on a cigarette butt for instance—to reconstruct the face of the user. The effort relies on Snapshot DNA phenotyping, which crosses a person's genetic code with the demographic data of a particular neighborhood in order to generate a 3-D facial model. In this Hong Kong campaign the faces of folks who litter aren't being sent to the police. Instead, they're currently being displayed on advertising billboards in busy transportation hubs where everyone around

can see them. The campaign, which is a collaboration between Hong Kong Cleanup, Ecozine, and The Nature Conservancy, takes advantage of Chinese cultural ideas around shame. Given the cultural pressure not to "lose face," the last thing anybody wants is to be embarrassed by seeing their image on one of these billboards. According to Hong Kong Cleanup, people living there throw more than 16,000 tons of rubbish - including an estimated 1,368,000 disposable plastic bottles and 1,000 tons of plastic bags - on the ground every day. That litter ends up being swept into sewage systems where it pollutes the Pearl River Delta and the South China Sea.

THE DEAD TREES AND FALLEN LEAVES NEAR CHERNOBYL AREN'T DECAYING

It's been nearly 30 years since the catastrophe at Chernobyl, and as the cleanup grinds on, the far-reaching effects continue to be documented. Birds with smaller brains, increasing spiders, decreasing butterflies, all these and more have been reported from the areas surrounding Chernobyl. One group you don't hear very much about are the decomposers - those bugs, microbes, fungi, and slime molds who nourish themselves by consuming the remains of dead organisms. Without these recyclers, carbon, nitrogen, and other elements essential to life would be locked in plant corpses. The effects of radioactive contamination on the decay of plant material remains unknown... until now. Scientists examining the forests around Chernobyl have found that radioactive contamination has reduced the rate of litter mass loss. The dead leaves on the forest floor, along with the dead pine trees in the infamous Red Forest, don't seem to be decaying -- even a couple decades after the incident.

THIS WEEKS RIDDLE

What has a single eye but cannot see?
Answer next week.

TONGUE TWISTER

Mr. Tongue Twister tried to train his tongue to twist and turn, and twit an twat, to learn the letter "T".

FINALLY THIS WEEK

An old man told his Grandson "My son there is a battle between two wolves inside us all. "One is Evil. It is anger, jealousy, greed, resentment, lies and ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy and truth". The boy thought about it and asked "Grandpa which wolf wins?" The old man quietly replied "The one you feed".

EDUCATION OUTLOOK

Channel anxiety into positive

energy (By Billy Ryle)



As the exams draw near, candidates become anxious about their performance. A level of anxiety is normal and focusses the mind on the task ahead. Almost all exam candidates, irrespective of how laid back they appear, feel nervous. It's the body's way of dealing with a stressful experience. How you deal with this nervous energy is the critical issue. If you channel it in a positive direction it will give you the vitality to cope with the demands of the exam.

A positive mental attitude is a considerable aid around exam time. Have confidence in your ability to do well. Don't be discouraged by other students appearing to know more than you do. Aim to do perform to your own capability not to compete with others. Make positive statements about yourself. Banish all negative thoughts from your mind. Think well of yourself and of your readiness to achieve success. Your best effort is more important than your ultimate performance in the exam. Determine to do your best, no more, no less.

Success is a product of positive thinking. By motivating yourself towards your goals, you will redouble your effort and improve your performance. Have items in your study environment to spur you on. Place a statement of your objectives, such as your target grades, in a conspicuous place. An occasional glance in their direction will encourage you.

Exam stress becomes newsworthy every year because of the assessment system used in the state exams. For the most part these exams are terminally assessed. In effect, two years of work is examined by means of written papers in June. Little credit is given to the candidate for consistent work over the two years. Continuous assessment is not utilised nor, with certain exceptions, is project work part of the exam structure. The major problem with the exam system is the increased level of stress it causes in some students around exam time. Despite all that is written about exam stress, students continue to show that they are excellent exam performers and use stress as a stimulant rather than an affliction.

The stress experienced by the majority of exam candidates is positive stress. It concentrates the mind wonderfully. You realise that the forthcoming exam is making increased demands of you. However, your application to study and revision provides you with the resources to meet these demands. Positive stress provides you with the motivation to prepare for the exam. It will sustain and stimulate this motivation until the exam is over. Properly controlled stress will activate hidden resources of energy and application in you. It's important to control the stress and channel it into positive energy.

It's only when you haven't the resources to meet the demands of the exam that distress or negative stress becomes an issue. Exam distress is a rare occurrence in young people and can easily be confused with normal exam anxiety. The present cohort of young people is highly skilled and well able to cope with the demands of the exam. Distress, when it does occur, is disruptive and may interfere with your performance if it isn't counteracted.

CONTINUED NEXT WEEK...

Billy Ryle is a Career Guidance Counsellor & freelance writer



A WORD OF VICTORY

Welcome back dear reader last week we pointed out the dangers of being offended and angry towards people who have hurt us (Mathew 6:14). Scripture is quite clear on this matter, the problem with the world today and something that is very evident in our own country, is the complete disregard of and lack of respect for Scripture which is God's voice speaking to humanity to show us the way forward in life (2nd Timothy 3:16). God's instruction has been replaced with lots of theories. A theory is an unproven assumption – Darwin's theory of evolution stands out. Darwin himself admitted that his theory was wrought with errors, and yet today in our schools and universities it is taught as being the truth. This of course contradicts Scriptural truths on creation. In the book of Genesis the beginning of all things is clearly laid out - how God created the earth, and then created a man and a woman - Adam and Eve, married them, blessed them and told them to go forth, multiply and increase. That is where we have all come from and we need to depend on God's Word for direction as He spoke it through the prophets, and His Son Jesus in the Gospels. We learn that God gave mankind authority and dominion over this planet. However, through deception Lucifer the fallen angel, now Satan, tricked Adam and Eve into handing dominion of this earth over to him. He has set about filling this world with all kinds of evil, immorality, sickness, greed, poverty, wars, murders the list goes on. But God sent His Son Jesus to crush the Devil's head, to take back the authority he had stolen and restore it to us people. Please follow this article and learn more so you can be informed friend. "Then you will know the truth, and the truth will set you free" (John 8:32) If you have a query on Scripture or any prayer need please call 064-6622950 or email wordofvictory@eircom.net. More next week...

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

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ACKNOWLEDGEMENT & 1ST ANNIVERSARY



In Loving Memory of

JOHN NAGLE

As it comes to the one year anniversary of John's passing, as a family we would like to take this opportunity to express our gratitude for the kindness and support shown to John and our family, both during his illness and since his passing. John was a man of great strength and positivity and we as a family believe that all gestures small and large can have more impact that you know. That is why we will always be grateful for every word of comfort and solace that people provided during these times.

We would like to thank the teams of medical and care professionals that helped John and ourselves during his illness; Dr. Bird, the staff of St. Bernadette and St. Veronica's ward, Dr. Sheehan and the Palliative Care Team. A very special thanks to Margaret, Gemma, Noreen and the Public Health Nurses and Dr. Kavanagh, who we felt went above and beyond to take a special interest in ensuring we kept our promise to keep John at home and comfortable, their kindness will not be forgotten.

During the funeral, we were overwhelmed by the kindness and support shown by all, it was a great comfort to know that John had influenced the lives of others as deeply as he has ours. We especially would like to thank both local and national Eircom staff, and a special mention to the "Class of 72" who travelled long distances and supplied many stories of John that provided a much needed element of lightness during such a difficult time.

As a family unit, we would also like to thank the following organisations for their great show of support during the funeral; the local and national No Name Club youths and leaders, the local and national Order of Malta Ambulance Corps, the staff and pupils of Killorglin Community College, the staff of Sceal Eile and An Garda Síochána.

Our sincerest gratitude to O'Shea's Funeral Directors and staff, for their professionalism, but also for the great care and kindness they showed John and our family. Also thank you to everyone involved in preparing John's final resting place at the New Cemetery.

Finally we would like to thank those who ensured that John got a beautiful send off. Fr. Kieran O'Brien provided a personal and insightful homily and much needed comfort to John in his final weeks. The St Mary's Cathedral choir, accompanied by Amano Miura and the leaders and youths of the Killarney No Name Club contributed beautiful music.

This acknowledgement is only a token in expressing our gratitude and appreciation to all the individuals who took the time to honour John. Please remember that the memories of your kindness will forever remain in our hearts and we will offer a Mass for your intentions.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **N.M.S.**

NOVENA TO THE SACRED HEART

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

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.

K

NOVENA TO THE HOLY SPIRIT

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

Thank you for mercy towards me and mine.

This prayer must be said for three days, after three days the favour will be granted.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

X

PRECIOUS MOTHER OF JESUS

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

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THE MIRACLE PRAYER

O wonderful St. Anthony, glorious on account of the fame of your miracles, and through the condescension of Jesus in coming in the form of a little child to rest in your arms, obtain for me of His bounty the grace which I ardently desire from the depths of my heart. (State your intention)

You who were so compassionate toward miserable sinners, regard not the unworthiness of those who pray to you, but the glory of God that it may once again be magnified by the granting of the particular request (State your intention) which I now ask for with persevering earnestness. Amen.

This prayer must be published immediately. **N.D.**

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. **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 broken heart where your Father sees it.

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

Amen.

Say this prayer three times for three days and your favour will be granted.

Never know to fail. Must promise publication of prayer. **E.D.**

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.

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