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CANDIDATES BRIEFED ON EIGHT-POINT PLAN

BUSINESS leaders in Killarney have urged candidates in the May 23 local elections to sign-up to an eight-point action plan aimed at safeguarding the future of the town and ensuring that services and a proper level of funding remain in place to enable the area to retain its competitive edge. 10 of the 16 candidates seeking election in the Killarney area accepted invitations to a Chamber of Tourism and Commerce business lunch at the Brehon Hotel last Thursday where they were fully briefed on the priority list prepared for the future of the town. Chamber President, Johnny McGuire, said it was a source of great regret to the business community that drastic, unnecessary change is taking place in the town hall and in the Killarney electoral area.

"We have worked well together on issues of local development, on the provision of key services, on planning matters, on tourism promotion and, of course, in the hugely successful Tidy Towns initiative. The Meitheal

approach has paid handsome dividends," he said.

"It goes without saying that sometimes change is needed but it is our belief that the executive of Kerry County Council is going much further than is necessary under the terms of the Local Government Reform Act," the Chamber chief added.

"We in the Chamber are not attempting to shut the door as the horse prepares to bolt. We have done our level best to keep our town council, to support its endeavours and to support the local authority going forward.

Mr McGuire said the Chamber had made representations to Minister Phil Hogan and the county manager to voice concerns but the responses received were disappointing.

A seven-member sub-committee of the Chamber, known as the Killarney Local Government Action Group, has been established to spearhead the campaign going forward.

"We will continue to fight our corner when the current county manager vacates his office and a new chief executive takes his or her seat," said Mr McGuire who asked the 10 candidates present at the lunch to work to ensure Killarney is given every chance and support to build on its great reputation.

The candidates in attendance all got an opportunity to briefly address the gathering and those in attendance were Cllr Michael Gleeson, Cllr Anne McEllistrim, Cllr Tom Doherty, Cllr Brendan Cronin, Cllr Cathal Walshe, Cllr John Joe Culloty, Cllr Danny Healy-Rae, Niall Kelleher, Brian McCarthy and John O'Shea.



TALENT GALORE AT STAGE SCHOOL SHOW

The roof of the Killarney Heights Hotel was almost lifted when students from the Fiona Crowley Stage School took to the stage on Monday and Tuesday nights to perform their Summer Showcase. With over 100 students ranging in age from 5 - 18 taking part, the audience were wowed by wonderful performances from all age groups. The vibrant and talented students performed numbers from much loved shows such as The Lion King, Hairspray, Annie, The Muppet Movie but to name a few.

"We are just so proud of each and every one of them " said Fiona Crowley "every term they all work so hard so as to put on their best performance and they never cease to amaze us !!! It's a total joy to be around such enthusiasm and energy , not to mind talent" she said.

The students will take a well deserved break for the Summer and will be back to start a whole new show in September.



A COLOURFUL COMBINATION OF STAGE ENTHUSIASTS AT THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE, KILLARNEY HEIGHTS HOTEL.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



EARLY AWAITING THE STAGE AT THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE AT THE KILLARNEY HEIGHTS HOTEL WERE BACK ROW L-R ALANNAH HOLOHAN, ELIZABETH O'SHEA, CLODAGH O'CONNOR. FRONT ROW L-R MELANIE LYNCH & GRACE O'SHEA.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SETTING THE 'SUMMER SCENE' AT THE FIONA CROWLEY STAGE SCHOOL PERFORMANCE AT THE KILLARNEY HEIGHTS HOTEL WERE BACKSTAGE BACK ROW L-R NATASHA ALEKSEJINKO, LEAH FERRIS, JULIA OLABODE, SHAUNA O'DONOGHUE. FRONT ROW L-R LUCINDA BREEN & AVA LESLIE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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SQUASH SEASON DRAWS TO A CLOSE

BY ANDREW GARNETT

The 2013/14 squash season drew to a close last week with the final competition played out before a large crowd in the Aquila Club. This is the only time throughout the season that the American Scoring System is used and for this reason makes all games very competitive and entertaining. Never was this more in evidence than on the night itself when three of the four matches went the distance taking five games to separate the respective opponents.

Division 4: Kicking us off on the night were Mícheal Donoghue and Margaret O'Connor who served up a very exciting match for those watching, but ultimately, it was Margaret who finished strongest just seeing off Mícheal.

Division 3: The Division 3 final saw last year's Division 4 finalist Seamus Kerrisk drawn against John O'Sullivan in which O'Sullivan nicked the last point and in doing so clinched the match.



AT THE PRESENTATION OF PRIZES OF THE GLENEAGLE SQUASH CLUB MONTHLY COMPETITION SPONSORED BY CROSS REFRIGERATION WERE FRONT FROM LEFT, MIKE CROWLEY, MIKE HOWARD, CROSS REFRIGERATION, CONNIE DOYLE, WINNER, MARGARET O'CONNOR AND SEAMUS KERRISK. IN SECOND ROW ARE SEAN MORRIS, HELEN HOWARD, RODNEY STEWART, FAROOK KHAN, ARTHUR MURPHY, GER FOLEY, MIKE O'DONOGHUE, LIAM SHINE, EAMON O'DONOGHUE, BERNICE ENRIGHT AND MARTIN BRETT. BACK FROM LEFT ARE JOHN O'SULLIVAN, JOHN CAGNEY, JOHN MCCARTHY, TONY MACKAY, CHARLIE COAKLEY, MACIEJ TRUCHAN, DONAGH CROWLEY, RYAN KAVANAGH AND PAT CASEY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



AT THE PRESENTATION OF THE GLENEAGLE SQUASH CLUB MAURICE O'DONOGHUE MEMORIAL AWARD WERE FROM LEFT, EAMON O'DONOGHUE, GLENEAGLE HOTEL, CONNIE DOYLE, WINNER AND MIKE HOWARD, CROSS REFRIGERATION, SPONSOR OF MONTHLY COMPETITION. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

Division 2: The penultimate game of the night paired Mike Crowley and Seán Morris, both men started level as they had the same handicap but it was Crowley who called on his years of expertise to overcome Morris and take the Division 2 title for only the second time.

Division 1: As expected the showpiece of the night lived up to its pre-match expectations. Here we had Connie Doyle and Farook Kahn going toe to toe in a game that had everything, controversial refereeing decisions, fire alarms and of course some great squash.

Connie managed to shade matters coming out on top and in doing so retaining the Maurice O'Donoghue Memorial Cup. A special word of thanks to all those who participated in each of our seven competitions this year, it's great

to see so many new members joining. Thanks also to Mike Crowley and his team who ensure everything runs smoothly. Our gratitude to this month's sponsor, Mike Howard of Cross Refrigeration and indeed to all our sponsors throughout the year. Lastly, thanks to the Gleneagle Hotel who keep the courts in great shape during the season and beyond. Fógra: To mark the end of the squash season, a barbeque and 9-hole golf scramble is being organised for the Ross Golf Club in the coming weeks. If you are interested in participating please enquire at the Aquila Club for details.

LAKES OF KILLARNEY MARATHON

The hugely successful Lakes of Killarney Marathon is back by popular demand. This is once again your chance to run either a full or half marathon held entirely within Killarney National Park. This is a fully supported event on a measured and certified course with hydration stations, ambulance cover, chip timing, post race refreshments, changing and shower facilities available to all entrants. Each runner will receive both a technical t-shirt and a finisher's medal. This is the best value race in Munster at only €35 for the full marathon and €25 for the half. The race is run with the full support of the Killarney Town Council, National



Parks and Wildlife Service and the Gardai. Numbers are limited and are filling fast so early entry is recommended. For more details check out the website on www.lakesofkillarney-marathon.com or call Alan on 087-6259892.

MUCKCROSS ICA

The May meeting of Muckcross ICA will take place on Monday next 12th May at Loughguittane National School at 7.45p.m. All are welcome.

WORLD RECORD WELLIE RUN

Glenflesk GAA club are hosting a 1km wellie race this Sunday with the aim of breaking the world record for the most people to take part in a wellie race.

The current record is 1976 and that was set last year in Ketchikan in Alaska. Glenflesk's aim is 2000. INEC and the race kicks off at 12pm. The race will be led out by country music superstar Nathan Carter and also taking part will be Glenflesk and Kerry legend Seamus Moynihan.

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KILLARNEY
RACECOURSE

CIVIC RECEPTION IN ORDER FOR MERCY NUNS

THE Sisters of Mercy in Killarney have been honoured by the town council to mark the order's landmark 170th anniversary.

At a civic reception in the town hall last Thursday night, acting mayor Cllr Michael Gleeson said it was a very special privilege to recognise the sisters who had enhanced and enriched the lives of the young and the unwell in the community for so many years.

The order was established at a time of great poverty and hardship and they devoted their lives to caring for the sick and educating thousands of children in such an impressive and dedicated manner, he said.

Responding on behalf of the order, Sr Carmel O'Leary said it was a wonderful honour for the nuns to be recognised at such an official level and she stressed that the council would be really missed in the locality.

Also in attendance at the civic reception was another former Holy Cross Mercy primary school principal, Sr Regina Hickey, as well as Sr

Colette Dennehy, a native of Fossa, who is the last member of the order still teaching at the school.

Others there on the night included Sr Mary Lyne, Sr Kathleen Liston, Sr Eileen Courtney, Sr Joan O'Sullivan, Sr Pius O'Brien, Sr Dolores Ahern, Sr Columba Relihan, Sr Julianne Sullivan, St Catherine Courtney and Sr AnnMarie Horgan and Sr Assumpta O'Shea.

The order's head office in Cork was represented by Sr Claire O'Reilly, Sr Nora Flynn and Sr Nora Ann Lombard.

Holy Cross Mercy staff in attendance included principal Ursula Coffey, Ella Parker, Judy O'Mahony, Alice O'Donnell, Rhonda Daly and Anne Lucey.

The school's board of management was represented by chairperson Bridget McGuire, bishop 'Fr Niall Howard, parents' association representative Fiona O'Sullivan and community representative John O'Mahony.



ACTING MAYOR CLLR MICHAEL GLEESON WITH SR CARMEL O'LEARY AT THE CIVIC RECEPTION.

COMPETITION TIME AT KILLARNEY CAMERA CLUB

Another competition night on the 1st of May for Killarney Club members themed "At Work" displayed the outstanding talent of its members, a total of 44 images were submitted. All images can be viewed on our website www.killarneycameraclub.ie. Well done to everybody who took part. The winners are as follows:

UNRESTRICTED CATEGORY

1st Janette O'Callaghan - 165 - Tom the Blacksmith.

2nd Chris Slattery - 165 points.

3rd Janette O'Callaghan - 162 points.

4th Seamus Long - 159 points.

NOVICE CATEGORY

1st Chris Slattery - 165 points.

2nd Ellen Lynch - 150 points.

3rd Adrian Healy - 147 points.

Our next meeting is on May 15th, it will be an evening outing, a location will be decided nearer the date and hopefully the weather will improve so it might be possible to get a nice sunset maybe!!!

Please come and check us out!! We meet every



TOM THE BLACKSMITH. PHOTO BY: JANETTE O'CALLAGHAN.

fortnight on Thursday night, at the Heights Hotel from 7.30pm in the Conference Room, First Floor.

GREAT SUPPORT FOR DAFFODIL DAY IN CURRANS

The Brosnan family of Currans would like to thank everyone who supported their recent Daffodil Day Coffee Morning in aid of cancer research.

Like a large number of families the Brosnan's have personal reasons for getting involved and raising

money for this cause. On the day the wonderful total of €1388.85 was raised and has been sent to Daffodil Day administration.

Johnny and Mary and the boys want to thank to everyone who brought along wonderful home baking, helped out with crowds on the day and most importantly all their neighbours and friends whose donations made it a date to remember.



CONCERTS CONTINUE AT ST. MARY'S

This May at St. Mary's the 2014 Concert Season will continue this Saturday May 10th and Thursday May 15th with choirs from Columbus, Ohio and Pennsylvania. On Saturday May 10th the Capital University Chapel Choir, a choir recognised as one of the outstanding college choral groups in the USA. It will perform a variety of sacred and secular choral works. The

group recently made its first appearance at the World Choir Games and was successful in winning two gold medals.

On Thursday May 15th the Lebanon Valley College Symphony Orchestra, a college-community orchestra whose programmes include pieces ranging from Baroque chamber works to standard Classical and Romantic

orchestral repertoire. The Orchestra's Director is Dr. Johannes Dietrich.

This year's concerts are proving popular with both locals and visitors alike and it has been wonderful the church packed to capacity on most nights! Both concerts promise two fantastic evenings of entertainment.

Concerts begin at 8pm and admission is free.



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OPEN DAY AT RATHMORE CU

An Open Day will be held at Rathmore Credit Union this Saturday 10th May. There will be stands (and prizes on offer) from service providers, complimentary teas and coffees, special prizes for first communicants, face painting and much more. There are members draws, and, members applying for and drawing down a loan between 31st May 2014 and 14th June 2014 will be in with a chance to have the first 3 months loan interest paid.

Radio Kerry will be on hand to broadcast live from the Credit Union offices in Rathmore.

The Credit Union has been serving the community since March 1968 and in the 46 years there has been a marked increase in the number of services that the Credit Union has made available to its members. The credit

union is the only financial provider within a 12 mile radius of Rathmore since the last of the banks closed its office in October 2012. This Saturday will be an opportunity to discover the range of services which includes the standard share and loan account, electronic fund transfers, insurance services for Motor, Home and Travel insurance, Foreign Exchange and Pay Point services to assist you with those monthly bills. Of course the credit union also offer members the opportunity to pay a wide range of household bills by direct debit from their Smart Account.

So make sure not to miss out on all the activities this Saturday, May 10th at Rathmore and District Credit Union Limited, Donal Casey Place, Rathmore, Co. Kerry. Open 6 days a



week, Monday to Saturday from 10am to 5pm with late opening on Friday to 7pm. Sub office in Ballydesmond is open every Friday from 10am to 7pm.

CLASSIC CAR RUN IN MEMORY OF ANNE



The Ring of Beara will once again provide the route for the fourth annual Anne Casey Joy Classic Car Run which has raised over €10,000 for charity.

The car run begins from the Gleneagle/Brehon Hotel, Killarney at 11am on Saturday, May 24th, and will set off on a route over Molls Gap and the Tim Healy Pass to a rest halt in Castletownbere, returning to Kenmare via Cods Head and Kilmackilloge for a well deserved meal in the Brook Lane Hotel.

This year's charity is the Kerry/Cork Health Link Bus. Anne's brothers, Declan, John and Martin

and their friends in the Irish Escort Owners club organise the annual event along with Anne's husband Billy.

The first run in 2010 raised €4,500 for the palliative care unit in Kerry General Hospital. The following year, €2,500 was raised for the Southern Branch of MS Ireland and last years run raised €3,200 for Reach Out Cancer Support, based in Millstreet.

The run is open to all makes of classic car with a minimum entry fee of €20 euro and pictures will be available to purchase after the run thanks to Jim McSweeney Photography, Kanturk.

KILLARNEY MAN ANNOUNCED AS FINALIST FOR EY ENTREPRENEUR OF THE YEAR 2014

Killarney man, Mike Stack of Tricel, was today announced as a finalist in the international category for the EY Entrepreneur Of The Year™ 2014 programme.

Formerly known as the Killarney Manufacturing Group (KMG), Tricel is a market leader in the manufacture and supply of water storage, environmental, road safety and composite products for the construction industry. Competing against leading entrepreneurs throughout every corner of the island, the 24 finalists were selected in three categories – emerging, industry and international. The prestigious awards programme received nominations from 25 of Ireland's 32 counties as well as Irish entrepreneurs based in other locations including California, London, New York and Frankfurt. The entrepreneurs were selected by an independent judging panel of previous winners, chaired by 2002 EY Entrepreneur Of The Year™ Pádraig Ó Céidigh, which included Denis O'Brien, Jerry Kennelly, Anne Heraty, Liam Casey, Brian Long, Terry Clune, Pat McDonagh, Dr. Edmond Harty as well as representatives from Enterprise Ireland, InterTradelreland and Invest Northern Ireland. The winners from each of the three categories as well as the overall winner will be announced at the EY Entrepreneur Of The Year™ Awards Gala taking place in Dublin on October 23rd. The overall winner will then go on to participate at World Entrepreneur Of The Year in Monte Carlo in June 2015.



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THE PANORAMA RESTAURANT AT THE EUROPE HOTEL & RESORT IN KILLARNEY WAS THIS WEEK NAMED 'BEST HOTEL RESTAURANT IN KERRY' AT THE ANNUAL IRISH RESTAURANT AWARDS REGIONAL FINALS. PICTURED CELEBRATING ANOTHER GREAT SUCCESS FOR THE RESTAURANT ARE, FROM LEFT EXECUTIVE HEAD CHEF AT THE EUROPE HOTEL & RESORT - ALEX NAHKE, HEAD CHEF OF PANORAMA RESTAURANT - SIMON REGAN AND THE PANORAMA RESTAURANT MANAGER - DANIELA PEDROSO. PICTURE BY DON MACMONAGLE.

LAUNCH OF COOLICK NS CYCLE

Minister Ruairi Quinn is in Coolick NS this morning, Friday 9th May to launch the inaugural Coolick National School Cycle with Senator Marie Moloney and Kerry GAA stars Seamus Moynehan & Brendan Kealy.

The goal of the Coolick NS Cycle is to fundraise for a much needed astro turf playing field at Coolick National School. The existing green field is playable for just 2 months of the academic year. There is a choice of routes: 40km, 60km, 100km or a 4km guided family walk. Cyclists aged 16 and over are welcome; just pay the registration fee (adult 20 euro, family of five 35 euro) and away you go!

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KILLARNEY TEES UP TO HOST THE AIG MUNSTER SENIOR CUP

Killarney Golf & Fishing Club will welcome the cream of lady golfers this weekend when it hosts the Munster qualifiers of the AIG Irish Senior Cup on Killeen on Saturday 10th & Sunday 11th May. The best lady players from each club qualify for the Senior Cup team, and 16 teams from all over the province will compete in this weekend's tournament for the right to represent Munster in the All-Ireland Finals.

Killarney have won the Munster Senior Cup a total of 7 times with the last won in 2004. The panel representing Killarney this year include Margaret Campion, Valerie Clancy, Catriona

Griffin, Claire Keating, Mairéad Martin, Anne Moynihan, Ailish Mulcahy, Fidelma O'Connor, Deirdre Prendergast and Nicola Rainsford. The Killarney team is managed by Club President Mary Geaney, with the assistance of Liam Healy and Mary Leacy, and coached by the club's resident Head Professional David Keating.

"We're delighted to be hosting this event. Our course staff have been working very hard to make sure that Killeen is in top-class condition ahead of this weekend. On behalf of the club, I'd like to wish all competitors the best of luck", said Cormac Flannery, General Manager of Killarney Golf & Fishing Club.



The Killarney team meet Dooks in round 1 of the competition on Saturday 10th May at 10.50am, and supporters are welcome.

MINISTER DEENIHAN VISITS SET OF 'LOBSTER' ON FINAL DAY OF FILMING IN KERRY

Mr Jimmy Deenihan TD, Minister for Arts, Heritage and the Gaeltacht, visited the set of *The Lobster* on the Coillte estate in Dromore Woods. Rachel Weisz and Colin Farrell play the lead roles in the first English language film by Oscar-nominated Greek Director Yorgos Lanthimos which is backed by the Irish Film Board.

For Academy award winning actor Rachel Weisz, it was her first time to work with native actor Colin Farrell coupled with her first time to shoot on location Ireland. The 2013 figures for the industry show that production activity

for the independent film, television drama and animation sector has reached the highest level on record, contributing over €168 million into the Irish economy through employment creation and spend on local goods and services. This represents an increase of approximately 18% on 2012 figures and 42% on 2011 figures. The Government has also demonstrated its commitment to supporting Irish film and television by the extension of the tax incentive scheme, Section 481, to 2020 and the increase in the value of the tax incentive to 32% from 2015.



ACTOR COLIN FARRELL TOOK A BREAK FROM THE LAST DAY OF FILMING 'THE LOBSTER' TO MEET UP WITH MINISTER JIMMY DEENIHAN AND BERNARD BURKE, AREA MANAGER, COILLTE. PICTURE BY DON MACMONAGLE.

TRAINING FOR TOP MUNSTER RUGBY STARS IN SUICIDE PREVENTION

Ireland's top rugby stars are being trained in how to prevent suicide and look out for their colleagues in a unique partnership with the national suicide charity, Console. The Irish Rugby Union Players Association (IRUPA) have joined forces with national suicide prevention and bereavement charity Console to provide the training to players and coaching staff in each province. First team Munster and Connacht players have already undergone the specialised QPR (Question, Persuade, Refer) training at their provincial bases, and IRUPA has declared the initiative an unqualified success. "Console's QPR training highlights three simple steps that anyone can quickly learn to help save a life from suicide," said former Munster star and IRUPA Player Development Manager Marcus Horan. "A lot of the guys would now be confident in the fact that they may be able to spot the signs of someone in potential crisis. Console offers counselling services and 24-



MUNSTER RUGBY STARS JOSH STRAUSS, JAMES DOWNEY, NIALL RONAN AND ANDREW CONWAY BEING GIVEN QPR (QUESTION, PERSUADE, REFER) SUICIDE PREVENTION TRAINING BY DENIS O'CONNOR FROM NATIONAL SUICIDE PREVENTION AND BEREAVEMENT CHARITY CONSOLE IN AN INITIATIVE ORGANISED BY IRUPA - THE IRISH RUGBY UNION PLAYERS ASSOCIATION. ALSO PICTURED IS MUNSTER IRUPA ORGANISER MARCUS HORAN. PICTURE: MICHAEL MCSWEENEY/PROVISION.

hour helpline support to people in crisis and those bereaved by suicide and has a full-time counselling centre in Kerry. Console can be reached at any time on freephone 1800 247 247 and many resources and useful information can be found at www.console.ie.

ROYAL MUNSTER FUSILIERS EXHIBITION

An exhibition in co-operation with the Royal Munster Fusiliers Association, the Western Front Association, the Great War Society and Kerry County Library will be held in Kerry County Library, Moyderwell, Tralee, on Friday and Saturday, 23rd and 24th May from 10.00am to 5.00pm. The theme of the exhibition will be the "Royal Munster Fusiliers Association and the Kerry connection."

The Regiment, which was primarily based at the military barracks in Tralee had an association with the town from the 1880's to 1921 and many men from Kerry served with it in the First World War.

The exhibition will feature maps and posters on the First World War, military artefacts, details of those who were killed from the major towns of Kerry along with a wide range of photographs from that era.

The exhibition will also have a number of researchers available to assist people in tracing any relatives that they had who served with the Regiment so if you have any photos or other mementos of a relative who served with the Regiment, please bring them along so that the researchers can view them. Admission is free.

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

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Yes, by comparing and reviewing your mortgage insurances you can reduce your monthly outgoings. The savings can be very substantial considering a mortgage can be for up to 40 years, this of course is on a case by case basis. The insurances many people have include mortgage life cover, serious illness cover, payment protection and income protection. Some of these insurances are compulsory and are a condition of your mortgage such as mortgage life cover and others are not compulsory.

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

An independent advisor will have access to various insurances companies and financial institutions for some or all of the above products and will do a comparison of these products for you. They will explain in detail what cover you have & let you know if you are overpaying for some of these insurances. They will also let you know if your products are good value for money and more importantly if you do not have adequate cover in some areas.

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

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MOLLY DARCY'S WIN BEST GASTRO PUB

Molly Darcy's Irish Pub has won Best Gastro Pub in Munster 2014 at the Good Eating Guide Awards which were held recently at the Residence Members Club on St. Stephen's Green recently.

Molly Darcy's was voted winner in Munster by members of the restaurant industry throughout the country and received a specially designed slate wall plaque to acknowledge the achievement.

Molly Darcy's Bar Manager Ciaran Kelly is thrilled with the award "It is exceptional to receive this recognition. This award is a great testament to the Molly Darcy's Team who work very hard every day to ensure guests receive



THE 2014 PORTSIDE MEDIA 'GOOD EATING GUIDE TO IRELAND' WAS LAUNCHED BY MARY MITCHELL-O'CONNOR TD, IN THE RESIDENCE CLUB, DUBLIN. PICTURED AT THE LAUNCH WERE SEAN O'DRISCOLL, MOLLY DARCY'S, KILLARNEY, PADDY MCCARTHY, PORTSIDE MEDIA, MARY MITCHELL-O'CONNOR, TD WHO PRESENTED THE AWARD.

the best of quality and service".

General Manager Sean O'Driscoll commented "I am delighted for our Molly Darcy's Team to receive such a distinguished award. The Good

Eating Guide features many hotels, restaurants and pub's eatery establishments in almost every country in Ireland so we are very honoured to have been chosen as a winner".

GOLF CLASSIC FOR BARRADUFF COMMUNITY FIELD PROJECT

Barraduff Community Field Organisation are holding a Golf Classic fundraiser in Kenmare Golf Club on Saturday May 17th. The group are at an advanced stage of developing a Community Field and Amenity area and need to raise €60,000 to complete the project. Team

of 4 players €200 or Tbox sponsorship €50. The day's golfing will be followed by a prize giving ceremony at the Kerry Way that evening with the Border Boys playing from 10pm to 12 30am Raffle tickets are on sale locally and on night with signed Munster Jersey, meal vouchers and

4 balls in Killarney Golf Club are just some of prizes on offer.

For further information contact: Johnny Roche 0879054666 or Paud Donoghue 0872586448

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WALK THE WALK, FOR CANCER RESEARCH?

JOIN PAT FALVEY AND PAT SPILLANE ON THE ANNUAL KERRY WAY CANCER RESEARCH WALK

World renowned adventurer Pat Falvey and the legendary Kerry footballer and sports pundit Pat Spillane will lead the 9th annual Kerry Way Cancer Research walk in aid of Breakthrough Cancer Research and the pair are inviting you all to don your walking boots and join them in Kerry from the 25th to the 27th of July.

The Kerry Way Cancer Research walk is a guided 70 km walk over three days combining 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.

The walks over the three days include some of Ireland's most fabulous walk ways Lauragh to Kenmare incorporating part of The Beara Way, Lough Inchiquin the Torc Waterfall and Esknamucky Glen, with a surprise on Friday, which consists of a unique Boat Trip across Beautiful Kenmare Bay, landing at Templenoe to start our Twilight walk to Kenmare.

The Kerry Way Cancer Research Walk is open to everyone over the age of 18 and each walker is expected to be fit enough to complete each walk. Walkers can decide on how many days

they would like to walk, one, two or all three days over this fantastic weekend. While some people take part with friends, a lot of people come on their own, as the weekend is a great way to meet new people from all over the country".

If you would like to partake in the Kerry Way Cancer Research Walk this July, or if you would like to volunteer as a walk leader, or simply make a donation to the cause, Lo-call 1890 998 998, visit www.kerrywaycancerwalk.ie, www.hopelives.ie, or see the Kerry Way Walk Facebook page for details.



DAMIAN O'BRIEN AND PAT MURRAY WITH KERRY FOOTBALL LEGEND PAT SPILLANE AND ADVENTURER PAT FALVEY AT THE LAUNCH OF THE KERRY WAY CANCER RESEARCH WALK 2014. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

IRISH TV LAUNCHES KERRY COUNTY MATTERS

Kerry now has its own half-hour weekly TV programme following the launch of Ireland's first international channel, IrishTV, this week. Kerry County Matters will air each Wednesday at 7.30pm on IrishTV, and can be seen across Ireland, the UK, and Europe on Sky Channel 191, Freesat 400, Eircom's eVision, free-to-air boxes and online at Irishtv.ie and Irishtv.com and in the US on the Public Broadcasting Service (PBS). Broadcasting 24 hours a day, IrishTV will feature 50 unique home-produced programmes a week, with original content each night from 6-12pm, and each county in Ireland having its own dedicated show.

"The theme of the County Matters shows is simple – Irish rural life is unique, with its own cultures, traditions and events. At the heart of these events are people, and wherever people gather, we'll be there," said Kerry presenter John McCarthy, who hails from Tahilla near Sneem.



JOHN MCCARTHY, PRESENTER OF KERRY COUNTY MATTERS ON IRISHTV.

IRISH CANCER SOCIETY THANKS ITS VOLUNTEERS

The Irish Cancer Society is marking National Volunteering Week (May 12th – 18th 2014) by extending a huge thank you to its volunteers in Kerry who have donated their time to support the Society and help cancer patients. Volunteers in Kerry, who work across the Society's cancer services and fundraising initiatives, have a vital role in the Society's provision of free cancer information and support services nationwide.

National Volunteering Week is the one week of the year when the people of Ireland are encouraged to give volunteering a try. When it comes to volunteering, everyone has something to give and so much to gain from getting involved. National Volunteering Week is also an opportunity to shine a light on the inspiring work of volunteers and highlight the value and impact of volunteering to Irish society. Whether you're an individual, a company or an organisation, everyone can take part in National Volunteering Week and it's easy to get involved.

To volunteer with the Irish Cancer Society, visit www.cancer.ie.



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RUNNERS JOIN GLOBAL RACE FOR SPINAL CORD RESEARCH IN KILLARNEY

Ultra marathon athletes joined Irish sports stars and over 600 Irish runners on the start-line at the inaugural Wings For Life World Run in a cloudy but humid Killarney on Sunday last all in aid of spinal cord research.

It was a truly global event attracting over 35,000 people in 32 countries across 13 time zones and all four seasons, all running at exactly the same time.

The race had a unique format where there was no traditional finish line. Runners got the chance to run a scenic route starting in Killarney National Park and heading west around the Ring of Kerry towards Killorglin with a Honda CR-V 'catcher car' chasing them down one by one which set off 30 minutes after the start and travelling at 15 km's per hour.

The last man standing was Leixlip County Kildare native John O'Regan who managed 49.2 kms in 3 hrs 33 minutes, running from Killarney to the village of Kells, 10 km's short of Cahirciveen on the Ring of Kerry. The last woman standing in the Irish race was Louth



A GENERAL VIEW OF THE START OF THE WINGS FOR LIFE WORLD RUN IN KILLARNEY NATIONAL PARK. PARTICIPANTS IN KILLARNEY JOINED THOUSANDS MORE IN 31 OTHER COUNTRIES AT EXACTLY THE SAME TIME IN THE UNIQUE RUNNING RACE, ALL IN AID OF SPINAL CORD INJURY RESEARCH, KILLARNEY. PICTURE: SEBASTIAN MARKO / SPORTSFILE



RUNNERS CLAIRE SOROHAN KILLARNEY, MICHAEL MCCORMACK KILLARNEY AND SUZANNE HACKETT FROM CLARE AT THE START OF THE WINGS FOR LIFE WORLD RUN IN KILLARNEY.

woman Alison Kirwan, living in Kerry for the past 11 years and a member of Star of The Laune AC, Killorglin, who managed a fantastic 30.4 km's in 2hrs 28 mins before being caught by the catcher car which was accelerating in speed by 1km for every hour of the race.

A host of Irish sports stars supported the event by running including Munster's JJ Hanrahan, fresh from Munster's victory over Edinburgh on Saturday evening, Irish women's rugby star Siobhan Flemming; Dublin's Bernard Brogan, Galway hurler Joe Canning and Kerry GAA legend and four time All-Ireland medal winner

Seamus Moynihan, 2FM's Paddy McKenna & Mark McCabe and model Alison Canavan.

100% of the entry fee for the World Run will directly go towards funding cutting edge spinal cord injury research and clinical studies through the work of the Wings For Life Foundation. In Ireland, there are circa 1,700 people who are paralysed as a result of spinal cord injury with 50 new cases every year, and 40% are due to road traffic accidents.

For more visit www.wingsforlifeworldrun.com

BETTY HONOURED FOR HER CHARITY WORK



KILLARNEY TOWN COUNCIL HELD A CIVIC RECEPTION FOR BETTY CROSBIE FOR HER ENDLESS CHARITY WORK WITH CHERNOBYL CHILDREN & ST VINCENT DE PAUL. PICTURED AT THE TOWN HALL ARE BETTY'S FAMILY, FRIENDS, FELLOW COMMITTEE MEMBERS IN THE FRIENDS OF THE CHILDREN OF CHERNOBYL AND ST. VINCENT DE PAUL ALONG WITH KILLARNEY TOWN COUNCIL MEMBERS AND CLLR. MICHAEL GLEESON WHO PRESENTED THE HONOUR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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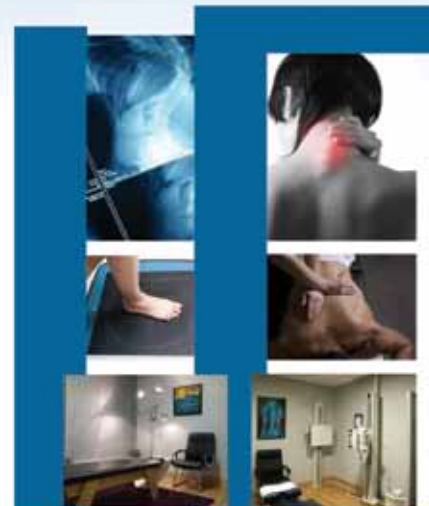
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CARTELL.IE RALLY OF THE LAKES

BY SEAN MORIARTY
INTERNATIONAL RALLY



A GROUP OF COMPETITORS FROM THIS YEARS RALLY OF THE LAKES PICTURED IN AGHADOE.

Sam Moffett and James O'Reilly were crowned winners of the Cartell.ie Rally of the Lakes on Sunday evening.

The County Monaghan duo survived Sunday's challenging route that saw two different rally leaders crash out in the space of four stages. It marks the Ford Fiesta World Rally Car crew's second international rally win after they claimed the spoils on last June's Donegal Rally too. Donegal driver Declan Boyle, fresh from his victory on the Circuit of Ireland over Easter weekend led from the outset although he was complaining that his Subaru Impreza was down on power and that he was overdriving it as a result. Fellow Donegal man Donagh Kelly slotted was in second place and started day two less than ten seconds off the lead car with Moffett the best part of a minute behind.

The rally got turned on its head when Boyle crashed out on stage ten, the first running of the Lough Allua test and this left Kelly with a solid lead. He elected to back-off over the remaining four stages in an effort to secure his first international win. However he backed off too much and Moffett reduced the gap to just 25 seconds with 25 kilometres left to run. Once again the rally got turned on its head when Kelly put his Ford Focus off the road and out of

the rally on the penultimate test at Fuhiry Local driver Alan Ring and his West Cork co-driver Adrian Deasy were second overall in their first outing in a Subaru Impreza WRC. The Castleisland man spent the early stages getting used to his new mount, especially the incredible braking power of the supercar, but they did set the fastest time on the reverse run over Moll's Gap to close the rally. Other locals in the top ten of the international rally included Athea driver Johnny O'Connor and his Abbeyfeale co-driver Keith Moriarty who ninth overall and first in class in their Citroen C2 R2.

National Rally

The national rally was equally dramatic with the lead changing several times over the course of the two days.

Clonmel's Roy White and his Kanturk co-driver James O'Brien were the eventual winners over Wesley Patterson and Killarney Historic Rally winner Daclan Gallagher.

Young Killarney driver Rob Duggan put in the drive of the rally to take fourth overall in his little 1600cc Honda Civic. The Aghadoe youngster set some implausible times, especially on the three runs up Moll's Gap, many of which would have seen him running in the top four in the international section and against much more

powerful four-wheel drive and turbocharged machinery.

Duggan, 20, and his co-driver Noel O'Sullivan were awarded the John Mullane Cup (for the best all Kerry crew) for their efforts and is the youngest driver to win this much coveted trophy in Kerry motorsport.

Kilorglin's Fergus O'Meara and Mikie Galvin were in contention for this award for much of the rally but rear axle problems in their Ford Escort Mk2 during Sunday's loop dropped them down the order and they eventually finished fifth in the national section.

Other Kerry crews to finish in the top ten of the national were Vincent O'Shea/ Brian Hickey (Kenmare) Ken O'Neill/ Ronald O'Riordan (Milltown), Charlie / Johnny Hickey (Killarney) and Colin and Liam Moynihan (Millstreet).

Tadhg O'Sullivan finished just outside the top ten in his Escort while Tralee's Darren Young and his Eindhoven based co-driver Ray Stack recorded their first Rally of the Lakes finish – it was Stack's tenth attempt!

Cyril Wharton and Helen Duggan (Firies) won class 12 from Denis Hickey/ Eoin O'Leary (Glenflesk). Paudie O'Callaghan and Dan Murphy (Barraduff) were second in class nine, ahead of Noel O'Sullivan and Nicky Burke.



ROBERT DUGGAN, KILLARNEY, SECOND FROM RIGHT, ACCEPTS THE JOHN MULLANE MEMORIAL CUP FROM WILLIE CLIFFORD AND COLM MOYNIHAN AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. ON LEFT IS DIARMUID CRONIN, KILLARNEY AND DISTRICT MOTOR CLUB CHAIRMAN. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



BRIAN ALLEN, GREAT STUFF CATERING, DENIS MOYNIHAN AND GER CONWAY, LISTRY, AND DIARMUID CRONIN, KILLARNEY AND DISTRICT MOTOR CLUB CHAIRMAN, AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

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STUDENTS OF KILCUMMIN NATIONAL SCHOOL WHO RECEIVED THEIR CONFIRMATION RECENTLY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CHILDREN OF RAHEEN COMMUNITY PLAYGROUP BRINGING FLOWERS TO THE GROTTO IN RAHEEN ON MAY DAY IN CELEBRATION OF THE MONTH OF OUR LADY. PICTURED FROM LEFT; JONAH CASEY, LAURA GRIFFIN, NIAH BROSAN, TADHG SCANNELL, ORLAITH MACKEY, RHEA KATE DEVANE, MARK BARTLETT AND LILY ANN REEN.



AN TAOISEACH ENDA KENNY WITH MEMBERS OF THE RANGLES FAMILY WHEN HE LAUNCHED THE 50TH ANNIVERSARY CELEBRATIONS OF THE DROMHALL HOTEL IN KILLARNEY ON FRIDAY.
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



MEAVE ITA O'DONOGHUE WHO CELEBRATED HER CHRISTENING DAY WITH FAMILY AND FRIENDS PICTURED HERE WITH HER PARENTS JAMES & MARY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



EVAN RYAN (SEATED CENTRE), PICTURED HERE AT BEAUFORT BAR & RESTAURANT WITH FRIENDS AND FAMILY AFTER MAKING HIS COMMUNION AT MILLTOWN NS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DR CROKES GAA CLUB GOLF SOCIETY PRESIDENT TOM LOONEY (THIRD FROM LEFT) PRESENTS HIS PRESIDENTS PRIZE TO OVERALL WINNER JOHNNY O'CONNOR FOLLOWING THE OUTING AT DOOKS. ALSO SEATED ARE BRENDAN KEOGH, JOEY SHEEHAN (SECOND) AND MAURICE O'DONOGHUE, SCOTTS HOTEL, SPONSOR. BACK FROM LEFT ARE MIKE BUCKLEY, BRIAN CLARKE, DENIS COLEMAN, BRIAN LOONEY, MOSSIE FOLEY, TOM ASHE AND JOHN O'LEARY.
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

If you have a picture you would like to publish
Email to: editorial@outlookmags.com

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON HANGING BASKETS

Using containers, pots and baskets full of summer bedding plants can give you brilliant colour from now right through the summer to early autumn.

There are a wide range of different types of hanging baskets but the main thing to go for is the size because the larger the basket, the more compost you can fit into it, giving the flowers more compost to grow in thus prolonging their lives. When filling a hanging basket the first thing to do is to place a liner at the base of the basket. Then place your basket on top of a pot as this will give you a steady base when planting. Half fill the basket with compost and a slow release fertilizer. Then plant some bedding plants at the base and sides of the basket such as trailing lobelia, pansies and nasturium. All you have to do is to push the root of the plant through the square in the basket, push it through the liner and into the compost. Then fill the basket almost to the top with compost, place your remaining plants around your chosen centerpiece plant such as a geranium or fuchsia. Pick three good trailing plants, like trailing petunia, geranium or fuchsia. Fill in between with other bedding plants such as begonias, busy lizzys or pansies. Some of the plants at the bottom of the basket may look a bit shook after planting but when watered in well they will look perfect in a few hours. Don't hang your basket out in its position for a couple of days after planting and water regularly.

Next week I will focus on filling window boxes and containers.

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AT A TRADE AND TOURISM MEETING FOR TOURISM PROVIDERS IN KERRY, TO ANOUNCE DETAILS OF THE FORTHCOMING EVENTS IN THE GREATER KILLARNEY AREA, ORGANISED BY THE GLENEAGLE HOTEL MARKETING TEAM AT THE HOTEL, FROM LEFT, KATY AND JOHN IVORY AND MARY WALSH. PHOTO: VALERIE O'SULLIVAN.



AT A TRADE AND TOURISM MEETING FOR TOURISM PROVIDERS IN KERRY, TO ANOUNCE DETAILS OF THE FORTHCOMING EVENTS IN THE GREATER KILLARNEY AREA, ORGANISED BY THE GLENEAGLE HOTEL MARKETING TEAM AT THE HOTEL, FROM LEFT, SUSAN RANGLES, ELAINE COURTNEY, JENNIFER EGAN, EIMEAR CORRIDON. PHOTO: VALERIE O'SULLIVAN.



AT A TRADE AND TOURISM MEETING FOR TOURISM PROVIDERS IN KERRY, TO ANOUNCE DETAILS OF THE FORTHCOMING EVENTS IN THE GREATER KILLARNEY AREA, ORGANISED BY THE GLENEAGLE HOTEL MARKETING TEAM AT THE HOTEL, FROM LEFT, MEMBERS OF THE MARKETING TEAM, ANITA CREMIN, AOIFE O'DONOGHUE, SIOBHAN DONNELLY, RAY WALSH, KILLARNEY WALKING FESTIVAL, SHARON O'CONNOR, NORITA BROSNAN, GRETTEL O'SULLIVAN. PHOTO: VALERIE O'SULLIVAN.



AT A TRADE AND TOURISM MEETING FOR TOURISM PROVIDERS IN KERRY, TO ANOUNCE DETAILS OF THE FORTHCOMING EVENTS IN THE GREATER KILLARNEY AREA, ORGANISED BY THE GLENEAGLE HOTEL MARKETING TEAM AT THE HOTEL, FROM LEFT, BRED A HEALY, CHARLIE RUTHERFORD, RENE DOOLEY AND EKHA RD GOGSCH. PHOTO: VALERIE O'SULLIVAN.

THE LAST GOODBYE....



AND SO ITS GOODBYE FROM KILLARNEY TOWN COUNCIL.... MEMBERS OF KILLARNEY TOWN COUNCIL WAVE GOODBYE IN THEIR FINAL PHOTOGRAPH AS AN ELECTED BODY AFTER COMPLETING THEIR LAST MEETING IN THE TOWN ON TUESDAY NIGHT. INCLUDED ARE FROM LEFT, CLLR. TOM DOHERTY, CLLR. SEAN COUNIHAN, CLLR. JOHN O'DONOGHUE, CLLR. SEAN O'GRADY, MAYOR PADDY COURTNEY, CLLR. DONAL GRADY, CLLR. MICHAEL GLEESON, CLLR CATHAL WALSH AND CLLR. NIALLY O'CALLAGHAN. PICTURE BY DON MACMONAGLE

AOIFE GETS THE KEY OF THE DOOR



AOIFE RYAN, SEATED CENTRE, WHO CELEBRATED HER 21ST BIRTHDAY WITH FAMILY AND FRIENDS AT THE TRAVEL LODGE FOSSA OVER THE BANK HOLIDAY WEEKEND.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Citizens Information

Know Your Rights:

ANTI-BULLYING POLICIES AND TRAINING

QUESTION

Our son is moving to secondary school soon and we're concerned that he might be bullied. Is there any advice available?

ANSWER

The Department of Education and Skills requires an anti-bullying policy to be part of the written code of behaviour in all schools. Each school must publish its anti-bullying policy on its website and give it to the parents' association. The policy must include clear procedures for investigating, recording and dealing with instances of bullying. The school principal must report regularly to the Board of Management and the Board must carry out an annual review of the policy and its implementation.

The National Parents Council Primary (NPC-P) and National Parents Council Post Primary (NPC-PP) have jointly developed a programme of anti-bullying training for parents of school pupils. The programme is funded by the Department of Education and Skills under the Anti-Bullying Action Plan. Each session runs for two hours and is provided free of charge.

The nationwide training sessions have been developed specifically for parents, so they are not suitable for children. They aim to enable parents to support their children regarding issues of bullying. The sessions also inform parents about the Anti Bullying Procedures for Primary and Post Primary Schools, which are available on the Department's website education.ie.

You can find out where and when these training sessions are available from the websites of the two parent councils npc.ie (primary) and npcpp.ie (post-primary). The two councils have also developed an information leaflet for parents and you can access this on each of their websites as well.

Your son may find the website watchyourspace.ie useful if he has concerns about possible bullying.

The Office for Internet Safety and others have developed a booklet to increase awareness of all aspects of cyberbullying, including how to identify it and how to prevent it – available at internetsafety.ie.

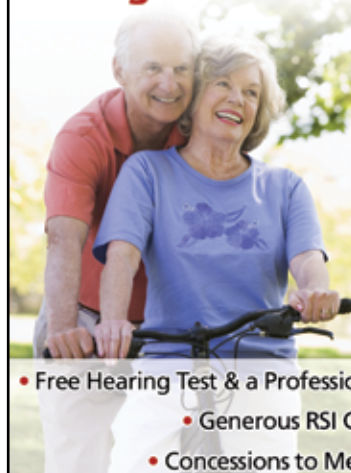
Further information is available from the Citizens Information Centre below.

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, Castleisland 0761 07 7790, Cahersiveen 0761 07 7780

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

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RALLY OF THE LAKES PRIZEGIVING CEREMONY



DERMOT HEALY, CLERK OF THE COURSE, DAVID FLEMING, NIALL McLARNON AND SEAN FLEMING, SPIRIT OF THE RALLY AWARD, AND CATHY HEALY, RALLY SECRETARY, AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



EILIS BASELMANS, CARTELL, JEFF AHERNE CARTELL.IE, ADRIAN DEASY AND ALAN RING, SECOND OVERALL AND DERMOT HEALY, CLERK OF THE COURSE, AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



ROISIN RYAN, CARTELL, PATRICK O'DONOGHUE, GLENEAGLE HOTEL, NOEL O'SULLIVAN AND NICHOLAS BURKE, KILLARNEY AND LIAM CRONIN, DEPUTY CLERK OF THE COURSE, AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



DERMOT HEALY, CLERK OF THE COURSE, PRESENTS THE SILVER WHEEL AWARD FOR DEDICATION AND COMMITMENT TO DAN MCSWEENEY, KILLARNEY AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING. ALSO INCLUDED ARE NIAMH MCGALEY, EILIS BASELMANS, ROISIN RYAN, CARTELL. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



EILIS BASELMANS, CARTELL, PATRICK O'DONOGHUE, GLENEAGLE HOTEL, CHARLIE AND JOHNNY HICKEY, KILLARNEY AND LIAM CRONIN, DEPUTY CLERK OF THE COURSE, AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



PATRICK O'DONOGHUE, GLENEAGLE HOTEL, JAMES O'REILLY, JEFF AHERNE CARTELL.IE, SAM MOFFETT, OVERALL WINNER AND DERMOT HEALY, CLERK OF THE COURSE, AT THE CARTELL.IE INTERNATIONAL RALLY OF THE LAKES 2014 PRIZE GIVING FUNCTION AT THE INEC KILLARNEY ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

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Celebrate Kerry's Natural Heritage

Biodiversity Week 2014

Saturday, May 17th - Sunday, May 25th

Celebrate the beautiful and amazing diversity in Kerry's natural heritage - its plants, animals and landscapes. Come along to a series of **FREE** talks; walks and days out in the county that celebrate Kerry's biodiversity!

For further information contact: Cathy Fisher, Kerry County Council on 066 7183521 or email: cathy.fisher@kerrycoco.ie

Family Fun Day

Join us in the Tralee Bay Wetlands Centre, Tralee for a family day of biodiversity filled fun! Come along in the morning from 11-1pm or in the afternoon from 2-4pm and go pond dipping with David, exploring a nature trail with Tony and playing "make n do" with Georgina and Amanda.

Time/Venue: 11am-1pm & 2pm-4pm. Tralee Bay Wetlands Centre, Ballyard Rd.

Booking Required: Yes, bookings essential for both blocks of activities as places are limited. Call Tralee Bay Wetland Centre on 066 7126700 to book a place. Suitable for children aged 6-12 years. Children must be accompanied by an adult.

What to bring: appropriate clothes and footwear for playing with arts and crafts and playing outside. The café will be open but feel free to bring a packed lunch.



Biodiversity Weekly Events

Saturday 17th of May FAMILY NATURE FUN DAY

Time/Venue: 10am-2.30pm. Killarney National Park Education Centre, Knockreer House, Killarney. Book on 064 6635960 or email: knpeducationcentre@eircom.net.

WHALE WATCH

Time/Venue: 10am - 12pm. Car park on Slea Head, along the R559. (before the Shrine if travelling from Dingle at Lat 52° 05.86' N, Long 10° 27.03' W). Contact Nick Masseltt at 087 6736341

Sunday 18th of May NATURE THROUGH YOUR CAMERA

Time/Venue: 10am - 1pm. Meet at the entrance gate to Knockreer House, Killarney town, off Port Road (opposite the Cathedral). Book on 066 7183521 or email cathy.fisher@kerrycoco.ie.

WILDLIFE GARDENING FOR YOUR TOWN GARDEN

Time/Venue: 2.30pm - 3.30pm. Meet at the Tralee town allotments, Moyderwell (near the Library), Tralee

Monday 19th of May BUSY BEES OF KERRY

Time/Venue: 7.30pm-8pm. Tralee Bay Wetlands Centre, Ballyard Rd, Tralee.

Tuesday, 20th of May THE BARN OWLS OF KERRY

Time/Venue: 7.30pm-8.15pm. Tralee Bay Wetlands Centre, Ballyard Road, Tralee.

Wednesday, 21st of May WILD AND WONDERFUL SEALIFE OF TRALEE BAY

Time/Venue: 7.30pm-8pm. Tralee Bay Wetlands Centre, Ballyard Road, Tralee.

THE BARN OWLS OF KERRY

Time/Venue: 7.30pm-8.15pm. Ballylongford Parish Hall, Ballylongford, Co Kerry.

BAT TALK AND WALK

Time/Venue: 8.30pm - 10.00pm. Astellas in Killorglin.

Thursday, 22nd of May

BAT TALK AND WALK

Time/Venue: 8.30pm-9.15pm followed by a Bat Walk at sunset. The talk is in the Ballylongford Parish Hall with the Bat Walk starting in the Church Grounds, Ballylongford.

BAT TALK AND WALK

Time/Venue: 8.30pm-9.15pm followed by a Bat Walk at sunset. The talk is in the Tralee Bay Wetland Centre with the Bat Walk starting in Ballyseedy Wood meeting in at the South entrance (Farmer Bridge side).

Friday, 23rd of May

IRELAND'S BIOBLITZ 2014

Time/Venue: From 5pm on the 23rd to 5pm on 24th, Derrynane National Historic Park, Derrynane, Co Kerry.

Saturday, 24th of May

IRELAND'S BIOBLITZ 2014

Time/Venue: From 5pm on the 23rd to 5pm on 24th, Derrynane National Historic Park, Derrynane, Co Kerry.


A WALK IN THE BOG

Time/Venue: 11am, meet at the Kerry Bog Village (Red Fox Inn), Ballincleave, Glenbeigh, Co. Kerry.

Sunday, 25th of May BIRDWATCHING FOR BEGINNERS

Join us for a short inaugural mid-Kerry BWI branch outing along the banks of Caragh Lake. **Time/Venue:** 2.30-3.30pm, north shore of Caragh Lake, turn off is c.6km along the N70 from Killorglin to Glenbeigh, contact Rosie Watson for directions on the day at 087 6537454.






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GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 4 – Week Beginning May 5th - Equipment/Bike

So it's the month of May and this is week four of the "Gearing Up for the Ring of Kerry Cycle Weekly Column".

The focus of this week's column is the bike. When determining what the right kind of bike is for you, is dependent on what you anticipate to be the main type of riding to be. There are road bikes, mountain bikes and hybrid bikes.

Road Bikes - are designed for riding on roads and speed. They are largely defined as bikes with drop handle bars and 700c wheels, meaning circumference. They feature skinny tyres so as to make the bike roll faster on the road, and designed to be lightweight and aerodynamic. The bike frame puts you in a riding position bent over the handlebars. The gearing and chain sets are designed for speed and efficiency. One would choose this type of bike, if travelling longer distances at higher speeds is important.

Mountain Bikes - are designed for riding off road and durability. They feature wide tyres, with knobby treads and a stout frame, designed to handle the rugged trails without disintegrating. The bike frame puts you in a riding position that is more upright with the straight handle bars, sitting higher on the bike. This is often a happier choice for people with back problems than being hunched over as one would be on a road bike. It would be fair to say that undertaking the Ring of Kerry on a mountain bike would certainly prove more challenging than on a road bike.

Hybrid Bikes - are a compromise between road and mountain bikes and offer the best features of both bikes, that is if most of your riding will be shorter trips. Hybrid bikes have skinner and smoother tyres than mountain bikes, and typically can go faster, and feature the upright seat and handle bar position that many people

favour. Hybrids are a good choice for most city riding and offer speed, durability and comfort.

Regardless of what type of bike chosen, the importance of having the correct bike position cannot be underestimated. Getting your position right before you start cycling can really make a real difference to your comfort. And what is more it can prevent injury and ensure that much of your energy is going into forward motions as possible. Correct bike positioning relates to correct saddle height, saddle position, handle bar and foot position. If you are experiencing any discomfort on the bike, it would be beneficial to have your bike fitted correctly, now at the beginning of your training programme, rather than within a week of the event. This would be best carried out at a reputable bike shop, which offers the trained and professional service of bike fitting.

As mentioned in week one, its important to keep remembering, that "the more mileage I clock up before the Ring of Kerry, the easier it will be for me on the day!" The ultimate goal is to gradually increase one's mileage each week leading up to the cycle. So as this weekly column is aimed at the novice cyclist, we should all be at least reaching 90km minimum per week. According to the Ring of Kerry Cycle training programme, this week's programme is as follows: -

Week	Sat	Sun	Mon	Tues	Wed	Thu	Fri
Total	4	25k	25k	Rest	20k	Rest	20k
90km							

Happy & Safe Cycling & ENJOY!!



#lovekillarney



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KELLEHER

FIANNA Fáil
THE REPUBLICAN PARTY

KILLARNEY / CASTLEISLAND

My name is Niall Kelleher and I am seeking your support in the Local Elections on May 23rd.

Born and reared in Rathmore, I now reside with my family in Barraduff. At 28 and the eldest of four children, I am from a generation that has been devastated by unemployment and emigration. As a businessman, I'm a proud employer in Rathmore, along with my brother in Connie K's Bar; and as Managing Director of Tangerine Management, which was established in 2012 in Killarney.

As a passionate believer in community activity, I've been involved in the Tidy Towns and have previously served as Chairman of Rathmore Community Council and as Secretary of the Rathmore Community Alert Association.

As a proud father of one son, I'm passionate about education, training and job creation.

I've worked hard to establish a CoderDojo club in Killarney, worked alongside Irish American Technology Entrepreneur Sean O'Sullivan to run the SELR8R programme (helping 18 new businesses grow and create jobs); and am currently working to create employment opportunities for the long-term unemployed in Kerry, with the Momentum Programme.

Our Community and our County of Kerry needs new initiatives to help create an environment where jobs can be created and we can live with confidence, pride and dignity in our homes. I am a young candidate with new ideas and a track record of getting things done. I am very much aware of the issues facing people today. If elected to Kerry County Council I will work tirelessly for the

"I will be a strong local voice on issues that actually matter."

betterment of our community. I will be a strong local voice on issues that actually matter.

You deserve a local representative who will use their skills and experience, to help tackle the biggest challenges that we all face as a society. I would appreciate your No 1 VOTE on May 23 or, if already committed, your highest preference.

Is mise le meas
Niall Kelleher

My priorities

- Job Creation
- Tackling youth unemployment
- Local Housing
- Health / Elderly
- Maintaining Local Services
- Education / Re-skilling
- Agriculture

CONTACT NIALL

087 6694 101

www.niallkelleher.ie

/Niallkelleher4KCC

064 6694 101

vote@niallkelleher.ie

@niallkelleher

1 The Stables, Barraduff, Killarney, Kerry

Tangerine Management
KTI Centre, Deerpark, Killarney, Kerry



Vote No. 1 JOHN O'SHEA

- Local Man for Local Interests
- A strong voice representing people on their issues & concerns
- Over 30 years working local community voluntary organisations in social, recreational & environmental areas
- Rates: Money collected in Killarney is spent in Killarney and greater Killarney area
- Reverse decision by H.S.E. to take the second ambulance from Killarney
- Increase in funding for suicide prevention, awareness & counselling services
- Keep Killarney Clean. No Campaign Posters
- Secure funding from Kerry Co. Council for the Munster Fleadh Ceoil as a cultural and tourism event
- €400 bursary for first years for each for the secondary schools in Killarney to help defray costs of starting secondary school
- Full Support for the proposed walk/cycle route around the Lakes of Killarney as a tourism attraction
- Support for The South/East Kerry Rural Recreational Track Ltd - a sports facility based in St Brendan's College which includes a running track
- Ensure all harmful toxins are removed from Kerry water supplies

You can contact me @

087 2348824

KILLARNEY CANDIDATE

Email: john.osheaff@gmail.com | Mobile: 087 2348824 | Twitter: @JohnosheaFF | Facebook: /JohnosheaFF



VOTE NO. 1 COUNCILLOR JOHN JOE CULLOTY

Local Election Candidate for Killarney/Castleisland Area

'A Strong Reliable Voice Working For You'

- Member of Regional Health Forum South
- Board Member of North & East Kerry Development
- Member of Housing & Social Support Strategic Policy Committee
- Member of Local Traveller Accommodation Consultative Committee
- Member of Kerry Joint Policing Committee
- Chairman of Health & Safety Committee of North & East Kerry Development

087 130 8000

cllrjcculloty@eircom.net

John Joe Culloty @cllrjcculloty



INDEPENDENT KERRY COUNTY COUNCIL 2014

Please Vote No. 1

LYNDA HORGAN

CASTLEISLAND | SLIABH LUACHRA | KILLARNEY

I am a native of Killarney, I grew up in Ardshanavooly and I now reside in Gullane, Gneeveguilla, Rathmore. During the past seven years I have been working for and assisting the Community and its constituents with all their concerns through my position as a Dáil Secretary for Tom Fleming T.D. and Michael Moynihan T.D.

I am continuously interacting with all Government Departments, Agencies, Councils, Employers etc on behalf of my fellow citizens and through this constant interaction I have accumulated a vast store of knowledge across all areas which makes me a highly effective advocate when addressing the diverse needs of the constituency, whether that be Health, Social Welfare, Agriculture, Employment, Education, Poverty, Emigration, Immigration etc. From my first hand interaction with people on a daily basis I know the factual and extreme pressures individuals and families are under in the current economic climate. I seek a place on Kerry County Council to act as an independent voice for the people in the decision making process of the council. I will work for you, respect you and listen to you.

I will be running a No Poster Campaign out of respect for our beautiful landscape and the great work done to keep our towns and countryside looking good.

Mobile: 087 341 2253

Email: lynda.horgan2014@gmail.com



Working with Tom Fleming T.D.





VOTE No.1 HEALY-RAE DANNY Ind.

HARD WORK – EXPERIENCE - COMMON SENSE

I have been representing the people of the Killarney electoral area since 2003 from Loo Bridge to Castleisland, from Listry to Rathmore and Gneeveguilla and all the areas in-between, and I have been very proud and privileged to do so.

I wish to thank you very sincerely for your support in the past. I have always done my utmost to represent the people of my area and I have done my level best to help people with individual issues that we all face in our daily lives.

I am now asking you, the people of the Killarney electoral area, for your No.1 Vote on the 23rd May. I feel as an independent candidate, with my experience, the help of my brother, Michael Healy-Rae TD and my son Johnny Healy-Rae, a fellow councillor, we offer a strong, hardworking and a common sense approach to the people we represent.

A: Main Street, Kilgarvan, Co. Kerry
T: 087 2316055
E: cllrdhealyrae@eircom.net

HEALTH

It is essential to provide adequate care for the young; the elderly and those who have physical and mental problems. I have been very vocal about the ambulance crisis in Kerry and I will continue to fight to restore these services.

EMPLOYMENT

Better broadband services are essential for job creation in our county. I will continue to fight for better infrastructural access into our County. I along with Michael Healy-Rae, will work to ensure that the PSO contract is retained for Kerry Airport.

ROADS & FLOODING

My record in relation to securing funding for road improvements is second to none. I will continue to fight for improvements to local roads - many are still in a desperate state and require urgent attention. Funding is required to deal with flooding problems, i.e. Castleisland town and Foiladown, Glenflesk.

PLANNING & HOUSING

I am glad to have been very active in helping local young people get planning permission in rural areas. In my opinion it is important to give young people the option of living on their own land and is also vital for the survival of rural communities. More local authority houses need to be built in my electoral area.

WATER & SEWAGE SERVICES

Parts of our water network in Mid-Kerry i.e. in the Furies, Barleymount and Rockfield areas are in a shambles along with some of our sewerage services are badly in the need of replacement and extensions, i.e. Castleisland, Kilcummin and Scartaglin. I have called on the Government to provide funding for these and other projects.

AGRICULTURE

As a farmer myself I am well aware of the difficulties that farmers face every day. This Government is the most anti-rural and anti-farmer administration ever. Cuts to farm payments have to be reversed. Strong regulation of our meat factories is required to ensure a fair price is paid to the farmer.

KILLARNEY TOWN

I am fully committed to the people of Killarney town who now find themselves without a Town Council. I am also committed to promoting and protecting the brand that is Killarney as everyone knows the importance and value this town has to our county and country. Other concerns that I feel need to be addressed are:

- Commercial Rates
- Promotion & Protection of Tidy Towns work
- Promotion of the brand that is 'Killarney'
- New Traffic Management Plan is needed
- Reduction of parking spaces in the Fair Hill car park
- New Community Hospital complete with A&E
- Second Ambulance for Killarney Town
- More Local Authority homes need to be built

I ask the people of Killarney Town, who have lost their town council, to give me this chance to represent your needs on Kerry County Council.

When you needed me I answered your call, now I am calling on you to give me the opportunity to continue to represent you into the future.

VOTE NO 1 DANNY HEALY RAE FOR COMMON SENSE, EXPERIENCE AND HARD WORK

TRADE, ENTERPRISE AND EMPLOYMENT

"Killarney is a centre of tourism, commerce, trade and enterprise. It is important to keep Killarney to the forefront as a destination to do business and for its citizens and visitors to enjoy the excellence of our landscape", stated Cllr. Tom Doherty.

The promotion and encouragement of employment opportunities in the new municipal district is a core value for the incoming County Council. The economic

welfare of our locality should incorporate incentives to support indigenous industries.

The district of East Kerry with its towns of Killarney, Castleisland and Rathmore needs a rate valuation that supports job opportunities, needs local development.

Levies spent locally, needs marketing for tourism and marketing for locally produced goods and services.

The value of cooperation and partnership between local government and its citizens to create an environment of future prosperity cannot be undervalued. It is through shared objectives that communities can grow. A strategic development plan needs to be drawn up by the incoming Council to support all aspects of economic development and business opportunities.

GOVERNMENT CUTS TO MEDICAL CARDS

Niall Kelleher the first-time Fianna Fáil candidate for the local elections in the Killarney Electoral Area, has expressed alarm at the figures obtained from the Government about cuts to the discretionary medical card. The figures were obtained by Niall Kelleher from his party colleague and Fianna Fáil spokesperson on Health Billy Kelleher T.D. in parliamentary questions to the Minister for Health.

"The figures released to my party colleague and Fianna Fáil Spokesperson on Health Billy Kelleher show that nationally the number of discretionary medical cards has now fallen below 50,000 to 49,596. What this means is that over the past 3 years the government has taken away more than 30,000 of these cards, a reduction of 38.4%", said Niall Kelleher.

"What we do know for a fact, is that last year the HSE set a target for 2013 to reduce the number of discretionary medical cards and this deliberate targeting was approved by Health Minister James Reilly in the 2013 HSE

Service Plan" said Niall Kelleher.

"Access to a discretionary medical card is essential for people who find themselves with a serious illness. For many people a serious illness is not just a personal strain but a serious financial strain. I can't see how the Government and their T.D's, Senators and Council Candidates can stand over a decision to deliberately target people in clinical need of such cards. It is nothing short of a disgrace" said Niall Kelleher.

"Where is the compassion gone? Has it been swept away in the hubris of the massive majority that Fine Gael and Labour have in the Oireachtas, and they feel like they are untouchable. They have to stop their targeting of those with discretionary medical cards so as to ensure that no-one in serious clinical need is denied one. They must stop adding to the trauma of already sick people, by piling on financial ruin onto them too" concluded Niall Kelleher.

SMOKY COAL BAN

Cllr. Cathal Walshe has stated this week that should he be elected to Killarney Municipal District Council he would seek to have Killarney declared a Smoky Coal Ban area under the Air Pollution Act 1987 as amended.

There are currently 28 cities and towns around Ireland covered under the legislation with Tralee being one such town.



THE PRESIDENT OF THE COMMUNICATIONS WORKERS' UNION (CWU), CORMAC O'DALAIGH, HAS TOLD THE UNION'S BIENNIAL CONFERENCE IN KILLARNEY, CO. KERRY THAT COMMUNICATIONS WORKERS WILL NOT ACCEPT CALLS FOR TAX CUTS AS A SUBSTITUTE FOR PAY RISES. HE SAID THE CWU IS TARGETING PAY 'ACROSS-THE-BOARD' RISES OF 6% FOR WORKERS IN THE POSTAL COURIER, TELECOM, CALL CENTRE AND eCOMMUNICATIONS SECTORS. THE CWU HAS CALLED ON THE FINE GAEL/LABOUR COALITION TO DELIVER ON ITS COMMITMENT TO RECOGNISE IN LAW THE RIGHTS OF WORKERS TO REPRESENTATION IN THE WORKPLACE THROUGH THEIR UNION. MR O'DALAIGH TOLD DELEGATES THAT ORDINARY WORKERS — WHO HAVE NOT RECEIVED WAGE INCREASES SINCE THE BANKER AND CORPORATE GREED-LED FINANCIAL IMPLOSION OF 2008 — WOULD NOT BE FOOLED BY MOVES DICTATED BY RIGHT WING ORTHODOXY THAT INVARIABLY FAVOURS THE WEALTHY. PHOTO SHOWS MAYOR OF KILLARNEY MICHAEL GLEESON DELIVERING HIS ADDRESS TO DELEGATES AT THEIR BIENNIAL CONFERENCE IN KILLARNEY ON WEDNESDAY. PICTURE BY DON MACMONAGLE.



FIANNA FAÏL CANDIDATE NIAL KELLEHER WAS ACCOMPANIED BY HIS 89 YEAR OLD GRANDFATHER CONNIE KELLEHER AT THE OFFICES OF KERRY COUNTY COUNCIL WHERE HE OFFICIALLY NOMINATED NIAL AS A CANDIDATE FOR THE LOCAL ELECTIONS. "IT WAS A GREAT HONOUR TO BE NOMINATED BY MY 89 YEAR OLD GRANDFATHER CONNIE KELLEHER, TO CONTEST THE LOCAL ELECTIONS FOR KERRY COUNTY COUNCIL. MY GRANDFATHER IS THE REASON I FIRST TOOK AN INTEREST IN POLITICS AND IT WAS TO HIM THAT I TURNED WHEN I CONSIDERED ALLOWING MY NAME GO BEFORE THE ELECTORATE. HE HAS BEEN A HUGE SOURCE OF INSPIRATION TO ME BOTH PERSONALLY AND POLITICALLY DOWN THROUGH THE YEARS AND IT WAS FITTING THAT HE WAS ABLE TO JOIN ME IN THE OFFICES OF KERRY COUNTY COUNCIL TO BE OFFICIALLY NOMINATED FOR THE LOCAL ELECTIONS," SAID THE CANDIDATE.

MOLONEY WELCOMES FUNDING FOR SCHOOL IMPROVEMENTS

Labour Senator Marie Moloney has welcomed today's announcement by Minister for Education and Skills, Ruairí Quinn T.D., that €35m has been made available to Irish Schools for the second round of the Summer Works Scheme. This follows an announcement in March by Minister Quinn that 386 schools would also receive funding to the tune of

almost €36 million to undertake gas, electrical and mechanical works.

"In County Kerry 15 schools will benefit from the second round of funding for the Summer Works Scheme (SWS) 2014. The funding will enable schools to carry out much needed works such as roofing, electrical and toilet improvements which will improve the quality

of standards for students and teachers in our schools."

"Additionally these works will create work for those in the construction sector during the summer months. Nationally it is estimated that 4,200 direct and 840 indirect construction jobs will be supported as a result of the SWS scheme."

"Listening to you and working for you"

Vote **No. 1 INDEPENDENT** **CLLR. TOM DOHERTY**




NO POSTER CAMPAIGN!
Respecting the environment and the safety of road users, I will not litter the countryside with posters.

YOUR CONCERNS ARE MY PRIORITIES

- **Property Tax**
- **Health**
- **Water Charges**
- **Ambulance Service**
- **Disability**
- **Mental Health**
- **Jobs**
- **Roads**
- **Broadband**
- **Anti-Social Behaviour**

Ar scath á chéile a mhairimid.

22 ST. ANNE'S ROAD, KILLARNEY
Tel: **087 2942260** Email: tomkillarney@yahoo.ie






Vote No. 1 CLlr. CATHAL WALSHE

on May 23rd local elections

Vote 2 and 3 in order of preference for CLlr. John Sheahan and CLlr. Bobby O'Connell my party colleagues.

- Has 100% attendance at all council meetings since being elected in 2009.
- Most proactive councillor with local issues brought to the council chambers.
- Community activist.
- Very involved in many local charitable fundraising projects including Ring of Kerry charity Cycle as P.R.O.
- Priorities if elected, Disability Issues, Local services, Tourism, Environment, Youth Issues.




FINE GAEIL


19 Woodlawn Park, Killarney, Co. Kerry.
Tel: 064 663 2609 Mobile: 086 106 7752
Email: cathalpwalshe@gmail.com

PROGRESS WITH DIGNITY


By Not Displaying
Election Posters
I Have Shown That
I CARE.
Please Show That You
Also Care By
**Voting No 1
Gleeson Michael**



Please Vote
**No 1
Gleeson Michael**



Ár mBuíochas
t: 064 6632767 | m: 087 2130973
michaelgleesonkta@eircom.net



Vote No. 1 John BUCKLEY



A New Voice - For Positive Change
Killarney Electoral Area



Sinn Féin

Contact: 086 843 5028
Email: buckleyjohn99@gmail.com


 **Putting Ireland First**
Ag Cur Éireann Chun Chinn

Liadh Ní RIADA
South Constituency

Vote *Liadh Ní Riada* for Europe



CLLR. JOHN SHEAHAN



Working for You

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

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

I am a worker and available to you.


VOTE NUMBER.1 SHEAHAN JOHN

and continue your preference to my Party Colleagues:

Bobby O' Connell and Cathal Walshe.

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

FINE GAEIL



Please Vote


NO.1

CLLR. DONAL GRADY

In the Kerry County Council Elections
THE TRUE INDEPENDENT

"Let Common Sense Prevail"

Tel: 087 2596464
Web: www.donalgrady.com



Senator Marie Moloney

Full-time Constituency Office open at Conroy Hall, Park Road, Killarney Mon to Fri 9.30am to 5.30pm.

Advice Clinic every Saturday morning from 10.00am.

Regular Clinics throughout the Constituency - ring for details.

Contact Office: 064 6632034
Mobile: 086 3049422
Email: marie.moloney@oir.ie



AN ACTIVE COUNCILLOR

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

FOR CASTLEISLAND / KILLARNEY ELECTORAL AREA



 **FIANNA FÁIL**
THE REPUBLICAN PARTY

CHOOSE ANNE MCELLISTRIM

COMHAIRLEOIR GNÍOMHACH

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

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

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

Contact me at 086 8628451 or e-mail: annemcellistrim@eircom.net.

VOTE NO.

1



Cllr
Brendan Cronin
Independent

'I have requested the HSE to reinstate the full services of speech therapists, physiotherapists, psychologists and social workers which were cut by approximately 90% from the most vulnerable since last October in St Francis Special School Beaufort, which caters for almost 100 special needs children.'

'The department of Social Welfare need to urgently recognise the hardship faced by self-employed people that are out of work and urgently unable to get financial assistance from the department. In the interest of equality, provision must be made that self-employed people can access unemployment benefit.'

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

Killarney Municipal District

VOTE NUMBER 1
Counihan Sean

*For Killarney's
Continued
Success,
Think Local,
Vote Local.*



Labour

*Honesty, Integrity,
Fair Representation for all.*

Tel: 087 7606392 | Email: counihansean@gmail.com

Vote No. 1
Brian McCarthy
Independent Pro-Change

- SECURE THE FUTURE OF ALL VITAL 24/7
- AMBULANCE SERVICE • CARERS
- HOME HELPS with Proper Contracts
- NURSES & AIDES • TEACHING & SPECIAL NEEDS
- COMMUNITY BASED AWARE & LIFE SKILLS PROGRAMMES
- End Cutbacks and Social Exclusion of our most vulnerable
- AN POSTS RURAL NETWORK 58 under serious threat by more careless government policy
- SME's Rates to be calculated according to turnover then annual gross profit
- KERRY AIRPORT & TRANSPORT SYSTEMS
- Distressed Mortgage
- Holder's contact 087 7145144

www.votebrianmccarthy.com



STUDENTS CYCLE AGAINST SUICIDE

Killarney students were among thousands from all over Ireland who took part in stages of the 2014 Cycle Against Suicide. The initiative started by Irish entrepreneur, Jim Breen, as a result of his appearance on RTE's The Secret Millionaire programme. The main objective of the Cycle is

to raise awareness of the considerable help and supports that are available for anyone battling depression, self harm, at risk of suicide or those bereaved by suicide.

In 2014, the Cycle, started on Monday, April

28th and will continue until this Sunday, May 11th. As it did in 2013, the Cycle will create a very tangible and practical opportunity for people who want to support those who have been affected by suicide.



FINISHING UP AT THE KILLARNEY SPORTS & LEISURE CENTRE HAVING CYCLED FROM CORK WERE KILLARNEY YOUTHS L-R COLM HICKEY, ROSSA FOLEY, BRENDAN WALL, SHANE GRIFFIN & AARON QUIGLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JIM BREEN (CENTRE) FOUNDER OF CYCLE AGAINST SUICIDE, ROSSA FOLEY (LEFT) & EAMON FITZGERALD (RIGHT) PICTURED HERE AT THE FINISHING POINT, THE KILLARNEY LEISURE CENTRE HAVING LEFT CORK EARLIER IN THE DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY COMMUNITY COLLEGE STUDENTS WHO COMPLETED THE CORK TO KILLARNEY ROUTE IN AID OF CYCLE AGAINST SUICIDE. PICTURED HERE AT THE KILLARNEY LEISURE CENTRE FINISHING POINT WITH THEIR TEACHER GER O'SULLIVAN (CENTRE), FOUNDER JIM BREEN (CENTRE) AND EAMON FITZGERALD (RIGHT) FORMER PRINCIPAL OF KILLARNEY COMMUNITY COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY COMMUNITY COLLEGE STUDENTS WHO COMPLETED THE CORK TO KILLARNEY ROUTE IN AID OF CYCLE AGAINST SUICIDE. PICTURED HERE AT THE KILLARNEY LEISURE CENTRE FINISHING POINT WITH THEIR TEACHER GER O'SULLIVAN (CENTRE), SPANISH STUDENT MIGUEL AND FOUNDER JIM BREEN (CENTRE). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PROVIDING ENTERTAINMENT TO THE CYCLIST TAKING PART IN THE CYCLE AGAINST SUICIDE, PICTURED HERE AT THE FINISHING POINT, KILLARNEY SPORTS & LEISURE CENTRE WERE KDYS MUSICIANS L-R DAN MCCARTHY, RAY KENNEDY, CLIFF FEE, CONOR COURTNEY, WILLIAM O'SULLIVAN & DAMIEN O'MEARA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

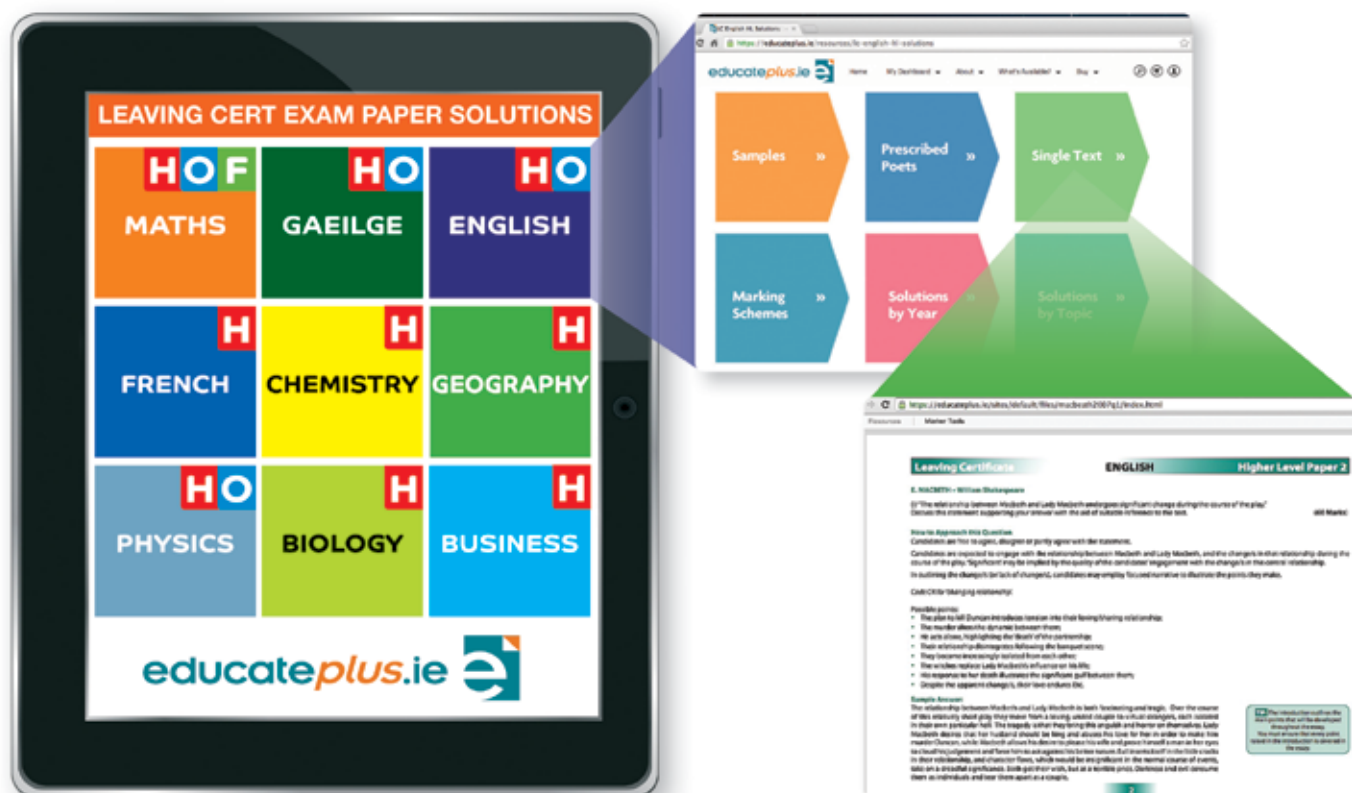


THE FAHA NATIONAL SCHOOL 5-A-SIDE SOCCER TEAM WHO CAME SECOND IN THE KERRY FAI 5-A-SIDE SOCCER TOURNAMENT. BACK L TO R: REBECCA O'CONNELL, AILEEN O'LEARY, MAIREAD LEHANE, SARAH O'SHEA. FRONT L TO R: CIARA TANGNEY, ANNELEE O'MAHONY, NIAMH BRODERICK, SHONA MURPHY.

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GLENFLESK NEWS

WITH DONAL KELLY

COUNTY LEAGUE DIV 3: The Glenflesk senior team, sponsored by Molly Darcy's, are scheduled to travel to Keel in the fourth round of the county league on Saturday May 10th at 7pm.

READY WELLY GO! On Sunday May 11th the Rentokil Initial Welly Run (walk) takes place from the Brehon Hotel at 12 noon. Registration (€5 per person or €20 for a family) is from 10:15am at the INEC and we are encouraging people to come early to make sure we count everyone accurately for this official world record attempt. As well as your chance to be part of a unique event, this will also be a great day out for all the family. There will be plenty of music and craic, the tantalising 'Pestaurant' and spot prizes for those who make a special effort. So dig out the wellies and why not throw on your favourite jersey or a scary mask or maybe a wetsuit?!

APRÈS WELLY: After the Welly Run everyone is invited to Molly Darcys where the day's fun and games will continue, with finger food, bouncy castle, kids entertainment and prize-giving.

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Tuesday the 29th of April

2014, in John Dan's. Jackpot: €3,000. Numbers drawn: 7, 8, 14, 22. No Winner. €50 EURO DRAW: First draw: Sean O'Sullivan, Raheen. Second draw: Gerry O'Donoghue, Co. Meath. Third draw: Denis O'Leary, Shrone draugh. Fourth draw: Catherine Duggan, Lissivigeen. Next club lotto draw will be held on Sunday the 11th of May 2014, in The Kerry Way, Jackpot: €3,200.

31 CARD DRIVE: A word of thanks to Tim Murphy and Paud O'Donoghue for their great work in organising and running the cards in Glenflesk over the winter months.

GLENFLESK COMMUNITY GAMES: Our annual Athletics Day will take place on Sunday 18th May in the GAA pitch starting at 2 pm. Events for boys and girls of all ages. All welcome.

KNOCKANES NATIONAL SCHOOL: A big thank you to all who supported the recent Bingo night which was organised by the Parent's Association. Congratulations to the pupils from our school who recently participated in the Kerry Community Games Final of the Project competition. Our U 13 team of Ava Doherty, Leah Burke and Alison O'Sullivan finished in 2nd place and our U

11 team of Sinead Gleeson, Eacha Healy and Caoimhe O'Sullivan took home the Gold Medal and now go forward to represent Glenflesk and Kerry in the All Ireland Final in August. Our 5th and 6th class girls had a tremendous victory on Tuesday, 29th April, when they won the FAI 5-a-side soccer tournament held in Tralee. The girls will now travel to Nenagh, on Wednesday, May 7th to participate in the Munster Final and we wish them every success.

RAHEEN NS: Congratulations to Monica Faulds who had the winning lotto number 32 on Saturday 26th April.

BARRADUFF NS CYCLE - MAY 18TH:

The 3rd annual Barraduff NS 80km cycle takes place on Sunday May 18th. Registration at Barraduff school between 8am and 10am, with cyclists departing immediately after registration. Adults €20 and students (16 and over) €15.

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

RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

RATHMORE CREDIT UNION: GOOD NEWS!! Rathmore and District Credit Union are having an OPEN DAY! When: This SATURDAY, 10th MAY RADIO KERRY WILL BROADCAST LIVE FROM OUR OFFICES. There are lots of surprises on the day!! Draws for Members - Cash prizes - Week - End Breaks - Prizes for children who make their First Communion on the day. Information stands on the many services provided - Face Painting - Complimentary Refreshments and lots more..... Don't miss out on this special day all are welcome...

ANNUAL SHEILA MOYNIHAN WALK: In aid of the Kerry hospice will be held in Rathmore on Sunday 25th May, 2014. Sponsorship cards available from Donal O'Keeffe, on 0872996003, or a registration fee of your choice will be taken on the day.

RATHMORE CEMETERY: Survey work will begin shortly to produce an accurate map of the Cemetery. All headstones will be recorded and an online database created to enable parishioners to do an online research. It would be helpful if those who have unmarked graves, could give an indication of their position so that we compare them with our own records.

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

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

SYMPATHY: To family and friends of Martin

Curran, Reaboy, Gneeveguilla and formerly of The Mall, Annascaul, whose death occurred last week. May he rest in peace.

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

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

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

RATHMORE G.A.A. Lotto results for 28/04/2014 No's draw: 4, 9, 12, 29. No Jackpot winner. Next week's Jackpot: €6,800. Consolation prizes: €40 O'Keeffes XL Gift Voucher: Dermot O'Sullivan, c/o locallotto. €40 each: Brian O'Sullivan, Malpas, Millstreet. Ann Cahill, Church Place. Timmy Looney, Muckross. Patsy O'Connor, c/o Frank Brosnan. This week's Lotto is sponsored by the Star Bar.

RESULTS: East Kerry U16 Football Championship. Rathmore 7-09 Dr Crokes 6-17. Lee Strand Co. League Football U12 Div. 2 Rathmore 5-13 Kenmare 3-09. Lee Strand Co. League Div. 2 B U12 Hurling Rathmore 5-09 Tralee Parnells B 1-03. Lee Strand Co. League Football U14 Div. 3 Rathmore 5-16 Na Gaeil 1-03.

FIXTURES: Sunday 04/05/2014 Lee Strand Co. League Div. 2 U12 Football v C/land/Desmonds in Rathbeg at 6.00pm.

Tuesday 06/05/2014 East Kerry Junior League Div. 2 Final Rathmore v Kilcummin in Direen at 6.45pm.

Saturday 10/05/2014 Lee Strand County League U14 Hurling v Ballyheigue in Ballyheigue at 6.00pm

RATHMORE LADIES FOOTBALL: Kerry played Cork in Castletownroche on Saturday 3rd of May in Under 14 girls Munster Final. Kerry started very well and went into 1 - 01 to no score early in the game. Kerry were very much in control in the first half. They were very unlucky on a number of occasions with the ball hitting the crossbar thus preventing them from being further ahead at halftime. The half time score was 2-04 to 1 - 07 to Kerry. Kerry started well in the second half and went further ahead, then Cork started to come back at them. Both teams added scores. Cork pilled on pressure in the last quarter but Kerry stood to the test to finish on a score of 3-11 to 3 - 07. Congratuations to the Kerry Management and players and especially our own 4 girls from the Rathmore Club.

Rachel Fitzgerald, Sinead Warren, Brid Ryan and Aoife O'Callaghan. They were greeted with a bonfire in Rathmore on Saturday evening when they returned with the Munster Cup. Thanks to those involved in the homecoming.

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

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KILCUMMIN NEWS

RAMBLING HOUSE IN KILCUMMIN: Following two very successful rambling houses in the club premises it will take a break until the first Friday in September when it will resume with the very best of local talent and guests from all over the county and beyond.

CREDIT UNION CO. LEAGUE ROUND 4:

Kilcummin v Waterville this Sunday at 1.30pm.

GAA GOLF SOCIETY: Outing to Killorglin this Saturday 3 man scramble draw on cards at 8.30.

JUVENILE GAA: U12 Boys play Beaufort at home on Sunday 11th May at 6pm. U14 Girls are due to play Finuge away on 11 May at 5pm. U16 Girls play Inbhear Sceine Gaels away on Thurs 8th May at 6.30pm.

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

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

LADIES GAA CLUB: Thanks to everyone who contributed to and helped out with our recent

second hand clothing collection. If you missed the day and would still like to donate please contact Colm Brosnan on 087 2543181 or Niamh O'Donoghue on 087 6619503 Senior Ladies are due to play Dr Crokes at home in the County League. Time to be confirmed.

MASTERGEEHA FC

U11: In Killarney Celtic on Saturday morning Mastergeeha played in a blitz. All involved played well and tried their bets some good results in the final outing of the season.

U13 KERRY CUP SEMI FINAL:

KILLARNEY CELTIC 6 MASTERGEEHA 1

In this game this home side started well and were two after 15 minutes. However the boys battle well and Dylan Murphy scored following a corner. After this both sides both sides created further chances before the break. In the second half Mastergeeha defended well until the 50th minute when Celtic scored following a deflection. In the closing stages the home sides added further goals. All involved tried their

best and could not be faulted for effort.

U17: ASDEE 2 MASTERGEEHA 3

In this game Mastergeeha were the better side and got a deserved victory. The boys lead at the break thanks to two goals by Donal Moynihan. In the second half Donal completed his hat-trick scoring with a volley. After this the home side pulled a goal back in the 70th minute and scored again from the penalty spot with 5 minutes remaining. In the closing stages Mastergeeha defended and ensured the three points.

SENIORS: DIV 2

NA FINNA 2 MASTERGEEHA 1

In this game in Listowel on Sunday the seniors were unlucky not to at least get a point. Mike O Sullivan scored and in the second half Mastergeeha were the better side and created some good chances but could not get a deserved equaliser.

BEAUFORT NEWS

COMMUNITY GAMES: Well done to all the swimmers who took part in the County Finals in Tralee last Sunday, 4th May, many of whom qualified through to semi-final stages. A big congratulations to Mark Sheahan who came 1st in U12 Breaststroke, Sean O'Brien who came 2nd in U14 Freestyle, Joshua Coffey who came 3rd in U10 Freestyle, Peter O'Doherty who came 3rd in U10 Backstroke, Eanna Coffey who came 4th in U8 Freestyle & also the U13 Boys Squad (Sean O'Brien, Mark Sheahan, Conor Lehane & Kieran Dennehy) who came 4th. Representing Beaufort that day were U8: Marina Eagar, Alicia Coffey, Eanna Coffey & Grainne Kennedy, U10: Sinead Barrett, Rachel Lehane, Joshua Coffey, Lola Eagar, Josh Lynch, Donncha Coffey & Peter O'Doherty, U12: Mark Sheahan, Roisin Kennedy, Niamh Murphy, Mikey Moriarty, Conor Lehane, Kerry Eagar & Kieran Dennehy U14: Darragh Dennehy, Mairead Egan, Lauren Lehane & Sean O'Brien. Mark Sheahan will go on to represent Kerry in the National Finals in Athlone & we wish him the very best of luck. The swimmers are managed by Cathrena Dennehy

ATHLETICS DAY: Will take place next Saturday May 10th at GAA field. Events for all age groups from tiny tots to u16. It will be a family fun afternoon. Home baking will be much appreciated on the day. Looking forward to seeing you on the day.

GAA: BEAUFORT SENIORS are due to play Firies in the County League this week-end.

BEAUFORT JUNIORS beat Milltown/Castlemaine in Beaufort on Thursday evening. Final score: Beaufort 0-15 Milltown/Castlemaine 1-9. They are away to Laune Rangers this week.

BEAUFORT U12 GIRLS: Were beaten by a strong Scartaglin team in Phase 1 of the County League on Tuesday evening. Though they were only 2 points down at half-time the stronger Scartaglin team pulled away in the 2nd half. They took part in the Community Games in Rathmore on Bank Holiday Monday.

BEAUFORT U14S Travelled to Castleisland Desmonds on Wednesday evening and were beaten on the night. **PANEL:** Sean Coffey, Jack Hallissey, Jack Coffey, Mark Neary, Keith Suter, Kieran O'Sullivan, Oisín O'Connor, Ian McGillycuddy, Liam Curran, Jack Sweeney, William Joy, Eoin O'Hagan, Jason Coffey-Hallissey, Keith Floyd, Dara Dennehy. Shane O'Sullivan, John O'Connell, Patrick Crehan, Dara Smith, Niall O'Brien, Martin Sears.

U12S: Are due to play Listowel Emmets in Beaufort this week. They are away to Kilcummin on Sunday next.

LOTTO: Lotto results of Sunday, 4th May 2014. Jackpot €4,200. Numbers drawn: 2, 3, 19, 22. No jackpot winner. Consolation Prizes - €80 John Cronin, Keel, €50 Cliona Coffey, Brookhill, Alan Conway, Killorglin, Catherine Murphy, Meanus. Next draw for a jackpot of €4,400 will be held in Galvin's Bar on Sunday, 18th May

WANTED! Members of the Gaelic Mothers'

Football Gang. If you are over 18 and not currently playing with a football club, then you are qualified to play! Fun training sessions led by Mary Jo Curran continue Mondays at 6pm at Beaufort football pitch. Come along and meet other ladies, keep fit and have fun at the same time. All welcome.

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

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

LADIES FOOTBALL: Well done to the Kerry Ladies U14 Football team who beat Cork in the Munster Final on Saturday and we had Fiadhna Tangney, Hannah O'Donoghue and Tara Breen playing.



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PRESCHOOL ROOM LEADER REQUIRED FOR SEPTEMBER



Cordal Community Preschool, Kilmurry N.S., Cordal, Castleisland requires a Preschool Room Leader for 20hrs a week (mornings).



Minimum Qualification FETAC Level 6 with substantial experience working with children in Free Preschool year (3-5 year olds). This is essential.



Please send letter of application and CV to... Chairperson of Cordal Community Preschool, Kilmurry N.S., Cordal, Castleisland, Co. Kerry or email to cordalafterschool@gmail.com by Thursday 22nd May, 2014.

This childcare project is funded by the Irish Government and Part financed by the European Union structural funds under the National development plan 2007-2013.






Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) – Killarney.
 If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers.
Start Date: 19th May 2014. **Duration:** 46 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

MTA Software & Networking Fundamentals Course (ET1Z4) – Tralee.
 If you wish to get started in a career in ICT this entry level course offers experience in the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course.
Start Dates: 12th May 2014. **Duration:** 17 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

IT Support Traineeship (ETS78) - Tralee Training Centre.
 This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 26th May 2014. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Java Associate Course (ET0R7) – Tralee.
 This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

Digital Web Design Course (ET3Z6) – Tralee.
 This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites.
Start Dates: 19th May 2014 in Tralee. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience.

Information & Communication Technology Course (ET45R) – Castleisland.
 This course is an excellent starting point for people wishing to develop their knowledge, skills and competence in a range of information and communication technologies. It's an entry level course for people who are eager to work with computers and learn a range of practical computing skills. **Start Date:** 26th May 2014. **Duration:** 20 Weeks. **Certification:** FETAC Level 3 Major Award in Information and Communication Technologies.

Marketing Course (ET4R9) – Tralee.
 This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 26th May 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

Legal Administration Traineeship (ETS07) – Tralee Training Centre.
 This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 19th May 2014. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

CAD – 3D Parametric Modelling Course (ET4R1) – Tralee Training Centre.
 Are you a proficient CAD technician who wants to bring your 3D modelling skills to the next level? This course offers participants the opportunity to develop the advanced parametric modelling skills needed to design 3D models of components and engineering assemblies. **Start Date:** 9th June 2014. **Duration:** 21 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

To apply or get further information on any of the above courses please contact
Kerry ETB Training Centre,
 Monavalley Industrial Estate, Tralee,
 TEL. 066 7149600, E-mail: training@kerryetbtrainingcentre.ie

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






SPA NEWS

COISTE NA NOG: Spa hosted John Mitchels at home in their Div 2 game last Wednesday night. Spa went behind to an early goal but soon rallied with 3 points from the boot of Adam Kelly, to bring them back into the game. The visitors grabbed the initiative again with a couple of fortuitous goals, but the boys in blue never gave up with sterling performances by Evan Jones and Stephen McKenna at midfield. A Sean O'Sullivan goal at the start of the second half wasn't enough to bridge the gap and John Mitchels ran out worthy winners. **TEAM:** Cian Fahey, James Lynch, Shane O'Donoghue, Jordan Leahy, Daniel O'Sullivan, Evan Jones, Rory O'Keeffe, Stephen McKenna, Sean Cahill, Garry Vaughan, Liam Spillane, Ryan Kelliher, Adam Kelly, Keelin Deegan, Conor Magee, Subs Tomas Cronin, Dara O'Leary, Sean O'Sullivan, Michael Kearney

U16 BOYS EAST KERRY CHAMPIONSHIP:

Spa lost narrowly to Currow at home to a very exciting and close game that came down to the last whistle blown by The referee. They meet Dr Crokes away this Monday night in the next round.

LADIES FOOTBALL

U12 GIRLS: Were very busy last week playing two games. First against Glenflesk on Tuesday night and lost to a very strong team. Later in the week they met an even stronger Fossa team and failed to score in the second half. The girls never lost heart and continued to play with skill and determination. We were very unlucky with scores in both games but will continue to learn from this. The girls played well Erin Holland, Mairead O'Donoghue, Caoimhe Claffey, Laura O'Carroll, Leah O'Donoghue, Grainne Spillane, Liadh Beazley, Orlaith Spillane, Jenny Cronin, Elena O'Donoghue and Aisling Cahill.

U14 GIRLS: SPA 4-2 BALLYMAC 4-6

A very entertaining game of football with

Ballymac taking the lead at one stage by a massive margin. Our girls dug deep and came back leaving only a point at half time spa 2-2 Ballymac 2-3. Second half was very exciting but Ballymac ran out the winners to a game that the girls tried their best and a bit of luck on the Tralee side could have ended with a victory.

Sarah Fleming was outstanding scoring a massive 2-2 and also on target was Ciara Moynihan 1-0 and megann Cronin 1-0. Equally impressive was Aoife Sheehan, Louise Healy, Elizabeth stack, Maeve Fitzmartin and Hannah Daly.

SENIOR LADIES CO. LEAGUE

SPA 5-14 CURROW 4-6 Played at home in a very high scoring game. We lead at half time Spa 4-11 to Currow 0-4. Mags Cronin scored our first goal and our forwards followed suit and working together with perfect passing and beautiful finishing. Niamh Kearney 2-7, Camie Kelliher 1-4, Alma O'Mahony 0-1, Lynn Jones 0-2 and Michaela O'Connor 1-0. Aoife Hickey, Sinead Cronin and Laura Herlihy were superb in defense. Cass Buckley was everywhere putting the Currow defense under pressure. Midfielder Karol Fleming had another solid performance.

SENIOR CO. LEAGUE ROUND 4:

SPA 1-12 ST PATS 1-8 Played in Spa on Saturday evening, Spa earned the two match points after a close game. Mike O'Donoghue (5) and Jamie Spillane hit over the first half scores as Spa were a point behind at the break, but a second half goal from Jamie Spillane on top of points from both Spillane (2) and Mike O'Donoghue (4) and Spa won out 1-12 to 1-8. Dan O Donoghue captains Kerry Minor Lining out in the number 5 jersey last Wednesday along with club mates Liam Kearney and Shane Cronin. Dan's week got better when he received his All Ireland Colleges C medal at his school Colaiste Ghobnatan with Chairman

Gerard Mangan at he awards ceremony.

CONGRATULATIONS: To former Spa player Brian Fenton, Dublin, whose son Brian was midfield for the Dublin u21 team in their All Ireland Final win over Roscommon last weekend.

UPCOMING FIXTURES: Intermediate Championship Rd 2 v Listowel Emmets in Listowel on Saturday May 11th at 2.30pm.

LADIES FOOTBALL: Senior ladies Sun May 11th at 12 noon, Home to Southern Gaels B. U16 Girls away to Dr Crokes Friday May 9th at 6.30pm. U14 Girls Sunday May 11th at 5pm home to Moyvane. U12 girls awaiting grading Tuesday May 13th.

U10/U8 Girls blitz starting next weekend against Laune Rangers away.

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

CLOTHES COLLECTION: Saturday May 17th is the date for collection. Now's the chance to to declutter your wardrobe and help your club. Collecting clothes any condition (clean), bags, books (not school books) and cuddly toys. Contact Anne Holland 0857780883. All proceeds go towards the running of Coiste na nOg and ladies football.

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

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

FOSSA NOTES

By Gene Moriarty

FOSSA GAA: Fossa Lotto 04/05/2014:

Numbers Drawn: 2, 8, 24, and 25. Jackpot: €4,200. No Jackpot Winner: Consolation Prizes 5 x €40: Anthony Breen, Shanacloon Beaufort; Padraig O'Donoghue, Two Mile School; John Murphy, Aghacurreen; Tommy, Tina, Cillian and Erin Cronin; Colm Cronin, Glenflesk. New Jackpot: €4,350. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop Gortroe, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night May 11th 2014 at the Golden Nugget Fossa at 11p.m.

FIXTURES: Friday May 9th East Kerry Under 16 Division 2 semi final Fossa v Glenflesk at Fossa 7:00pm. Sunday May 11th County under 12 A & B Glenflesk v Fossa in Glenflesk 6:00pm.

SENIORS: Table toppers Beale defeated Fossa in round 4 of Division 4 of the county league at Ballybunion on Saturday night last on a score line of 2-14 to 1-09.

MINORS: Fossa were crowned Kerry Minor Football League Division 4 champions at Kerins

O'Raillies pitch on Friday evening last defeating Tarbert/Moyvane by 3-09 to 2-07. Two early points had Tarbert/Moyvane off the mark soon after the throw in but after David Clifford and Michael O'Keeffe equalised, Paudie Clifford set up his brother David for Fossa's first goal in the tenth minute. Another O'Keeffe point was followed by the second goal with Paudie again being the provider for 15 year old David to raise a second green flag in the 12th minute. Fossa lead by 2-05 to 0-2 after 15minutes but Tarbert/Moyvane finished the half stronger.

At half time it was 2-7 to 0-5 for Fossa. Fossa struck for their third goal eight minutes into the second half. Paudie Clifford again provided the assist, this time for Cillian Bellew and when the Cliffords added a point apiece, Fossa were 12 points clear, 3-9 to 0-6, with fifteen minutes gone in the half. However Tarbert/Moyvane stormed back into the game in the final quarter, and it was then that a superb Fossa defence showed their mettle and cleared their lines repeatedly. After the game, Munster Council Delegate, Christy Killeen presented the Division

4 Shield and the Keanes Supervalu Killorglin Man of the Match trophy to Fossa captain Paudie Clifford. **COISTE NA NOG:** On Friday evening May 9th, it is the turn of the Under 16's who take on Glenflesk in the semi final of the Division 2 East Kerry regional championship. This game is also in Fossa, throw in at 7:00pm, and on Sunday evening the same clubs meet at Under 12 this time in Glenflesk at 6:00pm.

LADIES FOOTBALL: Well done to Erica McGlynn, Hanna O'Donoghue, Anna O'Reilly, and Grace Cahillane who were part of the Kerry under 14 team which won the Munster A championship at Castletownroche on Saturday last. Final score Kerry 3-11 Cork 3-07. It was Kerry's first win since 2008. Fossa's under twelve girls kept on their winning way with a victory over Spa on Friday night.

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

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RECIPES OF THE WEEK

PIRI-PIRI CHICKEN WITH SHREDDED VEGETABLE SALAD

Lovely spicy marinade.

Serves 4

INGREDIENTS

- 4 skinless chicken breasts.
- A little salt and freshly-ground black pepper.

Marinade

- 2 red chillies, deseeded and finely chopped
- Juice of 2 limes
- 2 cloves garlic, chopped
- 1 teasp. ground coriander
- 1 teasp. ground cinnamon
- 1 teasp. ground ginger
- 1 teasp. sugar
- 1 tablesp. olive oil

SALAD

- ½ small white cabbage
- 4 carrots
- 1 red onion
- 1 teasp. wholegrain mustard

- 1 tablesp white wine vinegar
- 2 tablesp olive oil
- Handful fresh coriander, chopped

TO COOK

Cooking time 45 mins

METHOD

Combine the marinade ingredients in a bowl. Add in the chicken breasts and stir to coat them in the marinade. Leave to marinate for as long as you can, but for at least 15 minutes.

Heat the oven to Gas Mark 6, 200°C (400°F). Put the chicken in an oven-proof dish, season with salt and black pepper and place in the oven. Roast for 30 minutes. While the chicken is cooking make the salad. Shred the cabbage, carrots and onion in a processor if available, if not slice them very finely. Place the vegetables in a serving bowl. Combine the mustard, white wine vinegar, olive oil, fresh coriander and seasoning. Mix well then pour the dressing over the vegetables and stir to combine.

SERVING SUGGESTIONS

Serve with the chicken and baked or steamed potatoes.

CHOCOLATE POTS WITH NUTTY BISCUITS

Silky smooth chocolate with a crunchy biscuit - delicious

Serves 6

INGREDIENTS

Chocolate Pots

- 125g plain chocolate
- 250ml cream
- 1 egg
- Half teasp. vanilla essence

NUTTY BISCUITS

- 225g butter, softened
- 325g caster sugar
- 1 egg

- 1 teasp. vanilla essence
- 250g plain flour
- 1 teasp. bread soda
- 1 teasp. baking powder
- 100g nuts, chopped

TO COOK

METHOD

Chocolate Pots: Break up the chocolate and place in the food processor. Heat the cream to almost boiling. Add to the chocolate. Buzz until chocolate has melted and the mixture is smooth. Add the egg and vanilla and buzz again until smooth. Pour into individual dishes

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and chill for at least 24 hours.

Nutty Biscuits: Set oven at Gas Mark 4, 180°C (350°F). Cream the butter and sugar. Add the egg and vanilla. Stir in the flour, bread soda, baking powder and nuts.

Line a baking sheet with non-stick paper. Place spoonfuls onto the sheet, leaving space between them. Bake for 7-8 minutes until golden brown. Remove from the baking sheet and leave to cool.



DR CROKES TEAM WHO WON THE EAST KERRY JUNIOR LEAGUE DIVISION 1 FINAL AND OF THE PRESENTATION OF THE JAMES DOYLE MEMORIAL CUP TO THE DR CROKES CAPTAIN, RUAIRI MANGAN, BY JAMES DOYLE (brother), SEAN AND HIS NEPHEW, JAMIE O'DONOGHUE.

EAST KERRY NOTES

EAST KERRY JUNIOR LEAGUE DIVISION 1 FINAL

DR CROKES 1- 12 LEGION 2- 07

The East Kerry Junior League Division 1 Final, sponsored by Patrick Doyle Haulage, between Dr Crokes and Legion, played in Kilcummin during the week, was an entertaining with an exciting finish. Legion got off to a dream start and led 1-1 to nil within 5 minutes, with a cracking Sean Hegarty goal in the opening minutes, followed by a Scott O'Mahony pointed free a minute later. There were a scatter of points, (Laurence Byrnes and Bryan O'Shea, Dr Crokes and Aiden Slattery, Legion). Dr Crokes brought on a substitute early in the second quarter and a minute later Ruairi Mangan, captain of Dr Crokes, levelled the game at 1-2 a piece with a goal from a nice pass by Keith O'Leary. Although Legion created scoring chances, with Tim Regan dominant at mid field, the Dr Crokes defence proved too strong and denied Legion scores. Dr Crokes notched up 4 points (Tony Brosnan (2; 1f) Bryan O'Shea, Brendan Falvey) in the last ten minutes of the half to leave the score at the break Dr Crokes 1-06 Legion 1-02.

Dr Crokes increased their lead in the second half, scoring five points (Keith O'Leary, Tony Brosnan (3;2f), Laurence Byrnes), to Legions three (Alan Moriarty, David Mc Carthy (2), and looked like cruising to a win with ten minutes remaining. However, Legion never gave up and David McCarthy raised the green flag after sustained pressure near the goal, reducing the margin to a single score. Legion pressed forward and pointed twice (Scott O'Mahony (f), Alan Moriarty) reducing the margin to the minimum. However, it was Dr Crokes that scored next, when Brendan Falvey found the target with a well taken point. Dr Crokes took the title on a final scoreline of Dr Crokes 1-12 Legion 2-07.

East Kerry Board Chairman, Tim Ryan congratulated both teams on the exciting and sporting game, thanked the referee and

thanked Kilcummin club for the use of their facilities. The James Doyle Memorial Cup was presented to Ruairi Mangan, captain of the Dr Crokes team by Sean Doyle (brother) and Jamie O'Donoghue (nephew), of James Doyle, to whose memory the cup is dedicated.

Referee: Donal Donnelly (Kilcummin)

DR CROKES TEAM: Johnny O'Leary, Daniel Healy, P. J. Lawlor, Chris Egan, Jason Lyne, Mark Egan, Gavin Tucker, Brian McMahon, James Jones, Brendan Falvey (0-02), Laurence Byrnes (0-02), Bryan O'Shea (0-02), Tony Brosnan (0-05;2f), Ruairi Mangan (Capt)(1-0), Keith O'Leary (0-01). Substitute used: Cian O'Neill.

Management: Moss Harmon, Eddie O'Sullivan, Tadhg Fleming, Pat O'Shea, Ruairi Mangan.

LEGION TEAM: Steve Griffin, James O'Donoghue, Eoin Carroll, Darragh Reen, Damien Lyne, Sean O'Donoghue, Brian Doolan (Capt), Tim O'Regan, Jack O'Neill, Donal Lyne, Sean Hegarty (1-0), Aidan Slattery (0-01), Scott O'Mahony (0-02f), David Gleeson, Alan Moriarty (0-02). Substitutes used: David Mc Carthy (2-02), Kyle Griffin.

Management: Donal O'Donoghue, Thomas Lyne, Michael Lyne, Enda Walshe

EAST KERRY UNDER 16 CHAMPIONSHIP

The East Kerry Under 16 Championship, sponsored by MD O'Shea's, is continuing, with a number of games fixed for early in the week. These are: Dr Crokes V Cortal/Scartaglen; Furies V Gneeveguilla; Fossa V Glenflesk and Dr Crokes B V Spa.

ST PATS 2-8 KILGARVAN 0-10.

St Pats, East Kerry Hurling team opened their South Kerry Hurling league season with a win away at Kilgarvan. A poor first half saw them 4 points down at the break. However they regrouped at half time to show a clean pair of heels to the opposition in the second half. With John Wharton, Mike McCarthy and Paul Kiely leading the charge up front and a well marshalled defence led by full back Anthony Brohan and centre back Mark O'Donoghue, St Pats pulled clear midway through the half following a John Ryan goal. As the game moved

towards the full time whistle, newcomer Ciaran Twiss collected at the edge of the square and sealed victory with a second goal.

JUVENILE HURLING IN EAST KERRY:

2014 will see the return of the St Pats Juvenile jersey on the playing fields of Kerry after a lapse of over 10 years. Legion, Kilcummin and Spa juveniles are currently in training each Thursday evening, in Kilcummin. Training will rotate among the 3 clubs as summer progresses. The squad intends to participate in Go Games starting later this month. The squad would appreciate the assistance of more mentors and players from other clubs, which do not have hurling, are welcome to join. For further information contact East Kerry Hurling Officer Pat O'Brien (087-4158773).

CONGRATULATIONS To the Kerry Senior hurling team on their victory over Derry in the first round of the Christy Ring cup.

WORLD RECORD WELLIE RUN: Glenflesk GAA club are appealing to fellow East Kerry clubs, and indeed all GAA and other sports clubs, businesses and other groups to help breaking the world record for the number of people who walk 1 km wearing wellies. This is for the Guinness book of records. The club has organised a fun Wellie Walk next Sunday the 11th May and they are asking everyone who can to come along, take part and help to bring a world record to Kerry. Registration is from 10.30 to 11.30am at the Brehon Hotel car Park, Killarney on the morning of the walk. Registration fee €5 or family is €20. Registration is necessary to prove the numbers for the World record. The walk will be led out by a number of celebrities including Nathan Carter. Everyone is encouraged to wear club colours or dress up for the event and of course wear wellies. There will be many prizes at the party afterwards, in the Muckcross Hotel, including the best club or group. For queries contact the organising committee on 087 6667706.

DR. CROKES GAA CLUB

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 6, 8, 17, 24. The jackpot of €3000 was not won. Match 3, 11 received €40. Next week's jackpot is €3300. Draw will take place in the Tatler Jack.

FIXTURES: Jnr Co. Lge.: Away vs. Tousist, Sat. 10th May, 7pm. Snr Ladies Lge.: Away vs. Kilcummin, Sun. 11th May, 12 noon. Mnr Co. Lge. Final: Vs. Dingle (Venue TBC), Wed. 14th May, 7pm. Please support.

RESULTS: Snr Co. Lge.: Dr. Crokes 2-18, Listowel Emmets 0-14. Snr Hurling Lge: Dr. Crokes 2-07, Causeway 2-17. Snr Ladies Lge.: Dr. Crokes 2-10, Milltown-Listry 0-02. EK Jnr. Lge. Final: Dr. Crokes 1-12, Legion 2-07. U16 EK C'ship: Dr. Crokes 6-18, Rathmore 7-09. U14 Co. Lge.: Dr. Crokes 0-09, Pearse Bros., Churchill 4-08.

SENIOR HURLING: A weakened team suffered a defeat in the Co. Hurling League,



Round 2 away to Causeway on Wednesday last. Both teams were evenly matched for most of the first half, Jack Lenihan scoring a goal mid-way through the half to cancel Causeway's previous goal. But they retaliated and went in leading at half time; Dr. Crokes 1-03, Causeway 2-05. Causeway pushed home in the second half but not before Brendan O'Donovan seized a high ball on the edge of the square and struck home with 10 mins. remaining. But it wasn't to be and the home side secured victory. Dr. Crokes 2-07, Causeway 2-17. Team: Jamie Lenihan, Rory Waters, Kevin Landers, Fintan Moore, Shane Barrett, Seanie Morris, Padraig Fitzpatrick, Seanie Burchill, Brendan McMahon (0-02), Michael O'Keeffe (0-04, 3f), Mike McCarthy (0-01,f), Jack Lenihan (1-00), Cian O'Brien, Brendan O'Donovan (1-00), Keith Curtin.

SENIOR LADIES: The Dr. Crokes Senior Ladies had another win on Saturday last when they took on Milltown/Listry in the fifth round of the League. Although short a few regular players, a few of the U16's stepped up to mark with 2 goals and 2 points coming from Kerri Moloney. It has been a great league campaign so far from Tommy Brosnan's charges and we wish them all the best in there last two games.

U14 GIRLS: The U14's travelled to Ballybunion last Sunday but it wasn't to be. They were beaten on a scoreline of 7-5 to 3-6. This is a young team who are learning and improving from every game. Their next game is at home against Abbeydorney.

U12 GIRLS: The U12's played Firies last Tuesday night and came away with a win. These two teams were very evenly matched with Crokes a head by a goal at half-time. The second half started with some unanswered points from Firies and it looked like the game was slipping away from us but the girls stepped up with some lovely scores from Ava Sheehan, Sarah McMahon, Caolinn O'Donoghue, Lyselle O'Shea and Niamh Stack bringing us back in to the game. Holly Power was outstanding in the full back position helped by Megan Graham and Emma Kelly. Well done to birthday girl Megan Lenihan in goals who made some lovely saves. Mid-field pairing of Julie Delaney and Theresa O'Sullivan worked well together giving some lovely balls to the forwards. Jade Potts played well in the center back position with some superb defending helped by Siabh Murphy and Ashling McLoughlin. Well done to Aibhne Gallagher on her first game she acquitted herself well. Our two subs Sarra Neher and Niamh McLoughlin played well when they introduced to the game at half time.

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

KELLOGG'S GAA CUL CAMPS: The Kellogg's GAA Cúl Camps are a great way for

boys and girls aged 6 - 13 to play the games and learn GAA skills in a fun child-friendly environment - and maybe even help make them a GAA star of the future! Dr. Crokes GAA Club will host a football camp from 30th June - 4th July. Fitzgerald Stadium will host a hurling camp from 28th July - 1st August.

GOLF SOCIETY: We travelled to Dooks on Saturday last for the Tom Looney President's Prize. At the top of proceedings was Johnny O'Connor with a score of 38pts. Results: 1st; Johnny O'Connor, 2nd; Joey Sheehan, 3rd; Maurice O'Donoghue, 4th; Mossie Foley, 5th; Brian Looney, 6th; Brian Clarke. Cat. 1; Brendan Keogh, Cat. 2; Mike Buckley, Front 9; John Looney, Back 9; John O'Leary, Guest: Tom Ashe. Next outing is to Beaufort on Saturday, 14th June.

KILLARNEY RACES LA NA GCLUB: Killarney Races kicks off its summer racing season on Sunday May 11th and offers 3 days of the very best of Festival Racing. Sunday is La na gClub, where four local GAA Clubs (Dr. Crokes, Legion, Gneeveguilla & Laune Rangers) will take part in a free-taking competition during and after racing, competing for a prize of €3,000 for their respective club. Special guests include Hector O'hEochagain, Cheltenham Gold Cup Wining Jockey / Trainer, Jim Culloty and Winning Jockey, Davy Russell with the Gold Cup. Please support our club in the competition on what will surely be an enjoyable day. First race at 2:15pm.

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

MID KERRY

JUNIOR LEAGUE: One game went ahead last week in Rd 4 Beaufort defeated Milltown/Castlemaine 15pts to 1-09. 5th and final round would have been played last night. Final to be confirmed

LEESTRAND COUNTY U14 CHAMPIONSHIP: Begins with Mid Kerry taking on South Kerry on Sunday May 18th at 12 noon in J P O'Sullivan Park Killorglin.

GARVEYS SUPER VALU SENIOR FOOTBALL CHAMPIONSHIP: Mid Kerry will travel to Castleisland to take on St. Kierans on Sun 1st June at 2.30pm (date for the diaries).

LISTRY NEWS

LISTRY WEEKLY LOTTO RESULTS 4th May, 2014

Winning Numbers 3, 9, 19, 22. Jackpot €6,650 Not Won. 1 x €100 Denis & Joanne Murphy, Lahard. 2 x €50 Sheila Brosnan, Deer Park. Tom Lynch, C/o Tim Arab. 2 x €25 D D Doolan, Woodlawn Park. Eamon Courtney, Coolbane.

Draw Entrant Fergus Clifford, Lahard.

Jackpot next week Sunday 11th May €6,800.

CO NOVICE CHAMPIONSHIP. QUARTER FINAL. Saturday 3rd May Venue: Cromane **LISTRY V CROMANE**

Listry travelled to old rivals Cromane on Saturday last for the quarter final of the novice championship. Listry were strong favourites to take this game as the fortunes of these two clubs have changed in recent years with Listry now operating from division 2 of the county league and Cromane in division 4 but the game was close all the way through with Listry emerging winners by the bare minimum in the score line Listry 0-9 to Cromane 0-8. Listry started very strong and scored 2 points inside the first 3 minutes from Derry Ahern and Gary O'Sullivan. Cromane replied with 1 from a free by Sean O'Sullivan before the first major incident of the game when Cromane's Noel O'Reilly was dismissed for an off the ball incident in the 12th minute. Listry dominated possession for the remainder of the half but squandered many point scoring opportunities by going for goal from impossible positions. They scored 4 more points from Derry Ahern (1) John Foley (1) and Anthony Kennedy (2) before half time as Sean O'Sullivan kept Cromane in the game with 3 pointed frees and 1 from Emmet Casey to leave the half time score Listry 0-6 Cromane 0-5. Cromane came out very determined in the second half and two quick points from wing back Mikey Houlihan saw them take the lead and it was hard to believe that it was Cromane that were a man down. Having struck 4 wides in a row Listry regained the lead with points from Derry Ahern and Paul O'Donoghue before a Michael Shaughnessy free brought the sides level with 25 minutes of the half gone. John Foley restored Listry's lead with what was to be the winning score although Sean O'Sullivan had a chance to equalize with a 40 meter free in injury time. Listry looked anything but convincing winners of this game and struggled all through but the fact all scores came from play was a plus. Having completely dominated Moyvane in the first round maybe this game was hard to focus on and Cromane with nothing to lose really put it up to Listry but the fact they survived will give them confidence to deal with much harder games to come if they are to finally win a novice title. Listry will not forget this game for a while and will know they were lucky to survive on the final score Listry 0-9 to Cromane 0-8.

KERRY SOUTH SQUAD: Congratulations to Listry U-16 players Aaron McCarthy and Seán O'Sullivan on their selection to the Kerry South U-15 squad. This is a great honour for the boys, their parents, coaches and the club.

MEETING: Of all Organisations and Clubs in the parish of Listry will take place at the Listry Community Centre on Monday 12th May at 9pm. A general discussion will take place with a view to holding some events in the parish over the June Bank Holiday weekend. Other items to



be discussed will include the Parish Newsletter. This meeting is open to anybody to attend. Everybody is welcome.

THE SENIOR FOOTBALL LEAGUE

DIVISION 2: Game has now been changed from Sunday 11th May at 2pm to Saturday 10th May at 6pm

Listry v Kenmare Shamrocks Venue: Listry.

BEALTAINE FESTIVAL: Celebrating creativity as we age, is taking place in Killarney Library during May. On Tuesday 13th May at 6pm there will be a screening of the film "Quartet" starring Maggie Smith. On Thursday 15th & 22nd a painting workshop with Roman Burgan will take place from 11am-12.30pm. Free admission but prior booking is essential for the painting workshop. Contact Killarney Library on 064-6632655 or email killarney@kerrylibrary.ie to book your place.

Also, on Tuesday 20th May bestselling author Roisin Meaney will give a talk entitled "From Blackboard to Bestseller" at 7pm followed by a Questions & Answers session. Free admission. All welcome.

LEGION GAA CLUB

U16 GIRLS: The u16 girls team put up another great performance to beat Inbhear Sceine in Deerreen last Thursday. This team is combining very well at the moment and great credit to those in charge. Next game up is away to Glenflesk.

LEGION ADVANCE TO SEMI FINAL

LEGION 3-9, KERINS O'RAHILLYS 0-9

Killarney Legion advanced to the semi final of the Castleisland Mart Senior Club Championship semi final after a 3-9 to 0-9 victory over Kerins O Rahillys played in Dirreen on Saturday night last. Killarney Legion were the better team throughout the game with James O'Donoghue kicking some excellent scores in the first half when the game was decided. Rahillys were without David Moran and lost there fullback Shane Brosnan before the throw in.

Killarney Legion got off to a dream start with a goal from the boot of Billy Maguire. Rahillys replied with a point from Declan Quill who with Barry John Keane kept the visitors in the game both kicking two points each in the opening half. James O'Donoghue with three points and Michael O'Sullivan had legion ahead 1-4 to 0-5 with half time approaching. On the stroke of half time James O'Donoghue was at the end of a well work Legion movement to crash the ball to the net and leave the Half Time Score Killarney Legion 2-4 to Kerins O'Rahillys 0-5.

On the resumption this game was over as a contest when David O'Sullivan sent a low shot to the net. James O'Donoghue and David O Sullivan added further points. Quill replied with a free for Rahillys. As the game finished as a contest Legion used all their subs as both

sides added further points. Final score Legion 3-9 Kerins O'Rahillys 0-9.

Scorers. Legion: James O'Donoghue 1-5, David O'Sullivan 1-2, Billy Maguire 1-0 and Michael O'Sullivan 0-2pts

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

EAST KERRY JUNIOR FINAL: Last weeks East Kerry Junior league final was played in Kilcummin against Dr.Crokes and it was Legion who got off to the better start, scoring 1-01 without reply in the opening ten minutes with Sean Hegarty scoring the goal but as the half wore on, our neighbours got well back into the game to lead at halftime and continued where they left off early in the second half but great credit to our lads as they finished very strong but eventually lost out on the silverware by 2 points.

SENIOR CLUB CHAMPIONSHIP:

Following on from last weeks first round win in this competition, the seniors faced into round two when they entertained Kerins O'Rahillys at Deerreen on Saturday evening. Legion put in a very solid performance throughout and with

MUNSTER U14 LADIES CHAMPIONS:

Well done to our own Fiadhna Tangney who had a powerful game for the Kerry u 14 side that defeated Cork 3-11 v 3-07 last weekend in the Munster Final

SUMMER CAMP: This years Ready Steady Go summer camps details have been announced and will take place from Tuesday 5th to Friday 8th August. Forms can be obtained on Saturday mornings at the underage academy and there is a special early discount price of €25 for anyone who signs up on or before Saturday 24 May.

U14 BOYS COUNTY LEAGUE: Result from last Wednesdays u14 county league game was Legion 5-12 v Listowel Emmets 4-04.

U12 BOYS COUNTY LEAGUE: Result from last weeks u12 county league games from Sunday 27 April saw our Green team drawing 3-9 v 2-12 against Dr. Crokes and our white team going down to the same opposition 5-11 v 3-09.

On Sunday last May 4th Green side beat Laune Rangers 5-18 v 5-11, with the White side putting up a great performance but just coming up short on a 3-05 v 5-03 scoreline.

CLUB MONTHLY MEETING: The clubs monthly meeting will take place on Thursday May 15 at 7.30 at the clubhouse. All club members are requested to attend.

FIXTURES: Senior county league round 4 home to Laune Rangers Sat 10 May 7pm.

U12 County League both Green and White sides away to Gaeltacht Sunday May 11th 6p



KILLARNEY LEGION TEAM PICTURED AFTER THEY ADVANCED TO THE SEMI FINAL OF THE CASTLEISLAND MART SENIOR CLUB CHAMPIONSHIP. FRONT ROW L-R: THOMAS MORIARTY, CONOR KEANE, CATHAL SHEAHAN, CHRIS DAVIES, DAMIEN O'SULLIVAN, BILLY MC GUIRE, JAMES O'DONOGHUE, PODGE O'CONNOR, ANDY O'SULLIVAN, JONATHAN LYNE, SEAN HEGARTY AND CHRIS FLANNERY (PHYSICAL TRAINER). BACK ROW L-R: PAUDIE LYNCH, MICHAEL & PETER KEANE (MANAGER), KEVIN BREEN, DEREK TWOMEY, KIERAN SLATTERY, DAVID O'SULLIVAN, SHAUN KEANE, MIKE O'SULLIVAN, BRIAN KELLY, TIM O'REGAN, DANNY SHEAHAN, DAVID GLEESON, JACK O'NEILL, DEREK PYNE, AIDAN SLATTERY, DIARMUID LEEN (SELECTOR) AND MIKEY B. O'DONOGHUE.

goals from Billy McGuire, James O'Donoghue and David O'Sullivan ran out winners on a 3-09 v 0-09 scoreline.

#lovekillarney



KILLARNEY COUGARS BC

JUVENILES NEWS: National Schools Super Sevens 2014.

The Annual Nationals Schools Super Sevens national games girls and boys competitions have reached the Finals stages. Great games and good crowds at the Pres Gym have produced some very unlikely pairings this season. The Girls Cup Final will be a meeting of two sides both with six wins each as both O'Brennan and Athea came through tough Semifinals as O'Brennan overcame Nohoval and Athea had the minimum to spare over Knockaderry in a thriller. Knockaderry and Nohoval will contest the bronze medal game. The Shield Final will be contested by Firies and Ballyguiltenane with Firies unlucky to miss out on the Cup this time and will be slight favourites over first timers Ballyguiltenane. The Plate Final will be contested by Cullina and Two Mile with both sides coming through tough Semi finals over Fossa and Kilcummin. There will be little to separate these two teams with the team who settle's first and gets the early scores likely to come out on top.

The Boys games are now down to the last four in the Cup Competition with the Semifinals and Finals being held on the same evening next Friday May 16th. The last four will all be very familiar with each other in the first Semi-Final Gneeveguilla A will meet local neighbours Tureencahill who are the surprise packet at this stage with some great results. Gneeveguilla A have five wins so far but had to overcome Rathmore in a free throw shoot out after a draw in normal time with a basket by the Gneeveguilla side in the last second to tie the game. Rathmore still advanced after two great wins over Fossa and Presentation Monastary and they will meet Gneeveguilla B 5th class boys to set up another eagerly anticipated game with their local rivals Rathmore. The Plate Final will see St Olivers boys start warm favourites as they look to overcome Cullina who lost last years final and they will be hoping to go one better this time but the town side may just have the edge to take this title.

GIRLS FINALS NIGHT THURSDAY MAY 15TH
Plate Final, Cullina v Twomile, Shield Final, Firies v Ballyguiltenane, Cup Final Athea v O'Brennan. Bronze Final Nohoval v Knockaderry.

BOYS FINALS NIGHT FRIDAY MAY 16TH
Plate Final Cullina v St Olivers. Cup Semi-Finals Gneeveguilla A v Tureencahill, Rathmore v Gneeveguilla B.

All times dates will be posted and updates for this years competition are available on the web www.schoolsupersevensbasketball.com

TOLKA SPRING TOURNAMENT: Cougars girls U14 travel to the capital this weekend and will compete in their final tournament of the season when they compete in the Tolka U14 Blitz. Cougars will have three games on Saturday with the Semi-finals and Final schedule for Sunday. Cougars will take a strong panel for this event and will need to be reproduce their

good recent form to come through against the hosts Tolka and sides from Dublin and Cork.

BASKETBALL SUMMER CAMPS 2014: Registration is now open for this summers Team Kerry Basketball Camps that will again be held for a third consecutive Summer at Killarney Community College. Limited places are available at the Camps and Registration forms are available from the club secretary or by contacting the Camp Organiser on 087 - 2219376. This years week long camp in Killarney runs from July 28th to August 1st.

SENIOR NEWS: Cougars Senior Men's training continues every Tuesday at Pres Gym, 8pm. A full details on upcoming events on the club website www.killarneycougars.com



BASKETBALL IRELAND PRESIDENT GERRY KELLY MAKING M.V.P PRESENTATION TO KILLARNEY COUGARS KATE STACK WITH HER FATHER JASON AT THE DONOUGHMORE INVITATION TOURNAMENT IN CORK.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES

A busy weekend for our area this past weekend.

CYCLING ON GRASS: Anyone interested in entering the cycling on grass, open to both boys & girls U12 and U14, contact Cynthia (086)0818606

SKITTLES U12: On Friday evening our U12 skittles team travelled to Tralee to take part in this competition. This was the first time our area took part in this competition. Being new to the game certainly did not deter the children on the night. With nine teams taking part we ended up being placed third in the competition and thus received bronze medals. Team members were Michael Twomey, Kieran Fitzgerald, Michelle Cronin, Donal Daly & Jack O'Leary. The children were coached by Aeneas O'Leary & Cynthia Daly. Well done to the boys & Michelle on a fantastic performance. We thank

the children who expressed an interest in this competition and trained with us. Well done.

SWIMMING: It was on for Tralee again on Sunday for the County Swimming Competition. We had a number of swimmers from our area taking part and had great results after the day. First in to the water on Sunday am was Oisín O'Leary in the U8 boys, Oisín only narrowly missed out in qualifying for the semi-final. In the U10 boys freestyle we had Cian O'Leary & Ross O'Leary swimming, Cian qualified for the semi-final and Ross being the fine swimmer that he is came first in the final, received a gold medal and thus will go forward to represent Kerry in the National Finals in August. In the U10 girls Tara O'Leary & Delia Foley swam in the U10 backstroke – both qualified for their final and tied for fourth place in the final, thus receiving a cert each. In the U12 freestyle Brogan McCarthy, T.J O'Leary & Paudie O'Leary competed, all swam well but pride of place goes to Paudie who for another year was placed 1st in the final, he received a gold medal and he along with brother Ross will go forward to Athlone in August. In the U12 breaststroke Jack O'Leary competed, he was placed fourth in the final and thus received a cert. In the U12 boys backstroke Donal Daly competed, he came third in the final, thus received a bronze medal. In the U14 freestyle Jamie O'Leary swam. In the U14 backstroke Owen Fitzgerald was placed 3rd in the final and received a bronze medal. In the U14 girls freestyle Andrea Houlihan qualified for the semi-final. In the U16 freestyle Rebecca Twomey competed. In the special swim Aointinette O'Leary competed, having a great swim Aointinette came 1st in her category and thus received a gold medal. In the U13 boys squad we had Paudie O'Leary, Brogan McCarthy, T.J O'Leary, Jamie Leary, Jack O'Leary & Donal Daly swimming. The boys having a great swim were placed 3rd in the final and thus received bronze medals. So all in all a great day in the pool for Rathmore/ Gneeveguilla. We have Ross & Paudie representing our area and Kerry at the National Finals in August.

U12 GIRLS FOOTBALL: On Bank Holiday Monday Rathmore / Gneeveguilla area hosted the county competition in Rathbeg. With 9 teams attending it was a busy day for all competing from the start. Rathmore / Gneeveguilla girls were drawn against Abbeydorney / Kilflynn & Kenmare in their group. Winning both their matches the girls advanced to the semi-final where they met with a strong Listowel team, the semi-final proved a very tight affair with Rathmore / Gneeveguilla winning by the tightest of margins. On to the final the girls progressed, they met with Killorglin girls. Proving the stronger of the two teams, Rathmore / Gneeveguilla emerged victorious, winning gold medals and will now go forward to represent Kerry at the Munster Finals in July. A fantastic display of team skill from number 1 to 16 of the team.



Well done to team managers & to the girls. Team managers were Pat O'Sullivan, Kathleen Dennehy, Dan & Brid O'Leary. Team members were Katie O'Sullivan, Caoimhe Dineen, Amy O'Connell, Aoife Nagle, Danielle O'Leary, Aisling Brosnan, Megan McCarthy, Roisin McAuliffe, Leah O'Donoghue, Michelle Fleming, Sophie Nagle, Niamh McSherry, Maura O'Keeffe, Orla Cremin, Michelle Cronin & Theresa Downey. Congratulations, well done 7 continued success to the managers and girls. We wish to thank Rathmore GAA for the use of their facilities to host the competition, thanks to Tony Moynihan for his help in getting the pitches ready for play. Thanks to referees – Jeremy Lynch, Michael Dennehy & Denis Hickey for being available to referee the games. Thanks to Maeve Dennehy, Grace & Hannah Downey & Shannon Tindell who helped out in the shop and in the kitchen, thanks to Marianne Cronin for the catering – all your help was greatly appreciated. Thanks to anyone else who helped out in any way to ensure the smooth running of this event.

GYMNASTICS: Next weekend the gymnastics competition will take place in Tralee. From this area we have Grace Murphy taking part in U9 girls, her brother Fionn in the U11 boys, and in the U11 girls we have Maura O'Keeffe, Caoimhe Guerin Crowley & Katie Shields taking part. We wish all the competitors the best of luck.

KILLARNEY RUGBY CLUB



KIERAN AND BRIAN O'CONNOR PICTURED RECENTLY WITH MUNSTER AND IRELAND LEDGEND PAUL O'CONNELL.

FUNDRAISING: We expect Capital Grant scheme announcement to be made prior to the local elections but decisions on allocations may not be made until after the election but this is unconfirmed. Meanwhile we are progressing with collecting of funds from a host of untapped sources. Please contact people in



PICTURE OF THE KILLARNEY RFC'S U-14 SQUAD TAKEN PRIOR TO A RECENT MATCH AGAINST HIGHFIELD IN CORK.

your area and continue to ask for their support for the club. You will be surprised by the huge goodwill out there.

Topsoil has been delivered recently and there is an amount of work being done again. We are now confident that at least one pitch will be playable in September if at least available to the Minis or younger Youth Teams. Much work has to be done and only money can keep it going.

AGM: Club's annual general meeting is set for Wednesday 28th May at 8pm in the Killarney Plaza Hotel. Any motions or submissions need to be sent to Secretary Anne Clifford (Fleming) at anneclifford57@gmail.com or to Mike Fuller at mfuller@fexco.com by no later than 21st May 2014. We look forward to a good attendance.

FIRIES COMMUNITY GAMES

The skittles competitions took place in Na Gael on Friday. Furies had teams in u12, u14 & u16. Despite a very wet evening the competitions were run off very well. In the u12 team Furies played very well and were eventual silver medal winners. Congratulations to Ciara Kearney, Laura O'Connor, Julianne Murphy, Alice Norris, Jack Fitzgerald, Cian Sheahan and Adam Cronin and trainer Marie O'Connor. In the U14 competition Furies won certs, well done to Shannon Foster, Rachel Hoctor, Emma Murphy, Emer Riordan, Alife Callaghan and Jessica O Leary. Thanks to Martina Hoctor who managed this team. We'll done to the U16 team who won gold medals and are through to Munster Final in July. Congratulations to Kerri Sheahan, Elaina Norris, Aine Barry, Tomas Murphy, Diarmuid Brosnan and Evan Cosgrave and trainer Carmel Sheahan. Thanks to Neilus Collins and Margaret Culloty who managed the night at County level. Thank you to all the parents who supported the children on such a wet Friday evening and the children really enjoyed the competition. The swimming County finals took place also at the weekend and Quinn O'Connor represented Furies. Gymnastics takes place next Sunday & good luck to Megan & Derbhla Brosnan, Oisín & Cara O'Brien & Patrick Kearney who are representing Furies. The annual Sports

night takes place on Wednesday 14th May at 6pm in Farranfore field. Events from tiny tots to U16 and lots of novelty events. 2euro or 5euro family entry fee. All welcome.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 2/05/2014. Numbers drawn were 9, 11, 27, 28. Sellers prize went to Tom Joe O'Donoghue, €50 yearly ticket draw went to David O'Keeffe Kanturk, €50 lucky dip to Seamus O'Brien Gneeveguilla, €40 each to Jim Healy Barraduff, Josephine Hickey Riverstick, Tom Carmody Gullane. Bonus not won numbers drawn were 8, 13, 25 and 27. Next week we draw €9,200 plus €1,000 bonus.

On the first week of the new Track & Field season proper our athletes showed great promise of things to come. At the Kerry Colleges in Riocht on Wednesday Andrew Purcell won 800m, Lauren Kennelly won the High Jump and Gary Cronin was 2nd in 100m and 300m.

We also did very well in the county championships on Saturday in Riocht, finishing just behind Tralee Harriers in the overall points. Our top athletes in Riocht were Tomas O'Neill 2nd Javelin & Hammer, Ronan Collins 1st in Shot and Hammer, Ava Burke 2nd in Hammer, Maeve O'Connor 1st Javelin & 2nd in Sprint, Ciara Kennelly 2nd Javelin, Lauren Kennelly 1st high Jump, Jack O'Leary 2nd in sprint, Francis Cronin 1st in Sprint & 800m, Gary Cronin 1st in Sprint, Liam Casey 2nd in Sprint, Amy Cronin 1st in Sprint, Matthew Collins 2nd in 3000m, John Paul Breen 2nd 800m, Our two U13 relay teams won namely girls: Sadie Myres, Ciara Kennelly, Aoife Kissane, Maeve O'Connor, U13 boys: Shane Warren, Jack Walsh, Donal Daly & Jack O'Leary. U9 boys were 2nd, team members were Jack Tangney, James Doyle, Shane O'Riordan & John Angland. U9 girls were 3rd runners were Danielle O'Riordan, Heather Culloty, Tara Carver & Saoirse Kenny. In the overall points with one day to go we are just lying 2nd, so full steam ahead to May 25th when the lot will be revealed.

PRIMARY SCHOOL SPORTS: A date for the



diary, we will be holding our qualifiers for Kerry Primary School Sports on Monday May 12th in Knocknagree GAA pitch at 6.30pm. The following schools are asked to encourage as many children as possible to come and partake, Gneeveguilla, Tureencahill, Meentouges, Hollymount, Shrone, Rathmore, Barraduff, Knockanes, Glenflesk, Raheen, Anablaha, Kilcummin, Coolick, Knocknagree, Boherbue, Kiskeam, Ballydesmond, Cullen, Dromagh, Derrinagree, Rathcoole, Newmarket and Kanturk. All qualifying boys and girls must be available on May 24th, when the County Primary School Sports will be held in Riocht track, Castleisland.

Well done to Maurice Feehan who came 6th in the Bandon ½ marathon over the week-end.

At the Munster Junior & U23 Championships in Waterford held on Bank Holiday Monday, Hannah O'Sullivan won the discus, Andrew McCarthy won the Hammer, was 2nd in the discus and 3rd in the shot.

New club singlets available to purchase cost €20

SPAMUCKROSSCOMMUNITY GAMES

Well done to our swimmers who were in action in the Tralee Complex at the weekend – Treasa O'Sullivan had a great swim in the U12 girls backstroke to win herself the Gold medal and so now goes forward to represent Kerry in Athlone at the National Finals in August. Silver medallists were U8 freestyle – Faya O'Neill, U12 boys breaststroke Niall Coffey and U14 Backstroke Niamh Coffey, while receiving the bronze medal was Ethan O'Neill in the U12 freestyle. Congrats to all medal winners and participants and also a big thank you to Denise Coffey who looked after all the swimmers on the day.

Belated congratulations to our U14 Quiz team that finished in Joint 4th position with near rivals Killarney South.

We will be holding our area athletics finals on Thursday May 15th at 7pm in Spa field – we would encourage all young athletes in the Spa Muckross area to come along and take part. The top 4 from each event from U8 to U16 will go forward to represent the area at the County Finals that are taking place in Castleisland on the weekend of 21/22 June.

SPA MUCKROSS AC: Day 1 of the County Championships took place in An Riocht, Castleisland on Saturday May 3rd. There was a very good turnout and we saw some very impressive performances by our athletes. Medal winners as follows: - U9 - Girls 60m, 2nd Mia Griffin, Boys Long Jump 1st Oisín Lynch and 3rd Mark Daly. U10 - Boys 60m, 1st Alex Hennigan. U14 - Girls 80m 2nd Ruth Courtney and Boys 80m 2nd Peter O'Sullivan, High Jump 3rd Elizabeth Stack. U16 – Girls 100m 1st Sarah Leahy, Boys 800m 3rd Tristan O'Donoghue,

Boys High Jump 1st Kianan O'Doherty and Hammer 2nd also Kianan. U18 – Christine Cooper was 3rd in the 800m and was 1st in the Junior Women 400m Hurdles. We had only two relays competing on the day and they both ran really well – the U11 boys team of Sam Griffin, David O'Donoghue, Cian Lynch and Jack McGuire earned themselves the bronze medal while the U15 team of Diarmuid Griffin, Peter O'Sullivan, Tristan O'Donoghue and Kianan O'Doherty came away with the Silver medal. Making sprint finals but just out of the medals were Oisín Lynch, Mark Daly, Rachel Griffin, Sam Griffin and Diarmuid Griffin. Well done to our other athletes, most of whom were at their first ever County Championships – Cian Forde, Fiachra Roarty, Grace Daly, Aoibhinn Evans Ali O'Donoghue and Aoibhe O'Doherty. Day 2 will be taking place on Sunday May 25 and we hope that all our athletes will come and take part.

The Kerry Colleges athletics was held last Wednesday and results as follows: Minor - Girls 800m 1st Shona O'Brien, Boys 100m Peter O'Sullivan 3rd. Junior – Girls 100m 1st Sarah Leahy, 800m 1st Emma Dineen, Shot 1st Emma and 2nd Sarah. Boys High Jump 2nd and Long Jump 3rd Kianan O'Doherty. Intermediate – Boys Shot 1st Billy Courtney and Senior Boys High Jump 1st Dylan O'Sullivan. Well done also to Tristan O'Donoghue and Jack Enright who moved up an age group to compete in the Inter boys 1,500m. Best of luck to all the athletes that are now going forward to the South Munster Colleges in CIT next week.

REMINDER: Our Primary Schools area finals are taking place this Friday 9th May in Castleisland. And finally, a big thank you to everyone that helped out with stewarding for the Wings for Life run that took place around the Ring of Kerry on Sunday morning. All the athletes left Killarney at 11am sharp and the last athlete standing was finally caught by the catching car in Kells Bay after completing a total of 49km – well done to all participants.

HUMPY'S BACK!

It is hard to believe that it's a year on since the last 'Humpy 100' but it is. The 2014 cycle, run by the Killorglin Cycling Club will take place on Sunday May 18th with sign on open at the Killorglin Sports & Leisure at 9am and the roll out at 10am.

The huge attraction of the Humpy 100 is that it offers the cyclists 3 routes of various length and its timing is ideal in relation to July Ring of Kerry Cycle as preparation reach their crescendo.

Each of the three routes, 60km, 100km and 130km, has its own cavalcade of support vehicles and food stations as well as refreshments served at the end of the cycle.

60KM ROUTE: Leaving Killorglin the riders head round Caragh Lake to Glencar and on towards Glencuttane. They will then follow the Boards of Works road to Beaufort before returning to Killorglin via the Annadale Road.

100KM ROUTE: Those cycling the 100km route take the same route to Glencar before turning off to tackle the climb of Ballagh Beama and then heading for Beaufort and the Gap of Dunloe on the way back to Killorglin.

130KM ROUTE: Those whose stamina and endurance demands more can add another 30km to their cycle by heading towards Sneem after Ballagh Beama. They will then take the main road to Kenmare, head across the Gap of Dunloe, onto Beaufort and back to Killorglin.

TACKLE THE HUMPY AND ENJOY: At this time of the year cyclists have the winter miles in their legs and many are on the final stretches of preparations for the Ring of Kerry. Even if you are not and just want to head out on an organised cycle The Humpy 100 is the one for you – at whatever distance you chose.

Full details on www.killorglincycling.com or by contacting Peter on 087-6681192



CYCLISTS OUT TRAINING FOR THE HUMPY 100 WHICH TAKES PLACE ON MAY 18TH.

KILLARNEY CELTIC

FAMILY FUN DAY: Our Family Fun Day last Monday unfortunately had to be postponed due to the inclement weather. Killarney Celtic will be now hosting our annual Family Fun Day from 2.00 – 5.00pm on Sunday, May 18th. One and all of every age are very welcome. Any help on the day or help in keeping kitchen and bellies full through donations would be greatly appreciated.

CONGRATULATIONS All the Celtic contingent who played a part in Kerry's U14 Munster Final victory over Cork in football. Fiadhna Tangney, Erica McGlynn, Ciara O'Brien, Aoife O'Callaghan, and Hannah O'Donoghue were on Kerry's playing panel, while Karen McGlynn was on the Kerry management team. Commiserations to Celtic striker and Cork full forward Ava Looney, who also did her county very proud on the day.

BEST WISHES To John Vermiglio for a speedy recovery.

STAG: A big Celtic contingent travelled to Liverpool as part of Neilus Hayes' stag party last weekend and had a great time – I'm told that Brendan Rodgers wanted to sign up a few of them but they refused. I am told that special thanks are due to Block for making sure that they ate right, went to bed early, and stayed properly hydrated all weekend.

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

RESULTS: DENNY PREMIER B: ATLETICO ARDFERT 1 KILLARNEY CELTIC B 2

A neat header by Cathal Doyle put us in front but Ardfert hit back to level, only for Cathal to score again in the second half and make the game safe. Best for Celtic were Cathal, Brian Spillane, Alan Nagle, and Stephen Hayes.

U14 GIRLS NATIONAL CUP:

KILLARNEY CELTIC 10 TULLOW 0

Last year's Munster winners are well on the road again after a superb display against a very sporting Tullow side. Hannah O'Donoghue scored 6, Anna Clifford had 2, with Ciara O'Brien and Elena Martinez also on target. **TEAM:** Carmel Looney, Ciara Moynihan, Alanna O'Sullivan, Fiadhna Tangney, Kate Fenter, Erica McGlynn, Elena Martinez, Aoife O'Callaghan, Ciara O'Brien, Anna Clifford, Hannah O'Donoghue, Mairead Bennett, Kate Murphy.

U14 KERRY CUP: LISTOWEL CELTIC 3 KILLARNEY CELTIC 1

A great effort by the lads, but Listowel were excellent on the day.

U14 DIV ONE: KILLARNEY CELTIC B 2 KILLARNEY ATHLETIC 4

Keelan Deegan and Evan Jones scored for Killarney Celtic B in a thriller but Athletic deserved their win.

U13 KERRY CUP SEMI-FINAL: KILLARNEY CELTIC 6 MASTERGEEHA 1

The score-line flatters Celtic a little as they were

only 2-1 up after 45 minutes but a deflected shot sneaked in for an own goal opening the gap to 3-1 and Mastergeeha could not find a way back. Ryan Kelliher was the games top scorer with a hat trick. Patrick Darcy and Micheal Lenihan were the other scorers either side of the own goal.

U12 KERRY CUP: KILLARNEY CELTIC 5 MASTERGEEHA 0

Alan and Cian Dineen got three between them with Cian getting 2. Niall McGillicuddy and Ryan O'Grady were our other scorers.

U11 BLITZ: Killarney Celtic hosted a very enjoyable blitz last Saturday where both kids and adults had a great time; a big thank you to all the many helpers on the day.

FIXTURES: DENNY PREMIER: Killarney Celtic away to Spa Rd., Sunday, 11.30am.

U15 KERRY CUP SEMI-FINAL: Killarney Celtic at home to Kingdom Boys, Saturday, 12 noon.

JOHN MURPHY U12 CUP FINAL: Killarney Celtic v Park, Saturday, 12 noon.

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

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981.

There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 6, 8, 9, 22. No winner, two x match 3, Luke Scott, JC Counihan, €75 each. Next week's jackpot €7000, draw in the Failte on Monday night. Tickets available from all club officers.

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

MASTERGEEHA FC

U11: In Killarney Celtic on Saturday morning Mastergeeha played in a blitz. All involved

played well and tried their bets some good results in the final outing of the season.

U13 KERRY CUP SEMI FINAL: KILLARNEY CELTIC 6 MASTERGEEHA 1.

In this game this home side started well and were two after 15 minutes. However the boys battle well and Dylan Murphy scored following a corner. After this both sides both sides created further chances before the break. In the second half Mastergeeha defended well until the 50th minute when Celtic scored following a deflection. In the closing stages the home sides added further goals. All involved tried their best and could not be faulted for effort.

U17: ASDEE 2 MASTERGEEHA 3

In this game Mastergeeha were the better side and got a deserved victory. The boys lead at the break thanks to two goals by Donal Moynihan. In the second half Donal completed his hat trick scoring with a volley. After this the home side pulled a goal back in the 70th minute and scored again from the penalty spot with 5 minutes remaining. In the closing stages Mastergeeha defended and ensured the three points.

SENIORS: DIV 2 NA FINNA 2 MASTERGEEHA 1

In this game in Listowel on Sunday the seniors were unlucky not to at least get a point. Mike O'Sullivan scored and in the second half Mastergeeha were the better side and created some good chances but could not get a deserved equaliser.

KILLARNEY ATHLETIC A.F.C.

FIXTURES: Kerry Schoolboys/Girls League

Saturday 10th May

JK Sports Under 12 Premier

Killarney Athletic v Killorglin 10.30am.

Daly's Supervalu Under 13 Division 1

Killarney Athletic B v Listowel B 12.00 noon.

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

300 MEMBER CLUB DRAW: Congratulations to Ronan Mee, Kings Park on being this month's winner.

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

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

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

SCHOOLBOY/GIRL SOCCER

PARK LIFE SWEET AS THEY REACH FINAL.

16's National Cup Semi-final:

St Brendan's Park 1-1 Mungret Regional AET Park won 5-4 on penalties.

WFAI Cup 14's First Round:

Killarney Celtic 8-0 Tulla United.

John Murphy 12's Cup semi-finals:

Park 9-0 Castleisland.

Killarney Celtic 5-0 Ballyhar.

13's Cup semi-final:

Killarney Celtic 6-1 Mastergeeha.

Tom Hayes 14's Cup semi-finals:

Listowel Celtic 3-1 Killarney Celtic A.

Park 7-0 Inter Kenmare.

15's Cup semi-final:

Killorglin 3-1 Listowel Celtic.

League Results:

Daly's Supervalu 13 Division 2:

Fenit 3-2 Asdee.

Killorglin B 5-2 Park B.

Foundation Sports 14 Division 1:

Killarney Celtic B 2-4 Killarney Athletic.

Killarney Plaza 15 Division 1:

Listowel Celtic B 5-1 Inter Kenmare.

Castlemaine 2-2 Killarney Athletic B.

REPORTS:

Park Life's a Blur:

ST BRENDAN'S PARK 1-1 MUNGRET REGIONAL AET:

PARK WIN 5-4 ON PENALTIES.

With my limited knowledge of music I believe that it was Blur that had the hit with Park Life. Well for St Brendan's Park life's a blur after their 16's National Cup semi-final win. They now face St Kevin's Boys in the final in a couple of weeks. However inside the first two minutes that result didn't look likely. But despite falling behind after 90 seconds this Park side didn't seem phased and got back to playing their own game and drew level after twenty minutes when Stefan Okunbor headed home from a Ferdia O'Brien free kick which rebounded off the bar after a great save by the Regional keeper. The remainder of the game saw both sides battling hard with neither able to get a winner and it went all the way to penalties. The Park did have a great chance to take the lead but missed from the spot at the end of the first half.

So there was some trepidation amongst the huge crowd as the shoot-out started.

Regional went first and scored and it looked bleak when Gearoid Savage saw his effort go over the bar. However Regionals next penalty also went over the bar and Jesse Stafford Lacey made no mistake to level it at 1-1. Conor Hurley then saved Regionals next penalty and Jamie Clifford gave The Park the lead at 2-1, after three penalties each. Regional scored their next as did Ferdia O'Brien to make it 3-2 with one penalty each remaining. Regional made no mistake to level it at 3-3 and Sam Tarrant had the chance to win it but unfortunately saw his spot kick just miss the target. Into sudden death and Regional take the lead 4-3 but Kieran Carmody scored to level it at 4-4. Then Conor Hurley wrote his name in Park folklore when he dived full length to push a ball the was heading for the top corner over the bar. Karl Mullins then made the long walk up and after placing the ball it rolled of the spot two times but he calmly slotted the ball home to sending the players, management and supporters wild. Never before have there been scenes like this

after a game involving the Park but it was truly deserved for a great squad and managers Graeme O' Sullivan and David Magee will relish trying to topple the Dublin boys in the final.

WFAI 14's Cup success for Killarney Celtic:

The Killarney Celtic 14's Girls side made their debut in the WFAI Umbro Cup a winning one when they proved too strong for Tulla United from Clare. The majority of this Celtic girls side won the Munster Cup last season and are now hoping for a good run in this competition. 3 teams from Munster will qualify for the Last 8 in the country and Celtic are one round away from the Open Draw.

Hannah O'Donoghue was the top scorer for Killarney Celtic with Ciara O'Brien, Anna Clifford and Elena Martinez also getting on the score-sheet.

KERRY CUP'S: As we enter May the thoughts turn to the latter stages of the Leagues and the first of the Cup finals. This week saw the line-up for the John Murphy 12's and Tom Hayes 14's Cup finals decided. Both of these finals take place this Sunday in Killorglin with St Brendan's Park contesting both. In the younger age group they face Killarney Celtic while the 14's will take on Listowel Celtic.

JOHN MURPHY 12'S CUP: In the semi-finals of the John Murphy 12's Cup The Park were too good for Castleisland and went through thanks to goals from Nathan Gleeson, Mervyn Shalemba. Conor Walsh and Junior Ankomah. Killarney Celtic join them in the final after they got past Ballyhar at Celtic Park. Alan and Cian Dineen got three between them with Cian getting the 2. Niall McGillicuddy and Ryan O'Grady were Celts other scorers.

TOM HAYSE 14'S CUP: The Park 14's emulated their u12 teammates as they too booked their place in their final. They did so with a 7-0 win over Inter Kenmare. Michael Slattery, Kieran Browne, James Burke and Robin McCarthy were the goal-getters.

Listowel Celtic had goals from Jake Kelly, Cillian Spillane and Sean Keane in their 3-1 semi-final win over Killarney Celtic.

The 12's will get the Kerry Cup Final's season underway when the John Murphy 12's kicks off at 12 noon followed by the Tom Hayes 14's at 2pm.

13'S CUP SEMI-FINAL: Killarney Celtic are the first team into the final of the 13's Cup as they defeated Mastergeeha 6-1. However the score-line flatters Celtic a little as they were only 2-1 up after 45 minutes but a deflected shot sneaked in for an own goal opening the gap to 3-1 and Mastergeeha could not find a way back. Ryan Kelliher was the games top scorer with a hat trick. Patrick D'Arcy and Micheal Lenihan were the other scorers either side of the own goal. Dylan Murphy was the Listowel Celtic scorer.

15'S CUP SEMI-FINAL: The first of the finalists in the 15's Cup is Killorglin after they defeated Listowel Celtic 3-1. Gary Mathews, Keelan Cahill and Conor Standen were the winners scorers while Eddie Browne replied for

Listowel Celtic.

League:

DALY'S SUPERVALU 13 DIVISION 2: With leaders Camp odds on to take the title second place is still up for grabs but Killorglin have taken a huge step towards securing it thanks to a 5-2 win over their nearest challengers. The win sees them open a 6 point gap with a game in hand.

Eathan Coffey and Eathan Garsiea both scored two goals each with Gabriel Griffin netting the 5th. Carl Dziedziuch and Tony Duggan replied for The Park.

Fourth placed Fenit are probably too far back to mount a challenge on the top two spaces but to their credit they battled very hard to take another three points. There were 2-0 down to Asdee whose goals game from Conor Twomey and Barry O'Neill. But then Cian Donnellan grabbed hold of the game a netted a hat trick to give his side all three points which was hard look on a gallant Asdee side.

FOUNDATION SPORTS 14 DIVISION 1:

1: Killarney Athletic went into their game against Killarney Celtic B knowing that a win would give them the upper hand in the battle for second behind Camp. A 4-2 win sees them move onto 23 points from 11 games played. Killarney Celtic B's loss means they finish on 21 but Mastergeeha are on 20 points with a game in hand over Athletic B so second place is not secured yet. Jason Coffey with 2 and Reece Hegarty and Ruairi O'Keffee with one each were the scorers that gave Athletic the three points. Keelan Deegan and Evan Jones replied for Killarney Celtic B.

KILLARNEY PLAZA 15 DIVISION 1:

Castlemaine and Inter Kenmare played out a 2 all draw in midweek with Lee Lenihan getting both goals for Athletic, his second equalising after Castlemaine had gone ahead. Listowel Celtic B were 5-1 winners at home to Inter Kenmare at the weekend. Donal Hunt 2, Michael Kirby, Jack Boland and Dean Halpin scored for Listowel Celtic with Dillon O'Connor replying for Inter.

CALL UP'S CONTINUE: It was another good week in the International career of two of our brightest stars. Jesse Stafford Lacey continues his involvement with the Irish u16 side as he is part of the squad that are heading to Switerland in two weeks for the UEFA Development Tournament. Ireland will play Austria on the 13th, Switzerland on the 14th and Croatia on the 16th. Ireland hosted this tournament last season and topped the group which included Germany.

Savanna McCarthy's Ireland career is going from strength to strength and following her great exploits with the U19's she is now called into the Senior side. They travel to Bilbao in Spain to take on a Basque Country X1 in a friendly on Saturday, May 10th. This will be great preparation for Savanna as she builds up to the UEFA Finals later in the year.

RING OF KERRY GOLF

CLUB RESULTS

MAY BANK HOLIDAY SINGLES STABLEFORD

1st: Jim Hyde (18) 39pts ocb.

2nd: David Kerins (7) 39pts.

3rd: Henk Bons (6) 38pts.

LADIES OPEN EVENT

1st: Kathleen O'Shea (17) 26pts.

2nd: Delia Long (31) 23pts.

3rd: Patsy Miles (36) 22pts.

UP COMING FIXTURES:

Singles Stableford GOTY.

PARKNASILLA GOLF CLUB

RESULT LADIES: SATURDAY STABLEFORD:

1st Therese O'Leary (33) 37 pts.

2nd Mairin Martin (15) 31 pts.

FIXTURE: Charity Shield 12 holes stableford, open, men and ladies, until Sunday May 11th.

CASTLEROSSE GOLF

RESULTS: COMPETITION PLAYED ON SUNDAY 4TH MAY 18 HOLE STABLEFORD.

Winner Roger O'Sullivan (14) 43pts, Runner up Gene Cronin (14) 43pts.

FIXTURES: 9 Hole Scramble on each Thursday evening, meet at 5.45pm, tee off 6pm sharp. Open to all Golfers Ladies & Gents.

Next weekend, 18 Hole Strokeplay, Play Friday, Saturday or Sunday. Use time sheet to register.

KILLARNEY GOLF CLUB

LADIES

RESULTS FOR EXCHANGE DAY AT DOOKS GOLF CLUB SUNDAY 4TH MAY, 2014, 3 PERSON TEAM, FORMAT WALTZ, 1:2:3 SPONSORED BY CORKERYS BAR, KILLARNEY.

1st, Joan Fleming (36) Katie O'Connell, (34) Kathleen Healy (36) 80 points.

2nd Irma Clifford (18) Annemarie Galvin (20) Noreen O'Callaghan (15) 77 points.

3rd Liz Downey (18) Mary O'Neill (25) Margaret Curtin (29) 75points.

Senior Cup will be played on the Killeen Course, Saturday and Sunday next the 10th and 11th May, 2014.

DEERPARK PITCH & PUTT NOTES

COMPETITION RESULTS TO DATE AS FOLLOWS--THURSDAY MAY 1ST 2 BALL SCRAMBLE.

Betty O'Brien and Aidan O'Keeffe.

SUNDAY MORNING 3 BALL SCRAMBLE

Jason O'Brien, John Murphy and Eileen Switzer. Regular competition on this Sunday Morning 10 AM and on Wednesday evening 7pm. Open to adults and juveniles. Entry 3 Euros.

NATIONAL INTER - CLUB COMPETITION

Our Inter/ Junior Gents team made a tremendous comeback in their second match of the competition against Castleisland in Tralee last week. They trailed 2--5 after the Scotch Foursomes with the match having to be postponed for a number of nights owing to the terrible weather conditions. When it resumed

however they completed a fine comeback in the Singles winning 4--5 out of a possible six points to win the match 5--4 overall. Well done to James Fleming, Aidan and Kieran O'Keeffe Johnny & Jason O'Brien St John Kelliher, Hugh O'Sullivan and Creagh Courtney on their achievement.

NATIONAL MATCHPLAY: Well done to Damian Fleming, and Jason O'Brien on securing their places in the National Matchplay Finals on June Bank Holiday Weekend. Commiserations to John McGrath and Michael Foley on missing out in joining them there.

IRISH OPEN: Best Wishes are extended to Damian who defends his Irish Open title at Glenville Dublin this weekend. Damian is joined by Conor McCarthy, Creagh Courtney, John n & Jason O'Brien, Ger Casey, Michael Foley and James Fleming at the event in Tallaght this weekend.

CONOR MCCARTHY FUNDRAISER: The club will be hosting a special competition in order to raise funds for Conor McCarthy ahead of his trip to Catalonia with the Irish team in June. It will take place on Sunday morning May 18th with details to follow.

SPORTS PREDICTOR: All entries for the club SPORTS, PREDICTOR competition to be submitted by this Sunday evening 7pm. Any queries re-same can be addressed to Colm at 087-7673742 or Aidan at 086-3364705

BEAUFORT GOLF CLUB

(MEN'S RESULTS)

27TH APRIL - 1ST RD GOTY - SPONSORED BY CLIFFORD GROUND CARE.

1st Mike Quirke (14) 66 Nett.

2nd Shane O'Sullivan (6) 70 Nett.

3rd Pat Tangney (20) 74 Nett.

3RD/4TH MAY - 18 HOLE STABLEFORD - SPONSORED BY TREYVAUD'S RESTAURANT, KILLARNEY AND DALY'S SUPERVALU, KILLARNEY

1st Jim O'Leary (16) 40 pts.

2nd Dan Moynihan (6) 37 pts.

3rd Derek Lyttle (21) 37 pts.

FIXTURES: 10th/11th May - Monthly Medal (Stroke - Blue Tees). Sponsored by Quirke Quarries.

Best of luck to Beaufort Bruen Team at Skellig Bay at the weekend.

Club Scramble Starts Wednesday 7th May at 5.45pm.

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

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

MURPHY'S GOLF SOCIETY

The next outing of the Society will be held on Friday 16th May from 2.15pm - 3.45pm. at O'Mahony's Point. Timesheet on display in Murphy's Bar. Don't forget your matchplay games.

KILLORGLIN GOLF CLUB

WEEKEND RESULTS

TEMMLAR SCOTCH FOURSOMES - RE-ENTRY:

1st - Mike J O'Sullivan & James Doherty - 64 net.

2nd - Mike Lawlor & Ivan Hickey - 65.5 net.

3rd - James Doherty & John Paul Doherty - 66.5 net.

BEAUFORT GOLF CLUB

(LADIES BRANCH)

RESULTS

3RD/4TH MAY - 1ST ROUND GOTY - SPONSORED BY JOSEPHINE O'SHEA.

1st Noeleen Mackessy (26) 73 Nett.

2nd Joan O'Sullivan (23) 73 Nett.

3rd Peggy O'Riordan (33) 83 Nett.

FIXTURES: 10th/11th May - 18 Hole Stableford - Sponsored by Peggy O'Riordan.

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

Club Scramble Started Wednesday 7th May at 5.45pm.

KENMARE GC.

RESULTS

GENTS: PRESIDENT'S [MR COLEY KEATING] PRIZE

1st Seamus O'Brien [13] 45pts.

2nd Johnny Allen [25] 43pts.

Best Gross Rory O'Sullivan [6] 74.

3rd Edward O'Sullivan [9] 42pts.

4th Aindriu O'Sullivan [16] 41pts.

Past President Dave O'Dwyer [14] 39pts.

Cat 1 John Sweeney [10] 39pts.

Cat 2 Donal Herlihy [16] 38pts.

Cat 3 Frank McGonigle [24] 38pts.

Front 9 John Duggan [5] 21pts.

Back 9 Flor Cronin [15] 23pts.

Longest Drive James Murphy.

Nearest Pin John Sweeney.

Senior Paddy Rodgers [19] 35pts.

Guests Mike Keating.

LADIES:

1st Mary R O'Sullivan [23] 37pts.

2nd Angela Cronin [24] 35pts.

3rd Stephanie Gaine [27] 35pts.

ROSS GC

KILLARNEY, GENTS CLUB: On Sunday April 27th we held a prizegiving in Linehan's Bar, College St for some recent competitions.

This was a good social night for the club and was well attended. We would like to thank Han Linehan and her staff for their hospitality and for their sponsorship.

CLUB MATCHPLAY: As part of that event we held the draw for the Killarney Medal & Trophy Centre Club Matchplay and the details of the draw are now on the noticeboard. Please note that all preliminary round matches must be played by May 28th.

JIMMY BRUEN TEAM: Best of luck to our Jimmy Bruen team who will be in action in Skellig Bay next weekend in that competition.

KILLARNEY RACES: We would like to wish Killarney Race Co the best of luck for a successful May meeting on May 11th, 12th and 13th. All members should note that half price admission tickets to the Races can be obtained in advance of the races from the clubhouse. On May 18th we will hold the final of the MD O'Shea Spring League, more details later.

SYMPATHY: We would like to extend our sympathy to the family of recently deceased Ross GC member, Kevin Hall R.I.P.

ROSS LADIES GOLF CLUB NOTES

RESULTS: SUNDAY MAY 4TH 18 HOLE SINGLE STABLEFORD COMPETITION, KINDLY SPONSORED BY KENNELLY'S PHARMACY. 1st Lisa Kerfoot (19) 38pts, 2nd Betty O'Farrell (18) 34pts, and 3rd Lady Captain Mary Cronin (24) 31pts.

UP COMING COMPETITIONS: Sunday May 18th Captain Aidan's prize to the ladies. This competition is kindly sponsored by Captain Aidan and Christy's. Sunday May 25th 18 hole competition, kindly sponsored by Professional Mark Heinemann. Time sheets for competitions in the locker room.

NOTE: There will be no competition on Sunday May 11th due to the races and the ladies club wishes the race company the very best of luck with the race meeting which takes place from Sunday May 11th to Tuesday May 13th.

KILLARNEY GOLF CLUB

MEN: CAPTAIN'S CHARITY DAY IN AID OF IRISH KIDNEY ASSOCIATION KILLEEN 4/5/14

1st Pat Fleming (16) Tim O'Meara (15) Mike Foley (9) James O'Neill (3) 92 pts.

2nd PJ Piggot (15) Jer Coleman (15) Ed Coleman (13) Jer Galvin (10) 91 pts.

3rd Donal O'Sullivan (7) John O'Brien (8) Alan Nagle (15) Brian Holden (19) 90 pts

4th John Twomey (18) Michael Dennehy (20) Denis Hickey (15) Ger Keating (18) 89 pts

Next Competition is Singles V Par Mahony's Point.



CONNIE BROSAN (THIRD FROM LEFT) CHAIRMAN IRISH KIDNEY ASSOCIATION KILLARNEY BRANCH WITH (FROM LEFT) NOEL GREALISH, CLLR TOM DOHERTY KILLARNEY, MICHAEL KAVANAGH DINGLE, MICHAEL FIELD AND TOM KAVANAGH DINGLE AT THE PLANTING OF A TREE AT KILLARNEY GOLF AND FISHING CLUB IN APPRECIATION OF THE SUPPORT BY THE MEMBERS OF THE CLUB FROM THE IKA KILLARNEY BRANCH.

OUTLOOK ON THE STATE EXAMINATIONS

Look after your body as well as your mind!

(By Billy Ryle)



With the state exams getting under way shortly, it's important to keep an eye on your physical fitness. Counteract any nervousness by using a few simple relaxation techniques. Stress and anxiety are related to muscular tension. So by using a relaxation technique to reduce tension in the muscles you will also reduce stress and anxiety. An effective one is to close your eyes and inhale a few comfortable deep breaths. Hold each breath for a few seconds. Then breathe out, slowly and quietly. As you breathe out say 'relax' to yourself and you will feel the tension flowing out of your body. Open your eyes and then carry on with your study. This simple but effective relaxation technique can be done in about two minutes and can also be used for periodic breaks during the exam itself. Study and revision can be demanding. The pressure, which some candidates experience around exam time, is a good reason to maintain a level of physical fitness. In the context of an exam, physical fitness is every bit as important as mental alertness. A regular exercise programme is a great way to burn off tension. It relieves stress and is good for the self-confidence. Exercise is a welcome break from the demands of regular study. Set aside an hour two or three times a week to exercise in order to keep in good physical shape. The amount of active exercise you take depends on yourself. Strenuous, competitive exercise is not advisable before and during the exam period as it results in fatigue. An exercise programme results in a feeling of well-being. It helps you to sleep soundly, to build up stamina and endurance and leads to improved concentration. A well-balanced nutritious diet is important around exam time when you need high reserves of energy. Ensure that your mind is clear and alert with a diet that is high on protein, carbohydrates, unsaturated fats, vitamins, minerals and energy. Take three substantial, but not too heavy, meals each day. Enjoy a high-fibre breakfast to keep the digestive system functioning normally. Eat a healthy dinner, which contains constituents such as vegetables, potatoes, rice, pasta, salads, chicken, fish or lean meat. Take a regular evening meal of brown bread, eggs, cheese and related high protein based foods. Rather than having three very heavy meals you might prefer to supplement your main meals with a few nutritious snacks made up of yoghurt, fruit, cheese and the like. Don't over indulge in junk food. Drink at least two glasses of milk daily as well as plenty of cool fresh water to avoid dehydration and to keep the fluid levels high. Be moderate in your use of artificial stimulants such as tea and coffee, which contain caffeine. Keep a clear head by abstaining from alcohol before and during the exam period. Aim to get eight or nine hours sleep each night. A tired mind, however brilliant, cannot perform at its best. So the importance of an adequate amount of sleep cannot be over emphasised. Long hours of study into the night can be counter- productive and energy sapping. Rather than burning the midnight oil go to bed at a reasonable hour to ensure that you get sufficient rest. Be particular about your personal hygiene, especially in warm weather. If you feel fresh and comfortable your mind will focus better on the task in hand. Hang up your uniform after school and change into casual clothes before you settle down to evening study. As the tension of the day often manifests itself in the feet, change from your school footwear to lighter more comfortable footwear. Always set aside sufficient time for a regular shower or bath. A fresh effervescent feeling will help you to meet the demands of study and examinations.

In the next article, I will look in detail at examination techniques.

CHECKLIST

- Build short relaxation exercises into your daily plan
- Physical fitness is every bit as important as mental alertness
- A regular exercise programme helps to burn off tension
- Aerobic exercise induces a feeling of well-being
- Strenuous, competitive exercise before an exam may cause fatigue
- A well balanced nutritious diet is a source of energy
- Keep fluid levels high to avoid dehydration
- Be moderate in your use of artificial stimulants such as tea and coffee
- It's important to get eight or nine hours sleep every night
- Instead of burning the midnight oil go to bed early
- Good personal hygiene keeps you fresh and comfortable

Billy Ryle is a Career Guidance Counsellor and freelance writer.



#lovekillarney



INFANT CARRIERS

Newborn babies can't support their heads until the age of about six weeks. Therefore a child seat for this group must be rear facing, designed to support the head, neck and back evenly. From the point of view of safety it is better to keep children in rear facing restraints for as long as possible.

- The smaller 'Group 0' seats can be used for children up to 10kg, a weight most will reach at around 6-9 months.

- Many now meet the requirements of the more recently introduced 'Group 0+' though and are suitable for children up to 13kg (around 12-15 months), allowing you to keep the child in the safer, rear-facing position for longer.

- Many infant carriers/baby seats are fitted using an adult lap and diagonal belt whilst the child is restrained by an integral harness. No additional fixing kit is required so these seats can be easily moved from one car to another.

- A growing number of infant carriers on the market can be fitted using the ISOFIX system - typically a 'base' with a front support leg to prevent forward rotation attaches to the car and then the infant carrier is simply 'plugged-in' to the base.

- If you're considering an ISOFIX restraint check the vehicle handbook and child seat application list carefully first. This will ensure that you buy an ISOFIX 'category' and 'size class' compatible with your vehicle. Consider 'two-way' seats.

- A cost saving option is to buy one of the 'two-way' seats. These are rear-facing for the first 9 to



12 months and then, after a few adjustments, forward-facing for a child in the next weight range (Group 1).

- Two-way seats are a compromise; they are generally heavier and less convenient to use than normal infant carriers and their fitting instructions can be complicated.

- Misfitting is most common with two-way seats.

CONVENIENCE

- Carrying handles are essential and convenient. A sleeping child can be carried to and from the car and doors can be unlocked more easily.

- Consider buying an infant carrier that is part of a travel 'system' allowing you to transfer

the child from the car to a buggy/pushchair without disturbing them.

- Check that the adult belts are long enough. Make sure the restraint can be installed in your car correctly and that it will sit securely at a comfortable angle for the child.

- Avoid harness adjusters located high on the straps. They can cause discomfort to a baby who falls asleep lying against them. You'll be adjusting the harness regularly as the child grows so look for systems that are quick and convenient.

- Check how easy the cover is to remove and replace. You'll have to remove it for cleaning at some point.

RELEASING BUCKLES

How to stop children undoing their seat belts: Most children will eventually find they can undo their seat belt. So why don't they make seat belts that can't be undone by a child? This is because it must be possible to release the belt in an emergency, quickly and easily.

At worst this might be with a car inverted in a ditch at night, with access at arm's length through a window, or by a person in shock, unfamiliar with such equipment.

Any form of 'Chinese puzzle' is out. The catch cannot be hidden, must be obvious and accessible and must not require a large force to release it.

A different type of catch, perhaps a friend's

seat, may not be undone as easily as one with which a child is familiar but this is usually only temporary. Given the right conditions they will soon get the knack.

Don't be tempted to make additional security attachments to the buckle. Anything like this will inevitably compromise safety and again tends to be only temporarily effective, presenting a new challenge rather than solving the problem.

DIVERTING THE CHILD'S ATTENTION

Rather than trying to persuade your child that the buckle cannot be undone, try persuading them that there is no advantage in doing so. These are techniques you might like to try.

- Show that the car does not go (or soon stops) with the belt undone.

- The best time to start this approach is when you get a new seat (or perhaps when a car is changed). But remember to do it when there is no deadline for the journey.

- If the child is old enough to really want to get somewhere, that's ideal. Try telling the child that unless the seat belt is fastened, they won't get to the party, zoo, etc.

- A raised seat can also be some help, as it will increase your child's field of view.

- A 'play tray' attachment can provide some distraction and may make the buckle less tempting.

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- 09 Kia Procead 1.6, Alloys, Fogs, 3dr H/B
- 08 Ford Mondeo 1.8TDCi, Zetec
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- 06 VW Passat 1.9TDCi, Green, NCT Tested
 - 06 Citroen C5 1.6HDI, 106k, 1yr Test
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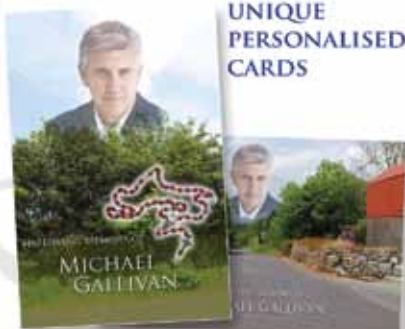


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EMBRACING LIFE'S CHANGES

I just wanted to say a quick "Thank you" to Billy O'Sullivan at the Heartbeat group in Killarney for inviting me to speak at his meeting the other week! Thanks also to everyone who came along. I loved your company! The topic was on coping with life's changes be they small or profound. One of the things that I took away with me was how extraordinary we all are. The only constant thing about life is that it will change and so will we. The key is in learning how to navigate those changes so that you allow them, grow from them and dare I say it embrace and welcome them. The struggle happens when we resist what is happening – when we desire it to be different from what it actually is. When we are aware of something that is changing and acknowledge it we are more able to accept it. We can then adapt and finally take some kind of positive action. As a coaching tool I like to use my 5-point plan to flow with changes. It goes as follows:

Awareness – Create more awareness of what is changing – become clearer about what is happening and what you are feeling.

Acknowledge – This is owning that something has to change, has changed or is in the process of change.

Acceptance – where you stop fighting for the old and begin to think of how to build the new.

Adaptation – What does this change mean for you? What have you learned? What can you do? How can you think positively? What needs to be let go of? What needs to be created?

Action – Take steps to manage the change and flow with it. Put in a plan or a strategy to see you through – baby steps are good here!

Do join me at my next Life Lounge! My guest is Parent Coach, Joan Barrett! It's on Wednesday 28th May (7.30 – 9.30pm) at the Meadowlands Hotel, Tralee.

Please call me or email to reserve your seat! Admission fee is €15.00 (payable on the night).

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HELP THE BEES WITH THIS DIY BEE WATER GARDEN!

By now we must all be aware of the massive loss of bees as a result of pesticides etc and we are also aware that one third of the human food supply depends on insect pollination, most of which is accomplished by bees. We need to do all we can to help our bee population bounce back and grow. One of the ways we can help the bees is provide them with clean water.

This simple project you can do with your children (or a class) will help provide bees with an easily accessible water source.

MATERIALS

Stones (large and small)

A large shallow bowl

Clean water

Have your children collect stones from the yard or other areas. Make sure they get stones of different sizes. If you collect them from areas that you're not sure are pesticide free, soak them in a 50/50 mixture of vinegar and water overnight and rinse thoroughly.

Arrange the stones in a shallow but wide bowl (like a pasta bowl). Make sure that there are big stones and small stones mixed in with one another—the bees need stones to stand on to access the water.

Fill the bowl with fresh water so the rocks are half covered. Place the bowl outside in your yard. If you have a flower garden place the bowl in the garden or close to it. Bees have a hard time finding fresh water so if you place it near an area where they normally travel to you make it easier for them to find. There's no need to replace the water or rinse off the green scum that may develop — this helps make it easier for the bees to find.

WHY DO BEES NEED WATER?

Bees use water for various purposes in the hive — in the summer they use the water to cool the temperature down, and in the winter they use it to help decrystallise the honey.

Bees do not store water. They retrieve it when

they need it.

A single hive can use up to one litre of water a day on hot days.

Baby bees (larvae) need water in the hive to survive so the nurse bees can produce the proper food for the larvae.

The water cools the hive by using evaporative cooling. The water comes into the hive and is placed in specific locations and the worker bees in the hive fan their wings basically creating air conditioning.

WORLD'S OFFICIAL OLDEST LIVING MALE, ARTURO LICATA DIED AT AGE 111

Arturo Licata, an Italian man who managed to earn the title of the oldest male person living, a title he earned in February following the death of Spanish Supercentenarian Salustiano Sanchez, passed away in his home on April 24th 2014.

Mr. Licata who was born on May 2, 1902 in Castrogiovanni (now Enna), Sicily made a living in the world of business following 18 years of service in the Italian Army. His wife Rosa passed away in 1980. Mr. Licata is survived by seven children, eight grandchildren and four great-grandchildren. World record watchers are curious to know who the next world's oldest living male might be. According to the Gerontology Research Group (GRG) there might a good chance that the next record holder is living in the USA. That man is 111-year-old Alexander Imich, a Polish-born American chemist and parapsychologist.

According to GRG, since Mr. Licata's death, only two men have been recognised for being over 110 years old with the remaining 69 supercentenarians all being women.

As recognised by Guinness World Records, the current World's oldest living person is a 116-year old Japanese woman named Misao Okawa, who is one of only 5 living people who have lived in three different centuries.

FEMALE FETICIDE AND BRIDE BUYING

In the rural areas of India, many families prefer boys over girls, and this preference has resulted in a staggering number of female feticide. Mothers who find out the sex of her baby through ultrasound are sometimes blamed for birthing a girl and these babies are often killed through suffocation or drowning. The ratio between men and women is also becoming a problem and some bachelors are telling politicians to find them brides to win over their vote. Agricultural regions in northern India are facing the worst of this problem, and many of the locals have written to their politicians to solve the problem. The region of Jind has been in the spotlight because of its sex ratio of 871 women to 1,000 men, but the nation as a whole suffers greatly from this problem. Females in India are not valued as much as men because Indian cultures demand that the bride's family pay a dowry, and that giving away a daughter means that the family is losing money. Men however, are highly valued because they will continue to provide for their families and offer care to their elderly parents. An expensive dowry and wedding also make families hesitant to have a girl.

And while the ratio between women and men seems to be getting better in India, the ratio of boys to girls is getting worse. Several districts in India have reported a steady rise of girls disappearing. It's believed that hundreds of thousands of girls are being killed because of this preference. A ban was set in 1994 to protect women and girls from this atrocity called the Pre-Conception and Pre-Natal Diagnostic Techniques Act but it hasn't been proven to be effective. Many health officials are unaware of its provisions, and even if they are, doctors and their patients will abort the child in private.

THIS WEEKS QUOTE

"I do not believe that a child can be reformed by lock and key and bars, or that fear can ever develop a child's character." Father Edward J. Flanagan who was born in Co. Roscommon on July 13, 1886 and founded Boys Town in Omaha, Nebraska in 1921.

ON THIS DATE – MAY 9TH

1092 - Lincoln Cathedral was consecrated.

1502 - Columbus left Spain on his 4th and final trip to New World.

1573 - Polish Parliament selected duke of Anjou as king.

1671 - Clare born Colonel Thomas Blood (1618-1680) disguised as a clergyman stole the Crown Jewels from the Tower of London, but was captured shortly afterwards.

1766 - John Byron back in England after trip around the world.

1785 - Joseph Bramah received British patent for beer pump handles.

1836 - HMS Beagle with Charles Darwin departed Port Louis, Mauritius.

1828 - Birth of Charles Kickham, rebel, novelist, poet, journalist and member of the Irish Republican Brotherhood.

1877 - Mihail Kogălniceanu read, in the Chamber of Deputies, the Declaration of Independence of Romania. This day became the Independence Day of Romania.

1916 - James Connolly's wife and daughter visited him in Kilmainham jail where he lay seriously wounded.

WELL DONE TO CHINA

It's well known that much of the world's massive illegal wildlife trade ends up in China, including poached tigers, pangolins, and bears. But now those who order pangolin fetuses, tiger blood, or bear bile at a restaurant or market may see significant jail time. According to a reinterpretation of Chinese law by the Standing Committee of the National People's Congress (NPC), consumers of some 420 rare or endangered species in China could be sentenced to over ten years depending on the offense. "Buyers are a major motivator of large-scale illegal hunting," said Lang Sheng, Deputy Head of the Legislative Affairs Commission of the NPC Standing Committee. Trading in rare or endangered species as already illegal in China, but the new interpretation of the law adds consuming, or eating, such species as "trading," making consumers directly liable. President Xi's administration has stated its intent to increase environmental protection and last year they banned shark fin from all state banquets. In January they publicly crushed seized ivory. State media supported the world's largest demand reduction campaign for wildlife developed in partnership with WildAid and led by Yao Ming and Jackie Chan.

CHURCH NEWSLETTERS

As a person that types a Parish Newsletter myself and have made some disastrous mistakes in my time I was delighted to discover that I am not alone. The following sentences actually appeared in church bulletins or were announced in church services:

- ∴ The Fasting & Prayer Conference includes meals.
- ∴ The sermon this morning: "Jesus walks on the Water." The sermon tonight: "Searching for Jesus."
- ∴ Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.
- ∴ Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- ∴ The peacemaking meeting scheduled for today has been cancelled due to a conflict.
- ∴ Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.
- ∴ For those of you who have children and don't know it, we have a nursery downstairs.
- ∴ Next Thursday there will be tryouts for the

choir. They need all the help they can get.

- ∴ The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."
- ∴ Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- ∴ At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.
- ∴ Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- ∴ Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- ∴ Please place your donation in the envelope along with the deceased person you want remembered.
- ∴ The church will host an evening of fine dining, super entertainment and gracious hospitality.
- ∴ Potluck supper Sunday at 5:00 PM - prayer and medication to follow.
- ∴ The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- ∴ Don't let worry kill you off - let the Church help.
- ∴ This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- ∴ The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- ∴ The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

DOLPHINS COMFORT MAN LOST AT SEA

A man from Vietnam is alive and well after having spent more than a day lost at sea, a fact he credits in part to the comfort he received from a pod of friendly dolphins. Tran Minh Sang was aboard a fishing vessel in the Palawan Sea recently when he took a misstep and fell overboard. By the time his crew-mates noticed he was missing and backtracked to find him, Mr. Sang had already drifted out of sight. Over the hours that followed, he floated on his back in the churning waves, saddened to think about his 15-month-old son growing up without him. As all hope began to seem lost, Mr. Sang prayed for whales to come to help him - a customary invocation among Vietnamese fishermen during times of distress - and sure enough, in the depths of loneliness and desperation lost out at sea, Mr. Sang was soon met with visitors who were instrumental in buoying his spirits. "After I prayed for the help of whales, a school of dolphins showed up. They surrounded me and somersaulted on the water," said Mr. Sang. "At that time, I believed that I would be saved, and so I calmed down again." With that apparent omen to assure him, the fisherman managed to cling to life through

the night despite the direness of the situation. By the next morning, after 25 long hours adrift, Mr. Sang was fortunate enough to be spotted by a passing boat - a cargo ship called the Lucky Dolphin - that ended the fisherman's harrowing ordeal. As remarkable as Mr. Sang's story is, this isn't the first time dolphins have come to the help of humans in need. There have been numerous instances of pods arriving to lead lost swimmers back to shore and even to ward off attacks from sharks. A few weeks ago, a long-distance swimmer traversing Cook Strait in New Zealand spotted a large great white shark in the water beneath him - but suddenly found himself surrounded by a pod of almost a dozen dolphins that continued to escort him for more than an hour.

GOOD NEWS

Most people will do anything for their own sick pet, but one couple went the extra mile for someone else's. Recently a bartender at the Holiday Inn in Clinton, New Jersey, was serving drinks when a couple of friendly customers asked her about her paw print tattoo. Like most pet lovers, she was happy to talk about how she volunteers for a local dog rescue and dotes on her beloved Great Dane-Lab mix, Tucker. But that night she was worried about Tucker. He had swallowed a plastic ball and was at the vet hospital after he'd undergone emergency surgery earlier that day. The trio chatted about how expensive vet care could be, and the bartender told the couple that she'd do whatever it took to pay for the surgery, even if it meant selling her car. The bartender, who works three jobs to support her family, thought that was the end of the conversation, but she was wrong. Later, when the couple paid their bill, they added a \$1,000.00 tip onto their \$80.00 bill. The bartender couldn't believe it. "I went back and said, 'Sir, I cannot accept this, what is this for, why would you do this?' The man thanked her for the work she did for homeless pets and told her to put the money towards Tucker's medical bill. Before they left, they asked that she keep their name private and told her they'd be praying for Tucker's recovery. Tucker did recover and his owner was so touched by their gesture that she posted the story about her anonymous benefactors on Facebook. She has since received messages from all over the world from people who were also touched by the pair's generosity. "I would also love nothing more than to publicly thank this couple in front of the world," she wrote on her page. "I've never seen a random act give so many people so much hope."

FINALLY THIS WEEK

A woman went to the post office to stock up on stamps. She said to the clerk, "May I have 50 stamps please? The clerk says, "What denomination?" The woman says, "God bless us, has it come to that? I'll have 18 Protestants, and 32 Catholics."



EXAM STRESS

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

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

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

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

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

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

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

budget your time realistically;

allocate the study time into several manageable study sessions;

divide the course material into small segments and assign them to the study sessions;

set clear and specific goals for the study sessions;

take into account your familiarity with the material and the difficulty level;

don't make the study sessions too long;

study sessions should have enough variety in terms of topics and activities to prevent boredom and loss of effectiveness;

avoid cramming before the exam; and

We will look at these tips in more detail in the next few weeks.

Remember if you feel stressed or overwhelmed, talk to a parent, teacher or counsellor, and don't be afraid to ask for help. At **SouthWest Counselling Centre, Killarney** we have a team of adolescent counsellors who can provide valuable support at this time. **Call (064) 6636416**

info@southwestcounselling.ie

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**

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Health Matters....

With Dr. Michael O'Doherty

VITAMIN D DEFICIENCY PART 2

Symptoms

- General vague aches and pains and a general sense of not being well are the common symptoms.
- In more severe deficiency (known as osteomalacia), there may be more severe pain and also weakness. Muscle weakness may cause difficulty in climbing stairs or getting up from the floor or a low chair, or can lead to the person walking with a waddling pattern.
- Bones can feel painful to moderate pressure (often more noticeable in the ribs or shin bones). Not uncommonly, people have a hairline fracture in the bone which is causing tenderness and pain. Bone pain often also occurs in the lower back, hips, pelvis, thighs and feet.

How is vitamin D deficiency diagnosed?

It may be suspected from your medical history, symptoms, or lifestyle. A simple blood test for vitamin D level can make the diagnosis. Blood tests for calcium and phosphate levels and liver function may also show changes linked to a low level of vitamin D.

What is the treatment for vitamin D deficiency?

The treatment is to take vitamin D supplements. This is a form of vitamin D called ergocalciferol or calciferol. Vitamin D can be given as an injection or as a medicine (liquid or tablets). Your doctor will discuss the dose, and best treatment schedule, depending on your situation, age, severity of the deficiency.

Cautions when taking vitamin D supplements

Care is needed with vitamin D supplements in certain situations:

- If you are taking certain other medicines: digoxin (for an irregular heartbeat – atrial fibrillation) or thiazide diuretics such as bendroflumethiazide (commonly used to treat high blood pressure).
- If you have other medical conditions: kidney stones, some types of kidney disease, liver disease or hormonal disease. Specialist advice may be needed.
- Vitamin D should not be taken by people who have high calcium levels or certain types of cancer.



Dr. Michael O'Doherty,
General Practitioner
and Occupational Health Specialist
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Killarney Outlook Notices

To assist you in choosing the perfect prayer, whether it is remembering a loved one, acknowledging a death, remembering the birthday of someone special who has passed away or a prayer of thanksgiving, Killarney Outlook offer you the following choices:

Sample Prayers



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DEBT REMOVAL PRAYER

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

NOVENA TO 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.

PRAYER TO PADRE PIO

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

ST. THERESA

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

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

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 times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. In thanksgiving. **J.K.O.C.**

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THANKS GIVING

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

NOVENA TO THE SACRED HEART

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



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