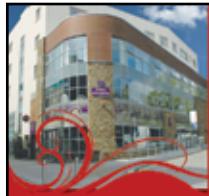


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Friday 10th - Thurs 16th Apr 2015

Movie	Start Date	End Date	Showtimes	Length	Rating	Price
PAUL BLART MALL COP 2	Fri 10th	Thurs 16th	2:15 4:15 7 Days	100m	(PG)	€10 €30
JOHN WICK	Fri 10th	Thurs 16th	7:00 7 Days	110m	(R)	€9.00
FAST AND FURIOUS 7	Fri 10th	Thurs 16th	2:15 4:15 7 Days	124m	(T)	€10 €30
HOME	Fri 10th	Thurs 16th	2:10 Sat/Sun 7 Days	70m	(G)	€10 €12.00 €30
CINDERELLA	Fri 10th	Thurs 16th	2:05 4:15 7 Days	120m	(G)	€10 €30
GET HARD	Fri 10th	Thurs 16th	7:00 7 Days	110m	(R)	€9.00
SPONGEBOB'S MOVIE	Fri 10th	Thurs 16th	2:15 4:15 Sat/Sun	100m	(G)	€10 €12.00
SHAUN THE SHEEP	Fri 10th	Thurs 16th	12:10 12:10 12:10	90m	(G)	
BIG HERO 6	Fri 10th	Thurs 16th	12:10 12:10	105m	(PG)	
PADDINGTON BEAR	Fri 10th	Thurs 16th	12:10	105m	(PG)	

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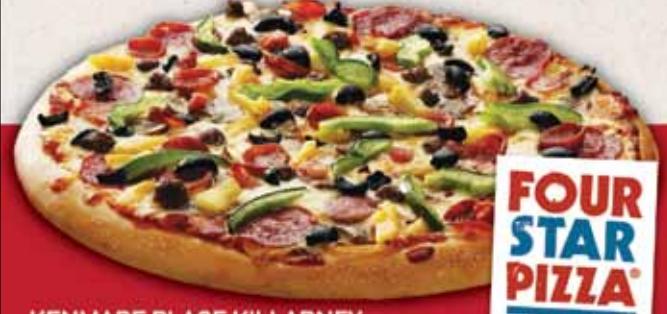
[www.cinemakillarney.com](http://www.cinemakillarney.com)

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## Celebration of Divine Mercy Sunday

12th April

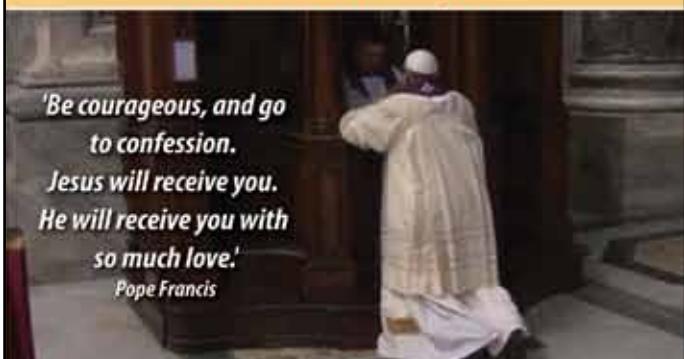
'Let no soul fear to come to me,  
even if its sins be as scarlet'.  
(Jesus to St. Faustina)



Jesus I Trust In You!

Ceremonies from 2.30pm in:  
**Church of the Assumption, Abbeyfeale**  
**Holy Cross Church, Kenmare**  
**St. James' Church, Killorglin**  
**St. John's Church, Castle St., Tralee**  
**St. Kentigern's, Eyeries**  
**St. Mary's Cathedral, Killarney**  
**St. Mary's Church, Tarbert**  
**St. Patrick's Church, Millstreet**  
**St. Peter & Paul's Church, Ballyduff**

Divine Mercy Prayer Meetings every Sunday  
in St. Peter & Paul's Church, Ballyduff at 3pm.  
Every Wednesday in the Church of the  
Resurrection, Killarney at 7.30pm.  
1st Friday's at St. Joseph's Church,  
Rathmore at 8.30pm.



# STUNNING NAOMI IS AN INSPIRATION TO ALL

"Don't quit, suffer now and live the rest of your life as a champion" – This is the motto that inspirational Killarney teenager Naomi Brosnan has vowed to live by after spending a gruelling six months in Cork University Hospital.

On November 5th 2014 Naomi, who is the daughter of Ciara and Martin Brosnan from



PICTURED AT THE KILLARNEY PLAZA HOTEL, NAOMI BROSNAH WHO HAS BATTLED ILL HEALTH RECENTLY WITH HER FRIEND WHO WAS ALSO A PARTICIPANT AT THE MISS KERRY FINAL, SAMANTHA ROCHE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Killarney was diagnosed with Burkitt's Lymphoma. The severe treatment that followed caused Naomi to lose her hair and endure four months in isolation – however, at Naomi's insistence, doctors at the hospital turned a blind eye at night when at all times one of Naomi's friends or family spent the night with her.

While Naomi has nothing but praise for staff at CUH she feels that there isn't enough support for teenagers with cancer. Her experience was extremely difficult and now Naomi wants to start a support group where people like her would visit teens with cancer just to show that you can come out the other side of the illness. Naomi is currently in remission and plans to sit her Leaving Certificate in June at St. Brigid's Secondary School, Killarney and hopes to do a PLC course in fitness afterwards. On Saturday night last, Naomi graced the catwalk at the Miss Kerry competition and secured a top ten position. She decided to enter the competition from her hospital bed on the day her hair fell out. "I just felt so ugly that day" said the stunning teenager. "I was looking at facebook and saw that my friend had entered it and I thought – why not – it would be something to look forward to". And Naomi certainly enjoyed



PICTURED AT THE KILLARNEY PLAZA HOTEL AND REPRESENTING THE KUBE BAR IN THE FINAL OF MISS KERRY, NAOMI BROSNAH WHO HAS BATTLED ILL HEALTH RECENTLY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

the experience. She had two dresses on the night – a full length dress from Virgo Lounge and a short gold dress from River Island. "The experience was great and I really enjoyed it – it was great fun to meet up with all the girls on the night".

Naomi has two sisters Cody, who is 19 and Jade who is 13 and a little brother Morgan who is 2. She truly is an inspiration to all who knows her.

## 99 RED BALLOONS FLOATING IN THE SUMMER SKY....

The 1983 hit 99 Red Balloons by German band Nena came to mind on Saturday last at St. Mary's Cathedral when Glowhearts 4 Crumlin released 99 red balloons into the sky as a promotion for their upcoming 80's and 90's disco in McSorleys.

Organiser extraordinaire Gillian O'Donoghue and her band of mums have set up an organisation to help parents of children with congenital heart defects.

The balloons were given to the charity by Heart Children Ireland and a Time to Party inflated them with helium on the day.

"We were delighted with the turnout on the day" said Gillian, "and the fact that many wore red was all the more special for us. It was a very emotional day," she added.



GILLIAN O'DONOGHUE, ORGANISER OF MANY 'GLOW HEARTS 4 CRUMLIN' EVENTS THROUGHOUT THE COUNTY IN THE LAST WEEK, PICTURED AT THE CATHEDRAL WITH HER CHILDREN EOIN, ELLA & ORLA, BEFORE RELEASING HUNDREDS OF BALLOONS INTO THE AIR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



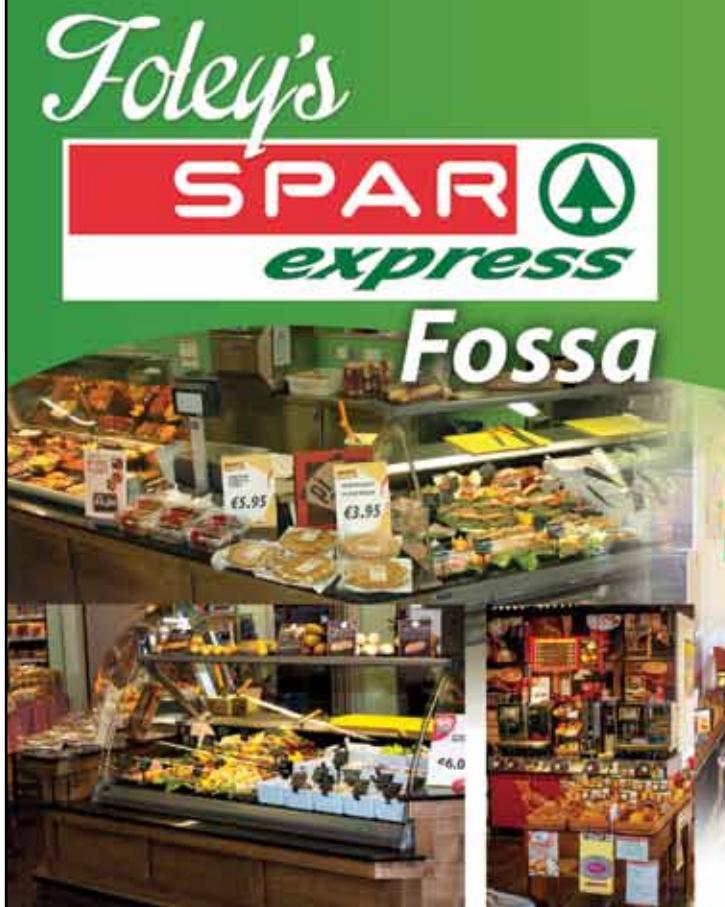
AS PART OF THE WEEKS EVENTS IN RAISING FUNDS FOR 'GLOW HEARTS4 CRUMLIN' BALLOONS WERE RELEASED BY ORGANISER GILLIAN O'DONOGHUE AND FRIENDS AT ST MARY'S CATHEDRAL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The disco will take place in McSorley's on Friday night next April 17th and tickets are in high demand already. The organisers are hoping that everyone will wear bright neon colours so that the UV lights will make them glow on the night. And for those who don't want to dress up there will be glow sticks and UV body paint on sale at the venue on the night with all proceeds going to the charity.

"We want the night to be as unique as possible

so as to offer mums and dads a memorable night out away from their children to reminisce and dance the night away! It's not often mums and dads get to venture out to a night club these days for fear that they might feel "too old" said Gillian.

"This disco is aimed at people 25 to even 70 years of age" she added.



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- :: Mountain climbing/Hill Walking
- Fishing etc

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Opening Hours: Mon - Sat 7.00am - 11.00pm Sun 8.00am - 11.00pm



# CHAMBER ISSUES CHALLENGE TO ITS MEMBERS



PICTURED AT THE AGHADE HEIGHTS HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE LUNCH WERE L-R EAMON MULVIHILL (REDBOX BRAND CONSULTANTS), KATE O'LEARY (PRESIDENT KILLARNEY CHAMBER OF COMMERCE), OLLIE & SIOBHAN FAVIER (THE SHIRE). PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE AGHADE HEIGHTS HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE LUNCH WERE L-R NIALL THOMPSON (MAILBOXES ETC), EMMA PHILLIPS (REDBOX BRAND CONSULTANTS), PAUL O'NEILL (VICE PRESIDENT KILLARNEY CHAMBER OF COMMERCE), LISA KERINS & AISLING CROSBIE (KILLARNEY OUTLOOK).



PICTURED AT THE AGHADE HEIGHTS HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE LUNCH WERE L-R KERY O'CONNOR (KERRY'S BOUTIQUE), DAVID RAE (CELTIC STEPS), TERRY CUMMINS (THE LAUNE BAR) & RUTH ALLEN (KERRY PHYSIOTHERAPY & REHABILITATION CENTRE).

A great turnout at this month's Killarney Chamber of Tourism and Commerce lunch saw six new businesses introduce themselves at the event at the Aghade Heights Hotel and Spa on Wednesday.

First up to the podium was the new General Manager of the Hotel, Geraldine Dolan, who introduced herself to the attendees.

Following an outline of ongoing work by the Chamber and upcoming events, President Kate O'Leary introduced the new businesses including, Celtic Steps, The Shire, Kerry's Boutique, Torc Travel, Kerry Physiotherapy Clinic and Reeks Consulting Engineers.

The lunch finished up with an invitation from Chamber member Alan Ryan organiser of The Hardman Triathlon to chamber members to take on his Hardman challenge along with Chamber Vice President Paul O'Neill who is cycling the Ring of Kerry. Alan is looking for a mixed team to take on the challenge of either a 2.5 mile swim or a marathon.

We will have to wait and see who will rise to the challenge!



PICTURED AT THE AGHADE HEIGHTS HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE LUNCH WERE L-R ADRIAN SHEEHAN (EEKS CONSULTANT ENGINEERS), LORRAINE ROCHE & MARY McCARRICK (TORC TRAVEL), KATE WOOD (HIDDEN IRELAND) & RICHARD WALSH (RICHARD WALSH ASSOCIATES).

## TRALEE ROAD RESIDENTS ARE CLEANING UP

The good citizens of the Tralee Road Area of Killarney were out in force on Tuesday to launch their annual Tralee Road Clean Up Campaign in support of Killarney Looking Good.

The launch took place on Tuesday 7th April 2015 at Madam's Height Picnic Area.

The Killarney Tralee Road Residents have once again pledged their support to Killarney Looking Good. This is South Kerry's primary Gateway with its splendid panorama of Killarney Valley.

Local Resident Councillor John Sheahan secured refuse bags and gloves for volunteers from Kerry County Council.

This dedicated group have also signed up to An Taisce's National Spring Clean Campaign.

Additional Volunteers welcome-please contact any of the following;

Litter clean up Volunteers for the 2015 Killarney Looking/Tralee Road area are; Cllr John Sheahan [087 9267390], Paddy



PICTURED AT THE PICNIC AREA ON THE TRALEE ROAD WERE RESIDENTS INVOLVED IN THE UP AND COMING CLEAN UP WHICH WILL TAKE PLACE IN THE COMING WEEKS WERE L-R DONIE DOODY, PAT MORIARTY, EILEEN MOYNIHAN, CLLR JOHN SHEEHAN, KATHLEEN O'REGAN SHEPPARD, NOREEN BROSNAN & PHILIP O'CALLAGHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

O'Shea, Cormac Leane, O'Callaghan's coaches, Pat Brosnan, Killarney Tile Centre, Ann Fleming,

Amy Walsh, Sinéad Lucey, Eileen Moynihan & Kathleen O'Regan-Sheppard.

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# COLM RETURNS BUT ADMITS IT WAS "PRETTY CLOSE"



COLM COOPER WHO HAS RETURNED TO THE PLAYING FIELDS AFTER HIS LONG INJURY.

No, doubt the biggest highlight of Kerry recent draw with Tyrone in Healy Park was the sight of a fit again Colm Cooper returning to the fray mid-way through the second half when he replaced Bryan Sheehan. It was the end of an almost 14-month wait for

one of the game's greatest footballers to make a full recovery from a career threatening injury. Cooper has admitted that at one stage during his long rehabilitation from a cruciate knee ligament injury, the end of his career was "pretty close".

The 31-year-old Dr Crokes player suffered the season-ending injury, along with a knee fracture, in the clubs All-Ireland club semi-final defeat to Castlebar Mitchels in February 2014.

"I never thought of anything about it being the end," Cooper says in a 12-minute documentary entitled #The Toughest Road Back, released by AIB to mark his return. "But when he (the surgeon) listed out the number of injuries, it wasn't so far away from it I don't think. It was pretty close. I think if that injury happened 20 years ago, I would have to retire."

However, his return is good news for both club and county and if his sparkling touches are anything to go by especially the perfectly flighted ball to Kieran Donaghy in which the Stacks player scored from, there could be a long season to look forward to.

Colm Cooper Career in Numbers

- 266 - Championship Points
- 76 - Championship Games
- 20 - Championship Goals
- 8 - All Stars
- 4 - All-Ireland SFC medals

## MÍCHEÁL SNAPS UP INTERNATIONAL PHOTOGRAPHY AWARD



MÍCHEÁL O SULLIVAN

A photograph taken in Jimmy Brien's Bar in College Street on the morning of the wedding of Clara O'Shea and Sean O'Connell has achieved an international photography award for a Killarney photographer.

Mícheál O Sullivan, a Killarney based wedding photographer, has achieved the accolade from the Society of Wedding and Portrait Photographers for the image.

The image depicts a 'behind closed doors poker game'. As Mícheál explained, "I am always looking to do something different if time allows on the wedding day.

Sean and his groomsmen were more than



AWARD WINNING PHOTOGRAPH BY MÍCHEÁL O SULLIVAN

happy to oblige when I suggested this photograph to them".

Mícheál commented after receiving the award that while winning the award gives him personal satisfaction, the real pleasure is

being able to give his clients images that have achieved success on the International stage.

The couple were married in St Mary's Cathedral, Killarney and held their reception in Dromquinna Manor, Kenmare.

## MUCKROSS ICA

Muckross ICA will hold their Annual General Meeting on Monday next, April 13th at 7.45pm in Loughgittane National School.

All Welcome.

## PAUL GALVIN IN TALKS WITH DUNNES STORES

GAA Star and fashion icon Paul Galvin is reportedly in talks with Dunnes Stores in a bid to release his own line of clothing.

Famous for his unique fashion style, Galvin recently rejoined the Kerry team panel. He is engaged to Today FM presenter Louise Duffy.

# ARE YOU READY TO BE B WILDERED?



John Lenihan and Joe O'Connor

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**ENTRY FEE - Don't miss our early bird offer!**

**Early Bird Entry Fee -**

register before midnight on Friday, 24th April, 2015

Individual - €40 Group of 4 - €140

Registrations from Saturday 25th April, 2015

Individual - €50 Group of 4 - €180



# B WILDERED

THE JOHN LENIHAN WILDERNESS CHALLENGE

**Saturday, May 2nd, 2015 @ 11.00am**

B Wildered sponsored by Lee Strand is Kerry's ultimate fitness challenge set in the wilderness of Glanageenty, in Ballymacelligott, Co. Kerry. Test your fitness limits while being captivated by one of Ireland's hidden gems with magnificent views, rugged hills, waterfall, historical ruins and not forgetting the roaming goats!

The course has been designed by John Lenihan, who trained in Glanageenty to achieve peak fitness when he became World Mountain Running Champion in 1991, in conjunction with Joe O'Connor, Nisus Fitness and Fitness Expert on RTE's *Ireland's Fittest Family*. The combined experience of both individuals has culminated in the ultimate challenge over a 7km route with participants embracing natural obstacles and enduring some surprises along the way.

Get your friends together - it will be wet, it will be muddy, it will be fun, it will be challenging - but most of all it will be an experience you will remember. Participants will receive a B Wildered finisher's mug, medal, goody bag, refreshments and enjoy post-party entertainment.

**Remember this is not a race - you can run, jog, walk or crawl ...**

## THE CHALLENGE FOR YOU, IS TO CROSS THE FINISH LINE!

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**Lee Strand**  
TASTE THE FRESHNESS



Irish Money Penny

# GERALDINE TAKES THE REINS AT THE 5\* AGHADOE HEIGHTS HOTEL AND SPA



GERALDINE DOLAN, NEWLY APPOINTED GENERAL MANAGER AT THE 5 STAR AGHADOE HEIGHTS HOTEL & SPA WITH HER TEAM ON A SUNNY AFTERNOON IN AGHADOE. L-R NOREEN MIDDLETON, MARY O'CONNOR, KEVIN O'SHEA, JURICA NEKIC, GERALDINE DOLAN, SEBASTIAN SCHULZTE, TRISH COVARR & SHEILA SHEEHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Aghadoe Heights Hotel & Spa, Killarney is delighted to announce that seasoned hotelier Geraldine Dolan has been appointed as General Manager. With over twenty years in the hospitality industry, Leitrim native Geraldine Dolan has made her mark on both the Irish and international hotel scene.

A graduate of Hotel Management at Galway Mayo Institute of Technology (formally Galway RTC) Geraldine spent her formative training years in hotels in London including the 5\* Park Lane Hilton (Hyde Park Corner), then moving to Abu Dhabi, United Arab Emirates spending five years at the 5\* Abu Dhabi Hilton. Moving on with her career, she enjoyed a year in Russia as Food & Beverage Manager at 5\* Grand Hotel Europe in St. Petersburg. In 1999 Geraldine returned to Ireland and took-up a position as Deputy General Manager at Jurys Hotel & Towers and in 2003 she became General Manager of 5\* The Berkeley Court Hotel. Geraldine also was General Manager at The Royal Marine Hotel, Dun Laoghaire and Jurys Inn for a period of time. Most recently, Geraldine worked in the UK for Devere Hotels & Venues and was General Manager at The Glasshouse, Sligo.

Geraldine works closely with the Irish Hotel Federation and has been a member of The Irish

Hospitality Institute since 2005. In addition to her Hotel Management qualification, she has also received a Diploma in Strategic Marketing from the Irish Marketing Institute and a Diploma in Digital Marketing from the Irish Times Business Institute. Aiming to build on and continue the outstanding passion and enthusiasm within the team at Aghadoe, which essentially forms the backbone of the Aghadoe Heights Hotel & Spa, she said "I want the hotel to be recognised locally, nationally and internationally as one of the finest 5\* hotels in Ireland and want guests' to continue the tradition of "arriving as visitors... and leaving as friends" An artisan food enthusiast, she is fascinated by the outstanding array of local and organic produce available. Geraldine is passionate not only about the industry but the local area in which she resides. She is looking forward to exploring the wonderful Kerry countryside and rekindling her passion for hillwalking. Over the years Geraldine has had the pleasure of meeting some very famous people including, Muhammad Ali, Bill Clinton, Eunice Kennedy Shriver, founder of Special Olympics and Pierce Brosnan. Uri Geller, the Israeli illusionist once bent a Berkeley Court spoon in her presence using only mind power!

## BALLAUGH BOYS CELEBRATE - 97 YEARS APART



FINN O'NEILL, BALLAUGH WHO CELEBRATED HIS 6TH BIRTHDAY ON SUNDAY PICTURED WITH HIS NEIGHBOUR JACKIE THE FARMER O'SULLIVAN WHO WAS 103 ON THE SAME DAY.

## HANDEL'S MESSIAH PERFORMANCE FOR KILLARNEY

Saturday, April 18th, 8pm, St. Mary's Church of Ireland, Killarney.

A performance of Handel's Messiah will be given by the Kerry Chamber Choir, Orchestra and soloists under the baton of Aidan O'Carroll in the beautiful surroundings of St. Mary's Church of Ireland in the heart of Killarney next Saturday week, April 18th at 8pm.

Messiah for all is the theme of this year's performance. Singers who have previously sung the great work or sections of it are invited to bring their scores along and join in with the Chamber Choir and Orchestra in the Halleluja Chorus at the end of the ninety-minute concert.

The Messiah's fame and popularity arise from the dramatic and often exhilarating music of movements such as For unto us a child is born, Glory to God, He shall feed his flock and, of course, the Halleluja Chorus. It appeals to all music lovers, not just classical buffs.

Handel was invited to Dublin, the empire's second city at that time, by the Lord Lieutenant to give a series of concerts. While in Dublin he set about writing the Messiah in the form of a sacred oratorio – an un-staged opera. This was a very popular form of musical entertainment at the time. Legend has it that the work was written in a fever of invention in nineteen days. Its premiere was, by coincidence on April 13th, 1742 in Neil's Music Hall, Fishamble Lane, Dublin, close to Christ Church. Its success was immediate. Due to public demand a large number of extra performances had to be arranged. Gentlemen were requested in the broadsheets of the time to "leave off their swords" and ladies their hoops so that the maximum number of places might be created for the eager public.

Messiah for all is the theme of this year's performance. Singers who have previously sung the great work or sections of it are invited to bring their scores along and join in with the Chamber Choir and Orchestra in the Halleluja Chorus at the end of the ninety-minute concert.

The concert begins at 8pm on and admission is €10. Children go free.

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# BE PROUD AND PICK UP LITTER ON COUNTY CLEAN UP DAY



VOLUNTEERS AND LOCAL RESIDENTS GATHER IN KILLARNEY, WITH KWD RECYCLING STAFF AHEAD OF COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY LAST YEAR. PHOTO: VALERIE O'SULLIVAN.

Over 2000 volunteers have already signed up for the Kerry County Clean-Up which is due to take place on Saturday April 18th.

100 groups are now in place will be out in force for the "original County clean up". Much focus has



CLLR JOHN JOE CULLOTY, AND CLLR JOHN SHEAHAN, HAVE A BIT OF FUN WITH VOLUNTEERS, JOHNNY MCGUIRE, MIKE MURPHY, ORLA TANGNEY, BATTY O'SULLIVAN AND LOCAL RESIDENTS IN KILLARNEY, BEFORE COLLECTING RUBBISH ON THE KWD RECYCLING COUNTY CLEAN UP DAY LAST YEAR. PHOTO: VALERIE O'SULLIVAN.

been put on the Limerick clean up recently which involved Munster's Paul O'Connell and Business tycoon JP MacManus, who had Limericks first county clean up with a great turnout.

They were no doubt picking up on the success of the Kerry County clean-up which was the first in the country and is running for its 4th in a row this year.

It is hoped that as many groups/communities/individuals as possible will be out on the day so as to create a huge awareness helping to prevent people littering going forward. This is a great day out for everyone involved and makes a huge impact on the state of the county's roads.

Kerry County Council are also placing digital signs all over the county and on approaching roads advising the date of the clean-up and warning people to slow down for the people who are volunteering on the day.

If you have still not got involved please register by logging onto [www.countycleanup.com](http://www.countycleanup.com), it does not matter if its one person or a group of people, if its for ½ an hour or 5 hours, every paper picked up makes a difference.

## RING OF KERRY REGISTRATION

Following a technical glitch on Tuesday last, the Ring of Kerry online registration process will reopen tomorrow morning, Saturday April 11th at 9am.

Controls have now been put in place by Eventmaster to ensure that similar problems experienced on Tuesday will not happen again. Although the organizing committee have been reassured that the system will be able to cope with the volume of registrations they are asking people to be patient and be prepared to experience some delays. They would also like to thank everyone for their patience and understanding.

## GORSE FIRES RAGE IN MUCKROSS

Gardai in Killarney are investigating a fire which raged in the Mangerton Mountain area on Wednesday night.

Killarney Fire Brigade Unit were joined by other units from around the county to tackle the blaze which was eventually brought under control after almost 8 hours.

There were no injuries or damage to property reported.

## VALERIE AND MAIREAD TEE IT UP FOR IRELAND

Up and coming golfing stars Valerie Clancy and Mairead Martin will represent Ireland for the second year in a row in the Scottish Under 16 Open Strokeplay Championship in Strathmore Golf Club, Scotland on the 9th and 10th April. Valerie and Mairead are both members of Killarney Golf & Fishing Club, where they are under the expert tuition of resident Head Professional David Keating. The girls were members of the Killarney Golf Club team that won the Munster District Ladies Senior Cup, and finished as runners up in the All Ireland final of the Irish Senior Cup at Mount Wolseley Golf Club in 2014. They were also members of the Club's team that won both the Munster District Ladies Senior Foursomes and All Ireland Senior Foursomes titles last year. The girls enjoyed great success individually also in 2014, with Valerie winning the coveted Ita Wallace Plate Match Play Trophy at the Irish Ladies Close Championship at Enniscrone Golf Club as well as the Connacht Girls U15 Stroke Play Trophy. Mairead was National Foursomes U18 Champion with Caitriona Griffin, and was also crowned Leinster Ladies Champion for 2014. In addition, she was selected for the U-18 Irish Team for the European Championships, and for the Irish U18 team for The Home Internationals where she was undefeated in all matches. Both Valerie and Mairead are on the ILGU (Irish Ladies Golfing Union) National High Performance Panel, along with fellow rising stars such as Olivia Mehaffey, Paula Grant and the Maguire twins, Lisa and Leona. Killarney Golf & Fishing Club Manager Cormac Flannery said 'It's a wonderful achievement by Valerie and Mairead and everyone here at the club is very proud of the girls. Their inclusion in the Irish Team is a testament to their talent and work ethic and we wish them all the very best of luck.'



MAIREAD MARTIN IN ACTION ON THE COURSE.



VALERIE CLANCY IN ACTION ON THE COURSE.



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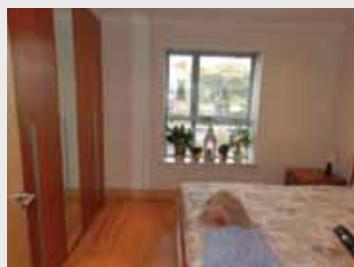
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Auctioneers who would like to feature on "Through the Keyhole" contact Des on 087-6593427.

**YEE-HAW - TAKE YOUR PARTNER BY THE HAND.....**

## GNEEVEGUILLA PLAN THEIR FIRST BARN DANCE



GNEEVEGUILLA RESIDENTS WHO ARE PLANNING A BEARD SHAVE AND BARN DANCE IN AID OF AUTISM. BACK L-R TED COLLINS, TIMOTHY DALY, FR. KEVIN McNAMARA, MAIREEN O'KEEFFE, MARTY DALY. FRONT L-R BRIGITTA LOONEY, PRINCIPAL LIAM TWOMEY OF SFSS, SIOBHAN DALY.

The East Kerry village of Gneeveguilla are preparing to host their first ever Barn Dance in Gneeveguilla GAA Hall on Saturday 18th April at 9pm sharp. Organised by Brigitta Looney and Siobhan Daly, the two mums are no strangers to fundraising as this is their third annual event. This year's Autism Fundraiser Barn Dance will be a night not to be missed. These two east Kerry Parents have children on the autistic spectrum who both attend St. Francis Special School in Beaufort. All proceeds raised by hosting the Barn Dance go directly to St. Francis Special School. St Francis is currently undergoing a

major building extension. Four new classrooms - as well as toileting and changing facilities, are being constructed, and some of the existing building is being re-modelled to better suit the needs of the Pupils. Money raised will be earmarked to continue to improve facilities and resources made available to help the children with special needs attending St. Francis Special School.

The Barn Dance will be an exciting event. Brigitta and Siobhan have organized the setting up of a barber saloon in their barn. Five local residents from the Gneeveguilla area who

have taken upon themselves to help raise funds, are displaying great community spirit by kindly allowing their beards to grow over the last number of weeks. Please come and support their charity beard shave on the night - guided by Julie's Barbers Killarney.

The date for your diary is Saturday April 18th at 9pm sharp in Gneeveguilla G. A. A hall. Music by The Kelts. Monster Raffle. 2 nights 1 dinner at the Sneem Hotel. Tickets to Nathan Carter. Tickets to Munster Rugby games. Lunch/ Dinner vouchers for the Royal, Bricin and Ballygarry House Hotel and many many more.

Tickets are €10 even if you support and not attend your still entered in hotel break away when you purchase a ticket. To book tickets contact Brigitta @ 087 6303659 or Siobhan @ 087 9249918

The group are also organising an Autism Golf Classic on Saturday May 30th at Beaufort Golf Club.



CHILDREN OF THE PARENTS ORGANISING THE FUNDRAISER WHO ARE ATTENDING ONE OF THE AUTISTIC CLASSES IN ST. FRANCIS SPECIAL SCHOOL. L-R RYAN LOONEY, TIERNAN DALY AND CONRAD O'RIORDAN.

## GREENLAND CHALLENGE FOR IRISH ADVENTURERS



IRISH ADVENTURERS CLARE O'LEARY AND MIKE O'SHEA.

Irish adventurers Mike O'Shea and Clare O'Leary are again foregoing the mild climes of Ireland for much colder weather. The duo announced their upcoming expedition to Greenland - where they plan to cross the Greenland Icecap from West to East over 25 gruelling days. Greenland is the second largest ice mass outside of Antarctica, and their journey is just under 600km and gaining a maximum altitude

of 2500m. This expedition is the 6th expedition in an ongoing series of ice related adventures that the pair have dubbed The Ice Project , with the team having previously crossed the North Patagonian Icecap and Lake Baikal and made two attempts to walk to the North Pole.

The expedition will begin on the 30th April when O'Shea and O'Leary will fly to Kangerlussuaq in Western Greenland where they will meet the 4 other international members of the team. The other members of the team hail from the UK, USA and Norway and the team will meet up to finalise preparing their equipment and food. As the ice Cap is extremely difficult to access, the team will initially focus on accessing the Ice Cap, which is getting more difficult due to the extreme melting that is taking place each year, this can take between 3 and 7 days on foot before the team will take to Ski's to continue with the rest of the crossing.

This expedition also give the Irish pair a unique chance to work with a dog team on their

adventures. The team will use dogs while on the ice cap to pull sleds which will carry some of the teams communal equipment. Greenland is notorious for its strong winds and devastating storms and temperatures will reach a low as -30c on the expedition. The team have a wealth of experience to deal with all that Greenland can throw and hope to return to Ireland in early June.

Mike O'Shea has said "This is a great opportunity for us to get the chance to work with a dog team which will bring another unique aspect to this trip. It will undoubtedly be an extremely tough expedition but I am looking forward to it, and all the challenges that it will bring."

The team will stay in contact with their base back in Ireland on a daily basis throughout the expedition, with daily blogs and updates on their website [theiceproject.org](http://theiceproject.org)

# MONEY MATTERS....

By Dermot Cronin,  
**Financial Advisor**



## INVESTMENTS

### WHEN YOU COMPARE INVESTMENTS, LOOK AT:

- The minimum investment amount - can you top up your investment?
- The minimum recommended investment term for your money.
- Access to your money – are there any penalties if you withdraw your money early.
- What fees and charges apply, as they reduce the value of your investment.

### CONSIDER TWO KEY FACTORS:

**The likely return** - risk and return go hand in hand, so as a general rule the lower the risk the lower the rate of return you should expect. With longer-term and higher-risk products, you can expect higher returns, but this is not guaranteed and you could lose money. You need to consider carefully the effect of this on your financial situation.

**Risks involved** – some investments do give you a capital guarantee and some do not give you a capital guarantee. How much of your original capital would be at risk? Is there a risk of poor returns? Is there inflation risk? You also need to consider how long your money will be tied up for.

Financial advisors advise on these products on behalf of the main providers. It is important that you find out from the advisor if they are tied to any one provider or if they deal with a number of different providers and who are these providers.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at 064 6622775 or 087 2893649 or email [kerrymortgagecentre@eircom.net](mailto:kerrymortgagecentre@eircom.net)

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## ITS A NEW LIFE FOR JOHANNA



JOHANNA KING AFTER.

A mother of three from Killorglin has completed an inspiration journey over the past two years. Johanna King has been made it through to the final of this year's Unislimmer of the Year Awards having lost a whopping 9stone 5lbs. The greatly anticipated awards ceremony celebrates the fantastic achievements of Unislim's most successful members. Taking place in Croke Park, Dublin on Saturday 18th April as part of the inaugural Unislim Health & Wellness Show, Johanna will take to the main stage with 9 other members, with a combined weight loss of over 70 stone!

Always behind the camera, photographer Johanna King has stepped out from behind the scenes to claim her place in the spotlight having lost a staggering 9stone 5lbs as she competes as a finalist in the Unislimmer Of The Year Awards. Johanna had found herself in spiral of turning down invitations to events as she was tired of wearing the same "tent", playing with her kids was a thing of the past as she just didn't have the energy – even climbing the stairs in work was avoided at all costs.

Now, the busy mum of three is delighted to say

that having lost 9stone 5lbs with she finally has her life back.

"In 2013, I decided that enough was enough. I was a size 26-28 and I was tired of paying a small fortune for shapeless black outfits."

She remembers joining her local class in Killorglin as a liberating experience – finally she felt in control again. Johanna credits her leader Deirdre's support as an "invaluable" element in her weight loss.

"One evening soon after I joined, Deirdre asked the class to write down what our dream was. When she handed me back that piece of paper recently, I almost cried. I had written; my dream is to be able to walk into any store and pick something off the rail that is both flattering and sexy without looking like a tent with no shape. That is exactly what I can do now. I am a size 12-14 and black is non-existent in my wardrobe."

Johanna has also reignited her passion for sports and even ran her first 10km in August last year.

Johanna's advice to new members is to make that first step, no matter how high that mountain may seem – you can do it, and you'll never feel alone on your Unislim journey.

More than just a weight loss competition, the Unislimmer of the Year Awards commends each finalist based on their new found confidence, healthy lifestyle changes, their overall transformation and their inspirational stories.



JOHANNA KING BEFORE

## LULU IS A CUT ABOVE THE REST



A young Kilcummin girl with a heart of gold has donated her beautiful hair to the Rapunzel Foundation.

Ten year old Lulu Healy, who is a fourth class pupil at Kilcummin National School was joined by family and friends at Samantha's Hair Salon in Killarney where he had her 14 inch pony tail cut off.

The Rapunzel Foundation is a charitable organisation that works to improve the lives of those living with hair loss through illness or alopecia.

#lovekillarney

## BUSY TIMES FOR KILCUMMIN ICA



KILCUMMIN ICA MEMBERS FROM LEFT: HANNAH MARY LYNE, NOREEN FLEMING, EILEEN GREANEY, ANN MCSWEENEY, JUDY O'CONNOR, PHIL DOLAN, EILEEN PURCELL, BREDA BROWNE, KERRY FEDERATION PRESIDENT, BRIDIE O'CONNOR, JOAN COLLINS, CATHERINE SPILLANE, FEDERATION INFORMATION OFFICER AND EILEEN MOYNIHAN.

Members of Kilcummin ICA have been busy over the winter months knitting jumpers and blankets for children in India and making calico dolls for Temple Street Children's hospital.

The industrious group have been together for 37 years and have 17 members who meet on a monthly basis from September to May. The group invite a speaker each month to speak on a topic chosen by the members.

The group, who meet at the Rural Development Office in Kilcummin village are currently looking for new members to join their group.

If you are interested in becoming part of the ICA you can contact Bridie O'Connor on 087-9585609.



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# CALLING ALL HUMANITARIAN HEROES!

## NOMINATIONS INVITED FOR THE 2015 HUGH O'FLAHERTY INTERNATIONAL HUMANITARIAN AWARD

As part of the 8th annual Hugh O'Flaherty Memorial Weekend, which will take place from Friday October 30th to Sunday November 1st in Killarney, The Hugh O'Flaherty Memorial Society are inviting the public, NGOs/voluntary bodies and organisations to nominate the person or organisation they feel is doing outstanding humanitarian work and most deserving of the 2015 Hugh O'Flaherty International Humanitarian Award.

Last year's Humanitarian Award recipient was UK Surgeon Dr John Beavis. Over 21 years through his work with the organisation he founded IDEALS; he devoted his life to providing humanitarian medical aid in parts of the world afflicted by disaster, either natural or from conflict. Previous award recipients included the Darfur based Goal aid workers Sharon Commins and Hilda Kawuki in 2009, Columban Missionary Fr Michael Synott in 2010, Trócaire's Regional Director for Latin America, Sally O'Neill in 2011, Sr Agnes Hunt of the Irish Council for Prisoners Overseas in 2012 and the inspirational young Kerrymen Donal Walsh in 2013.

Monsignor Hugh O'Flaherty, who was from Killarney, was dubbed the Scarlet Pimpernel of the Vatican for his exploits during World War II. During the course of the war he was instrumental in saving the lives of more than 6,500 anti-Fascists, Allied escapees, Jews and many others by hiding them from the Gestapo in a number of safe houses throughout Rome. Nominations for the 2015 Humanitarian Award are invited from:

- The General Public,
- Voluntary Organisations and Humanitarian



DR JOHN BEAVIS, WORLD RENOWNED ORTHOPAEDIC AND TRAUMA SURGEON, FOUNDER OF THE CHARITY, IDEALS, WHICH HELPS RELIEVE POVERTY, DISTRESS & SUFFERING IN ANY PART OF THE WORLD AFFECTED BY CONFLICT OR NATURAL DISASTER PICTURED IN KILLARNEY LAST YEAR AFTER HE RECEIVED THE MONSIGNOR HUGH O'FLAHERTY HUMANITARIAN AWARD FOR HIS WORK. DR BEAVIS WHO IS PICTURED WITH HOLOCAUST SURVIVOR TOMI REICHENTHAL, WHO SPOKE AT THE EVENT, BESIDE THE STATUE TO MONS HUGH O'FLAHERTY ON MISSION ROAD, KILLARNEY.  
PICTURE BY DON MACMONAGLE.

NGOs operating at home or overseas,

- Humanitarian & Related Societies in 3rd level Educational Institutions

Nominations can be for an Individual, Team or Organisation providing Humanitarian Services for those in need at home or overseas.

Nominations in no more than 500 words should be submitted in writing to the Awards Committee at the below address, or by e-mail to [hofmemorialsociety@gmail.com](mailto:hofmemorialsociety@gmail.com) before Friday June 26th 2015. The Nomination should clearly outline the reasons why the nominator feels that the nominated Individual/Team/

Organisation, merits consideration for this award.

An independent panel will fully consider the nominations received and will recommend a recipient to the Memorial Committee. The 2015 Award recipient will be announced in late August and the Award will be presented on Saturday October 31st 2015 during the 8th Hugh O'Flaherty Memorial Week.

Further information on the Hugh O'Flaherty Memorial Society visit [www.hughoflaherty.com](http://www.hughoflaherty.com)

## PHOTOGRAPHER OF THE YEAR RACE HOTS UP

A fantastic shot of the Hag's Glen in the McGillicuddy Reeks taken from the slopes of Carrauntoohil has won Billy Horan first prize in the unrestricted category of the Killarney Camera Club's April 2015 competition. Second on the podium was Paul Garnett with his shot

Pynes while Chris Slattery took third position with his picture The Canal.

Jennifer Walsh who won the Novice category of the Open competition with a fantastic fireworks shot and also took second spot with her picture On the road to Trollstigen, while Adrian Healy

came third with Rocky Shore

With only 2 more competitions to go in The Photographer of the Year 2015 race it is neck and neck at the top of the leader board with Paul Garnett and Chris Slattery leading on 89 points each!



CLIMBING CARRAUNTOOHL. PHOTO: BILLY HORAN.



FIREWORKS DISPLAY. PHOTO BY: JENNIFER WALSH.

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# UNUQIE FITNESS CHALLENGE WILL LEAVE YOU B WILDERED



JOHN LENIHAN & JOE O'CONNOR AT THE LAUNCH OF B WILDERED SPONSORED BY LEE STRAND PROTEIN+ MILK. B WILDERED KERRY'S UNIQUE FITNESS CHALLENGE WILL TAKE PLACE ON SATURDAY, MAY 2ND, IN GLANGEENTY, BALLYMACELLIGOTT AT 11AM.

PHOTO BY : DOMNICK WALSH / EYE FOCUS LTD © TRALEE PHONE 087 / 2672033

**Lee Strand sponsors B Wildered Kerry's unique fitness challenge May Bank Holiday weekend in Glangeenty, Ballymacelligott!**  
B WILDERED 'The John Lenihan Wilderness Challenge' sponsored by Lee Strand Protein+ Milk is Kerry's ultimate fitness challenge set in the wilderness of Glangeenty in Ballymacelligott, Co. Kerry on Saturday, May 2nd, 2015 at 11.00am. Participants will test their fitness limits while being captivated by one of Ireland's hidden gems with magnificent views, rugged hills, waterfall, historical ruins and not forgetting the roaming goats!

The course has been designed by running legend John Lenihan in conjunction with Joe O'Connor, Nisus Fitness. John Lenihan trained in Glangeenty to achieve peak fitness when he became the World Mountain Running Champion in 1991. Joe O'Connor, Nisus Fitness is the Fitness & Performance Expert on RTE's Ireland's Fittest Family. The combined experience of both individuals has culminated in the ultimate challenge over a 7km route with participants embracing natural obstacles and enduring some surprises along the way.

Participants will receive a B WILDERED finisher's

mug, medal, goody bag, refreshments and enjoy post-party entertainment. Registration is now open and you can register as an individual or group entry on [www.bwildered.ie](http://www.bwildered.ie). An early bird entry offer is available before midnight on Friday, 24th April 2015, where individual entry is €40 and a group of four entry is €140. Entry fee registrations from Saturday 25th April, 2015 are individual entry €50 and a group of four entry is €180. For further information please visit [www.bwildered.ie](http://www.bwildered.ie) or telephone 087 6768634.

John O'Sullivan General Manager, Lee Strand stated "Lee Strand is delighted to sponsor B WILDERED, this event is the first of a series of events sponsored by our new Protein+ Milk which will be in stores in the coming weeks. B WILDERED promises to be a great event and all proceeds will go to the development of a new juvenile training pitch for Ballymacelligott GAA Club boys and girls."

John Lenihan commented at the launch "History shows that this rugged landscape has created heroes and warriors, now is your chance to create your piece of history here in the mysterious valley of legends."

Joe O'Connor, Nisus Fitness commented "B WILDERED will be a combination of hill & trail running, obstacle courses and a little influence of the TV Show Ireland's Fittest Families. Get your friends together, it will be wet, it will be muddy, it will be fun, it will be challenging, but most of all it will be an experience you will remember. The course is challenging but is set amongst some of the nicest scenery in the country. Remember this is not a race, you can run, jog, walk or crawl - the challenge for you, is to cross the finish line!"

## AGM HEARS OF INCREASE IN DEMAND AT SWCC

There has been a sharp increase in demand at the SouthWest Counselling Centre, the organisation's annual general meeting was told. The Centre, which provides low cost counselling services, supported 1919 individuals in 2014, an increase of over 400 clients (20%) from the previous year.

"We are dependent more than ever on fundraising to ensure our sustainability and to meet the growing demand for our services," said Centre Manager, Nikki Wissell. "We receive no Government funding for our Kerry Lifeline Service and we remain indebted to the local community, our fundraisers, supporters and friends of SWCC who have contributed time, expertise and money to providing this vital service."

Tim O'Leary SWCC Chairperson, said that despite the many challenges faced in 2014 the Centre had a successful year. "We would like to thank the Franciscan Friary, staff of SWCC and the Board of Management for their energy and personal time all of which contributes greatly to the work of the SouthWest Counselling Centre." The annual AGM meeting was held on Tuesday March 24th at the Centre premises in Lewis



Road, Killarney. Two Directors, Vera O'Leary and Ciara Irwin Foley were re-elected to the Board of Directors.

SWCC offers a range of services under one roof including one-to-one counselling for children, adolescents, adults, couples and families. They also provide Free Suicide Prevention Sessions, Free Crisis Pregnancy Counselling and through Kerry Lifeline our Suicide Awareness and Prevention service and run a monthly Bereavement Support Group for Individuals who have lost loved ones through suicide.

"We are celebrating our 21st Anniversary this year and are looking forward to building on our services by offering a variety of Workshops and

**SouthWest  
Counselling  
Centre Ltd**

Seminars in the local community to schools, sports clubs, maintaining our Parenting Courses and expanding our Kenmare Outreach Service," Nikki Wissell continued. "Year after year we see an increase in demand for our services. Financial restrictions should not be a barrier to individuals seeking help and support when they are feeling most vulnerable." The Centre can be contacted on 064 6636416 or by email on [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie). For further information on our services, workshops and events please refer to [www.southwestcounselling.ie](http://www.southwestcounselling.ie) or [h t t p : / / w w w . f a c e b o o k . c o m / southwestcounselling centre.killarney](http://h t t p : / / w w w . f a c e b o o k . c o m / southwestcounselling centre.killarney).

# Charity Disco

# 80s & 90s



# Glowhearts

## 4 CRUMLIN

# neon themed disco

17th April 2015

# McSorleys Nightclub Killarney

Our Lady's  
Children's Hospital  
**CRUMLIN**



TICKETS €10

## On the Night at the Door (Also from Glow Heart Mums)

ON THE NIGHT

**UV Paint, Glowsticks etc**  
(On sale at the venue)

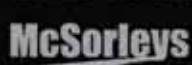
## DRESS CODE

**Neon Colours Preferably**  
(Not available for hire on the night)

(AGE RESTRICTIONS : A night for the older generation to enjoy... if you can't identify the symbols below you too young to attend)



BIG THANKS TO OUR SPONSORS



# TIME TO GEAR UP

Cycling has become the fastest growing leisure hobby this country has seen in the last number of years as each summer brings more and more people to the road. Uniquely to cycling, it is a sport that has both a competitive and leisure side to it. After all not all of us can aspire to being Dan Martin or Nico Roche but unlike many sports, there is a place for all of us. Apart from the health benefits, it brings a social and fun aspect that culminates with much fine work carried out for various charities with the Ring of Kerry on July 4th being one of the best examples of the tremendous effort people make for good causes.

In our feature, "Gear Up" this week we give you the information needed to start from scratch. Where to go for the basic bicycle as well as all the tools and gear you need to either try to fulfil that sporting ambition or even to conquer that 10K fun cycle you have always said you would give a try.

O'Sullivan Cycles stock a range of world-renowned brands and will help you with the cycle to work scheme. If you want to get yourself into shape for the Ring of Kerry Cycle, the Killarney Sports and Leisure Centre are running a number

of spinning classes with a stand out feature class for teens aged between 13-17. In Tralee, the Tralee Regional Sports and Leisure Centre feature a 12-week programme for a healthier lifestyle called SlimFit. It is the perfect forerunner for a summer of outdoor cycling.

Did you know that one of the biggest health risks from cycling is to your eyes? So why not check out CH Chemists as they will provide you with the information needed to stay safe and will get you a unique pair of sunglasses to protect you. Landers Leisure of Tralee have a huge range of top class Cycling clothing and accessories available and their staff will be very happy to talk to you when you visit.

I Bike has opened a state of the art shop in Killarney recently and are Kerry's only stockist of Basso, Fondriest, Olympia and Scapin bikes.

Finally if you have failed to make it to the line for this year's Ring of Kerry cycle never fear, you have another chance to complete it and this time it's the "Wrong Way Round" on August 29th

So your now armed with the information you need it's time to get on your bike.

## LISTRY CYCLING CLUB ON THE ROAD AGAIN

Following on from last years hugely successful leisure cycling season, Listry Cycling Club are back organising our Mid-Week Spins. Now that the evenings are getting longer, the club are aiming to get back on the saddle and held their first mid-week spin on this week. This was a 10-15km route. The club meet up at Listry GAA Pitch, they leave Faha Cross at 7pm sharp, so why not pop along and enjoy a short spin with them. Check out cycling Ireland in order to arrange your cycling Insurance. Also, helmets are compulsory and please ensure that the bike is in good working order. New cyclists are welcome. Check out the Facebook page for further details. Any questions, contact Liam at 087-4145662.



LISTRY CYCLING CLUB ON A RECENT LEISURE CYCLE

**killarney**  
sports & leisure centre



## RING OF KERRY Indoor Training CLASSES

### High Intensity Spin Training

Focusing on Hill Climbs, Core and Leg Endurance.

**Thursdays 7pm.**

Free to Members, **€7 PAYG**



### Teen Spin 13yrs-17yrs

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Thursdays 5pm

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or email

[sales@killarneyleisure.com](mailto:sales@killarneyleisure.com)

[www.coralleisure.ie](http://www.coralleisure.ie)



# The WRONG WAY ROUND

Killarney Cycling Festival

29th August 2015

*Cycle*  
**The Ring of Kerry  
The Wrong Way Round  
or The Hard Way Round**

**160km / 180km**

**Early Bird €40**  
Available until April 30<sup>th</sup>

**Standard Entry €50**

**Group rate for Team of 5**

**In association  
with**

[www.killarneycyclingfestival.com](http://www.killarneycyclingfestival.com)

**Register  
Today!**



## HOMESTAYS REQUIRED FOR CYCLISTS TAKING PART IN THIS YEAR'S CYCLE AGAINST SUICIDE

- Provide an overnight for cyclists and play your part in breaking the stigma of suicide in Ireland -

Cycle Against Suicide in partnership with Homestay.com, is looking for homeowners throughout the island of Ireland, to provide overnight accommodation for the thousands of cyclists taking part in this year's event, as part of the hugely successful Homestay programme.

The cycle which begins in Belfast on Monday April 27th and ends in Dublin on Sunday May 10th, covers 1,400 kms and over the two week period, the Homestay programme provides an opportunity for people across the island of Ireland to open up their homes to the participants, providing them with a warm meal, a chance to freshen up and a bed for the night. Research shows that this is a hugely rewarding experience for both the homeowner and the cyclist alike. It provides a chance to lend support in a very tangible way to Cycle Against Suicide without necessarily taking part in the cycle. This year, Cycle Against Suicide is partnering with Homestay.com to facilitate homestay recruitment and allocation of beds for the cyclists.

On Sunday, May 3rd, the Cycle will be arriving into Kerry and we are looking for 300 beds to host this year's participants of Cycle Against Suicide. To play your part in spreading the message, that 'it's ok not to feel ok; and it's absolutely ok to ask for help', contact the Local Homestay Coordinator, Margaret Brick – Margaret@connectpublications.ie or on 086 2408237



JIM BREEN WITH ANTO CRONIN FROM KILLARNEY AT LAST YEARS CYCLE AGAINST SUICIDE.

## THE CYCLE TO WORK SCHEME

This is a tax incentive scheme which aims to encourage employees to cycle to and from work. Under the scheme employers can pay for bicycles and bicycle equipment for their employees and the employee pays back through a salary sacrifice arrangement of up to 12 months. The employee is not liable for tax, PRSI or the Universal Social Charge on their repayments.

Your employer does not have to take part in the scheme. However if they do, they must offer it to all their employees.

What equipment does the scheme apply to?

The scheme applies to new bicycles and pedelecs (electrically assisted bicycles which require some effort from the cyclist). It does not cover motorbikes, scooters or mopeds.

Purchase of the following new safety equipment is also covered:

- Cycle helmets which conform to European standard EN 1078
- Bells and bulb horns
- Lights, including dynamo packs
- Mirrors and mudguards to ensure that the rider's visibility is not impaired
- Cycle clips and dress guards
- Panniers, luggage carriers and straps to allow luggage to be safely carried
- Locks and chains to ensure cycle can be safely secured
- Pumps, puncture repair kits, cycle tool kits and tyre sealant to allow for minor repairs
- Reflective clothing along with white front reflectors and spoke reflectors

How do I pay for the bicycle?

Usually your employer pays the supplier for the bicycle and sets up a



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Email: peter@ibike.ie  
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AND SCAPIN BIKES**

**SALE NOW ON**

**BIG DISCOUNTS ON 2014 BIKES**



'salary sacrifice' arrangement from your salary over an agreed time frame (which cannot be more than 12 months). This generally means that you visit the shop, select the equipment you wish to buy and have the shop invoice your employer directly for the cost. Note that the tax exemption does not apply if you pay for the bicycle and are reimbursed by your employer – they must pay for the bicycle.

The repayment for the bicycle and equipment is then deducted from your gross salary (this means before income tax, PRSI, pension levies or Universal Social Charge are deducted). These deductions can be made weekly, fortnightly or monthly depending on your salary payment arrangement. Your employer can also buy the bicycle on your behalf and not require you to pay for it.

You can only avail of the scheme once in a five-year period. This applies even if you do not purchase equipment up to the €1,000 limit.

Qualifying journeys

You must use the bicycle and safety equipment mainly for qualifying journeys. This means the whole or part (for example between home and train station) of a journey between your home and your normal place of work. Employers do not have to monitor this but you will be asked to sign a statement saying that the bicycle is for your own use and will be mainly used for qualifying journeys.

There is a limit of €1,000 on the amount that can be spent (this includes bicycles, safety equipment and delivery charges). If you spend more than this limit you are liable for a benefit-in-kind income tax charge.

Contact your employer to ask about the scheme



Killarney Cycling Club is a CLUB in the truest sense of the word. We are a group of old, young, male and female from all walks of life with a common interest in all things cycling. We pride ourselves in being welcoming and we always try to include and accommodate all abilities from top amateur competitive riders to those who want to enjoy a leisurely spin to take in the sights and sounds of the

beautiful area we are blessed to live in, often with coffee and cake as part of the day out.

Our club could be broadly divided into sections

1. Competitive road racing adult
2. Competitive road racing youths (11-17yrs of age)
3. Leisure road cycling
4. Mountain biking Adults
5. Mountain biking youths

Our adult competitive racers have made huge strides forward over the past few years culminating in the club fielding a team in the 2014 An Post Ras. We have riders out racing every weekend of the bike racing season in all parts of Ireland and only last weekend we had a team competing in Ras Mumhan a four stage International race held each Easter weekend in Killorglin.

Our main objective is to get people out enjoying the exercise and freedom of cycling on whatever discipline an individual is inclined towards. With this objective in mind we have in recent years run a Ring of Kerry mentoring programme on Wednesday evenings for twelve weeks in the run up to the charity cycle. In the programme we do our best to educate and encourage people who are new to the activity so that when they get to the Ring of Kerry they are well used to riding in a big group and will have a good idea of what way to approach, what for many will be the toughest day out they have ever attempted. This year we start our programme on Wednesday 15th April.(check our Facebook page for details)

Over the past couple of years we have put in a huge effort under the leadership of Mark Murphy to develop Road cycling for youths as a competitive sport, and we now have a very healthy youth section who meet and train together a couple of times a week when the weather permits. Only recently we held a very successful open day for boys and girls between 11 and 17yrs with a view to attracting some new youths into the sport. Mark and his team of adult coaches do a fantastic job looking after and encouraging boys and girls and make cycling as much a fun activity as a competitive sport.

For very many years we have been one of the top mountain bike clubs in Ireland. Last year we hosted the national mountain bike championships in Fossa. Again last year one of our members, Sean Prendeville won a European championship and one of our under 14 cyclists Jack Murphy won the national Points series. None of these achievements would be possible without the dedicated involvement of our Chairman Noel Doherty and Matt Sweetman.

If you or anyone you know is interested in cycling and want to know more check us out on our Facebook page....



KILLARNEY CYCLING CLUB ON A RECENT LEISURE CYCLE



## SPINNING CLASSES NOW AVAILABLE 3 TIMES A WEEK WITH OUR CERTIFIED SPINNING INSTRUCTORS

- A great way to add additional training for your Ring of Kerry Cycle.
- Proven to aid recovery improve strength and endurance

**CLASS TIMES ARE AS FOLLOWS:**

**TUESDAYS AT 7.15PM**

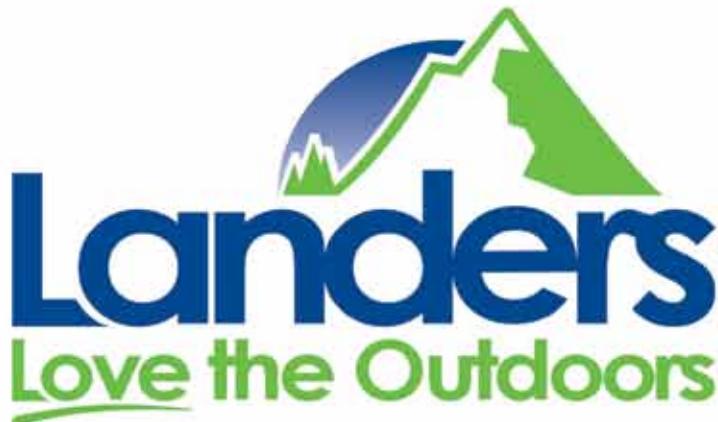
**WEDNESDAYS AT 9.30AM**

**THURSDAYS AT 7.00AM**



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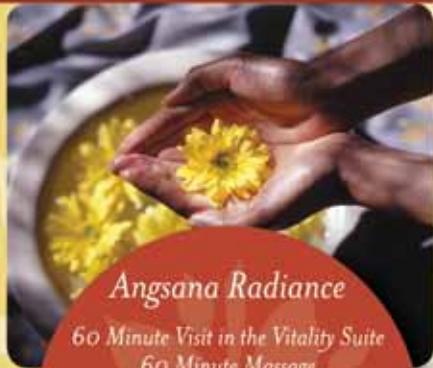


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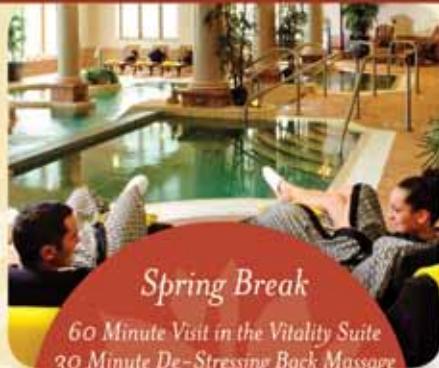
OR

60 minute facial

30 Minutes of Relaxation Time  
to enjoy Fresh Fruit & Tea

€80 pp

(Monday - Thursday ONLY)



## Spring Break

60 Minute Visit in the Vitality Suite

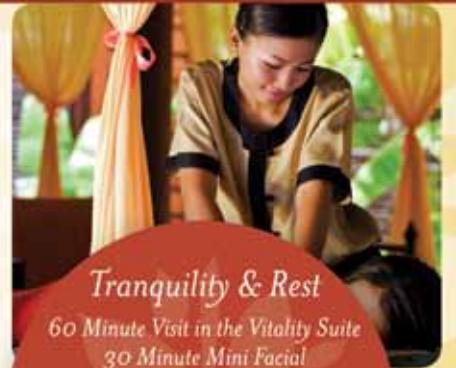
30 Minute De-Stressing Back Massage

& 30 Minute Mini Facial

30 Minutes of relaxation time  
to enjoy Fresh Fruit & Tea  
Lunch in the Brehon Bar

€99 pp

(Sunday - Friday ONLY)



## Tranquility & Rest

60 Minute Visit in the Vitality Suite

30 Minute Mini Facial

60 Minute Choice of a

De-Stressing Full Body Massage

30 Minutes of Relaxation Time  
Main Course Lunch in the Brehon Bar

€119 pp

(Sunday - Friday ONLY)

Terms & Conditions: All rates and package details are subject to change without prior notice. Packages are valid until April 30th 2015.

For reservations, please contact Angsana Spa The Brehon at Tel: +353 64 66 23980 or Email: [angsanaspa@thebrehon.com](mailto:angsanaspa@thebrehon.com)

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Monday 13th April 10.00am - 2.00pm

O'Doherty's Opticians, New Market Lane, Killarney 064 6632289  
Tuesday 14th April 10.00am - 1.00pm

McSweeney's Pharmacy, Kenmare Shopping Centre 064 6679880  
Tuesday 14th April 2.00pm - 5.00pm

**For Appointment Phone: 021 4546437**

Audivox Hearing, Clinic 29, Bishopstown, Cork

[info@audivox.ie](mailto:info@audivox.ie) | [www.audivox.ie](http://www.audivox.ie)

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## SOME PREWORKOUT SNACKS:

### Maple Overnight Oats

Serves: 1

#### INGREDIENTS

- 1/4 cup oats (I prefer Gluten free)
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 3/4 cup unsweetened almond milk
- A splash of vanilla
- 1/2 ripe banana, sliced
- 1 tbsp natural peanut butter
- 1 tsp maple syrup
- A small handful of pecans, toasted\*

#### INSTRUCTIONS

1. In a small bowl or jar, combine oats, chia seeds, cinnamon, almond milk, and vanilla. Cover and chill in fridge overnight, at least 8 hours.
2. Before serving, microwave sliced bananas and peanut butter in a small microwave-safe bowl for 20 seconds, or until bananas are soft and peanut butter is melted. Add to chilled oats.
3. Drizzle in maple syrup and top with pecans; stir until combined. Enjoy!

#### Notes

\*To toast pecans: Spread pecans in a single layer on a baking sheet. Bake at 350°F for 7 to 8 minutes until fragrant. Keep a close eye on it as pecans will turn from perfectly toasted to burnt in seconds!

## MORE TIPS NEXT WEEK...

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[WWW.FITNESSWITHEDELE.COM](http://WWW.FITNESSWITHEDELE.COM)

## OUTLOOK FASHION TIP:

### FASHION TIPS FOR GUYS

The most dramatic improvement you can make in your style is to make sure everything fits impeccably. Most guys wear clothes that are too large. Make sure everything you wear is almost hugging the shape of your body – without being tight.



## Beauty Tip

### Tips for women with fine hair

Limit how often you use heat tools. "Thin hair means weaker hair, so it's important to stay away from heat tools as much as possible. If you want waves, pin curl your hair and sleep on it to get the style without the damaging heat."



## DIET TIP EAT SEVERAL MINI-MEALS DURING THE DAY.

If you eat fewer calories than you burn, you'll lose weight. But when you're hungry all the time, eating fewer calories can be a challenge. Studies show people who eat 4-5 meals or snacks per day are better able to control their appetite and weight. It is recommended dividing your daily calories into smaller meals or snacks and enjoying most of them earlier in the day – dinner should be the last time you eat.



## MAN ON A MISSION - DECLAN O'DONOOGHUE

Declan O'Donoghue of Kerry Acupuncture Clinics, began 2015 with a goal to free 100 Kerry based people of their dependency on cigarettes before the year's end. Using his very supportive and cost effective programme, which consists of 10 sessions over a three-week period, he is on the way to achieving his target.

Declan uses acupuncture points in the ear to eliminate cravings and relieve symptoms experienced by people who are quitting smoking. This specific addiction therapy minimises withdrawal symptoms and improves the overall sense of well-being, so that stressful situations no longer trigger the desire to reach for a cigarette. The ongoing group therapy situation provides an environment where clients are supported on their journey to being tobacco free, not only by Declan but also their fellow participants. All of this is done without reliance on any nicotine replacement therapies.

Declan's motivation for setting this target came from an article he read in September which stated that by 2020 the number of cancer diagnoses in Ireland was predicted to

rise by 10,000 per year, from 30,000 to 40,000. "There are 900 acupuncturists in Ireland. When I reach my goal of helping 100 people to quit this year I will present my findings at the Acupuncture Council of Ireland's annual conference. I will try to convince many more acupuncturists to work towards the same aim in their counties and together we could have a real impact on the numbers of people being diagnosed with smoking-related cancers."

**Kerry Acupuncture Clinics are running four Stop Smoking Clinics beginning on Tuesday April 14th in Killarney, Tralee, Killorglin (Full) and Cahersiveen. One-to-one courses are also available. For information contact Declan on 087 6972351. Visit [www.kerryacupunctureclinics.com](http://www.kerryacupunctureclinics.com) to book a place on the course and view video testimonials.**





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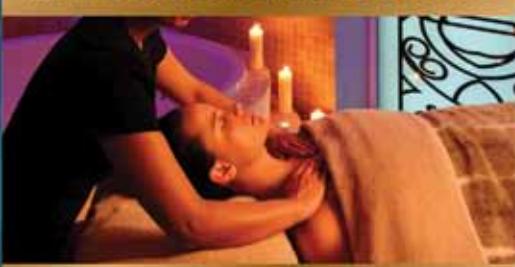
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- Afternoon Tea per person
- Full use of Vitality Pool & Thermal Suite

€99

## PAMPER & LUNCH TREAT



- Choice of a Facial or a Full Body Massage\*
- 2 Course Lunch per person
- Full use of Vitality Pool & Thermal Suite

€119

\*50 minute treatment. Offer valid Sunday to Thursday. Terms & Conditions Apply. Not valid with any other offer.



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Katie Purtill MISCP  
Chartered Physiotherapist

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## PILATES CLASSES

Beginner & Intermediate available



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★ DO YOU FEEL YOU HAVE A WEAK BACK?

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Saturday appointments available.

Clinic also in Kenmare Medical Centre (Mondays Only)



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**Each client who has completed the programme has saved more than the €160 fee.**

**National Smokers Quitline says**  
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### Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 27<sup>th</sup> April 2015. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

### Food Preparation and Cooking Course (ET20D) - Tralee.

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

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

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

### Radio Broadcasting Foundation (ET41Z) - Tralee.

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

### Outdoor Activity Instructor Traineeship (ETS64).

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

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

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

### Wind Turbine Maintenance Technician Course (TR36R) - Tralee

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

### 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:** 24<sup>th</sup> August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

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

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

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# STUNNING GIRLS VIE FOR MISS KERRY TITLE

A 20 year old nursing student from Dingle has been crowned Miss Kerry at a glamorous event held in the Killarney Plaza Hotel at the weekend.

Mairead Breathnach from Cuas in Dingle was chosen from a group of 24 girls to represent the county in the Miss Ireland event which will take place in Dublin in June.



SOME OF THE MISS KERRY CONTESTANTS 2015. PHOTO PADRAIG HEALY.



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE FINAL OF MISS KERRY WERE L-R MARGARET MORIARTY, GEORGINA BUCK, SINEAD MORIARTY, SARAH O'DONOGHUE & DOREEN MORIARTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY PARTICIPANTS AT MISS KERRY L-R RUZENA KRISDOFOVA, NAOMI BROSNAN & SARAH JANE TAYLOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MISS KERRY 2015 WINNER MÁIREAD BREATHNACH. PHOTO: PADRAIG HEALY.

## COMING UP ROSES FOR CYSTIC FIBROSIS

Cystic Fibrosis Ireland, the national charity supporting people with cystic fibrosis (CF) and their families, will hold its annual 65 Roses National Awareness Week in Kerry from April 20 to 26. As part of the week, on Saturday April 25, volunteers will be selling 65 Roses pins and silk Purple Roses in the Killarney Outlet Centre with funds raised going towards CF research, the development of new CF health facilities and the provision of patient grants. People are also being encouraged to take up a 65 Roses Challenge—one of any number of 65-themed

fundraisers detailed on [www.cfireland.ie](http://www.cfireland.ie)—or to make a €2 donation directly now by texting “65ROSES” to 50300\*. The launch of the campaign was attended by Deputy Tom Fleming and Deputy Michael Healy-Rae, who are urging the public to lend their support to the campaign in whatever way they can. Cystic Fibrosis Ireland offers a range of services including providing information, advice and advocacy, undertaking research, and funding dedicated CF health facilities. It also offers grant assistance for a range of

expenses, including for gym membership and exercise equipment, for fertility assessment and treatment, for transplant assessment, for counselling and bereavement, as well as for people experiencing financial hardship. If you'd like to take up the 65 Roses Challenge, or would like to volunteer to sell pins, silk Purple Roses and other merchandise as part of 65 Roses Week, please contact Cystic Fibrosis Ireland today on LoCall 1890 311 211, email [fundraising@cfireland.ie](mailto:fundraising@cfireland.ie) or visit [www.cfireland.ie](http://www.cfireland.ie).



DEPUTY TOM FLEMING, JESSIE ENNIS, CF PATIENT AMBASSADOR AND PHILIP WATT, CHIEF EXECUTIVE, CYSTIC FIBROSIS IRELAND ARE PICTURED AT THE LAUNCH OF CYSTIC FIBROSIS IRELAND'S 65 ROSES NATIONAL AWARENESS WEEK, WHICH TAKES PLACE FROM APRIL 20-26. \*PHOTOGRAPHY: CONOR HEALY PHOTOGRAPHY



DEPUTY MICHAEL HEALY-RAE, JESSIE ENNIS, CF PATIENT AMBASSADOR AND PHILIP WATT, CHIEF EXECUTIVE, CYSTIC FIBROSIS IRELAND ARE PICTURED AT THE LAUNCH OF CYSTIC FIBROSIS IRELAND'S 65 ROSES NATIONAL AWARENESS WEEK, WHICH TAKES PLACE FROM APRIL 20-26. \*PHOTOGRAPHY: CONOR HEALY PHOTOGRAPHY



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# Their Special Day

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



PHOTOGRAPHED ARE NEWLY WEDS ANDY BURKE & DEIRDRE MURPHY.

THE COUPLE HELD THEIR WEDDING CELEBRATIONS IN THE MALTON HOTEL ON EASTER SATURDAY LAST.

PHOTOGRAPH COURTESY OF IAN CRONIN /ICPHOTOSTUDIO



BREDA HOULIHAN FROM DINGLE AND KEVIN DILLION (LIMERICK) WHO WERE MARRIED AT THE AGHADOE HEIGHTS HOTEL ON SATURDAY 4TH APRIL.

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# LIAM LYNCH MOTORS & ROZ PURCELL CALL ON CYCLISTS TO CHALLENGE 180KM FOR CHARITY

## THE RING OF KERRY CHARITY CYCLE OPEN FOR REGISTRATION

The Ring of Kerry Charity Cycle and its vehicle partner Liam Lynch Motors is calling cyclists to register for the biggest, one-day charity fundraising event in Ireland. Due to increasing demand, there will be a big rush for places at the 2015 event and registration officially opens this week at [www.ringofkerrycycle.ie](http://www.ringofkerrycycle.ie)

Taking place on Saturday, 4th July 2015 and delivered in partnership with ŠKODA's main Kerry dealer Liam Lynch Motors, the event welcomes thousands of leisure cyclists from across Ireland as they embark on a 180km journey along the spectacular Ring of Kerry to raise much needed funds for worthy Kerry-based causes.

Cyclist, model and food blogger, Roz Purcell had this to say about the event: "The Ring of Kerry Charity Cycle is a fantastic event, and an important one which raises money for such worthwhile local causes. The route showcases spectacular scenery and is a challenge suitable for leisure cyclists but one which also tests those more experienced riders. I loved taking part in last year's event and can't wait to be part of the event on 4th July."



LIAM LYNCH ŠKODA DEALER, FARRANFORE. PICTURED L-R: RAYMOND LEDDY OF ŠKODA IRELAND, CATHAL WALSH PRO OF THE RING OF KERRY CHARITY CYCLE AND LIAM LYNCH OF LIAM LYNCH MOTORS.

Commenting on the event, Liam Lynch of Liam Lynch Motors said: "We are thrilled to partner with the Ring of Kerry Charity Cycle for the third consecutive year. The event is the biggest one-day charity fundraising event in Ireland and the atmosphere on the day is electric. We can't wait to welcome the thousands of cyclists to Kerry for what promises to be a great weekend of fundraising and festivities."

Last year, in excess of €1.6million was raised for different charities in Kerry. The designated charities for the 2015 edition are; Console - The National Suicide Charity, Down Syndrome Kerry, Enable Ireland, Kerry Rape & Sexual Abuse Centre, Kerry Hospice Foundation, Social Action Group Rathmore, Friends of St. Joseph's

Home, St. John of God Kerry/St. Francis Special School and Valentia Hospital.

Cathal Walshe, PRO of the Ring of Kerry Charity Cycle, said "We've been working hard preparing for the 2015 edition of the Ring of Kerry Charity Cycle and this year's event is shaping up to be the best yet. Not alone does this event benefit worthwhile charities at a local level, but bringing 10,000 cyclists and their supporters to the area provides a huge local economic boost. Not surprisingly, the event is always popular with cyclists so we would encourage participants to make sure they register early to avoid disappointment."

Registration for the event is available online at <http://www.ringofkerrycycle.ie/>

## RSA & IKA URGE DRIVERS TO OPT FOR ORGAN DONOR CODE 115 ON PLASTIC CARD LICENCE

Almost 4 out of 10 drivers chose to become an organ donor.

To mark Organ Donor Awareness Week, which ran from March 28th - April 4th the Road Safety Authority (RSA) and the Irish Kidney Association (IKA) have asked drivers to consider declaring if they wish to become an organ donor when applying for a plastic card Learner Permit or Full Driving Licence.

Since the introduction of the plastic card licence format in January 2013 the code 115 can be displayed, meaning you have indicated on the Learner Permit/ Driving Licence application form that you wish to be a donor.

A total of 426,091 drivers have been issued a Driving Licence or Learner Permit with Organ Donor code 115 from 19th January 2013 to 28th February 2015. This includes 121,502 Learner Permits or 38.5% of permits issued and 304,589 Full Licences or 39.7% of Full Licences issued

Ms Moyagh Murdock, Chief Executive, Road Safety Authority said "This is the first time we have ever been able to put a figure on the number of drivers who are willing to become an organ donor, through the driving licence."

"When Ireland, along with the rest of Europe changed over to a standardised plastic card format driving licence, in January 2013, one of the new features added was the option to declare a willingness to sign up as an organ donor."

"On the previous paper licence, it was left up to the individual themselves to tick the box on the back of the licence. Under the new plastic card system, question 18 on the application form specifically asks the individual if they want to be an organ donor and have this displayed on their licence by referencing the code 115."

Chief Executive of the Irish Kidney Association, Mark Murphy "The focus of Organ Donor Awareness Week is to raise awareness about the ongoing and ever increasing demand for transplantation which relies on the public for organ donation. Families need to talk together and keep the reminders of their willingness to donate visible by carrying the organ donor card, downloading the Smartphone App. In particular I would urge anyone who is applying for the first time or renewing their driving licence to give serious consideration to becoming an organ donor and having the Organ Donor code 115 on the licence."

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# LADIES SPORTING OUTLOOK

## ROWING TO RIO

**The Monika Dukaraska**  
**Blog. The story of a Professional Athlete**

We are a step closer to our first regatta of the 2015 season. A team of eight will represent Ireland at the 2015

International Regatta in Piediluco in Italy. The entries have been published and I will face Spain, four crews from Italy and a crew from the Republic of South Africa in the Women's Pair event. We are expected to race a heat on Friday, final on Saturday with another heat-taking place that afternoon, followed by a final on Sunday. Piediluco is a double regatta, giving us plenty of opportunities to try things out and of course learn from it. The event will be followed by a 10 day training camp in Varese, Italy where we begin our preparations for the European Rowing Championships which are held in my hometown Poznań in Poland.

The past week of work consisted of a lot of long distance training sessions and some on the water lactate testing. This is unusual before a regatta as normally we would taper and decrease the amount of training however the event in Piediluco and the training camp are used as a training preparation for the Europeans, hence taper is limited ensuring that we peak at the right time.

Physiologists from the Irish Institute of Sport performed the lactate testing. We completed a 47-minute rowing piece on the water at various rates. During the rest time, the physiologists took a blood sample, which was then inserted into a reader that gave us a lactate score. It is much harder to generate lactate on the water in comparison to a rowing machine, as it is highly dependent on the technique and connection at the catch while rowing. The lactate levels should increase once the rate increases. The following day we were tested once more during a 20km outing where the aim was to paddle at a UT2 level, meaning that the lactate should be between 0.8 and 2.0 level. The UT2 level ensures that you work on your aerobic threshold. The same was repeated during our ergometer training in the afternoon. Knowing the level at which you train is key as we aim to develop a huge aerobic capacity which will ensure that we can keep going for long periods of time, when other rowers fatigue during the race, we will be able to go on and attack. Imagine a triangle: we work on its base. The longer the base, the higher the triangle. The top of the triangle represents our ability to sprint and race.

Just to wrap it up, it has been a hard and demanding week. I was put through my paces on a daily basis. I had to fight a slight hand infection and push myself through the discomfort of holding an oar handle on a daily basis. Now, I am excited to depart to Italy. I am looking forward to racing, exploring the new event and learning. Keep your fingers crossed! Chat soon!



## MONAGHAN THE TASK FOR KERRY

**LADIES NFL DIVISION ONE**  
**KERRY V MONAGHAN**

Kerry are in action on Sunday in their final game of the Tesco HomeGrown National League. Monaghan provide the opposition as they travel to Castleisland, game is 2pm. Kerry put up a great battle in Mayo 2 weeks ago and came away with full points. Manager Alan O'Neill was happy with the performance, but more so the reaction of the players who after a disappointing under par performance against Galway weeks before bounced back very well. Kerry will be without the services of Louise Galvin who is away with Mini 7's Irish rugby team. However

there is healthy competition for places on the team and we have a relatively clean bill of health. Both teams will be keen on getting full points in this game as semi final spaces & position on table is important. Monaghan are currently 3rd spot with Kerry 4th. Dublin are also coming up the rear in 5th spot but they have a difficult tie against Cork so permutations difficult to predict. A great game is in store in Castleisland, the home of Captain Cait Lynch and also home to current All Ireland Ladies Intermediate Club Champions.

## KERRY UNDER 16'S DEFEAT WATERFORD

Kerry defeated Waterford in their first round Under 16 clash in Cork. Kerry were slow to start, with Laoibhse Walmsley coming off injured early in the game. Waterford were getting a bit of a stranglehold of midfield but when Kerry got to grips in the middle

third and feed ball to our forwards who were in flying form, it swung towards the Kerry girls. Final score Kerry 5-09 Waterford 2-10. Goal scorers Hannah O'Donoghue (2), Aoife O'Callaghan (2) and Elizabeth Mohan.



THE ACADEMY GIRLS CUP WINNERS FROM FARRANFORE BASKETBALL WHO WERE PRESENTED WITH THEIR NEW BASKETBALL TOPS FROM CELEBRITY CHEF MARK DOE ON SATURDAY AT FARRANFORE COMMUNITY CENTRE. EMMA O'SULLIVAN, KATIE O'LEARY, DEABHHLA BROSHAN, ELAINE McMAHON, EILEEN O'LEARY, ELLA WALSH, KATIE O'SULLIVAN, ELLEN O'SULLIVAN AND COACH BRID O'CONNOR, MISSING ON THE DAY WERE, AILLY ANNE FLEMING, RACHEL MURPHY, MELLISA SA DARLINGTON AND MANAGER FIONA WALSH. PIC JOE HANLEY

## EASTER FUN AT THE KILLARNEY OUTLET CENTRE



ENJOYING CREATING THEIR VERY OWN CANDLES, COUSINS CAITLIN O'CONNELL & CARLISE CAFFREY ON EASTER SUNDAY AT THE KILLARNEY OUTLET CENTRE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE EASTER SUNDAY CELEBRATIONS AT KILLARNEY OUTLET CENTRE SHAKIRA, MARY & LILY MAI O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE BARTLETT'S MEET THE EASTER BUNNY AT THE KILLARNEY OUTLET CENTRE ON EASTER SUNDAY L-R JOE, ORAN, MICHELLE & KEELIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



EASTER SUNDAY DELIGHTS ON SALE AT THE KILLARNEY OUTLET CENTRE BAKED BY THE KILLARNEY SCHORCHERS. L-R COACH HAYLEY MURPHY WITH HER NEW BABY BOY DAMON, WIKTORIA KOWALOWKA, DARRAGH BEGLEY & EMMAROSE BYRNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE AGHADE HEIGHTS HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE LUNCH WERE L-R TRISH COVARR (AGHADE HEIGHTS HOTEL), ÁINE O'DONOGHUE (TORC TRAVEL) & JANET TREACY (KILLARNEY PARK HOTEL). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE CATHEDRAL FOR THE "GLOW HEARTS4 CRUMLIN" BALLOON RELEASE WERE THE DENNEHY-QUINN FAMILY L-R RYAN, STEPHEN, PAM, LIAM AND IN FRONT LIAM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE FINAL OF MISS KERRY WERE L-R CLODAGH MOORE, SARAH JANE TAYLOR, JAMES O'DONOGHUE, CHRISTINE KEARNEY (ORGANISER), LIAM KEARNEY & DENISE SHEAHAN.



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE FINAL OF MISS KERRY WERE L-R FIACHRA GRIFFIN, NOEL O'SULLIVAN, EDEL LAWLER, JAMIE STACK AND IN FRONT SHONA O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



## EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

### EAST KERRY SENIOR LEAGUE -

#### DIVISION 1 FINAL

**DR CROKES 1-14 LEGION 1-11:** Dr Crokes were the winners of the East Kerry Senior League, Division 1, sponsored by Frank Doran Safeguard Security when they played Legion last Saturday in Fitzgerald Stadium. Dr Crokes opened very strongly with Daithí Casey finding the net in the opening minute and the team went on to notch up 4 unanswered points in the first 6 minutes, to lead 1-04 to nil. Legion registered their first score with two well taken points and made a couple of substitutions. There were a scatter of points from both sides in the remainder of the half leaving Dr Crokes with a six point lead at the break, on a scoreline of Dr Crokes 1-08 Legion 0-05.

Legion had a dream start to the second half

with Conor Keane scoring within a couple of minutes of the resumption. The sides traded points, before three unanswered Legion points levelled the scores at the end of the third quarter, 1-09 a piece. Legion took the lead with a well taken point, but Dr Crokes responded and largely dominated the remainder of the game, notching up 5 points to a single point for Legion. Dr Crokes ran out winners after an entertaining game, with a three point margin. Final score; Dr Crokes 1-14 Legion 1-11.

Referee: Denis O'Sullivan (Scartaglen).

**EAST KERRY JUNIOR LEAGUE:** The East Kerry Junior League, sponsored by Patrick Doyle Haulage, continues with round 2 on Tuesday the 14th April at 7pm. The fixtures are Legion host Rathmore, Spa entertain Gneeveguilla and Dr Crokes travel to Kilcummin. Glenflesk has a bye. Round 1 was fixed for Tuesday the 7th April and these notes will have gone to press before these games are played.

### EAST REGION UNDER 16 LEAGUE:

Three rounds have been played in the East Region Under 16 league, sponsored by MD O'Shea, with round 3 being played on Easter Monday the 6th April. The round 4 fixtures are on Monday the 13th April and are as follows: Division 1A: Kilgarvan/Tousist V Rathmore, Cordal/Scartaglin V Fries, Spa – Bye; Division 1B: Dr Crokes V Legion, Fossa V Beaufort, Glenflesk – bye; Division 4: Kenmare V Kilcummin, Listry/Keel V Currow, Gneeveguilla – bye. First named team has home venue and Games start at 6pm.

**SYMPATHY:** We extend sympathy to the O'Leary family, Killarney, on the passing away of Denis, Dr Crokes club and Fitzgerald Stadium committee member and we extend sympathy to the Foley family and Fries C.L.G. on the passing away of Gerry Foley, a stalwart of Fries club. Ar dheis Dé go raibh a n-anamacha dílse.

## LEGION GAA CLUB

### WHERE ARE THEY NOW

After a quiet couple of weeks catching up with Legion lads in the local vicinity, I took to the skies once again and headed down under to Western Australia and back to the city of Perth where I finally caught up with one of Killarney's finest - David Murphy. I had actually called to David's home a couple of months back when I was doing another club interview in the city but was informed by a neighbour at the time that David was on vacation at the time. David from "Greenmount" in Rock Rd, Killarney is a son of club stalwart, Mike and Mary Murphy and a brother to Sandra and Linda and he has two nieces Kate and Emma and a nephew Dara who he tells me all play underage for the club. I met with David down at Perth Shamrock Rovers soccer grounds just as he was finishing a midweek training session and for a moment, I thought that I was actually back home in Killarney as I spot Micky O'Grady and Paudie O'Connor all jogging towards the dressing room and as David told me later on, most of this team are from some part of Ireland and they all get on great and have become very good friends as they are all in the same boat, being so far away from home. This comradery helped them to win Div 1 State Championship last year with David playing at centre back for the campaign.

Before David left Killarney, he had played for nearly twenty years in the green n white [1991 - 2010] and he remembers that although he won a few underage titles in both County and East Kerry, his highlight was definitely winning the Intermediate title with the seniors in 2005 when they beat Finuge in Tralee. David rightly says that gaining senior status at that particular time was huge for the club. I asked David who

he remembers as being the standout players of that time and he says "I always enjoyed watching John Keane train and play. He had the sharpest elbows ever created and I was on the end of one at one of my first ever senior trainings. Galen Carroll was always deceptive to mark. He used to wear massive goggles while playing which were always very off-putting. John Bowler and Seanie Culloty were two of the best players I've played with. Gene McCarthy was a nightmare to mark at training. He would swing off your earlobes for an hour and apologise after. Outside of the club, the late Jimmy Falvey was a fantastic player for us in the Sem and with the Kerry minors."

And speaking of the Kerry minors, I asked David what kind of a team had they the year [2005] when he played with them, he says that they had a very strong team that year with a large Killarney contingent but unfortunately lost out to Mayo in the All Ireland semi final. As for progressing his inter county career, David told me that he got a few trials at U21 and senior level but modestly he says that he never made the breakthrough.

Having played football at a fairly high standard all his sporting life along with soccer for Killarney Athletic and basketball for St Pauls, I asked David who would have had a big influence on him during this time and he replied "My parents definitely – from Mary having something ready for me before and after training to Mike having me out the back or up at Derreen kicking points. I could kick 2-10 in a minor county league match and the first thing Mike would ask me was what happened the 3 I put wide!"

Johnny, Donal and Seanie Culloty were always

very influential as well as Garry McGrath in the Sem."

In 2010 David left Killarney and travelled here to Perth where he took up a position of Physical Education and Maths teacher at a secondary school in the city where he still teaches today and although he loves the life here, especially the weather, he admits that he would like to get home more often as he has only been home twice since he left, both at Christmas time and he reckons that there is nowhere in the world like Christmas in Killarney. When I posed the question of what he misses most from home ... "Family and friends mostly. It is a nightmare missing everything from weddings and confirmations to funerals. I miss playing GAA too. Although, more or less the minute I moved to Australia the Legion boys started flourishing - getting promoted, reaching O'Donoghue Cup finals, beating the Dr. Crokes - I should have moved away sooner!" he smiles. "I will come home eventually but not in the next three or four years. I would like to get back this year for Mike The Psych's inevitable retirement but I am going to Thailand with the school", his smile grows.

David and myself chatted for a while about some of the great days that he had while playing for the club and some of the great craic they had at the time.

With that, the Woodlawn contingent emerged from the dressing room and I bid adieu to David, Paudie and Micky.

**Next week I travel to Norway ....yes Norway.**



DAVID MURPHY PICTURED WITH HIS PARENTS MIKE AND MARY.



## FOSSA GAA

**LOTTO: 5TH APRIL 2015:** Numbers drawn were 13, 14, 19, 26. There was no Jackpot winner and next weeks Jackpot will be €9,750.

**SENIORS:** The senior team will play CastleGregory in the next round of the county league on Sunday at 2pm in Fossa.

**U12 BOYS:** U12 boys begin their County League campaign on Sunday 12th when they are at home to Castleisland Desmonds at 6pm

**U16 BOYS:** U16 boys play Beaufort in Fossa on Monday 13th at 6pm.

**LADIES FOOTBALL:** U14 girls are away to Rathmore on Sunday 12th at 5pm.

**COUNTY LEAGUES:** The U12 and U16 Ladies County Leagues will be starting on Tuesday April 7th and Thursday April 9th respectively.

Our Fossa U12 girls are at home to Laune Rangers in the Preliminary round.

Our Fossa U16 girls have a tough task ahead of them as they are away to Rathmore for their first outing in Div 1 of the County Leagues.

**U14'S:** Fossa hosted their near neighbours Listry/Keel in their first competitive outing of the county league going down by 4-9 to 5-9.

**U16'S:** On a wet and windy Monday evening in Glenflesk, Fossa U16 lost to Glenflesk by the narrowest of margins, final score 3-19 to 6-09.

## LISTRY GAA NEWS

**LISTRY WEEKLY LOTTO RESULTS** Sunday 5th April, 2015. Winning Numbers 6, 12, 15, 19 Jackpot €2,750. Not Won.

### MINOR FOOTBALL LEAGUE 2015

**RESULT:** Laune Rangers 2-10 Keel/Listry 3-12.

**SENIOR FOOTBALL LEAGUE 2015:** Listry will be playing away to Ardfert on Saturday, 11th April at 6.30 pm. All support appreciated.

## RATHMORE GAA NOTES

### RESULTS: COUNTY U-14 FOOTBALL LEAGUE DIV 2 RD1

**RATHMORE V AUSTIN STACKS:** On Wednesday last April 1st, Rathmore began their county u14 Football League campaign with a win over Austin Stacks in Rathbeg. Rathmore 3-14 to Austin Stacks 0-06.

### EAST KERRY U16 LEAGUE:

### RATHMORE 3-4 FIRIES 2-8

**FIXTURES:** Senior County League Division 2, Rathmore vs Currow Saturday 11th April, 6.30 PM, Rathbeg. Please Support.

## BEAUFORT GAA NOTES

More detailed Match Reports on [www.beaufortgaclub.com](http://www.beaufortgaclub.com)

**U16S:** Had their 2nd win in the East Region League when they defeated Legion in Direen on Monday evening last. Final Score: Legion 0-7 Beaufort 2-5. Their next game is at home to Dr.



THE FLEMING CUP WAS PRESENTED TO ALAN O'SULLIVAN, THE DR CROKES CAPTAIN, BY THE COMPETITION SPONSOR, FRANK DORAN, ALONG WITH TIM RYAN, EAST KERRY BOARD CHAIRMAN. TIM COMPLIMENTED BOTH TEAMS ON A SPORTING AND ENTERTAINING GAME AND THANKED THE FITZGERALD STADIUM COMMITTEE FOR THE USE FOR THE STADIUM FOR THE FINAL.

Crokes on Monday evening.

**U14S:** Got their County League campaign off to the perfect start when they came away from Dingle with both points on last Wednesday evening. Final Score: Dingle 1-9 Beaufort 4-5. Their next game is away to Kerin O'Rahillys on Wednesday next.

**U14 GIRLS:** Sponsored by the Beaufort Drama Group had their 2nd win in the County League on Wednesday evening when they had a 5-6 to 2-1 win over Laune Rangers B. Their next game was away to Na Gaeil in Tralee on Easter Monday.

**MINORS:** Hosted Castleisland Desmonds on Friday evening in the County League. This was played at 13-a-side. Final score: Beaufort 1-6 Castleisland Desmonds 1-15.

**SENIORS:** Beaufort Seniors played Glenbeigh/Glencar in the last Mid-Kerry League game in Glenbeigh in lovely conditions on Saturday evening. Glenbeigh/Glencar won this encounter. Final score Glenbeigh/Glencar 3-12 Beaufort 2-10. Their next game is next week-end against Na Gaeil in Tralee.

**U12S:** Begin their County League games on Sunday next when they travel to Dingle.

**LOTTO:** The Lotto Draw for a Jackpot of €3,800 was held in Beaufort Bar on Easter Sunday, April, 5th. Numbers drawn: 4, 7, 20, 22. No jackpot winner,

## DR CROKES NOTES

### EAST KERRY SENIOR LEAGUE FINAL

### DR CROKES 1-14 LEGION 1-11

Once again this local derby was keenly contested with Dr Crokes responding when required in the closing stages to emerge victorious. Legion squandered a late goal chance in the last minute and when the referee blew full-time, Crokes were victorious on a 1-14 to 1-11 scoreline. Obviously given the Kerry v Tyrone game the following day, both sides were short their Intercounty players for this game and it was great to see Colm back on the playing field in Omagh, the result of a long and lonely period of rehabilitation after serious injury. Hopefully we will be reporting

on his exploits in the Black and Amber in the near future.

### SENIOR LADIES CO LEAGUE DIV 2

**DR CROKES 2-9, LISTOWEL 5-8:** Although well in the game at halftime, our depleted squad again suffered another defeat, this time to Listowel on Easter Sunday. However the teams true progress will not be seen until all players are available.

**JUVENILE ACADEMY:** Kenmare were the visitors to our academy on Saturday 4 April, where the under 8/10s of both clubs played Go Games in both Hurling and Football.

There was an abundance of talent on display in both codes and all the children enjoyed the non-competitive games.

**UNDER 14:** Crokes U14s lost their first County League Division 1 game, away to Laune Rangers on Wednesday 1st April. A good first half performance saw Crokes lead at halftime but Laune Rangers ability to create and finish second half goal chances proved decisive and they emerged comfortable victors on the night.

**HURLING:** Our U12 Hurlers travelled to Kenmare on Friday 3 April but returned home empty handed after the home side inflicted a heavy defeat on our young team.

However Dr Crokes U14 Hurlers played out a brilliant draw with Tralee Parnells at Lewis Rd on Saturday 4 April showing fantastic effort, courage and determination to secure the point that at one stage looked unlikely. Final score Dr Crokes 2-9, Tralee Parnells 1-12. Again any young boys who would like to take up and learn the skills of hurling can join the U12 & u14 panels by contacting John at 087-6534444.

**LOTTO:** Draw took place in the Speakeasy Bar on Sunday last. Numbers drawn 5, 6, 18 & 21. Next week's jackpot is €5,400. Draw will take place in the Tatler Jack Bar on Sunday 12 Apr 2015.

**MASTERS CHALLENGE:** Add to your enjoyment of the US MASTERS, April 9-12th and possibly win €1000 first prize, by supporting our very popular Masters Challenge. The cost of entering has been halved this year to €10 a line or you can enter 5 selections for €40.

# GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com



Cards from the usual sources or you can enter online at DRCROKES.COM. before 12 midday on Thursday 9th April 2015.

**SYMPATHIES:** Sympathy to the family of Denis (Sarge) O'Leary, Scrahan Court and Rock Rd. Denis, a former player, served the club in a variety of roles, as a senior selector, juvenile officer and as a Trustee of our grounds in Lewis Rd. To his wife Mary, sons Timmy, Denis and Rory and extended family, we offer our sincere sympathies. To the family of Jerry Foley, Leamnaguilla, Ballyhar, who played Co Championship with us in the 1960's, we also extend our sympathies. Ar dheis De go raibh a n-anam.

Any items for inclusion in Club Notes or on our social media outlets, email to crokesclubhouse@gmail.com.

## LEGION GAA CLUB NOTES

**EAST KERRY LEAGUE FINAL:** Played last Saturday evening in Fitzgerald Stadium, we faced our town rivals in the first competitive final of the year and despite both sides being without several regulars due to Kerry commitments or injury, this was a most enjoyable game, mostly due to a good spirited second half performance where our lads turned around a five point halftime deficit to actually take the lead with ten minutes remaining only for Dr Crokes to finish that bit stronger as we eventually succumbed to a 1-14 v 1-11 defeat.

**DESIGNER FASHION EVENT:** Cairde an Leigium is delighted to announce that on Thursday April 30th in the Malton Hotel we will be hosting an unmissable occasion in association with the Norma O'Donoghue Model Agency. A Designer Fashion Event where the country's top fashion designers and boutiques will be unveiling their latest creations and styles. We are also delighted to be teaming up with two of the up and coming hair and beauty specialists in Allure Hair Salon and Before and After Make Up Artists who will be showcasing their talents on the night. With a drinks reception and apres show entertainment it promises to be THE event of the year in Killarney. More details in the coming days!

**U14 BOYS COUNTY LEAGUE:** Hard luck to our Under 14 boys who were narrowly defeated in their opening game in the County Div.1 by a very good Kenmare team. You'll travel far and wide to see a match as good as this with both sides giving their all up until the final whistle. We struggled early on against the wind to get out of our own half and found ourselves down by 2-09 to 1-06 at the small whistle. Kenmare were faster out of the blocks when play resumed leaving us adrift by 10 points. However our lads didn't give up and we finished the game the stronger side. We managed to get back to within 2 points but just couldn't get that elusive score to snatch the win. Well done to all the lads for their tremendous effort and great spirit. Final result: Kenmare 4-15 Legion 5-10.

**U16 EAST KERRY:** Our U16 side lost their

opening round game against Beaufort 2-06 v 0-08.

**U14 GIRLS:** Well done to the U14 girls who defeated John Mitchells 3-06 v 1-00.

**HURLING:** Hurling training for all boys and girls for all ages up to u12 every Thursday from 5-6pm at our grounds at Derreen. Hurlers and helmets are supplied. Beginners most welcome

**SATURDAY MORNING ACADEMY:** Our Saturday morning underage academy continues every Saturday morning from 10.30 am til noon. New members welcome, so come along and learn the skills under our qualified coaches in a fun environment.

**FIXTURES:** East Kerry Junior league Legion v Rathmore in Derreen April 15 at 7.00pm.

Senior County league round 3 Legion v Kerins O'Rahillys at Derreen Saturday April 11 at 6.30pm.

## SPA GAA NOTES

**COISTE NA NOG:** Training for u6/u8/u10 boys will commence after the Easter holidays on Saturdays at 11am and for same age group for girls on Wednesdays at 5pm.

**TABLE QUIZ:** We are hosting a table quiz in the Torc Hotel on Friday April 24th. We are expecting a large attendance. Contact John O Donoghue 9403517.

**EASTER EGG HUNT:** Thanks to all the boys and girls who attended the Fun Easter Egg hunt along with their Parents.

**U13 BOYS:** A huge congrats to our U13 Skills Team of Cian Murphy, Matt Mc Auliffe and Oisin Walsh, sub Gary O'Sullivan who triumphed in the Killarney Heat of the County Skills competition where they were up against the best of neighbouring clubs Legion, Dr Crokes, Fossa, Listry and Furies. The lads now qualify for the county final of the event being held in Austin Stack Park on Thurs 9th April. Best of Luck lads

### U14 COUNTY LEAGUE DIV 3:

**SPA V KERINS O'RAHILLY'S:** On Wednesday night Spa took on a very strong O'Rahilly's outfit at home whereby Spa played into a very strong wind in the first half. After conceding a couple of soft goals early one Spa stuck back with a Connie Cremin finish to the net. Some heroic defending by Matt Mc Auliffe and Liam Spillane kept the deficit down. On resumption of the 2nd half Ryan Kelliher aided by Tomas Cronin, Darragh O'Leary and Cian Murphy led the revival. Superb point taking by Ryan Kelliher aswell as a great goal was not enough to bridge the gap whereby the visitors ran out 6-9 to 3-13 victors.

### EAST KERRY U16 LEAGUE DIV 1

**SPA V SCARTAGLEN/CORDAL:** Unfortunately last Monday night on an evening when the weather did no favours for the game as a spectacle with a very strong wind and very sticky and heavy conditions a strong Scart/Cordal side out-battled their Spa counterparts.

**LADIES FOOTBALL:** U12 girls started their

county league on Tuesday last April 7th away to Furies at 7pm.

### U14 GIRLS: SPA 2-9 KILCUMMIN 5-4

Played their first home game in Spa on Sunday against neighbours Kilcummin. This game was won with the saying goals win games and certainly was the case in this match. Upcoming fixture home again next Sunday at home to Finuge at 5pm.

**U16 GIRLS:** This year we are entering a team with Scartaglen in the Co. League. First outing was away to Finuge/St. Senans on Thursday April 9th at 7pm.

**SENIOR LADIES:** Traveled to John Mitchells on Easter Sunday but lost to a sharp shooting Tralee side. The score certainly didnt reflect the game but a bit of luck goes a long way to any team on the day. Mairead Finnegan, Mags Cronin, Laura Herlihy and Cassandra Buckley all played well for Spa.

### SEMI ANNUAL CLOTHES/BOOKS COLLECTION:

Thanks to everyone who dropped off some items throughout the last 6 months for this collection. This goes a long way towards the running cost of our underage and ladies football within the club. Remember we collect all year so drop off to the Club house or contact Anne Holland 0857780883.

**LILY OF KILLARNEY:** The ladies committee will host our Annual Social Event on Friday May 22nd. More details to follow in the upcoming weeks. Further information contact Sheila Curtin 0864089506.

**SPA COMMUNITY NOTES:** Denis "Denso" McCarthy, a Keen Lover of Sport, Dance And the Outdoor Life. The passing of Denis "Denso" McCarthy Mangerton View and late of Coolcaslough during the past week removed yet another link with the Spa GAA club of the 1950 era. Denso as he was affectionately known played in all grades for the club between 1950 and 1959 when it became briefly defunct due to the lack of a proper under-age structure and indeed was a member of a dedicated group of players who strove manfully to keep the club functioning during those lean years. Due to a period spent in the USA he was unavailable for selection when Spa won the first of their 10 O'Donogue Cup title in 1966. On his return he resumed his interest in the GAA and was a regular Spa supporter. His other great interests were fishing and fowling and come the opening of each season he was back in his usual haunts with rod or rifle in pursuit of a salmon, trout, grouse or woodcock. In later years he developed a keen interest in dancing and whether the session was in the Spa Clubhouse during the 1970's Dan O'Connell's in Knocknagree, Furies, or the Ballygarry, Denso and Eileen became regulars on such occasions and it was most appropriate that he was laid to Rest In Aghadoe Cemetery accompanied by the music of a Kerry Set. May He Rest in Peace Sympathy is extended to his wife Eileen and Family.



# OUTLOOK SPORTS NEWS



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

## KERRY MISS OUT AS "GOOCH" RETURNS TO ACTION

### NATIONAL FOOTBALL LEAGUE DIVISION 1 ROUND 7 TYRONE 0-17 KERRY 1-14

*Kerry O'Shea reports from Healy Park Omagh*

Kerry and Tyrone faced off with both sides needing a good result for different reasons.

Both were in danger of being relegated to Division 2, while Kerry needed a win to qualify for a semi-final spot and Tyrone themselves, needed a 2-point winning margin to send Kerry down.

In a game of very tight margins, a one-point Kerry win in Omagh and a draw between Mayo and Donegal would have sent the Kingdom through to the semi-finals, but the draw was a fair result and enough to keep Kerry's Division one status intact which was the main objective for Eamonn Fitzmaurice and his backroom team from the start of the league campaign while a semi-final spot would have been an added bonus.

This game marked the return to inter-county action of Colm 'Gooch' Cooper. 'Gooch' who was playing his first Kerry match since the All-Ireland semi-final of 2013 against Dublin received a generous round of applause from both sets of supporters, played an important part in securing Kerry's draw, the highlight being a peach of a pass to set up his old friend Kieran Donaghy for a late score.

The quality of the Kerry bench was crucial. Tommy Walsh, Paul Geaney, Darran O'Sullivan and Marc O'Se all made solid contributions, with Geaney and O'Sullivan scoring 1-3 between them.

Referee Joe McQuillan who was a late replacement for Eddie Kinsella, brandished nine yellow cards, six of them to Kerry and three to Tyrone, and also black-carded Kerry's Stephen O'Brien in the second half. Mr McQuillan's performance came in for some criticism from Kerry fans as he also awarded Tyrone some 29 frees, a number of them dubious and many from within easy scoring range.

Tyrone had the better of the exchanges in the



opening half, where their forwards with Darren McCurry and Sean Cavanagh scoring 0-5 between them in the first-half and 0-13 in total, posed endless problems for the Kerry defence, who tightened up considerably on the resumption. Tyrone led by the minimum margin (0-8 to 0-7) in a first-half of few highlights amongst which were David Moran's excellent long-range effort in the 10th minute, McCurry's wonderful effort for the home side and the free-taking of both Bryan Sheehan and Sean Cavanagh. Bryan Sheehan and Darren McCurry exchanged points at the start of the second half before the outstanding Paul Murphy and Paul Geaney with a brace of superb scores, put the Kingdom ahead. Kerry stretched their lead when Paul Geaney found the net from a rebound when Darran O'Sullivan's initial shot was stopped by Johnny Curran, the stand-in Tyrone goalkeeper. Tyrone hit back and points from McCurry (2) and Joe McMahon, which could have been a goal, left three between the sides with 14 minutes still to play.

Kerry had a brilliant chance to stretch their advantage when Paul Murphy was clear with only Johnny Curran in the Tyrone goal to beat, but Curran smartly prevented the danger.

Then with five minutes to play, The Kingdom gained a one-point advantage when Anthony Maher pointed. Darren McCurry cancelled this at the other end with a point from a free to level things up again.

Play was fast and furious with both sides going for the jugular. Kieran Donaghy, from a Colm Cooper pass gave the visitors the advantage again with less than two minutes to go. Tyrone had a goal chance late on when Mattie Donnelly's shot hit the post.

In the last act, Darren McCurry levelled from play for the home side but in the end it was not enough to prevent Tyrone's relegation.

#### Teams and Scorers

**Tyrone:** Johnny Curran; Aidan McCrory, Ronan McNamee, Cathal McCarron; Ronan McNabb (0-1), Justin McMahon, Peter Harte (0-1); Colm Cavanagh, Padraig McNulty; Tiernan McCann, Mattie Donnelly (0-1), Ryan McKenna; Darren McCurry (0-7, 0-2 frees), Sean Cavanagh (capt) (0-6 0-6 frees) Peter Hughes.

**Subs:** Joe McMahon (0-1) for Padraig McNulty; Cormac McAliskey for Peter Hughes; PJ Lavery for Tiernan McCann; Ronan O'Neill for Justin McMahon, Conall McCann for Ryan McKenna.

**Kerry:** Brendan Kealy; Paul Murphy (0-2), Mark Griffin, Shane Enright; Jonathan Lyne, Peter Crowley, Killian Young; Anthony Maher (0-1), David Moran (0-1); Alan Fitzgerald, Bryan Sheehan (0-4, 0-3 frees), Johnny Buckley (0-2); Stephen O'Brien, Kieran Donaghy (0-1), Barry John Keane.

**Subs:** Paul Geaney (1-2) for Barry John Keane; Darran O'Sullivan (0-1) for Alan Fitzgerald; Tommy Walsh for Stephen O'Brien; Marc O'Se for Peter Crowley; Colm Cooper for Bryan Sheehan, Fionn Fitzgerald for Killian Young.

**Referee:** Joe McQuillan (Cavan).

## SENIOR COUNTY FOOTBALL LEAGUE PREVIEW

It is back to County league action this weekend for clubs and we preview what's in store for your local club across all five divisions

**Division 1: 11/04/2015 Killarney Legion GAA v Kerins O'Rahilly's (6.30pm)**, Kerins O'Rahilly's take their 100% to Killarney where they face Legion who also have two wins from their opening two rounds. expect a tight affair on Saturday with an away victory likely

**12/04/2015 Finuge v Milltown/Castlemaine (2pm)**, Both sides won last time out having both lost on in round one. Should be tight affair with very little between them. Do not rule out a draw Glenbeigh-Glencar v Austin Stacks (2pm)

It is a big day for the home side who welcome the County Champions to their turf. Their newly built stand should be well packed but the away side

should have far too much. Unusually both sides are without a win and a goal in their three games to date

**Division 2: 11/04/2015, John Mitchel's v Spa (6.30pm)**, Two from Two for Mitchel's who have not scored a goal or conceded one as they play host to Spa who enjoyed a big win over Gneevegullia last time.

**Division 3: 11/04/2015, Beale v Ballymacelligot (6.30pm)** Narrow wins for each of these teams last time out, so a second win will help gather momentum for whichever side wins

**Na Gaeil v Beaufort (6.30pm)**

Na Gaeil welcome table toppers Beaufort. Even though Na Gaeil have lost their two games, they have been by very tight margins. Looks like another close battle

**St Patrick's Blennerville v Annascaul (6.30pm)** It a tough home quest for Pats who welcome early pace setters Annascaul

**Ardfert Football Club v Listry (3.45pm)**

The All Ireland champions will look to get back to winning ways at home

**Division 4: Lispole v Churchill (2pm)**

Narrow defeat in their only game to date Churchill travel to play Lispole who have only 1 point on the board

**Division 5: Ballyduff v Sneem/Derrynane 2pm**

Ballyduff are one from two but face a big test from the Southerners

**Duagh v Austin Stacks B, 2pm**

The rockies second outfit face a tough away challenge to a seasoned Duagh side looking for promotion.



## EURO BRIDGE CLUB

### RESULTS: 10TH MARCH

1. Marjorie Barton and Mela Burke.
2. Anne Chute and Ann Healy.

### 24TH MARCH

1. Marjorie Barton and Mela Burke.
2. Miriam Darcy and Phyl Lynch.

### 31ST MARCH

1. Anne O'Shea and Harry Milner.
2. Miriam Darcy and Phyl Lynch.

## SPAMUCKROSS COMMUNITY GAMES NOTES

### BOYS U10 INDOOR SOCCER - COUNTY FINAL SUNDAY 29/3/15:

Well done to our U10 Boys who won silver medals in the County Final of the Indoor Soccer on Sunday 29th March. There was an early start to the day, with teams registering at 9am. The finals were played in league format. Spa Muckross played Ballyduff in the first game and drew 1-1, scoring in the last minute. Spa Muckross then had victory over Rathmore / Gneeveguilla 6-3, and Listowel 4-0, and finished on 7 points. Ballyduff, however, also won their games to finish on 7 points, and so a play off ensued. The final was played at 3pm, and unfortunately at that point, a few players had left due to illness and holiday plans. Ballyduff raced into a 2-0 lead, but as proven before, Spa Muckross fought back to level at 2-2, and the score remained the same even after extra time, and finally resulted in a penalty shoot out. Spa Muckross lost out 2-1, but attained the silver medals. **TEAM:** Timothy Moynihan, Oisín Lynch, Aidan Cronin, David O'Sullivan, Emmet Spillane, Christopher Healy, Fionn Daly, Eric Moriarty and Danny Coffey. All in Spa Muckross Community Games are extremely proud of these young boys, and we are sure they are destined for great things!

### U14 QUIZ - COUNTY FINAL FRIDAY 3/4/15:

Well done to our U14 Quiz Team who performed brilliantly on Friday night, and did us proud. There was stiff competition, with approximately 22 teams travelling from all over the county. We have some seriously bright children in our midst, who between them all, have a huge database of knowledge.

**TEAM:** Ben Flavin, Cian Murphy, Diarmuid Cahill, Julia Olabode, Louise Fleming and Teasa O'Sullivan.

A huge thanks to Peg O'Mahoney and Margaret O'Sullivan who mentored the team.

As always, keep an eye on the Spa Muckross Community Games Facebook page for updates. Also, check out [www.kerrycommunitygames.ie](http://www.kerrycommunitygames.ie) for full details on upcoming events, both team and individual.

If anyone is interested in entering any events, please contact our Secretary, Margaret O'Sullivan on 087 673 5782 after 1.30pm.

## RATHMORE GNEEVEGUILLA COMMUNITY GAMES

Big congratulations to our U14 Quiz team, who came fourth on Friday night at the County Finals. A closely fought battle which ended with our area on 90 points - only 3 points behind the overall winners Spa Muckross.

A big thank you to our trainers John O'Neill and Daniel Vincent O'Conor who trained the following team of children, Niamh Finnegan, James Darmody, Daniel Herlihy and Dara Moriarty. Well done to all.

**REMINDER:** Calling all soccer and Futsal enthusiasts... we are looking for U13 and U15 players, also Soccer players for our U12 team, contact Aeneas 087 6577167, Cynthia 086 0818606 or Ann on 087 2226007 to register your interest.

**GOOD LUCK:** To both our U11 mixed Basketball team and our Girls U10 Indoor Soccer team both competing this weekend in Duagh. Best of luck to their trainers and all the children taking part, results will follow next week.

## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 2/04/2015, numbers drawn were 7, 14, 24 and 29. Next week's jackpot €8,800 plus €1,000 bonus.

**GOOD FRIDAY 5K RUN:** At the Good Friday 5K run in Killarney Robert Purcell Snr was 3rd overall with a very fine performance indeed. Our first club lady home was Siobhan Daly.

**MEMBERSHIP:** This is the final request for membership for 2015. 420 per juvenile and €25 senior.

**TRAINING:** Training will commence at Ríocht track on Mondays at 7.30pm and Fridays at 6.30 pm. All athletes encouraged to attend.

**GNEEVEGUILLA AC OPEN SPORTS:** April 26th is the date, commencing at 1.00 pm. There will be events for tiny tots up to u16's. make sure to keep this date free as this is the highlight of our year.

**GOLDEN MILE SERIES:** By special requests, we will again be holding our Golden Mile Series this year. It was a resounding success last year. Races will be held in Barraduff, Fossa, Knocknagree and Gneeveguilla, with the prize giving on the final evening in Gneeveguilla. If anyone from any other place would like to hold a race in their area, give a ring and we can organise.

## MILLTOWN / LISTRY COMMUNITY GAMES

**INDOOR SOCCER:** Our U13 girls competed in the group section last Monday in Duagh and have qualified for the finals due to be held in Duagh again next Sunday at 1pm. There were 2 groups in action with the top 2 teams in each

going forward and now the 4 qualifiers will play a round robin system in the finals next Sunday. Last Monday they played 4 games and won 3 of them. We wish them the very best of luck on Sunday.

**QUIZ:** Our quiz team took part in the Kerry Quiz Competition which was held on Good Friday in the River Island Hotel Castleisland. While we weren't in the medals, the children certainly enjoyed their evening. We thank them and their parents for travelling and also for attending the training sessions. **TEAM:** Cathal Daly, Millie Mason, Cillian Burke, Janelle Lynch, Amanda Flynn.

**CHESS:** We have 2 teams U13 and U16 competing in the Kerry Competition which is due to be held in Na Gaeil GAA Clubhouse Tralee next Sunday April 12th with registration at 11am. These teams have trained well over the past few weeks and we wish them both the very best of luck.

**ATHLETICS DAY:** Our Athletics Day is taking place on Saturday April 25th in Listry GAA Grounds with registration at 1.30 pm. We will have running events for U8/10/12/14/16 and field events such as ball throw, long puck, long jump, shot putt. There will be medals for the top 4 positions per event. We will also have a lot of novelty events such as fun runs for tiny tots and mom's and dad's, 3 legged races, wheelbarrow races, etc. Participation on the day is strictly for children residing in Milltown/Listry parish. This is a great opportunity for local children to have an enjoyable and fun day and we encourage families to come along and support us.

## KILLARNEY RFC

### MINIS: END OF SEASON PARTY!

Next Saturday (11th of April) will be Killarney RFC Minis final training session where we will be holding our world famous End of Season Party! We will still be using the same training times (10:30am – 12:00 Midday) and the same location (Knockreer) as always but with a bit of a twist!

The aim is to have a regular training session, kicking off at 10:30am. Then, from about 11:15am on, we will be presenting medals to each player in each section as a reward and acknowledgment of the hard work and huge effort put in by each player and trophies will be awarded on the day also. We will then have a little party as a big well done to all the kids who had a great rugby season.

Mini rugby is absolutely thriving in Killarney and this is due to the hard work of our head coach and coordinator Tom Campbell and his excellent coaching team. The coaches have shown great dedication all season and have helped instill a true grá for rugby in the kids. However, the kids who play for Killarney RFC have to be really commended! They are a great bunch of young warriors. They have represented their club with pride up and down the breadth of the county in blitzes, as well as



in our recent local St. Patrick's Day Parade. It is truly a great sight to see so many kids wearing the Red and Black representing our club everywhere from Chorcha Dhuibhne to Kenmare and Listowel to Cahersiveen! Exciting times are ahead with the opening of our new home in Aghadoe. Well done to all and we hope you enjoy the final day of the season! All parents and family are welcome to attend also!

**TAG RUGBY:** A kick-off meeting took place recently ahead of the new Tag season. A start date of May 5th was agreed and the Tag will take place at the same Killarney Community College venue as previous years. There will be a pre-pay amount including registration of €50 and a non-league approach was agreed. Exceptions could pay €5 on the night. After the first 2-3 weeks intro period we will need to insist on all players having:

- Tag shorts and material tags
  - Application and registration done and paid up
  - Aware of available personal injury insurance is required to cover personal injury claims.
- For futher details on our forthcoming Tag Rugby season, contact Mike Fuller at 087-



KILLARNEY RUGBY PLAYERS BRIAN O'CONNOR, CATHAN HARRINGTON AND STEVIE MURPHY PICTURED PLAYING TAG RUGBY WITH SIMON ZEBO AT A MUNSTER RUGBY TRAINING EVENT HELD AT CIT, CORK RECENTLY.

6489628, check out our Killarney RFC Facebook page or check out our dedicated Tag Facebook Page.

#lovekillarney



MUNSTER TEAM MASCOTS DONAL HICKEY KILLARNEY RFC (ON RIGHT) AND DARRAGH BUCKLEY CARRIGALINE RFC WITH CAPTAIN DENIS HURLEY AT THE MUNSTER V CONNACHT GAME AT THOMOND PARK RECENTLY.



CIAN SHEAHAN FRIES AT THE KERRY GAME IN TYRONE ON SUNDAY WITH EAMONN FITZMAURICE.



KENMARE WERE THE VISITORS TO THE DR. CROKES HURLING ACADEMY ON SATURDAY LAST, WHERE THE UNDER 8/10s OF BOTH CLUBS PLAYED GO GAMES IN BOTH HURLING AND FOOTBALL. THERE WAS AN ABUNDANCE OF TALENT ON DISPLAY IN BOTH CODES AND ALL THE CHILDREN ENJOYED THE NON-COMPETITIVE GAMES.



KEEL/LISTRY U-14s HAD A NARROW VICTORY OVER FOSSA IN THE FIRST ROUND OF THE CO. LEAGUE PLAYED IN FOSSA. THE FINAL SCORE WAS KEEL/LISTRY 5-9 FOSSA 4-9.

## MASTERGEEHA FC

### U12 KERRY CUP QUARTER FINAL CAMP

**1 MASTERGEEHA 0:** In this game the boys went a goal down early on but battle hard to get the equaliser throughout. Brendan O'Leary and Cian Murphy had the best chances for Mastregheeha. All tried their best.

### U14 KERRY CUP QUARTER FINAL

#### MASTERGEEHA 1 TRALEE DYNAMOS 3:

The boys exited this year's cup at home to premiere side Tralee Dynamos on Saturday morning. In a close game Mastergeeha took the lead in 15th minute when Patrick Brosnan set up Philip O'Leary to score. However before the break the Tralee side scored two goals in quick succession. After the break Mastergeeha pushed forward with Morgan Daly and Paul O'Shea forcing good saves from the visitor's keeper. In the 45th minute Dynamos extended their lead further but Mastergeeha finished the game strongly creating some good chances.

### U14 GIRLS KERRY CUP SEMI FINAL

#### MASTERGEEHA 0

**KILLARNEY ATHLETIC 0:** In this game a strong Killarney side qualified for the final. In the first half Mastergeeha were out played and down 5-0 at the break. However in the second half the girls gave a more spirited performance defending better and creating some chances. All involved tried hard and deserved a goal or two in the second half.

### SENIORS-RESERVE CUP MASTERGEEHA

**4 ASDEE 1:** Mastergeeha qualified for the next round of the cup with a good win at home to the North Kerry side.

**MASTERGEEHA F.C. LOTTO:** There was no winner on Friday 3rd April. Numbers drawn were 2, 4, 8 & 15. Draw will take place in The Village Inn Kilcummin every Friday night, Jackpot now €1950.

## SCHOOLBOY/GIRL SOCCER

### HUGE EASTER WEEKEND OF ACTION:

#### John Murphy 12's Cup 1/4 Finals:

Camp Juniors 1-0 Mastergeeha.  
Killarney Celtic A 8-0 Dingle Bay Rovers.

Inter Kenmare 4-1 Ballyhar.

#### 12's Shield:

Killorglin C 2-0 Park C.  
Asdee 0-5 Killarney Celtic C.

Park B 4-0 Killarney Celtic C.

#### 12's Girls Semi Final:

Listowel Celtic 6-1 Inter Kenmare.

#### Tom Hayes 14's Cup 1/4 Finals:

Park A 3-0 Killarney Celtic A.

Ballyhar 0-4 Killorglin A.

Mastergeeha 1-3 Tralee Dynamos A.

#### 14's Shield Qualifiers:

Listowel Celtic B 3-6 Inter Kenmare.

Listowel Celtic C 7-0 Fenit.

#### Quarter Finals:

Listowel Celtic C 4-0 Asdee.

St Bernards 3-1 Killarney Celtic B.

Ballyheigue 1-3 Inter Kenmare.

Killarney Celtic C 1-0 Iveragh.

#### 14 Girls Semi Final:

Mastergeeha 0-6 Killarney Athletic.

#### 15's Cup 1/4 Final:

Killarney Celtic 2-1 Tralee Dynamos AET.

#### Tucker Kelly 16's Cup 1/4 Finals:

Camp Juniors 3-0 Tralee Dynamos B.

Killarney Celtic B 2-6 Killarney Celtic A.

#### 16's Shield:

Fenit 3-2 Killarney Athletic AET.

Ballyhar 3-2 Inter Kenmare.

Castlemaine 1-3 Iveragh United.

#### League Results: Daly's Supervalu 13 Division

**2:** St Bernards 0-0 Camp Juniors.

#### Foundation Sports 14 Division 2:

Asdee 5-3 Listowel Celtic B.

Park B 2-3 Asdee.

#### Killarney Plaza 15 Division 1:

Killarney Athletic 2-1 Killarney Celtic B.

Castleisland 5-0 Killorglin.

Park B 5-2 Killorglin.

#### Tralee Trophy World 16 Division 1:

Park A 7-1 Inter Kenmare.

#### CUP REPORTS:

3 out of 4 semi-final spots booked in John Murphy 12's Cup: With the Cup and Shield semi-final draws set to take place this weekend many teams were in their Last Dance Saloon. In the Tom Hayes 12's Cup Camp Juniors had a 1-0 win at home to Mastergeeha. Maurice O'Connell got the only goal from a Cian Wright run and cross. Killarney Celtic were too strong for Dingle Bay, despite missing a few players. Cian Doe and Sean Fitzgerald both scored 2 each. Cian O'Sullivan, Ronan Coffey, Daniel Okwute and Jason Lee scored one a piece. Inter Kenmare had goals from Mark Torpey 2, Corey Murphy and Tadgh O'Donoghue as they booked their place in the Last 4. Listowel Celtic or the Park will join them after their quarter final.

#### KILLARNEY CELTIC C AND PARK B INTO

**12's SHIELD LAST 4:** Killarney Celtic C defeated Asdee thanks to a Simon Coffey hat-trick and 2 from Josh Livingston. The Park B joined them with a 4-0 victory over Killarney Celtic B at Christy Leahy Park. Killorglin C were 2-0 winners at home to Park C to take the third semi-final spot. Mastergeeha B and Camp Juniors will do battle for the last spot.

**12 GIRLS CUP SEMI-FINAL:** Listowel Celtic booked their place in the 12 Girls final thanks to a 6-1 win over Inter Kenmare, who now go into the Shield Final. Aoife Horgan hit 5 with Katie Keane getting the other goal. Listowel Celtic now play Killarney Celtic in the Cup final with Killarney Athletic joining Inter in the Shield decider.

#### TOM HAYES 14'S CUP SEMI-FINALISTS:

The Park A defeated Killarney Celtic A 3-0 to move into the last 4 of the Tom Hayes Cup. Killorglin A got the better of Ballyhar at Murt Scott Park thanks to goals from Jack O'Connor, Eoin Clifford and Darren O'Shea. Tralee Dynamos A also won on the road as they got past Mastergeeha in Kilbrean Park. Leo Gaxha got 2 and Sean Kennedy the other in a 3-1 win with Philip O'Leary getting the consolation for the home side. The line-up will be completed when Camp Juniors and Park B meet.

#### 14'S SHIELD LINE-UP SORTED:

The 4 semi-finalists of the 14's Shield are now known. Listowel Celtic C continued their great form with two wins in the week. On Thursday they had goals from Nathan McGrath, Tadgh O'Connell, JP O'Carroll, Conor Hogan, Michael Nolan, Ted Moloney and Andrew Murphy as they knocked out Fenit. In Saturday's quarter final they defeated Asdee. Michael Nolan got

2 with Conor Hogan and Nathan McGrath also scoring. Inter Kenmare were 6-3 winners in the qualifiers in mid-week. Colin Crowley got 3, Boki Nikic got 2 and Jason O'Shea the other. On Saturday it was goals from Mark Looney 2 and Colin Crowley that saw them get past Ballygheigue for whom Thomas Gaynor scored. St Bernards were 3-1 home winners over Killarney Celtic B. Mikey Clifford, Aaron Malak and Ruairi Donovan got the Saints goals. Tony Maguire replied for Celtic.

Killarney Celtic C's Jason Kerins goal from the penalty spot was enough to see the Hoops knock out Iveragh United.

**GIRLS 14'S SEMI-FINAL:** A Ciara O'Mahoney hat trick, 2 from Ciara Tangney and one from Ellen Coffey put Killarney Athletic into the final of the 14 Girls Cup. Defeated side Mastergeeha have the consolation of a Shield Final.

#### CELTIC THROUGH IN 15'S CUP 1/4 FINAL:

Killarney Celtic needed extra time to get past Tralee Dynamos in their 15's Cup quarter final. Ian McGillicuddy scored for Celtic in normal time with Michael Devlin getting the winner.

**TUCKER KELLY 16'S CUP:** As probably expected the A's defeated the B's in the all Killarney Celtic clash. Luke O'Donoghue, Michael Potts, Cian Casey and Ian McGillicuddy got the goals for the A's. Camp Juniors are through on a 3-0 score-line from their game against Tralee Dynamos B. Mastergeeha versus Killorglin and Tralee Dynamos A against Listowel Celtic A are the other quarter finals.

**16'S SHIELD:** Goals from Eoghan McDaid, Jack Landers and Pierce McGill saw Iveragh become the first team into the Shield semi-finals. Ballyhar joined them as they got past Inter Kenmare by the odd goal in 5. Kenneth O'Sullivan, Cian Callaghan and super sub Dillon Callaghan, who got the winner after coming on, were the Ballyhar goal getters. Michael McCarthy replied with 2 for Inter. Park A were 3-0 winners over Listowel Celtic C while the last place in the semis needed extra time to decide it. Fenit and Killarney Athletic were tied at 2 all thanks to goals from Jack Lynch 2 and Blake Bolster 2. It was Fenit that got the winner through Chris Murphy to take them into the last 4.

**LEAGUE REPORTS: NIL ALL:** It's one of the rarer scores in underage football but in the Daly's Supervalu 13 Division 2 it finished scoreless between St Bernard's and Camp Juniors.

#### TWO WINS FOR ASDEE IN 14 DIVISION

**2:** It was a good week for Asdee as they won both their games in the Foundation Sports 14 Division 2. In their first game they were 5-3 winners at home to Listowel Celtic B. Ber O'Callaghan got 1 and Conor Twomey and Barry O'Neill two each for the winners with Cian McCarthy and Dan Lynch on the mark for Listowel Celtic B. Later in the week Asdee were 3-2 winners away to Park B. Here it was Gavin Casey with 2 and Barry O'Neill who scored. Tony Duggan and Samson Ayvaibi were the Park scorers.

**ALL ACTION IN 15 DIVISION 1:** Killarney Athletic defeated Killarney Celtic B 2-1 thanks

to goals from Fionbarr Hickey and Jason Coffey. Liam McCarthy replied for Celtic B.

## KILLARNEY CELTIC NOTES

**TESCO COMMUNITY FUND:** As you may have seen in Tesco, Park Road, and Tesco in town, three charities are picked every 6 weeks. Killarney Celtic Football For All have been chosen for Tesco in town. When you shop in Tesco you will receive a blue token. We would appreciate it if you can tell everyone you know to either put them in our section in town or leave them upstairs in the club house and we will put them into town.

### RESULTS: RESERVE CUP: KILLARNEY CELTIC B 4 BALLYHAR DYNAMOS 0:

A great display and a great result. Vlad Sirotiak was on the mark twice, with Cathal O'Shea and Brian Spillane also getting on the scoresheet.

### U16 CUP: KILLARNEY CELTIC B 2

**KILLARNEY CELTIC A 6:** As probably expected the A's defeated the B's in the all Killarney Celtic clash. Luke O'Donoghue, Michael Potts, Cian Casey and Ian McGillicuddy got the goals for the A's.

### U15 CUP: KILLARNEY CELTIC 2 TRALEE

**DYNAMOS 1:** Killarney Celtic needed extra time to get past Tralee Dynamos in their 15's Cup quarter final. Ian McGillicuddy scored for Celtic in normal time with Michael Devlin getting the winner.

### U15 CUP AND LEAGUE: INTER KENMARE 1 KILLARNEY CELTIC B 0:

The lads came very close and a draw might have been a fair result, but fair play to an excellent Kenmare side and we wish them well going forward.

### U14 CUP: PARK 3 KILLARNEY CELTIC 0:

One of those days. Celtic gave it everything in a great effort, but Park had the better of us and won fair and square. Mark Kelliher, David Dineen, Mike Lenihan, Evan Looney, and Peter O'Sullivan did best for Celtic. Unfortunately, David Dineen got injured in an accidental challenge and we wish him a speedy recovery.

### U14 SHIELD QUARTER FINAL: ST. BERNARDS 3 KILLARNEY CELTIC B 1:

St. Bernards scored an early penalty and also got a great goal from distance, a wonderful strike. Tommy McGuire scored a cracker for us and we completely dominated possession but just couldn't get through for goals. Good performance that wasn't reflected in the result, well done to St. Bernards.

### U14 SHIELD QUARTER-FINAL: KILLARNEY CELTIC C 1 IVERAGH 0:

Jason Kerins made the vital breakthrough in an entertaining game between two good sides.

### U13 SHIELD QUARTER-FINAL: KILLARNEY CELTIC B 0 BALLYHEIGUE 3

Our North Kerry visitors have developed into a formidable outfit and deserved their win despite a good effort by Celtic.

### U12 CUP QUARTER-FINAL: CELTIC 8

**DINGLE 0:** This was a superb performance and the lads kept their discipline and shape throughout. Cian Doe and Sean Fitzgerald got a brace each, with Daniel Okwute, Ronan Coffey, Jason Lee, and Cillian O'Sullivan all on

the mark as well.

### U12 SHIELD QUARTER-FINAL: PARK B 4

**KILLARNEY CELTIC B 0:** A good effort but Park proved to be too strong on the day

### U12 SHIELD QUARTER-FINAL: ASDEE

**1 KILLARNEY CELTIC C 7:** Simon Coffey scored a hat-trick, Josh Livingston scored two, and Jason O'Sullivan and Cian McAuliffe completed the scoring. Kian McCann, Josh Livingston, and man of the match Simon Coffey were best for Celtic.

**WELL DONE:** To Cian McMahon (U12) on being selected for the Kerry Schoolboys/Schoolgirls Team of the Week.

**FIXTURES:** Denny Premier: Killarney Celtic at home to Park, Friday, 7.30pm.

Ladies League: Killarney Celtic away to Tralee Dynamos, Sunday, 2.30pm.

U17 League: Killarney Celtic at home to Inter Kenmare, Saturday, 12.30pm.

U15 Premier: Killarney Celtic away to Park, Saturday, 11.45am.

U14 Girls: Killarney Celtic at home to Listowel Celtic, Monday, 7.00pm.

U13 Div Two: Killarney Celtic C at home to Killorglin, Saturday, 10.30am.

U12 Girls: Killarney Celtic at home to Listowel Celtic, Saturday, 2.00pm.

U11: Killarney Celtic A away to Listowel A, Saturday, 2.00pm.

U11: Killarney Celtic B away to Listowel A, Saturday, 2.00pm.

U11: Killarney Celtic C away to Killorglin, Saturday, 2.00pm.

**LOTTO RESULTS:** Numbers drawn 4, 7, 12, 19. No winner, seven match 3.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out [www.killarneyceltic.com](http://www.killarneyceltic.com) for Killarney Celtic news, match reports, or photos.

## KILLARNEY ATHLETIC A.F.C.

### NOTES

#### FIXTURES: KERRY SCHOOLBOYS/GIRLS LEAGUE

##### SATURDAY 11TH APRIL 2015

**Moriarty's Centra Under 11:** Group 3

Inter Kenmare v Killarney Athletic 2.00pm.

**JK Sports Under 12 Girls Premier:**

Inter Kenmare A v Killarney Athletic 10.30am.

**Kerry Cup Under 13 Shield**

Park B v Killarney Athletic 10.30am.

**Killarney Plaza Under 15 Division 1**

Park B v Killarney Athletic 11.45am.

**CHILD WELFARE COURSE:** A Child Welfare Course will take place in Mounthawk Park on Monday April 13th 2015 at 7.00pm. This is the last course this season and as this is now law it is every clubs responsibility to make sure all people working with children are Garda Vetted and have the Child Welfare Course done. Any queries please contact the KDL Child Welfare Officer Geraldine Nagle on 087-6123512.

**TESCOS COMMUNITY FUND:** Killarney Athletic has been nominated for the Tescos community fund at the Tescos NEW STREET store Killarney for the next 6 weeks. All you

need to do is drop the blue token you receive after you have paid for your shopping in the Killarney Athletic tube. Please support.

**DATE FOR THE DIARY:** Killarney Athletic Golf Classic 25th June at Killarney Golf and Fishing Club.

### KILLARNEY ATHLETIC ABROAD:

Brendan Moloney having two games in the last three days with games away to Cambridge and AFC Wimbledon. A 1-0 loss to Cambridge and 2-2 draw with AFC Wimbledon. In fact Brendan set up the second goal. Diarmuid O'Carroll's Crusaders match away to Linfield was postponed on Saturday and due to play Portadown this week.

**JUST FOR KICKS:** Just for kicks magazine is available from Damien. Only costs €1 and is a great insight to soccer in Kerry. Reports from all Kerry Schoolboys and Girls soccer league and Kerry district league. Email sec@killarneyathletic.com if you want a copy. Well worth the read.

**CONGRATULATIONS:** The club would like congratulate Martin Crowley who ran the good Friday run in Killarney Friday, the Ballybunion half marathon on Saturday and a full 90 mintes on Sunday for the A team. An inspiration for the younger generation not to complain of having 2 games in the one day. Martin came 2nd in the half marathon to top things off.

**CONDOLENCES:** Sincere Sympathy to the O'Leary family (St. Brendan's Tce) on the death of their Mother. R.I.P. Also Sincere Sympathy to the O'Leary family on the death of their Father (Sarge) R.I.P.

### RESULTS: SENIORS: KILLARNEY ATHLETIC 3 LISTOWEL CELTIC 0:

A terrific performance from our A squad on Sunday last helped us to a 3-0 win. Listowel are going well in the premier division so our boys had to be in top form to get anything from this fixture. From the 1st whistle the Killarney boys got on top and played lovely soccer. The Doolan brothers Shane and Jamie along with Danny Healy bossed midfield, while Shane Lynch and Chris O'Meara were moving well up front, Cillian Fitzgerald and Ciaman Mangan were raiding down the wings putting Listowel on the back foot. We scored our 1st goal on the stroke of half time when a Cillian Fitzgerald shot was finished to the net by O'Meara. A fast start to the 2nd half from Athletic and 2nd goal from Chris put us in a great position and a superb 25 yard free kick from Shane Doolan that 6 goalkeepers wouldn't have got to was the icing on the cake. Reilly, Crowley and O'Regan were in top form at the back while Rafa dealt confidently with anything thrown at him. Easily our boys best performance of the season and well done to all players and subs.

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

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



CAPTAIN MICHAEL O'NEILL, LADY CAPTAIN MARY O'SULLIVAN ROGERS AND PRESIDENT HENK BONS PICTURED DRIVING-IN ON EASTER SUNDAY AT RING OF KERRY GOLF CLUB.

## RING OF KERRY GOLF CLUB

### RESULTS

#### OPEN EASTER HAMPER WEEKEND

1st: Jay Steadman 42pts.  
 2nd: Daire Mullan 40pts ocb.  
 3rd: Jim Hyde 40pts.

#### JUNIOR EVENT: YELLOW TEES

1st Jay Steadman.

**RED TEES:** 1st Emmet Johnston.

**FAIRWAY:** Joint 1st Tom Kelly and Arran Hurley.

**SHORT COURSE:** Niamh Hurley.

Well done to all winners and all to those who played in the event.

#### UP COMING FIXTURES:

11th / 12th April - 2-Person Better Ball

- Please book in by calling 064 66 42000

## KILLARNEY GOLF CLUB

### MEN'S

#### EASTER HAMPERS: SINGLES STABLEFORD MAHONY'S POINT, 5/4/2015

1st Niall O'Mara (11) 42 pts.  
 2nd Brian Clarke (12) 42.  
 3rd Neil Kiely (10) 42.  
 4th Stephen O'Brien (18) 41.  
 5th Michael H O'Neill (13) 41.  
 Best Gross Matt Leacy (5) 74 gross.  
 CAT 2 (7-11) Adrian Brennan (9) 38.  
 CAT 3 (12-17) Eddie Mac Sweeney (16) 41.  
 CAT 4 (18+) John Horgan (21) 38.  
 CSS 38 pts.  
 Singles Killeen next Sunday.

## DEERPARK PITCH & PUTT NOTES

There was a large turnout for last Wednesdays Seniors Outing to Castleisland which saw both Deerarks John Murphy and Castleisland's Dan Callaghan each record a Hole In One. **RESULTS:** As follows 1st Joihnnny McCarthy and Dan Callaghan (Castleisland), 2nd Sean Ashe (GlenEagle) and John Kelly (Deerpark). The Jackpot for the Hole-in-one was divided evenly between John Murphy and Dan Callaghan. Next Seniors Outing will be to GlenEagle on Wednesday May 6th 10-30am.

**FORTHCOMING FIXTURES:** Sunday April 26th 36 Hole Scratch Cup Foursomes.

Club MatchPlay. Entries for this competition

close on May 25th.

Club StrokePlay on Sunday June 7th. Initial 36 Hole Event with a certain number of qualifiers going forward for a further 18 holes. (Format to be explained at committee meeting).

## ROSS GOLF CLUB KILLARNEY

### GENTS CLUB

**RESULT:** On Sunday April 5th we held the third round of the MD O'Shea Spring League with an 18 hole 2 flag single stableford competition sponsored by Linehan's Bar.

#### THE WINNERS WERE:

1. Daniel Cronin (11) 41 pts.
2. Alan Flynn (9) 39 pts.
3. Denis Lucey (19) 38 pts.
4. Ivo O'Sullivan (14) 38 pts.
5. Thoms O'Regan (11) 37pts.

We held a prizegiving evening in Linehan's Bar on Sunday night and this was well supported. The prizes from Sunday's competition sponsored by Linehan's Bar were presented as were the prizes from some recent competitions. We wish to thank Han, Siobhan and their staff for their sponsorship and for their hospitality as we had a great evening.

The spring league is now in full swing and it is proving to be very competitive with less than 10 points covering all the teams so it is all to play for as we head in to the fourthround.

On Sunday April 12th we will hold the next round of the MD O'Shea Spring League with an 18 hole single stableford competition.

The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

**CLUB MATCHPLAY:** The entry sheet for the Killarney Trophy & Medal Centre Club Matchplay championship is now available on the noticeboard. Please get your name on the sheet immediately.

A new fundraising initiative based on the bonus ball in the Saturday night National Lottery draw is being organised with some great prizes on offer. All the details are on the noticeboard so please get involved early as the numbers are limited.

## KILLARNEY GOLF CLUB

### LADIES

#### RESULTS OF COMPETITION SUNDAY 5TH

## APRIL, 2015 SPONSORED BY O'DONOGHUE RING HOTELS, KILLARNEY.

1st Veronica O'Connor (33) 38 pts (BK6).

2nd Elizabeth Kelleher (20) 38 pts.

3rd Susie Tong (17) 37pts (bk9).

B.G. Siobhan Brosnan (10) 27 gross pts.

4th Sheila Crowley (24) 37 pts (BK9).

5th Breeda Duggan (26) 37 pts.

CSS 74.

Next Competition Sunday 12th April, 2015 Sponsored by Aghadoe Heights hotel. Format Stroke, Mahonys Course.

**CONGRATULATIONS:** To Valerie Clancy & Mairead Martin, who are representing Ireland in the Scottish Under 16 Open Strokeplay Championship in Strathmore Golf Club, Scotland, on the 9th & 10th April, 2015. Its a great honor for themselves and their Pro. David Keating, and Killarney Golf Club.

Catriona Griffin won the De Courcy Cup in the Munster Girls Under 18 in Tralee Golf Course it is Catriona's second year in a row winning this Title.

## KILLORGLIN GOLF CLUB

### LADIES: 18 HOLE STABLEFORD SPONSORED BY THE LITTLE PAVILION, MILLTOWN:

1. Emma Daly (21) 31 pts (B9). 2. Eileen Bell (24) 31 pts.

**Fixture:** Exchange day with Castleisland 18 Hole Singles Stableford sponsored by Bunkers Bar & Restaurant in this Sunday 12th April. Time Sheet in Pro Shop.

12 Hole re-entry sponsored by Vice Captain Anne Kenny Foley continues until further notice.

#### JUNIOR CLUB: EASTER EGG SCRAMBLE:

1. Alice Casey/Nadia Brosnan/Niamh Dinham.
2. Nathan Key/Emma Casey/Jason Dinham.
3. Tyler O'Sullivan, Junior Captain/Josh Key.
4. Jemma Key/Caoimhe Brosnan.

## CASTLERO SSE GOLF CLUB

### RESULTS: COMPETITION PLAYED ON SUNDAY 5TH APRIL, 18 HOLE STABLEFORD,

winner Damien Kane (22) 43 pts. Overall runner up, Danny Lynch (20) 41 pts. Overall 3rd place Steve Shine (17) 41 pts.

**Fixtures:** Weekend competition, 18 hole Stableford. Please register on time sheet at Castlerosse.

Scramble competition continue every Tuesday at 6pm. Open to Ladies and Gents. Come along for an enjoyable evening of Golf.  
Away-day to Newcastlewest Golf Club Saturday 18th April. Please add your name to sheet, tee time 1pm.

**FREE LADIES GOLF TASTER SESSION:** At The Castlerosse Golf Club on Monday 13th April from 6-8pm. Sample chipping, putting and long game in a fun friendly environment. Equipment provided. Enjoy some exercise, fresh air and socialising with family and friends. No charge. Contact Kieran Crehan at 087 2748777.

## BEAUFORT GOLF CLUB

### LADIES BRANCH

#### 4TH/5TH/6TH APRIL 2015 – 18 HOLE STABLEFORD SPONSORED BY LADIES BRANCH

1st Renee Clifford (25) 29 pts.

2nd Peggy O'Riordan (34) 29 pts.

**FORTHCOMING EVENTS:** 11th/12th April – 18 Hole Stableford – Sponsored by Ladies Branch. 1st April to 30th September – Summer League – 11 hole re-entry (play any day of the week).

**LADIES GOLF TESTER SESSION:** Monday 13th April 6.30pm – 8.30pm at Beaufort Golf Club – Cost Free. Open to any Lady who would like to try the game of golf. Tester session will

be followed by 8 week beginner programme (cost €60 for 8 weeks). Why not give it a try. Enjoy some exercise, fresh air and socialising. Ring golf club to book a place for Monday 13th April.

### NIGHT GOLF:

17th April at 9pm (Shotgun Start). Members €25, Non-Members €35 (Inclusive of light refreshments). For Reservations call Clubhouse on 064-6644440  
Open Fridays from 10th April to 2nd October 2015. Open to Ladies & Gents – Single Stableford Entry Fee €20.

**MEMBERSHIP:** Contact Beaufort Golf Club or website [www.beaufort-golf-club.com](http://www.beaufort-golf-club.com) for latest offers on membership and green fees.  
Phone: 064 66 44440,  
Email: [info@beaufor-tgolf-club.com](mailto:info@beaufor-tgolf-club.com)

## BEAUFORT GOLF CLUB

### MEN'S BRANCH

#### RESULTS: 2015 SPRING LEAGUE – SPONSORED BY CAHILLANE BUTCHERS

Weekly Winners:

Wk1 - Shane O'Sullivan.

Wk2 - John Rice.

Wk3 - Michael B Coffey.

Wk 4 – Pat Tangney.

### OVERALL WINNERS

1st Shane O'Sullivan (7) 92 pts.

2nd Pat Tangney (19) 91 pts.

3rd John Doherty (22) 81 pts.

### 3RD APRIL – OPEN FOURBALL FUNDRAISER – SPONSORED BY MALTON HOTEL

1st JB Doran (21), Gintaras Bendaravicius (20) – Kenmare 44 pts.

2nd Jimmy Smith (14), Donagh Moynihan (10) - Ross 44 pts.

3rd Sean Casey (12), Brian O'Regan (6) - Killarney 42 pts.

4th Jonathan Casey (11), Denis Cronin (12) - Ross 41 pts.

5th Tim O'Donoghue (18), Tim Ryan (24) Killarney/Ross 40 pts.

### FORTHCOMING EVENTS:

11th/12th April – 1st Round GOTY (18 hole Stroke) – Yellow Tees – Sponsored by Protec Auto

**NIGHT GOLF:** 9 hole competition – Friday 17th April at 9pm (Shotgun Start – bring a flashlight). Members €25, Non-Members €35 (Inclusive of light refreshments). For Reservations call Clubhouse on 064-6644440  
Open Fridays from 10th April to 2nd October 2015. Open to Ladies & Gents – Single Stableford Entry Fee €20. Ring Clubhouse on 064-6644440 to book a tee time.



PICTURED AT BEAUFORT GOLF CLUB FOR THE OPEN FUNDRAISER SPONSORED BY THE MALTON HOTEL L-R CONOR HENNIGAN (GENERAL MANAGER AT THE MALTON HOTEL), WINNING FIRST PRIZE JB DORAN (ABSENT FROM PHOTO GINFARAS BENDARAVICIUS) & CAPTAIN GABHAN O'LOUGHLIN.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT BEAUFORT GOLF CLUB WINNING THE KERRY SENIORS TEAM EVENT AND THE TOM GRANT MEMORIAL TROPHY WERE L-R PAT QUILL, BARRY WOLFE, JOE McMAHON, CAPTAIN GABHAN O'LOUGHLIN & PRESIDENT JOHNNY DOOLAN.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

An advertisement for a ladies golf taster session. It features a woman in a white cap and sunglasses looking down at a golf ball on a green. The text reads: "Ladies Golf Taster Session" and "Venue: Castlerosse Golf Club Date: Monday 13th April Time: 6.00-8.00pm Cost: FREE".

- Equipment provided
- Sample chipping, putting and long game
- Fun, friendly environment
- Follow on 8 week beginner programme available

Why not give it a try! Enjoy some exercise, fresh air and socialising with your friends and family!

All Ladies are welcome to attend!



To book a place contact: Kieran Crehan  
[kierancrehan@gmail.com](mailto:kierancrehan@gmail.com) or phone 087 2748777

# Tommys Farming Week

When Randall Donoghue of the CSIRO developed a mathematical model to predict the effect of increased carbon dioxide on plant growth it did not make any headlines. Hardly surprising you might say, not interesting enough to fascinate the public, good news stories rarely are, especially one related to the most reviled gas on our planet today. Over the last week news of increased dairy output due to milk quota abolition created many headlines, the negative description of increased carbon dioxide output as a pollutant was repeated repeatedly. The minister for Agriculture to his credit backed dairy expansion and spoke of our low carbon footprint relative to almost all other global producers. Three different takes on the same subject, the good, the bad and the objective. Randall hypothesised that the 14% increase in carbon dioxide in the atmosphere over 28 years from 1982 to 2010(a period measurable by satellite data), would result in an increase of 5% to 10% in plant growth worldwide. They then concentrated their study on the regions of the world where change would be most obvious, the areas most vulnerable to climate change, the dry regions of North America, Africa, the Middle East and Australian Outback. Allowing for all other factors, they found that the increased carbon dioxide was responsible for an increase in vegetation of 11%. Good news for biodiversity, food production and sustainability. This is not news to farmers or market gardeners or horticultural researchers across the globe, it merely confirms what

they have known for decades. Carbon dioxide has been used to increase output in greenhouses for generations. In fact, yields of all crops that we depend on for food and shelter have grown significantly over the last forty years, due to increased carbon dioxide. I was interested to look up the source of the claim that one of the principal building blocks of life on this planet was a pollutant. The Wall Street Journal reported that the US environmental protection agency, back in 1998 stated that carbon dioxide was the major contributor to the warming of our atmosphere and should therefore be listed as a pollutant. The irony of course is that satellite data shows that there has been no warming of our atmosphere since 1996. Carbon dioxide levels are up a further 8% in the intervening period. Time perhaps for the EPA to revisit that definition. Minister Coveney's assertion that our production of milk was cleaner and greener than our competitors is well founded. A pastoral grazing system is more natural and less energy dependant and grassland is a sequester of carbon dioxide, storing it in the soil as it has done for millennia. Denying Ireland the opportunity to produce would merely see it produced elsewhere in a less environmentally efficient manner. There is no logic to such an approach. An increase in dairy will be good for rural Ireland. It will be regulated to ensure it does not affect negatively the environment and the climate will do what it has done consistently for billions of years, it will change, with little or no regard for how many cows we milk in Ireland.

## MACRA MATTERS

Causeway Macra held the county round of dairy stock judging last week on the farm of Mossy Harty Ballyheigue. There was a great turnout from all clubs. Kerry macra wish to congratulate the winners and thank mossy harty for the use of his farm and livestock. The winners were seniors 1st Edel o' Connell IT Tralee Macra 2nd Neily O' Sullivan Kenmare Macra. Under 23 category 1st Padraig Herlihy Killeentierna Macra 2nd Pauric Lucid Causeway Macra. The first place winners will now go on to represent the county in May in the national finals.

Causeway Macra are hosting their annual fun run in aid of the National Rehabilitation Centre on Sunday 12th April in Causeway village. The aim of this run is to raise money for this very good cause. There is an option of a 5k and 10k route to suit all classes of runners. Registration is at 11.15pm and the run begins at 12pm. The cost is 5 euro for the 5k and 10 euro for the 10k.



THE JACK GOULDING MEMORIAL SHIELD FOR BEST PAIR OF EXHIBITOR BRED BULL WAS AWARDED TO KIERAN HARTY, BALLYHEIGUE, AT THE KERRY HOLSTEIN FRIESIAN BREEDERS PEDIGREE BULL SHOW & SALE. (L-R) MARTIN HARTY, KIERAN HARTY, D.J. CARMODY, PRESENTING, JOHN BARRETT, JUDGE WITH STEPHEN AND JENNIFER HARTY. PHOTO BY ANN MCNAMEE

## ANNUAL SHOW AND SALE

The 91st Annual Show and Sale of Bulls will be held at the Castleisland Co-Operative Livestock Mart on Next Tuesday April 14th. With classes for all Breeds born on or after September 1st 2013 it

promises to bring a good crowd. The event is being run on behalf of the County Kerry Branch of the Irish Dairy Shorthorn Breeders Society

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## RURAL SPRING CLEAN INITIATIVE

IFA has teamed up with the Irish Farm Film Producers Group (IFFPG) to encourage members, during the month of April, to actively participate in a rural spring clean initiative.

This is part of the Association's ongoing campaign to tackle the scourge of litter dumping by passing motorists in rural Ireland.

IFA Deputy President and Countryside Chairman, Tim O'Leary, said "Littering by passing motorists is a real issue in rural Ireland. The Department of Environment must step up their action in this area by introducing tougher penalties and ensuring that local authorities more effectively implement litter laws".



IFA DEPUTY PRESIDENT AND COUNTRYSIDE CHAIRMAN,  
TIM O'LEARY

He also complimented the thousands of farm families who keep their local communities litter free each year. He said "The Rural Spring Clean initiative is all about recognising this work by asking farm families to remove litter on roadside verges around the farm and register this activity at [www.ifacountryside.ie](http://www.ifacountryside.ie).

Once farm families register their clean-up activity then they have an opportunity to win one of five prizes with a total value of €6,000.

IFFPG Chairman Michael Slattery added, "IFFPG is delighted to be part of this initiative, which plays an important part in keeping our countryside tidy. Farmers have a long record for supporting the recycling activity of IFFPG and I have no doubt that they will also support this worthwhile initiative".

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## Outlook Marts Directory

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**EVERY WEDNESDAY: GENERAL CATTLE SALE**

**TUESDAY APRIL 14TH AT 1PM, KERRY SHORTHORN SOCIETY**

**MULTI - BREED BULL SALE**

**DAIRY SALE FRIDAY APRIL 10TH AT 1PM.**

Includes first part of **CLEARANCE SALE** of 23 calved cows, (including 3 Pedigree) for Mr. John O'Connor, Boherbue.

Also **SALE** of 14 calved heifers and young cows, from a herd averaging 1,600 gallons, for John & Jer Cronin, Beaufort, Killarney.

**25 calved heifers for Mr Kieran Cahill, Knocknagoshel.**

**REDUCTION SALE** of 12 Dairy Cows, some calved.

TEL (066) 7141247 [WWW.INFO@CASTLEISLANDMART.COM](http://WWW.INFO@CASTLEISLANDMART.COM)

## Gortatlea Mart

**EVERY THURSDAY: CALF SALE STARTING 11AM SHARP**

Numerous enquiries for all types of calves.  
BVD sample collection available on Thursday.

**EVERY FRIDAY: WEANLING & GENERAL CATTLE SALE,**

Numerous inquiries from North & Southern buyers for all types of stock especially for forward store bullocks and heifers.

Intake of animals from 8am.

**IN CONJUNCTION WITH THIS SALE**

Clearance Sale of an outstanding Suckler herd 25 LIM cows 17 calved remaining on the point of calving, to a PB LIM Bull. All cows AI bred.  
Seller: Séan O Connor, Athea, Co Limerick

**THURSDAY 16TH APRIL 2015 SALE**

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**SALE AT 7.30PM**

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## RATHMORE / GNEEVEGUILLA NEWS By Michael O'Mahony

**RATHMORE CREDIT UNION: EASTER COLOURING COMPETITION:** We had a massive entry of beautifully coloured posters for the competition. The following are the winners and have receive an Easter Egg: Niamh Fitzpatrick, Knocknagree. Dean O'Riordan, Gneeveguilla. Triona Hurley, Gneeveguilla. Ava Rea, Gortacarrin Headford. Sophia Dela Torre, Gneeveguilla. Kaila Murphy, Gneeveguilla. Abby O'Leary, Leam Lower Gneeveguilla. Marie Fitzpatrick, Knocknagree. Darren Twomey, Inches Rathmore, Lauren O'Riordan, Gneeveguilla. Katelynn O'Leary, Leam Gneeveguilla. Sarah O'Neill, Coom Gneeveguilla. Cian Twomey, Inches Rathmore, Gearoid Healy, Shronedraugh Headford. Siobhan Twomey, Umeraboy Knocknagree. Emma McGillicuddy, Scrahanfada Gneeveguilla. Ella Willis, Umeraboy Knocknagree. Ealiha Healy, Shronedraugh Headford. David Dineen Claraghalea. Congratulations to the winners and we'll done to all who took part.

**GNEEVEGUILLA NS PARENTS ASSOCIATION:** We are going to the dogs Family Fun Fundraising at Kindom Greyhound

Stadium, Tralee. This night entertainment for all ages will take place on Saturday the 20th June Tickets will be available from the 13th April at Gneeveguilla National School. Further information will be announced nearer to the date.

**AFTERNOON TEA PARTY:** In Teach Iosagain Rathmore on 19th April from 2.30pm to 4.30pm. Great music, song and dance cost: €5.

**AUTISM FUNDRAISER:** Barn Dance Music by the KELTS in Gneeveguilla G. A. A. Hall at 9pm sharp on Saturday April 18th 2015 proceeds in aid of St. Francis Special School, night not to be missed - Monster Raffle Top prize: weekend Away - 2 Night 1 Dinner at the Sneem Hotel, Tickets to Nathan Carter, Tickets to Munster Rugby Games, Lunch at the Royal Hotel, Voucher from Bricin. Bar Facilities, dress up optional - Ticket €10. To book tickets contact Brigitta 0876303659, or Siobhan 0879249918. Also tickets at the club Bar.

**RATHMORE RAVENS BASKETBALL CLUB:** Are holding a juvenile quiz on Friday April 24th at 7.30pm in Rathmore Gym. Open to 3rd, 4th, 5th, and 6th primary school classes. Table of 4

€20.

**RATHMORE COMMUNITY MARKET:** Every Friday at Teach Iosagain 10.30-1.30pm. Further information contact: 0831588404,

**PARISH WEBSITE:** We are at the advanced stages of setting up own parish website. Any parishioner willing to be involved in helping to develop it and especially to update it. Please contact Fr. Pat as soon as possible.

**SYMPATHY:** To the families, relatives and friends of the late, Joan Flor Sheehan (née Murphy)

Shinnagh, Rathmore, and Phillis O'Shea (née Foley) 4 Minor Row, Millstreet whose deaths occurred last week. May they Rest in Peace.

**RADIO KERRY BROADCAST MASS:** Radio Kerry broadcasted last Sunday Easter Sunday Mass from Gneeveguilla church.

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

## FOSSA NEWS

**THANK YOU:** Father Sean Myers and family would like to thank all that organized the recent Mass in the clubhouse and those that took part in the ceremony. Particular thanks to Fossa Gaa and rowing Clubs, the school choir, Fr. Harrington and those who catered and supplied refreshments.

### FOSSA COMMUNITY GAMES NOTES:

Swimming is taking place in Tralee on 19th April, U8 through to U16 anyone interested please contact Eileen O'Mahony 087-1700971. We will be holding our local qualifying round to see who will represent Fossa in athletics in the county finals on Sunday the 19th of April at 2pm in the Old Football field in Fossa. Registration will be at 1.30 pm and is open to all children living in Fossa parish. The age groups who will be competing are from U8 through to U16 but we will also have a number of fun

races for U4 and U6 year olds. Looking forward to seeing you all there let the training begin! Also congrats to Phillip Lyons who won a silver medal for U12 model making.

**KILLARNEY LIBRARY EVENTS:** The next meeting of the Sewing and Fashion Club will take place on Friday 10th April 11am-1pm.

**FREE LADIES GOLF TASTER SESSION:** At The Castlerosse Golf Club on Monday 13th April from 6-8pm. Sample chipping, putting and long game in a fun friendly environment. Equipment provided. Enjoy some exercise, fresh air and socialising with family and friends. No charge. Contact Kieran Crehan at 087 2748777

**FOSSA GOLF SOCIETY RESULTS:** Total of 28 played on the day and we would like to congratulate Alan on a great win pipping

Stuart on the back 9. Alan had a great score of 24 pts on the back 9 to take home his first win in Fossa Golf Society. Winner Alan Brady 37pts BB9, 2nd Stuart Graham 37pts, 3rd Donal O'Reilly 36pts, 4th James Curran 35pts, 5th Teddy Bowler 33pts, F9 Kieran Coffey 19pts, B9 Donal O'Connell 16pts bb6, 2's Niall Kavanagh & Alan Brady.

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

## LISTRY NOTES

**LISTRY COMMUNITY COUNCIL AGM:** The Annual General Meeting of Listry Community Council Ltd will take place in Listry Community Centre on Thursday night April 30th at 8pm. This is a Public meeting and members of the general public are invited to attend. If anybody has an hour to spare one night a week every six weeks to attend meetings they are welcome to come along and join the Community Council-your views and opinions can make a difference.

**LISTRY SOCIAL COMMITTEE:** We are organising a day trip to Castlegregory on Tuesday April 28th. Bus will be leaving the Community Centre at 10.30am and returning at approx. 6.30pm. If any of our monthly group

wish to travel on this trip please contact any of the following Social Committee members prior to Tuesday April 21st - Joan 086 7944494, Mary 087 2187204 or Breda 087 7442694. We are also planning a day trip to Blarney and Dripsey (Cork) on Tuesday June 30th-please note this date in your Diary.

**COUNTY CLEAN UP DAY:** Please note Saturday April 18th has been selected as county clean up day by various organisations including Kerry Co. Co. & KWD. recycling. It hope people of parish will get involved in their own area & undertake a major clean up of parish. Bags ect will be available at the community centre prior to that day.



PAT QUIRKE FROM LISTRY PICTURED WITH HIS FAMILY CELEBRATING HIS RECENT WIN AT MILLTOWN MART. PAT WON THE PERPETUAL CUP FOR THE BEST BUTCHERS HEIFER AND CAME HOME 1ST, 2ND AND 3RD PRIZE. INCLUDED ARE FROM LEFT: RIAN FOLEY, CIANNA FOLEY, LAOISE FOLEY, PAT QUIRKE, SARAH QUIRKE, PADDY QUIRKE, LAUREN EVANS, AMY EVANS, RACHEL EVANS AND DANIEL EVANS.



**START OF SEASON OFFERS**

5 Shrubs for €20

- Free planting service for your baskets, window boxes and tubs, when you buy your bedding plants, compost etc from us.

**WE STOCK**

- Vegetables, seed potatoes and fruit trees.
- Shrubs, trees, climbers and hedging.
- Wide Range of bedding plants.
- Compost, bark mulch and fertilizers.
- Ceramic & plastic pots, hanging baskets, window boxes and garden ornaments.
- Shrubs grown from our own Nursery
- Landscaping service available

Open 7 days a week From 9am - 6pm  
Castlemaine village, Opposite the creamery.  
Contact Joe on  
**087 785 9970**



**Spring has arrived**

**KILLORGLIN GARDEN CENTRE**

20% OFF ALL POTS

**at Boyles**

**SPECIAL OFFERS**

Bedding Trays - 4 for €10  
Veg Trays - 3 for €10  
Heathers - 3 for €12

Phone 066 976 1110 Open Mon - Sat

**This Weeks Gardening Tips**

- Deadhead daffodils, give them a liquid feed or a sprinkle of fish, blood and bone. Don't cut off the leaves as they are necessary to replenish the bulb for next year.
- Keep deadheading spring bedding to keep it looking neat and to encourage new flowers.
- Hoe your borders, getting rid of weeds before they take hold.
- Now is the time to wage war on slugs and snails. They love tulips and hostas, so get some slug pellets and sprinkle around each plant to exterminate your problem.
- Apply Mo Bacter to your lawn to eliminate moss. There is no need to rake or scarify after applying and it leaves no black patches in your lawn. The dead moss is absorbed naturally and leaves your lawn looking greener.
- Feed your pots and containers with a liquid feed fertiliser. Brighten up your containers with some violas, pansies and geraniums. Pack them densely in on colour for a stunning display.
- Plant strawberry plants in containers or hanging baskets for a delicious summer crop.

# LAVIN PLANT HIRE

## NEW YEAR NEW JOB



### LANDSCAPING FROM CREATION TO COMPLETION

UP FOR THE JOB! - Eddie Lavin of Lavin Plant Hire and Landscaping Services preparing a front & back lawn & fencing a property in Farmers Bridge this week. Watch this space for the next few months ahead and we will feature the transformation.

#### LAVIN PLANT HIRE COVER:

- Ground Works
  - Drainage
  - Fencing - all types of Fencing erected - garden and farming.
  - Patio Laying and Sleeper Kerbing.
- Top soil can be provided where needed.
- Professional Landscaping Consultancy Service available covering everything from drawings, design to the planting of suitable shrubs, trees etc to suit your soil conditions.

CONTACT EDDIE:  
**064 66 20677   087 981 8367**

TIERNABOUL KILLARNEY

ALSO AVAILABLE FOR HIRE WITH DRIVER ARE: A TRACK MACHINE, TRACTOR, STONE RAKE AND POWER HARROW.



## MINDFUL MOVEMENTS – EXERCISES FOR WELLBEING, HEALTH & HAPPINESS!

The benefits of meditation are well known to reduce stress, balance emotions and bring us into a quiet restful place within the mind where we may become the observer of our thoughts. What is less well known are the extraordinary changes and benefits that can happen from moving in a mindful way. Our bodies are the “home” we live in and the present moment is where our bodies belong. However, our bodies also carry the “stories” of our lives within the tissues, muscles, joints and cells. For example, when we are very stressed over many years the body experiences a tightening, shortening and contracting of the muscles and our connective tissue. We may experience this as tightness or pain in any area of the body. If we habitually repeat the same stress cycles this tightness becomes habituated within our body. Moving mindfully asks the body and the mind to wake up to a new habit and a more informed way of being. When we move with total awareness in a slow, gentle and mindful way our bodies begin to relax the “old” way of being and can begin to open up to new possibilities in our lives. This is exciting because all of a sudden we have access to a new “story” and this is one that we can create for ourselves! If you are interested in experiencing the gentle power of mindful movements please come along to my new Chakranetics course beginning on Wednesday 15th April at the KDYS in Killarney. The cost is €60.00 and the class is suitable for both men and women of all abilities. Please bring a mat, pillow and blanket to the class if you have them handy. I look forward to seeing you there.

Please check out and LIKE my facebook page for more information

066 9766374 | life\_coachingunlimited@yahoo.ie



### ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



#### News Round

- Corrie's Tracy Barlow will receive a shock later this year when her ex husband Robert Preston returns to the street. However, Robert won't be arriving alone. He will be joined by his new wife played by Sarah Harding from Girls Aloud.
- More Corrie news as next week sees Owen Armstrong depart the famous cobbles after failing to save his relationship with Anna Windass.
- Samia Ghadie who plays Maria Sutherland has announced her real-life pregnancy meaning that Maria will be making a short term exit from Weatherfield in the near future.
- Actor Peter Gunn will reprise his Corrie role as he brings Brian Packham back to the cobbles for Julie Carp's exit storyline as Katy Cavanagh leaves the street for good.
- Eastenders is coming to Ireland as Alfie and Kat Moon are getting their own six part spin off series which will see the couple move to Ireland as they try to move on from their recent dramas.
- Over in Emmerdale, bunny boiler Emma Barton will get her claws into ex-husband James next week when she beds him behind his partner Chas Dingles back.
- Emmerdale has promised a huge Summer packed full of dramatic and explosive storylines. At the moment details are sketchy but actress Lucy Pargeter (Chas) has promises that there will be a lot of outdoor action. Could another disaster be on the cards over in the Dales?
- Red Rock's Sharon Cleere will finally reveal all about bully boy Brian McGonigle affair and his involvement in her attack to McKay but it's Sharon's career that ends up on the line.

# Citizens Information

## Know Your Rights: EMPLOYMENT SERVICES

APRIL 2015

### QUESTION

I am signing for unemployment credits but I don't qualify for Jobseeker's Allowance because my partner's income is over the limits. What supports are there to help me back into the workforce?

### ANSWER

The Department of Social Protection (DSP) provides employment support and advice to jobseekers nationwide. Jobseekers include people who are getting a jobseeker's payment, people who are signing for credits and people who are unemployed but not eligible for a payment. In general, DSP employment services focus on people getting social welfare payments. However, there are a range of supports for people who are not getting a social welfare payment.

You can avail of upskilling opportunities, for example, through Further Education and Training (FET) courses provided by the Education and Training Boards (ETBs). Day courses and evening courses are available. Although people signing for credits do not get an allowance during the course, you may receive some support for expenses on travel, meals and accommodation.

If you have been signing for credits (for three or nine months depending on the course) you can take part in the Back to Education Allowance scheme. You do not get the allowance but you can apply for a student grant (both the fee and maintenance component of the grant).

If you have been signing for credits for six months, or more you can take part in the Vocational Training Opportunities Scheme (VTOS) run by the ETBs (subject to availability). You do not get a training allowance but you may get travel and lunch allowances. If you have been signing for credits for 12 months or longer in the previous 18 months you can take part in Momentum courses. However, you will not receive any payment.

Springboard and Skillnets courses are also open to many people who may not be eligible for a social welfare payment – such as people signing for credits and unemployed graduates. If you have been signing for credits for three months (78 days) in the last six months, you are eligible for the JobBridge programme (and a payment of €50 a week).

Other employment services, such as advice on jobseeking and online job search tools, are available to people who register with DSP employment services regardless of their social welfare status. In general you apply for courses and JobBridge through your local Intreo centre or social welfare local office.

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

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

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



SouthWest  
Counselling Centre

## WORKPLACE STRESS

Whilst we can't control everything in our work environment, we're not powerless to make some changes – even in very difficult circumstances. Fear of losing our job, increased pressure to perform to meet rising expectations, staff cutbacks and increased overtime can all lead to excessive workplace stress. The way in which we deal with workplace stress and pressure is crucial. The key factor is to focus on those things that are within our control – namely ourselves. The better we are at managing our own stress, the less we will be affected negatively by other people's stress. Strategies to manage our own stress include It is important not to ignore the warning signs of work stress as these can lead not only to less productivity and effectiveness but to physical and emotional problems. Some signs and symptoms of excessive job stress include lack of interest in work, sleeping problems, social withdrawal, headaches and muscle tension, fatigue, difficulty concentrating, feeling anxious or irritable and stomach upset. If you are experiencing any of these symptoms then it is time to take action. Taking care of you involves making more positive lifestyle choices – one step at a time.

**1. Keep Active.** Regular exercise is a powerful stress buster. Try to get at least 30 minutes of heart-pounding exercise at least 5 times a week. This will enhance your mood, increase your energy and relax your body and mind.

**2. Healthy eating** is vital for dealing with stress. Eat small but frequent meals to maintain a balanced blood sugar, avoid mood swings, keep your energy up and help you to concentrate.

**3. Smoking** can lead to higher levels of anxiety as nicotine is a very strong stimulant.

**4. Don't drink** to relieve job stress as this can lead to problems down the line.

**5. Aim to sleep for 7-8 hours** per night as a good sleep can keep us emotionally balanced and better resourced to deal with stress.

**6. We've all heard how 'a problem shared is a problem halved'** – so share how you are feeling with family or friends.

**7. Prioritise and Organise** your responsibilities. Good time management and organization can significantly reduce stress levels. Make a list of 'to-do' tasks and attend to them in order of importance – with high priority tasks first.

**8. Break tasks into small steps** – and focus on each manageable step one at a time. This will prevent you from getting overwhelmed by taking on everything at once.

Next week we will look at further strategies to reduce Workplace Stress.

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

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

[info@kerrylifeline.com](mailto:info@kerrylifeline.com) To make an appointment call **064 6636416**. SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.

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

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

## FUNGAL NAIL INFECTIONS

### Continued

#### DO I NEED ANY TESTS?

Other nail conditions can sometimes look like a fungal infection. Therefore, to confirm the diagnosis, a doctor will usually take a nail clipping and send it to the laboratory for testing.

#### What is the treatment for a fungal nail infection?

##### NOT TREATING

This is an option if the infection is mild or causing no symptoms. For example, a single small toenail may be infected and remain painless and of little concern. Some people may prefer not to take treatment because:

- Treatment does not always cure the infection. Cure rates are about 60-80%.
- Treatment that clears the infection does not always restore the nail's appearance to normal.
- The antifungal medicines used for treatment need to be taken for several months - sometimes longer.
- Although rare, unpleasant side-effects sometimes occur with antifungal medicines.

#### HOWEVER, TREATMENT IS USUALLY ADVISED IF:

- Symptoms are troublesome. For example, if walking is uncomfortable due to an affected nail.
- Abnormal-looking nails cause distress.
- You have diabetes, vascular disease or a connective tissue disorder (because of a higher risk for secondary bacterial infections and cellulitis).
- The nail infection is thought to be the source of a fungal skin infection on your body.
- You have, or are likely to develop, severe problems with your immune system. For example, if you are to have certain types of cancer treatment.

#### MEDICATION:

Antifungal tablets will often clear a fungal nail infection. The medication will also clear any associated fungal skin infection, such as athlete's foot.

#### ANTIFUNGAL NAIL PAINT (NAIL LACQUER)

A nail lacquer that contains the antifungal medicine is an alternative for most (but not all) types of fungi that infect nails. You may need six months of nail lacquer treatment for fingernails, and up to a year for toenails.

#### NAIL REMOVAL

If other treatments have failed, an option is to have the nail removed by a small operation done under local anaesthetic. This is combined with treatment with antifungal medication.



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

# KILCUMMIN NEWS

**I.C.A:** Knitting session will be held on Wednesday 15th April at 8pm in the Rural Development Office. All ladies welcome.

**JUNIOR SET DANCING:** A further six week term will commence on Friday 17th April. All levels welcome. Contact Mary Moriarty on 087 9620135 for further details.

**BOOK LAUNCH:** Former TD John O'Leary's Book 'On the Doorsteps' will be launched at the Gleneagle Hotel on April 17th at 8.00pm. The book covers John's entire life from his school days at Coolick NS, playing senior football with Kilcummin to his 31 years in Dail Éireann.

**YOUTH 2000 YOUTH RETREAT:** Youth 2000 Ireland are organising a youth retreat in St. Brendan's College, Killarney from Friday 24th to Sunday 26th April 2015. A big attendance (aged 16-35) is expected at this donation only event, with all newcomers very welcome. The weekend will consist of an action packed programme consisting of prayer, workshops, drama, inspirational talks, testimonies, music and a lot of craic and friendship. Retreat starts with registration on Friday at 8.00pm. Please feel free to drop into the retreat at any time over the weekend and bring a sleeping bag if you choose to avail of accommodation. For more information and to book online check out [www.youth2000.ie](http://www.youth2000.ie). Under 18's must download a parental consent form.

## KILCUMMIN COMHALTAS:

**EASTER RAFFLE:** We will be holding our Easter Raffle at the Village Inn on Sunday 12th April. We will have some great prizes including Easter Hampers and there will be hot food and entertainment so please come along and enjoy a great night out!

**MUSIC SESSION:** Thanks to all who attended our recent monthly music session. We had a great turnout and were delighted with the

number of new musicians that came along from near and far! Our next monthly session will be at the end of April - date to be confirmed. Again all newcomers very welcome!

## ANABLA NATIONAL SCHOOL PARENT ASSOCIATION:

Are holding a new/used clothing and mobile phone collection. Collections dates and locations. Sunday 12th April 2015, 10.30am to 12.30pm at Recreational Hall, Kilcummin Village, Tuesday 14th April 2015, 9am to 11am at Recreational Hall, Kilcummin Village, Monday 13th April to Thursday 16th April 2015, 9am to 10am and 2pm to 3pm at Anabla National School. The following items of new/used unwanted clothing can be included; men's, women's, children's clothing, household textiles (i.e. curtains, towels etc.), shoes, handbags, belts, ties, linens etc (any condition once they are clean). If you have clothing or old mobile phones that you would like to donate and you are unavailable on the collection dates, please contact any member of the committee or e-mail [anablaparentsassociation@gmail.com](mailto:anablaparentsassociation@gmail.com)

**KILCUMMIN G.A.A.:** Under 12 Boys play Austin Stacks at home in Division 1 of the County League at 6pm on Sunday 12th April. Under 16 Boys play Kenmare away in East Kerry League on Monday 13th April at 6pm. U14 Girls play Ballymac at home at 6pm on Sunday 12th April in the County League

U12 Girls play Fossa at home on Tuesday 14th April at 6.30pm in the County League. U16

**HURLING COACHING:** Hurling Coaching for under 6 to under 12s at the Legion GAA grounds at 6pm on Thursdays. We are hoping to enter an u12 team in the County League. Contact Garry at 087 2884478

**GAA ACADEMY:** The academy will switch to Saturday mornings from 10.30am to 11.45am

with effect from Saturday 11th April.

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

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

**KILCUMMIN COMMUNITY GAMES:** The River Island Hotel in Castleisland was the venue on Good Friday evening for the County Final on the u14 Quiz in which 22 teams participated. Kilcummin were just 2 marks behind the leaders at the half-way stage and finished level with Spa/Fenit/Barrow at the end of Round 10, thereby forcing a 5 question play-off to determine the winners. Digging deep for answers Kilcummin answered all 5 questions correctly to win by the narrowest of margins in a tension filled finale. Heartiest congratulations to our team who showed an incredible level of "general knowledge" on the night and so Liadán O'Connor, Béibhín Brosnan, Micheál Sweeney and Conn Fleming head to the All Ireland's in Athlone in August to represent Kerry and Kilcummin. A super team performance and a special word of thanks to Jason O'Connor for his help and guidance in preparing the team. Well done one and all!

## CLLR. NIALL KELLEHER ELECTED TO FIANNA FÁIL ARD CHOMHAIRLE

Cllr. Niall Kelleher (FF) from the Killarney Electoral Area has been elected to the Fianna Fáil Ard Chomhairle or National Executive for a five year term. The Rathmore native will represent the Fianna Fáil Councillors throughout the Ireland South Euro Constituency, which stretches from Kerry up to Wicklow.

The announcement was made by party leader Micheal Martin T.D. and Cllr. Niall Kelleher will take up the position at the upcoming Fianna Fáil Ard Fheis to be held later this month.

Speaking about his election to the Fianna Fáil Ard Chomhairle, Cllr Niall Kelleher said "I look forward to serving on the Fianna Fáil Ard Chomhairle at this important time for the party. There is a huge volume of work being carried out to build from the success that Fianna Fáil had in the Local Elections in 2014, to ensure that we capitalise on this for the upcoming General Election. As a newly elected councillor

in Kerry and as an employer I intend to bring my experience to the party Ard Chomhairle to ensure that the decisions taken at the top table of Fianna Fáil are sensible and also ambitious."

Cllr Niall Kelleher continued, "This is a great honour for me to represent the elected councillors from all over the Ireland South (Euro) constituency. It is a five year term that I've been elected to serve on the Fianna Fáil National Executive. As well as keeping a strong channel of communications open with my Councillor colleagues in the region, I will continue to pursue issues that matter such as in the area of job creation, investment in our tourism infrastructure, supports for our rural communities and to call a halt to the destruction of rural services that this Fine Gael / Labour coalition have embarked upon. In the run up to the next General Election, the Fianna Fáil National Executive will have an important role to play in terms of the development of



PICTURE OF FIANNA FAIL LEADER MICHAEL MARTIN TD AND CLLR NIALL KELLEHER.

new policy ideas and the promotion of an alternative political message to that of the savage austerity imposed on our communities by the outgoing government."

**Drop off/Post:** Killarney Outlook, 30 High St, Killarney **Tel:** 064 667 0000

**PRIVATE CLASSIFIEDS - COST:** Up to 20 words €5

**BUSINESS CLASSIFIEDS - COST:** Up to 10 words €10 • 10 - 20 words €20

\*\*\*\* No More than 20 words \*\*\*\*

**DEADLINE IS WEDNESDAY AT 5pm**

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# BUSINESS

## SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

**Call:** 064 66 36416 Mon to Fri 10am - 5pm

## AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

**Call:** Ian 087 6304241.

10502

## SOUL MATES

### Don't be alone

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**Call:** 087 9216302 / 087 7720250

## AWARE SUPPORT GROUP MEETINGS

### Aware Depression Support Group meets:

Killarney – Mondays, KDYS at 8pm (from October 6th) (please note change of time from 7pm)

Aware Support Groups are free to attend, no referral necessary. [www.aware.ie](http://www.aware.ie).



PICTURED AT THE CATHEDRAL FOR THE "GLOW HEARTS4 CRUMLIN" BALLOON RELEASE WERE L-R RHEA O'SULLIVAN WITH HER NANA CARROLL, DAD IVAN & SISTER CLODGH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

# FOR SALE

## Ed 15 FOR SALE

Milking parlor for sale, cooler plate included.

**Call:** 086-3963696

# AVAILABLE

## Ed 14 8025 CHILD MINDER AVAILABLE

Qualified experienced childminder available. Registered, insured, first aid qualified and Garda vetted. Full days or flexible hours available. References available on request.

**Call:** 087 961 3856

# TO LET

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#lovekillarney



PICTURED AT THE CATHEDRAL FOR THE "GLOW HEARTS4 CRUMLIN" BALLOON RELEASE WERE L-R TOM AHERN, JOE BURKETT, KEELIN WALSH & SANDRA WALSH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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## 4 TIPS FOR INTERVIEW SUCCESS

- Starting right now make sure there is nothing on your social media pages that could harm you in the eyes of an interviewer either in your own posts or posted by friends – it might be too late to delete after the interview.
- Try not to be nervous, your job in the interview is to help the interviewer get to know you. You are the expert in the situation! No one knows more about you than you do.
- Learn as much about the company that's interviewing you as you can, even going so far as to read the notes on its financial statements. Stay up to date on whatever news there is about the company. It can be very time-consuming to conduct such thorough research, but it might just be essential to your success.
- Follow up with a thank you note, it's a simple thing to send an email after an interview; and successful candidates rarely miss that opportunity. It can really cement the good impression you worked hard to create. Thank the interviewer for the time they invested getting to know you; it could really set you apart from other candidates. (Not sending a thank you note or email can also set a person apart from other candidates for the wrong reason!)

## ATTRACTING INSECTEATING BIRDS TO YOUR GARDEN

- In the long term you can encourage birds to nest in your garden by planting native hedges, trees, and climbers to provide suitable sites. More immediately, you can encourage Blackbirds and thrushes by providing a platform in a sheltered position, such as behind a bush against a wall or a bunch of twigs tied around a tree trunk. Robins will choose all sorts of strange nesting places: try placing an old kettle, with the spout pointing downwards for drainage, in a sheltered place.
- A garden can easily be made to be attractive both to people and to wildlife, especially if you choose plants to provide natural foods and plenty of cover for roosting and nesting.
- A lawn is a good worm-hunting ground for Blackbirds and Song Thrushes, and Starlings will happily devour 'pests' such as leatherjackets. Even paved paths and edgings have a use: Song Thrushes may use them as 'anvils' to smash open snails. If you do not have suitable paving, provide a brick or flint: the thrushes will repay you by devouring your garden snails!
- The best trees to plant are the ones that produce berries or seeds, as these will provide natural foods for birds in autumn and winter, as well as shelter and shade all year round. If you have a large garden you can have a mix of native species. If you have a small garden with only room for one tree, consider a rowan, crab apple or native hawthorn.
- The best shrubs to provide berries for birds are elder, ivy, and female varieties of holly.

## THIS MAN SHOULD HAVE BEEN DECLARED A HERO – NOT ARRESTED

An old video has been making the rounds on the internet again recently, one which raises a very interesting question: How far would you go for your dog?

In West Memphis, Tennessee in 2003, Jarrod Martin watched from the parking lot of his burning apartment building as his dog cried for help from within.

Unsatisfied by the fire department's assurances that they would retrieve the dog before the fire spread, Mr. Jarrod took matters into his own hands.

Contending with noxious smoke and heat from the flame, he climbed to the balcony of his second story apartment and smashed through the door to save his dog.

Unfortunately, Mr. Jarrod had been warned by the police not to enter the building, so when he safely returned to the parking lot (plus one happy dog) he was quickly handcuffed. Jarrod Martin was ultimately cited for two misdemeanours: disorderly conduct and reckless endangerment.

Instead of declaring the man a hero, authorities defended their actions stating that if Mr Jarrod had been harmed or trapped, more fire fighters would have been compelled to risk their lives to save Mr. Jarrod.

children mortality rates in the world. This minimally invasive approach also helps to avoid cultural barriers to treatment: manipulating a heart is considered an act of desecration on the human soul by some indigenous communities.

## ANSWER TO LAST WEEKS RIDDLE

A poor farmer went to the market to sell some peas and lentils. However, as he had only one sack and didn't want to mix peas and lentils, he poured in the peas first, tied the sack in the middle, and then filled the top portion of the sack with the lentils. At the market a rich innkeeper happened by with his own sack. He wanted to buy the peas, but he did not want the lentils. Pouring the seed anywhere else but the sacks is considered soiling. Trading sacks is not allowed. The farmer can't cut a hole in his sack. How would you transfer the peas to the innkeeper's sack, which he wants to keep, without soiling the produce?

Pour the lentils into the innkeeper's sack, bind it and turn inside out. Pour in the peas. Then unbind the sack and pour the lentils back to your sack.

## THIS WEEKS QUOTE

"Each generation takes the earth as trustees."  
— J. Sterling Morton Founder of Arbor Day in the US.

## ON THIS DATE – APRIL 10TH

- 1633 - The first public sale of \*bananas\* in Britain.
- 1650 - Cromwell's New Model Army was victorious at Macroom, Co. Cork.
- 1755 - Birth of Samuel Hahnemann, German founder of homeopathy.
- 1849 - Safety pin patented by Walter Hunt (NYC) sold rights for \$100.
- 1858 - The bell 'Big Ben' was cast; it now rings in London.
- 1866 - The American Society for Prevention of Cruelty to Animals (ASPCA) founded in New York City by Henry Bergh.
- 1923 - Liam Lynch, chief of staff of the Irish Republican Army, was mortally wounded by Free State troops in the Knockmealdown Mountains, Co. Tipperary; Frank Aiken took over as IRA chief of staff.
- 1930 - Synthetic rubber first produced.
- 1966 - The widespread and prolonged commemoration of the 50th anniversary of the Easter Rising began throughout Ireland.
- 1990 - Death of Wexford hurling legend, Nicky Rackard.

## DID YOU EVER WONDER – HOW BANANAS GROW WITHOUT SEEDS?

Bananas do not grow from a seed but from a bulb or rhizome. The banana plant is not a tree, but the world's largest perennial herb and

grows up to 25 feet, developing massive banana leaves that may extend 9 feet in the air. Edible bananas are technically berries and do not produce mature seeds. Their rhizomes - a thick plant stem that grows underground and has shoots and roots growing from it, can be hundreds of years old. If banana farmers need extra trees, they cut off a little of the rhizome and replant it in clumps or groups away from strong winds. Bananas prefer rich, dark soil; lots of mulch; steady, warm tropical or semi-tropical temperatures and require lots of water; they thrive on humidity. On the French island of Martinique, there is a banana museum and there you will discover that bananas have more potassium than any other fruit or vegetable and, despite only containing 100 calories, will leave you feeling full. Bananas grown in mountainous areas at an altitude of more than 600 meters (or .37 miles) are sweeter than those grown at sea level. A row of bananas is called "a hand." In parts of Africa, bananas are used to make beer, and in many areas of the world, the banana plant is transformed into clothing, carpets, baskets and ropes. And, unlike most fruit, they do not have a growing season but grow year-round, making them a favourite winter crop. Around the world, there are thousands of varieties of bananas and depending on the variety, can be eaten raw or cooked. Although they strongly resemble trees, banana plants are considered a perennial. (Gingers and birds-of-paradise are distant relatives) and take about nine months to a year to bear fruit. Bananas are versatile. They are often a baby's first real food. They can be sliced on your morning cereal or in pancakes. Add them to salads (with avocado, pink grapefruit and a lime-flavored dressing) or serve them with sharp, gooey cheeses. You can make a pie, pudding or cake, or use overly ripe, almost ready-to-throw-out fruit in a sweet bread.

## RIDDLE FOR THIS WEEK:

A ladder hangs over the side of a ship anchored in a port. The bottom rung touches the water. The distance between rungs is 20 cm and the length of the ladder is 180 cm. The tide is rising at the rate of 15 cm each hour. When will the water reach the seventh rung from the top?

## TONGUE TWISTER

How many boards could the Mongolians hoard if the Mongolian hordes got bored?

## BRITAIN CREATES ITS FIRST HEDGEHOG SANCTUARY

Where there were an estimated 36 million of the animals snuffling around gardens in G.B. fifty years ago, there are probably less than a million now. Is the hedgehog about to go extinct? Not if conservationists in Britain can help it. Hedgehogs need to roam to forage for worms and insects. But the urbanization of Britain means hedgehogs are in danger



from busy roads, and their hunting grounds are few and far between. As more and more people pave their gardens and block them up with fences or walls, hedgehogs find it harder to get around and find places to sleep. In addition, widespread use of pesticides and slug pellets in gardens results in less food for the hedgehogs. All this means one tragic fact: in Britain these days you are more likely to see a dead hedgehog lying on the road than a live one. On March 16th, the first-ever large-scale hedgehog sanctuary in G.B. opened in Solihull, located in the West Midlands area of England. In response to the alarming decline in the hedgehog population, the Warwickshire Wildlife Trust has created this 90-hectare refuge in the hope that it will serve as model for hedgehog conservation across the whole of Britain. The refuge includes a nature preserve, a public park, and all the surrounding streets. The goal is to restore hedgehog habitat and complete further scientific studies. The sanctuary plans to create more than 100 "footprint tunnels" to show where the hedgehogs have been. Not only will they be placed in the wide green spaces, but also in the gardens of willing local people. Hidden cameras are being installed and volunteer "wildlife guardians" will help to protect the spaces.

Simon Thompson, the Trust's hedgehog officer explains: "We're going to be looking at distribution using the footprint tunnels and abundance via a capture, mark and recapture scheme. Hedgehogs will be trapped overnight and in the morning we will give them a unique colour code. We'll aim to recapture them again, and from the results we will be able to estimate the population numbers in the area."

Hedgehogs are small nocturnal mammals that live in Europe, Africa, Asia and New Zealand. They're called hedgehogs because of their fondness for hiding in bushes, and because of their pig-like snouts. Spines cover the entirety of their backs; these can vary in colour from grey to brown and black. These spines are their primary defence, meaning that when they curl into a ball it's very difficult to hurt them.

Why The Drastic Decline In Hedgehog Population? The same story has been repeated

so many times: we humans are responsible for the decline in animal populations. In Africa, for example, the biologically diverse grasslands that sustain lions and thousands of other species have declined by 75% since 1960. This has led to huge drops in those animal populations. Monarch Butterflies have declined by a shocking 90% percent in less than 20 years and may have lost more than 165 million acres of habitat, an area about the size of Texas, including nearly a third of their summer breeding grounds. Pesticides and Herbicides have added greatly to their decline as well as to the huge loss of the Bees.

## APRIL 10TH IS THE ORIGINAL DATE OF ARBOR DAY IN THE UNITED STATES OF AMERICA

It all began with one man and his wife. Julius Sterling Morton and his wife, Caroline, were among the pioneers moving into the Nebraska Territory in 1854. Having lived in Detroit where they were surrounded by trees, they grew up being lovers of nature. Mr. Morton was a journalist and became editor of Nebraska's first newspaper. With writing at his fingertips, he used the newspaper to spread agricultural information and his enthusiasm for trees to an audience that listened. Mr. Morton promoted tree planting and care and also wrote and spoke about environmental stewardship (taking care of the earth) and how all of life is interrelated. Through the newspaper and his speeches, he encouraged everyone to set aside a specific day to plant trees.

In other lands, you may hear it called Arbor Week, Tree Holiday, or Tree Festival. In Japan, it is called Greening Week. In Israel it is called the New Year's Day of the Trees. Korea actually has a Tree-Loving Week. Iceland has a Student's Afforestation Day. People in India celebrate a National Festival of Tree Planting, in Ireland we call it National Tree Week. Whatever people call this special time of year, they are sharing the news that trees are important to us all, wherever we live around the world.

**HANDEL *Messiah***

Kerry Chamber Choir, Orchestra and Soloists  
Director: Aidan O' Carroll

St. Mary's Church of Ireland  
Killarney

Saturday, April 18<sup>th</sup>, 8pm

Admission: €10



Ciara Kearney from Fíries, Killarney pictured enjoying the sunshine in the Killarney Demesne after making her Confirmation this week.  
Picture by Sally MacMonagle 087 7202252

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**A WORD OF VICTORY**

Welcome back dear reader let's look at the term 'born again' that Jesus used (see John 3:7) to the religious leader Nicodemus. He was amazed when Jesus said 'you must be born again'. Nicodemus obviously had never heard this term before and asked how could anyone go back to their mother to be born again? Jesus explained he was speaking about the human spirit which came into the world through the natural birth but was dead having been separated from God by sin. We can see the physical person and we can discern the soul of a person which is made up of one's mind, will and emotions, but we can't see their spirit. Jesus was revealing to Nicodemus and to all of us that the part of the human made in the likeness of God is our human spirit. It is this spirit living in us that needed to be saved, regenerated or as Jesus said 'born again' because it's the spirit and the soul that leaves the body at death and are destined to spend eternity in Hell – lost forever, or in Heaven with Jesus. The pattern that God set for us to follow was; to firstly understand the condition of our human spirit which needs be brought back to life or born again, by believing that Jesus the Messiah gave His life for us so that whoever believes in their heart that Jesus was raised from the dead and then confesses Him as Lord and Saviour will be saved. A decision is then made willingly to be joined to God by the power of the Holy Spirit who makes our spirit alive to God again through our faith in Jesus. God the Father made it easy for us to be saved or born again by saying aloud – 'Jesus I accept You as my Lord and Saviour, I choose to give you my life'. More next week... If you have a query on Scripture or any prayer need please call **064-6622950** or email [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net).

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

## ACKNOWLEDGEMENT & 1ST ANNIVERSARY



*In Loving Memory of*

### MICHAEL NAGLE

*Headford, Killarney*

**who died on the 12th April 2014.**

**Aged 48 years**

**Rest in Peace**

*On this the first anniversary of Mike's death we his family would like to express our sincere appreciation to all who sympathised with us and supported us throughout his illness and passing. Thanks to everyone who attended Mike's rosary, removal, requiem mass and burial, especially those who travelled long distances.*

*To those who sent Mass cards and letters of sympathy. Sincere thanks to our many family members, neighbours and friends.*

*To those who provided food and everyone who helped*

*in any way during those days.*

*A special word of thanks to Fr. Pat O'Donnell for the lovely funeral mass as well as the other priests that concelebrated.*

*To all musicians and those who prepared the church.*

*To O'Keeffe's undertakers for their professionalism and understanding during our difficult time. Thanks to Breda and staff for the wonderful flowers. The family would like to especially thank all of Mike's colleagues at Kerry General Hospital, those who formed the guards of honour, those who called to Mike when he came home and to all those who cared for Mike so expertly during his time there.*

*A special mention to Dr. Sheehan and her team and everyone in Palliative Care to Dr. McDonnell, Reen's Pharmacy (Rathmore) and the Public Health nurses. Finally to the Home Care team (Killarney) and to our wonderful Daffodil nurse Catherine, many thanks for all you did for Mike. As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our deepest appreciation and thanks.*

**First Anniversary Mass will take place at 9am in Our Lady of Perpetual Succour, Shrine on Sunday 12th April.**

## MEMORARE TO OUR LADY OF LA SALETTE

**Remember, Our Lady of La Salette,** true Mother of Sorrows, the tears you shed for us on Calvary. Remember also the care you have taken to keep us faithful to Christ, your Son. Having done so much for your children you will not now abandon us. Comforted by this consoling thought, we come to you pleading, despite our infidelities and ingratitude.

**Virgin of Reconciliation,** do not reject our prayers, but intercede for us, obtain for us the grace to love Jesus above all else. May we console you by living a holy life and so come to share the eternal life Christ gained by his cross Amen.

**La Salette Invocation;** Our Lady of La Salette, Reconciler of sinners, pray without ceasing for us who have recourse to you. P.S.

## NOVENA TO THE SACRED HEART

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

## THE MIRACLE PRAYER

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

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

This prayer must be published immediately.

## NOVENA TO THE SACRED HEART

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## NOVENA TO THE SACRED HEART

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

## THE MIRACLE PRAYER

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

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This prayer must be published immediately.

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. H.H.

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### NEVER KNOWN TO FAIL

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. M.M.

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