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The Casey Brothers, Jamesie, Pa and John are making waves on the Irish Boxing Scene. See Pages 30/31

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As we tentatively enjoy warmer days we have lots for you to enjoy in this week's Killarney Outlook.

Killarney Rotary Club celebrated 40 years with the launch of their new book, much loved photographer Michelle Cooper Galvin was accorded a civic reception and it's time to Walk from Darkness Into Light .

Killeen House Hotel welcomed their neighbours, Go Purple Day was marked by members of the Garda Siochána and the Trustees of Muckross House have purchased Friars Glen.

The Charity presented funds to Kerry Friends of Motor Nurone, the Coffee Morning at the Dug Out was agreat success and Legion GAA Club members teed off at Killarney Golf & Fishing Club.

Jimmy takes a look at the rising stars of boxing, the Casey Brothers, May Fest is back at Killarney Race Course and we take a pictorial look at the Rally of the Lakes 2024.

Our politicians have their shoulder to the wheel in the run up to the local and European elections, the Kingdom County Fair is back for 2024 and Kerry Football teams are celebrating last weekend's wins. Hope you all enjoy this week's Killarney Outlook!

Aisling Crospic





Lough Leane at dusk pictured perfectly by Bridget Gleeson Healy

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for inclusion in the Killarney Outlook.

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THIS WEEK

10:05:24

CHECK OUT PAGE 4 FOR OUR UP TO DATE NEWS!

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ROTARY KILLARNEY Celebrate 40 Years

book, looking back at the fantastic work undertaken by Killarney Rotary Club was launched at The Great Southern Hotel last week. The book records in word and images the events and projects that took place over the past 40 years.

The evening took place on Wednesday evening at Fredericks in the Great Southern Killarney. President Barry Murphy and the Club members had the pleasure of the company of past presidents & members, present members family along with well-wishers, including the Cathaoirleach of Killarney MD - Cllr. Niall Kelliher and Rotary's Assistant District Governor, Grace O'Donnell.

There was a very relaxed atmosphere throughout the evening as people mixed, conversed & reminisced. John O'Shea first president of Rotary Killarney (40 years ago) addressed the gathering, where it all began, and how it was in the beginning. John said "As founding president it gave me great pleasure to attend the book launch on its 40th anniversary of Killar-ney Rotary Club. It's great to see the Club going from strength to strength and I'm proud of the contribution it's made to the community since its formation. The night itself was both enjoyable and successful, it was fantastic to see so many former and current members present. The book marks a significant milestone in the history of the club. I'd like to congratulate the current president Barry Murphy and his team on the wonderful production of the book. It demonstrates that the club is in very safe hands to continue its' success into the future.

Barry Murphy, President of Rotary Killarney 2023-2024 said, "The Book was the star of the show, and it sets the agenda for editions in the future. He thanked everybody for making a special effort to attend the evening and he thanked all involved in its production, it is a nice keep-sake".

John Shanahan who is a member since the very beginning and still attends on a weekly basis attributed the success of the Club was due to its work ethic in working in the local community, with the local community and for the local community.

A 40th Anniversary cake was shared, a gift from Daly's Supervalu Killar-ney. This left us with a sweet taste at the close of a very successful even-ing. It has been proposed to have more of these reunions in the future.

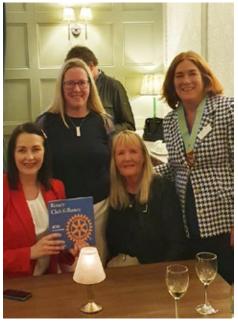
The Rotary book is available at €25 (plus p&p if required) from Rotary members or by emailing killarneyrotaryclub@gmail.com.



Founding member John O'Shea addresses the gathering.



Liam Maguire and Mike O'Shea at the 40th Celebrations



Sherry O'Callaghan, Ciara Irwin Foley, Lotte Lyne and Rotary's Assistant District Governor, Grace O'Donnell.



Marian Schmidt Zorner, Anne Alcock, Maria Murphy



Barry Murphy, President of Killarney Rotary Club and Marie Murphy



Mary O'Shea and Eileen Tarrant



The cake which was gifted by Daly's to Killarney Rotary Club.

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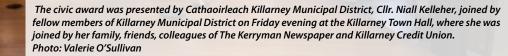
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WELL DESERVED HONOURFOR PHOTOGRAPHER MICHELLE COOPER GALVIN



n Friday May 3rd, a civic reception was accorded to Michelle Cooper Galvin, legendary Photographer, in recognition of her contribution to Killarney and Kerry, documenting and creating one of the most extensive records of daily life, sport, community, politics, and worthy charities through her lens for almost 50 years.

Michelle began her photojournalism career with the Irish Examiner, before returning to her native Kerry to join The Kerryman Newspaper

in 1979, covering the Killarney and South Kerry area. The civic award was presented by Cathaoirleach Killarney Municipal District, Cllr. Niall Kelleher, joined by fellow members of Killarney Municipal District on Friday evening at the Killarney Town Hall, where she was joined by her family, friends, colleagues of The Kerryman Newspaper and Killarney Credit Union.



Michelle was presented with the honour by Cathaoirleach Killarney Municipal District, Cllr. Niall Kelleher. Photo: Valerie O'Sullivan



Michelle Cooper Galvin with some of her family, her Husband Dermot Galvin, Kevin McCann, left, Caoimhe McCann, Diarmuid Galvin, Siobhan Galvin and two of their Grandchildren, Kate and Emily Galvin, at a civic reception afforded to Michelle legendary Photographer, in recognition of her contribution to Killarney and Kerry. Photo: Valerie O'Sullivan



Michelle Cooper Galvin with her Husband Dermot Galvin and two of their Grandchildren, Kate and Emily Galvin, Daughter Caoimhe McCann, back row, Tommy Cooper, Siobhan Galvin, Diarmuid Galvin, (Son) Sister, Catherine Cronin, and her husband Bernie Cronin, Kevin McCann, at a civic reception afforded to Michelle legendary Photographer, in recognition of her contribution to Killarney and Kerry. Photo: Valerie O'Sullivan



Michelle Cooper Galvin pictured with her husband Dermot Galvin at the Civic Reception. Photo: Valerie O'Sullivan

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It's Time to Walk from Darkness Into Light



Photo: Konrad Paprocki (file photo)

n a heartening display of environmental awareness and community spirit, students at Killarney Community College have embarked on a mission to collect plastic bottles and recycle them under Ireland's Deposit and Return Scheme.

1th May 2024

Armed with a passion for making a difference, students in the college felt that there was an opportunity lost when it came to recycling these plastic bottles. They created a designated recycling space, are returning the bottles regularly and are cashing in the vouchers in support of Animal Help Net, Kerry. Their efforts are not only contributing to the conservation of natural resources and reduction of plastic waste, they are also raising awareness of the Deposit Return Scheme and helping to raise funds for a worthy local charity.

Their generosity and dedication exemplify the power of youth-led initiatives in fostering positive change. Not only are the KCC students promoting environmental sustainability through recycling, but they are also supporting a noble cause, demonstrating empathy and responsibility and showing that we can all be agents of positive change in our world.

In Ireland, the plastic bottle recycling "Deposit Return Scheme", introduced on February 1st 2024 promises to be a significant step towards environmental sustainability. It encourages consumers to return used plastic bottles to designated collection points in exchange for a refund. This initiative aims to reduce plastic pollution by incentivizing responsible disposal and recycling practices.

The scheme operates by charging a small deposit fee on each plastic bottle purchased, which is refunded upon return. This not only motivates recycling but also fosters a culture of conscious

COMMUNITY SPIRIT AT KCC TO SUPPORT ANIMAL HELP NET



Students at Killarney Community College who are taking part in a fundraiser for Animal Help Net, Kerry.

consumption and waste reduction. Additionally, the collected bottles are sorted, cleaned, and processed for recycling, thus conserving resources and minimizing the carbon footprint associated with plastic production.





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NEWS *Neighbouss Night* Celebrated at **Celebrated at Celebrated at Celebrated at Celebrated at Celebrated at**

A wonderful occasion welcoming neighbours from the Aghadoe area was held on Tuesday night in Killeen House Hotel & Rozzers Restaurant. Proprietor Patrick Eviston and his daughter Alannah were on hand to welcome their neighbours for an evening of fabulous food and drinks. Chef Cyrille Durand and his team ensured that everyone was treated to his delicious appetisers while manager Darren Looney was on hand to make sure everyone was well looked after.

"We are delighted with the turnout", Patrick told Killarney Outlook. "It's so great to meet all our neighbours and show them the changes we have made to the hotel since we purchased it last year", he added. Pride of place in the bar is the golf ball collection that once adorned the walls of the iconic bar. "Our very talented colleague Marcin Szczurek took on the task of showcasing the golf balls and it looks amazing" Derek Carrol, General Manager at the Eviston Collection said.



Mary MacMonagle admiring the display of golf balls on the new bar counter at Killeen House Hotel & Rozzers Restaurant.



Enjoying neighbours night at Killeen House Hotel



Cheers.... all smiles for the camera at Neighbours Night at Killeen House Hotel.



Enjoying neighbours night at Killeen House Hotel



Aisling Crosbie and John O'Sullivan at Neighbours Night at Killeen House Hotel



Chef Cyril Durrand and his team put on a spectacular display of food.





Neighbours enjoy a night at Killeen House Hotel

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It's the talk of the town... With Anne Lucey

Anne Lucey looks at the positive news happening in the town of Killarney



The European elections loom on June 7th but what does Europe stand for anymore?

We know less and less about the EU and its machinations. But we are more and more under its cosh. Decisions made in Brussels influence the majority of legislation in our Dáil, the MEP, Killarney's Sean Kelly reminded us recently.

We have tended to treat the EU elections less seriously than the county council. But the European Elections have never been so important. The burden of over 100,000 Ukrainian refugees on us, a member country with an already massive housing problem and unable to house its own people, and scandalous hospital waiting lists, was an eye opener for many here.

And there could be no limit, Von der Leyen warned - with a chorus of echoing nods by Leo and Micheál.

(Kerry has again hit the headlines as the county with the most refugees in hotels not taking into account those now in houses).

There has been no appetite by our MEPs, by our Govt TDs or by Sinn Fein, who have been a poor and timid opposition on migration, to speak up to our EU masters.

Local councillor Niall Botty O'Callaghan was the most vocal, and courageous politician I remember, correctly warning how much of the tourist infrastructure in this county had been sacrificed. And rather than being awarded one extra nurse or one extra doctor, by the EU, very Marie Antoinette-like, we have been told to eat cake - we will get grants for play and sports! We have been treated despicably by Europe who have

simply brushed us aside to make room for others.

There is more of this kind of dictat in store from Europe, Michael McDowell to Danny Healy-Rae warned this week.

Across the old countries of the EU, Europe is seen now as all about "big": big farms, big business, big corporations. Like an offshoot of the American chamber of commerce. Or like some old colonial power bent on expansion.

I am one of a generation who especially welcomed the EU model founded on socialist ideals, on peace and prosperity for the ordinary people after the trauma of two world wars. I loved its enlightened attitude to women and the way it opened new vistas on education for my generation in a very misogynist Ireland.

But I am appalled at the war mongering of the current EU; I am also disturbed by how it turns its gaze from marginalised and repressed women in ethnic communities, even in this country.

Europe should be proud of its civic, equality minded culture and should not tolerate ghettoisation or seeing women covered and walking two steps behind men on its streets. My own view is we badly need new fresh thinking on June 7th. We need to ask our sitting MEPs what they actually stand for these days. And how engaged are they with the countries electing them?

Water quality in Lough Léín a worry

The annual report on water quality for Lough Léin for 2023 has still not been issued, the Killarney MD meeting was told.

There are growing fears for water quality in Killarney's largest lake after a winter / spring where huge volumes of storm water had flooded through the sewage system washing through the wastewater treatment plant (WWT) in Ross Road.

Three bodies are involved in water quality in Killarney - the Environmental Protection Agency, the council and Irish Water. But

despite the many cooks, the 2023 water quality report is still not available.

Cllr Marie Moloney sought the report on Lough Léin as a matter of urgency. The 2023 report should have been issued by now, she stressed.

Anglers are concerned, the meeting heard. The reply from management to Marie said "all lakes in the Killarney Lakes catchment area are monitored at a set frequency per year, samples are gathered at Lough Lein by Kerry County Council staff as per the Water Framework Directive for monitoring purposes and samples taken are analysed by the EPA, at their own testing laboratory. Once the final analysis of sampling and monitoring data is completed this formal report is made available, which is anticipated in Q2 2024".

Mayor Niall Kelleher said significant storm water was still getting into the sewerage system, overwhelming it . This had to be a priority.

Brendan Cronin asked about the capacity of the town's WWT in the Demesne."What is the capacity of the treatment plant? I asked and didn't get an answer. Some day soon Kilcummin will be connected and the burning question is what is the current capacity of the plant, " Brendan said.

Martin Grady, asked if the plant in Killarney was having to cope with raw sewage being brought in from other towns and locations.

Senior official Damien Ginty said he was not aware of any capacity issue with the Killarney waste treatment plant. On verra - We shall soon see!



There was a call by the mayor of Killarney Niall Kelleher for a strategic plan for the lanes.

Minds concentrated on housing and possibility of EU help raised

The recent Killarney MD meeting was an example of what can be achieved by councillors when they are facing the cliff edge of election. There was a call by the mayor of Killarney Niall Kelleher for a strategic plan for the lanes. The lanes are the heart of Killarney. I have to say it was one of the better council meetings with councillors on fire. Marie Moloney had good motions and spoke passionately.

Marie was the one who sought the stats on the age of those on the housing list that were even a surprise to management - how two people in their 90s and 12 in their 80s were on the housing list in Killarney.

I am not surprised at her forensic questions - Marie's statement on pensions where she clearly laid out the disadvantages of deferring

State pensions is garnering her huge commendations among many in Killarney.

Town centres including our lanes are under used with several now having just one or two residents.

Coincidentally, new candidate for Europe, Clare Independent TD, Michael McNamara only on Tuesday sent out a release saying European money could help revitalize town living in Killarney and Kenmare.

If elected as MEP for Ireland South, he pledges to advocate for funding as part of the European Green Deal to be diverted to convert vacant above shop town centre buildings as residences.

Independent Michael has distinguished himself in the Dail and in committee on the most difficult issue of immigration; and It strikes me his courageous can do, brass tacks attitude is what we need in a Europe that is more and more in control of us and yet out of touch.





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GoPurple Day 2024 Marked In Killarney



embers of An Garda Siochana held a coffee morning on Go Purple Day, Friday May 3rd at the Pastoral Centre on Rock Road. The aim of the event was to raise awareness about domestic abuse and to stand in solidarity for #ZEROTOLERANCE.

Representatives from the Kerry Rape & Sexual Abuse Centre and ADAPT Kerry spoke at the event highlighting the situations which many people in our community live with.

Garda Aoife Dolan, one of the organisers of the event thanked everyone for attending, including Minister for Education Norma Foley TD,

representatives from services in the county and serving councillors from Kerry County Council.

Kerry Rape & Sexual Abuse Centre provides free services to female and male survivors of sexual violence including one to one profesional counselling, support and information for family and friends and support with An Garda Siochana and Court Appearances.

ADAPT Kerry supports women and children living with domestic violence and coercive control and are there to help, believe and support.



Vera O'Leary addressing the Go Purple Day.



Garda Aoife Dolan addressing the event



Minister for Education Norma Foley, TD pictured with representatives from An Garda Siochana, ADAPT Kerry and Kerry Rape & Sexual Abuse Centre

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'THE CHARITY'

PRESENT MUCH NEEDED FUNDS TO KERRY FRIENDS OF MOTOR NEURONE

Kerry Friends of Motor Neurone were delighted to be selected as a beneficiary of Lough Lein's 36th annual charity open flyfishing competition that was held on Sunday 28th April 2024 at Killarney's middle lake. This annual event is always a truly memorable day when anglers from Counties Kerry and Cork and much further afield come to Killarney to support Lough Lein's Annual Charity open Fly-Fishing competition. They also meet up with fellow anglers that they might not have met since last year's competition. This fishing competition known locally as "Charity Day".

"Putting this competition together is a huge undertaking, but club chairman Cory O'Flaherty and his hard-working committee put their shoulders to the wheel and pull out all the stops, bringing together many anglers to compete for the coveted prizes. The fishing club get great sponsorship from businesses people to support the event and of course it must not be forgotten all the fundraising done by the members of the club by selling sponsorship cards. All of this being for a great cause", Christy Lehane, Chairperson of the association told Killarney Outlook.

"On Sunday April 28th it was nice to meet up with Corie and Rory O'Flaherty, Pat Curran, Padraig Coghlan, Timmo O'Sullivan and Phil Horan to name just a few people at the Dromhall Hotel for the presentation of prizes. On presentation night also Chairman of Kerry Friends of Motor Neurone Christy Lehane accepted a massive cheque for €11,265 being



L/r: Cory O'Flaherty, Phil Horan, Christy Lehane, Timmo O'Sullivan, Padraig Coghlan, Pat Curran and Denis Russell.

the proceeds of the competition", he added In his acceptance speech Christy Lehane said that the monies raised for Kerry Friends of Motor Neurone was beyond our wildest dreams saying that this is why Lough lein Anglers Association is such a successful club and to prove this even more the club is in existence for the past 36 years. In that time the club has raised more than €300,000 for worthy charities. Christy Lehane told all present that this money would go towards paying the wages of our Irish Motor Neurone Disease Association Specialist Nurses and providing medical equipment for our Motor Neurone sufferers enabling them to

stay in the comfort of their own homes for as long as possible.

"Fundraising is never easy but with people like Lough Lein Anglers on our side gives our charity a great boost in fundraising and creating awareness of this terrible disease", he added.

Finally, as Chairman of Kerry Friends of Motor Neurone Christy Lehane wished Lough Lein Anglers Association every success for the years ahead and said a huge thanks as always to Valerie O'Sullivan for the wonderful photographs she took down by the lakeside.

MUCKROSS HOUSE TRUSTEES PURCHASE FRIARS GLEN

The Trustees of Muckross House, Gardens and Traditional Farms, Killarney, have confirmed they have agreed to purchase in its entirety the property knows as Friars' Glen at Mangerton Road, Muckross, Killarney.

The property which is owned by John and Mary Fuller, spans almost six acres with an additional 17 acres of forestry which is also included in the sale. This strategic purchase of the site adjacent to the National Park marks a significant milestone for the Trustees and the NPWS.

"It is hoped in cooperation with our Partners, the National Parks and Wildlife Service, to maximise its potential for administrative, operational,

recreational and educational purposes. With its proximity to Killarney National Park, the property holds immense potential to further enrich Killarney's exceptional natural asset. The Trustees look forward to playing a vital ongoing role in this exciting journey of development and enhancement", a spokesperson for the Trustees said.

The spokesperson added that "the Trustees are delighted to announce the acquisition of this unique property which coincidentally happens on the 60th Anniversary of the formation of the Trustees in 1964".





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NEWS

Just Breathe....

STUDENTS ENJOY WELLBEING DAY

Students from St. Brigid's enjoyed a hugely successful Wellbeing Day on Friday last, May 3rd.

The weather obliged as the sun shone down on the various outdoor activities that were organised for the different year groups.

The Leaving Cert class of 2024 enjoyed a bus tour to Dingle, on to Slea Head where they stopped off to meet the local sheep, goats and ponies, and finally to lonad an Bhlascaoid for an Audio – Visual presentation on the history of the Blasket Islands

The fifth year group had a very enjoyable trip to Ballyhass Adventure Centre in Mallow for a fun-filled day of activities including archery, high ropes and the aqua park.

TYs were treated to their annual trip to the majestic Sceillig Mhicíl, and had a boat tour around the island.

Meanwhile, Junior Cycle students took part in a sports' day, complete with colour run, rounded off with a movie in the afternoon as they recovered from the exertions of the day. A fantastic day was had by all, and many thanks to the various teachers who arranged activities for their year groups. Special thanks to Ms Niamh O'Connell, Wellbeing Coordinator, for overseeing the day and ensuring the success of the occasion.

We are looking forward to next year already!

St. Brigid's Presentation Secondary School Class of 2024 enjoy their last trip together



5thYear students pictured in Ballyhass



Leaving (Cert Student's meet some ponies on Slea Head.

FAB 50 CELEBRATIONS AT THE BREHON

The Brehon Hotel & Spa is delighted to announce its inclusion in the prestigious Irish Independent's Fab 50 Places to Stay in Ireland for 2024. Selected by Pól Ó Conghaile, Nicola Brady and the travel team from the Irish Independent, the Fab 50 Places to Stay in Ireland list showcases the finest accommodations across the country. With the new Heritage Bedroom Collection being the prime focus, The Brehon Hotel & Spa continues to offer luxurious accommodation that reflects the rich heritage and charm of Killarney.

To commemorate this achievement, the staff at The Brehon Hotel & Spa gathered on Tuesday to celebrate. General Manager Neil Grant expressed his delight, stating, "We are over the moon to be recognised among Ireland's top 50 places to stay. This achievement is a testament to the hard work and dedication of our team, who consistently strive to provide exceptional experiences for our guests."

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The Brehon Hotel & Spa Celebrates Inclusion in Irish Independent's Fab 50 Places to Stay in Ireland 2024

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After spending over a decade specialising in family law in Cork city, Colleen Sparling O'Riordan, originally from town, is set to return to her roots in Killarney.

Colleen embarked on her legal career through an apprenticeship with solicitors in Killarney and later completed her traineeship in Cork. In 2013, she became a part of Anne O'Neill Solicitors, where she rapidly carved out a niche for herself as an expert in family law.

Anne

SOLICITORS Family Law Consultants

Colleen is deeply committed to assisting individuals who are dealing with challenging or sensitive situations she has been a proponent of a hands-on, realistic approach to legal practice. Colleen is of the firm belief that people going through family law issues can be particularly vulnerable and is dedicated to supporting families navigate the complexities of marriage dissolution or the intricacles of co-parenting arrangements. According to Colleen, the intricate dynamics of family life necessitate a sympathetic and understanding approach to effectively address legal concerns in this domain. The firm of Anne O'Neill Solicitors, where Colleen made her mark, prides itself on its pragmatic problem-solving ethos in legal matters. Anne O'Neill, together with Anna Fox. founded the firm with the goal of settling family law conflicts by employing a comprehensive array of strategies. While litigation is often the default approach, the firm recognises the value of Alternative Dispute Resolution (ADR) methods, such as collaborative law and mediation, as vital tools for resolving disputes. They emphasise the importance of judiciously selecting the appropriate method for each unique situation. Despite her years living in Cork, Colleen's heart has always been in Kerry, especially in Killarney, which she still calls home. The adage "You can take the girl out of Kerry but you can't take Kerry out of the girl" aptly describes Colleen's enduring connection to her hometown. During her time in Kerry, Colleen was an active community member, participating in local choirs and the Order of Malta. For more information on any of Anne O'Neill Solicitors services or if you would like to arrange confidential chat with Coleen, you can get in touch on the details below.

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NEWS



Hospice Chairperson Pat Doolan pictured with Cllr. Niall Kelleher.



Eleanor Doherty and Billy Joy enjoying the coffee

HOSPICE COFFEE MORNING ENJOYED BY ALL

There was a great buzz in The Dugout at The Tatler Jack Bar on Plunkett Street on Friday morning last when a coffee morning in aid of the Kerry Hospice Foundation took place. Organised by Manager David Looney, the bar was packed with customers enjoying a coffee and a chat while raising much needed funds for the Kerry Hospice Foundation.



Kathleen Connelly and Ita Looney enjoying the coffee morning.

Sheila Breen enjoying the coffee morning at the Dug Outl.

Margaret Gallagher and Kathleen Cronin enjoying the coffee morning

UKRAINIAN CANDIDATE TO CONTEST LOCAL ELECTION

Natalia Krasnenkova, a Ukrainian refugee who arrived in Killarney at the beginning of the war has decided to run for election in the Killarney Municipal District as an independent candidate. She chose the local electoral area of Killarney because she lives here and is well known here as s community leader among the Ukrainian community. Natalia works as a community worker in the local development organization NEWKD. Natalia's slogan is "Unity in the community", because she seeks to unite the community, including new residents, to solve common issues. Why did I decide to run for the Kerry County Council? "The professional experience I gained in Ukraine, combined with my experience as a refugee and my job as community worker in Kerry, gives me a deep understanding of humanity, people's basic needs and how a whole-community approach yields the best outcomes. I know what community need to thrive because I work with the neediest of members of society every day, I hear them and I understand them. I see a bigger picture and the needs of the entire community so I want to work to improve life for everyone. I would be a powerful voice in Kerry County Council for integration and justice in our community. I want to use my experience to good work in Kerry County Council. I strongly believe that a unified community is a strong community"- Natalia said.





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NEWS

LEGION TEE OFF

Mother Nature smiled on Killarney Golf and Fishing Club last Friday as the rain of Thursday gave way to more benign conditions for our annual Golf Classic. Play got underway at 8.10am with the final trio out at 4pm. Shaun O Connor assembled his team and they were to have the perfect insight into all the holes with a very impressive 100 points. John Horgan and Brian O Leary dovetailed wonderfully with Shaun to land the big prize. The Dromhall Hotel team were next over the finish line with Shane Kelly, Ryan Neeson and the other Bryan O'Leary hitting what would normally be a winning score of 97 points. The husband and wife/ brother and sister trio of Mike and Marie Leahy and Donal Brosnan, playing under the banner of the Hibernian, gathered well for their 95 points to finish third. Former South of Ireland champion Michael Guerin started his round with seven straight pars, thus giving the platform for his playing partners of Brian O Shea and William Twomey to slide into fourth place with 94 points.

Kevin Carrolls seven iron into the picturesque 18th earned him the nearest to the pin prize while Conor Stacks monster drive clinched the Male longest drive. Eileen Magee gave her ball holly to win the female equivalent.

The Club would like to thank most sincerely everyone who took part in the Golf Classic , sponsored a team or a tee box and bought tickets in the raffle. We are also very grateful to Patrick O'Donoghue and the GlenEagle Hotel group for their generous sponsorship of the Classic. Special thanks to Enda Murphy and his greenkeeping team who had the course in immaculate shape as per usual. Finally this event would not be the success it was, over 45 teams took part, without the work of our guru Sean Murphy who cajoles and coordinates the Classic with the help of the Finance Committee of Dave Randles, Liam McGuire, John Bowler, Justin Healy and John Foran.

Hall of Famer Dan Moynihan won the raffle , taking home a magnificent hamper which was generously sponsored by Hegartys Spar, on the Muckross Road.

Results

1st: Team Insight Private Clients 100 points Shaun O Connor, Brian O Leary, John Horgan 2nd: Team Dromhall Hotel 97 points Shane Kelly, Ryan Neeson, Bryan O Leary 3rd: Team the Hibernian 95 points Marie Leahy, Mike Leahy, Donal Brosnan 4th: Team Brian James 94 points Brian O Shea, Michael Guerin , William.Twomey. Nearest the Pin: Kevin Carroll Longest Drive(Male): Conor Stack Longest Drive (Female): Eileen Magee



Kevin Carroll, Gearoid Nagle, Simon Coffey



Longest Drive winner Eileen Magee pictured with her golfing friends Peggy O Donoghue and Grace Dennehy



Pat Casey, Jim Morris and Dan Moynihan



Joe Scally with The Royal Hotel Team



Mike and Marie Leahy, Donal Brosnan.



Eugene Browne, Colm Murphy, Paudie Barrett

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Bookings or Enquiries 064-6639300 The Perfect Weekend Warm Up



Killarney Racecourse is set to host the first of its three Summer horseracing festivals from Sunday 12 to Tuesday 15 of May inclusive. 'MayFest' at Killarney Races offers great racing and so much more at Ireland's most scenic racecourse. Live music, great racing and delicious food and beverage offerings complement the summer festival atmosphere at the track.

There are a number of ticket levels and packages to choose from, whether it is close to the action general admission tickets or silver service fine dining and a table for the day, there is something for everyone at Killarney Races. Adult admission tickets will give you access to all you need for a great day at the races; the viewing stands, public bars and restaurants, the bookies ring and parade ring viewing areas as well as access to live entertainment during and after racing all for just \in 20. OAPs and students enjoy a reduced rate admission of \in 15 per person with appropriate ID. Furthermore, it is good to note that all children under the age of 14 are free of charge to attend every race day at Killarney Races when accompanied by an adult.

Ideal for groups of friends and social clubs the Punters Package looks like a winner, offering the key ingredients for a good start to any race day; admission, racecard, a drink and a bet. The Punters Package will get you suited and booted for a proper day out with all the gang at Killarney Races. While those with a more discerning palate might opt for the Panoramic Restaurant package which includes four-course dining, a reserved table for the day, table service for food, beverages, and betting as well as a private balcony with stunning views overlooking the entire racecourse.

Chairman Billy O'Sullivan commented "Killarney Races is a boutique festival. It encompasses a wonderful mix of summer horse racing blended with live entertainment on the lawn and indoors, a wide variety of delicious food and beverage offerings, family fun and fashion. Here at Ireland's most scenic racecourse our focus is on customer experience. We offer an unrivalled quality product where sport, entertainment and

hospitality all combine to create a memorable day out. The stunning backdrop we race against is without question one of the finest in the world and we're just a stone's throw away from the town centre where there will be lots of aprés racing fun and frolics also. Killarney Races is things are a little more



unique, Billy O'Sullivan, Killarney Racecourse Chairman

special and remarkable here than your typical day out so if you're new to racing come along and all visitors and regular racegoers are valued and most welcome to join us."

Sunday is an all jump racing card with the feature being the TOTE Killarney National, the first race off at 1pm and gates open from 12 noon. Monday is an evening meeting, all jump racing again with a start time of 4.40pm and gates open from 3pm. The feature race is the An Riocht Steeplechase. Tuesday will close MayFest in style the feature race is The Irish Stallion Farms EBF Fillies Race. The first race goes to post at 5.50pm and gates open from 4pm.

Killarney Racecourse is just a stroll from the town centre and for those travelling by car, there is ample on-site free car parking also. With enhanced facilities, wonderful catering options to choose from, live music on the lawn and an atmosphere you'll want to bottle and bring home, the only question left is, have you booked yet? For further information or to book online visit www.killarneyraces.com.

ANAM CARA MONTHLY MEETING

As we approach the summer months, the charity Anam Cara, are so thankful to every single person who has supported them todate this year. Whether is has been holding a fundraiser, attending a fundraiser, attending their own events or simply complementing the work they do to support bereaved parents, they are deeply grateful.

Anam Cara is a national organisation supporting bereaved parents. Their free resources are open to any bereaved parent across the country, regardless of the age of the child or the circumstances of death. On Tuesday 14th May, Anam Cara will hold their monthly Kerry meeting in The Meadowlands Hotel, Tralee @ 7:15pm. All bereaved parents in the area are welcome. Registration is not required, just arrive on the evening. Anam Cara can be contacted on 085 2888888 or by email info@ anamcara.ie

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KERRY COUNTY COUNCIL STOPPING HOUSE BUILDING IN KERRY

With the country in the midst of a unprecedented housing crisis and builders are putting the blame for this squarely on the shoulders of senior management staff of Kerry County Council, accusing them of making the problem worse.

Builders have expressed the view that it is easier to build houses in Cork than it is in Kerry. In Cork, for example, builders carry out the work, a snag list of any outstanding issues is created, the builders rectify those issues and any bond funds are promptly returned to the builder. Bond funds are amounts of money held back from the builder by the bank until all work has been completed. If the council delays signing off on the completion of the snag list, the bond funds are not released back to builder and they are left out of pocket. In Cork, once the snag list has been signed off, the maintenance of any new housing development is promptly taken over by Cork County Council.

Builders claim that it is much more problematic dealing with Kerry County Council. It can take years for an official snag list to be created. The saga does not end here. When that list is finally completed, more maintenance issues are added. Builders have claimed that this final stage can take years and can add unnecessary financial stress. In effect, builders are being used to maintain an estate, post-build. In many cases, the builder ends up just forfeiting the bond, as it becomes too costly to continue completing the constant snag lists generated by Kerry County Council. Works are rarely carried out with these bond funds and ultimately the money ends up in the road maintenance programme for the whole county.

While waiting for Kerry County Council to take over the maintenance of their estate, the residents are obliged to pay for that maintenance themselves, and all the while, Kerry County Council continue their delaying tactics. These residents already pay road tax which goes towards

A builder built an extra thirteen houses in an existing housing estate. The builder rerouted heavy traffic away from the estate and used an existing farm road at the rear of the site to access the building site. The photo shows the relief road and this road was in existence long before his company built these houses. After the houses were built the Council instructed the builder to go onto private property and dig up the relief road and turn the area into a green field otherwise Kerry County Council will take $\leq 20,000$ via a bond from the builder.

Kerry County Council contacted this publication stating that the heading of this article is "grossly misleading and incorrect". Nobody wants badly built estates but this example does not entice builders to build houses.





This is a photo of an item on a snag list from a builder. Kerry County Council wants the builder to remove the fence and replace it with a fence that's a few inches taller. Because there is a slope in the green area the fence measures 2 mtrs when measured from the back and 1.85mtrs when measured from the front because of the slope in the green area. Does it really matter if this fence is a few inches shorter. This is an example of the nonsense that builders have to put up with from Kerry County Council.

road maintenance. And they are also paying local property tax. Why are the most pressured group in society being treated so badly? Typically these are young people with young families struggling to pay bills and Kerry County Council has the power to make their lives a little bit easier but unfortunately, the opposite is the case.

A number of County Councillors have said that they do not have the power to change things. They were critical of council management who have just brushed their concerns aside.



This is a photo of a manhole that was built in 2008. This manhole is in perfect condition after sixteen years.

The specifications on building a manhole has changed recently and Kerry County Council wants all the manholes in the estate dug up and rebuild under the updated specifications and this work will cost the builder ϵ 45,000. Kerry County Council does not accept that this decision is a gross abuse of power.

There is no appeal system and no consequence for the decision makers.

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Ireland has always battled far above its weight in sport. That's especially true of boxing. Long before the likes of soccer or rugby were codified in the British Empire around the mid nineteenth century, or hurling or gaelic football shortly afterwards, boxing was enormously popular and the indigent Irish were noted exponents in English prizefights. The earliest prizefight was documented in 1727 when James Figg and Ned Sutton faced off against each other and Figg emerged victorious to be acknowledged by all as England's champion. Among the attendees were Figg's patron the Earl of Peterborough, Prime Minister Horace Walpole, Jonathan Swift (he had just published an odd allegorical sort of novel called 'Gulliver's Travels'), and Alexander Pope.

A student of Figg's named Jack Brougham brought in the first formal rules of prizefighting. He introduced the idea of padded gloves to protect hands. In 1867 they were replaced by the Queensbury Rules (actually written by a Welshman named John Chambers). It still wasn't the pugilistic art of today, but it was an established sport that valued skill over brawn.

This was not the street-fighting that would become so famed by the Houlihan family in the gin-soaked tenements of Victorian London). Nor was this the political gang warfare of the Tipperary-born John 'Old Smoke' Morrissey against Bill 'The Butcher' Poole in New York's Tammany Hall. Nor was this the old faction fights that too often were considered a regular feature of Irish cattle fairs. The worst of those took place in the Ballybunion sandhills between 1200 of the Cooleen faction and the 2000 strong Lawlor Black Mulvihill faction. That wasn't boxing and should never be mistaken for such.

Dubliner Dan Donnelly, noted as a hurler in his youth, became a known prizefighter. In 1814 Donnelly won a challenge against a famous English boxer named Tom Hall in front of 40,000 people. It was a sensation, and a year later George Cooper, considered the pre-eminent boxer of the day, lost to Donnelly in The Curragh travelled to Ireland to issue a challenge. Donnelly defeated him in the Curragh (the actual place is still named 'Donnelly's Hollow') . Donnelly subsequently went to England and fought noted boxers like Jack Carter, Harry Harmer, Ben Burns and Tom Spring. A victory over Tom Crib and later Tom Oliver had him unofficially recognised as the world's best boxer. The next real colossus to stride the world scene and arguably the world's first modern sports star was John L. Sullivan, whose father actually hailed **Boxing Bro**

from Abbeydorney. He was the last of the bare knuckle champions and the first to adopt gloves. Prodigiously strong, he was also the first to actively promote his career and became the world's first sports millionaire. Thomas 'Sailor Tom'

Shankey from Louth was the next Irishman to stand over the scene. Given that the man survived four separate

shipwrecks, 'Swimmer Tom' would strike me as a more appropriate sobriquet. he acquitted himself against Bob Fitzsimmons (refereed controversially by Wyatt Earp) and twice against 'Nonpareil' Jack Dempsey (not the later champion boxer). Fitzsimmons eventually won the Heavyweight World title by defeating Peter Maher from Galway in 1896.

By the early 1920s the likes of Down's Jimmy McLarnin, Cork's Jack McAuliffe, Clare's Mike McTigue and George Gardiner, and Rinty Monaghan from Belfast were among the top boxers in the US and were justifying the nickname of 'The Fighting Irish. All of these boxers, of course, were making their fame and some fortune in the US, where crowds were bigger and richer and where an Irish background would always get diaspora support.

At the onset of the thirties, a fledgeling Irish nation was undergoing dramatic changes, not all planned. De Valera's Ireland prided itself on insularity. The Catholic church wielded enormous social control, as evidenced by the incredible worldwide support for the Eucharistic Congress in Dublin, a global event.

But a younger generation were looking past the public gaelic revival and taking their cues from musicians like Louis Armstrong, Billie Holliday, and Ella Fitzgerald, writers like F. Scott Fitzgerald, and especially from the cinemas. Carole Lombard, Hedy Lamarr, James Cagney, Humphrey Bogart.... these were the new icons. Ireland had entered the Jazz Age. Young people had new dances, new hairstyles, new idioms, new fashion.

And they had a sporting hero. It is impossible nowadays to explain the fame of Jack Doyle from Cork. He joined the Irish Guards (a British Regiment) and 28 wins (27 by knockout) won him the Army Championship. Standing at 6'5" and a real socialite, Doyle was noted as a singer and a wit and had a certain 'mad, bad, and dangerous to know' charisma that made him almost irresistible. And the thing is that he fitted the world stage perfectly. He was (when not in the sad throes of alcohol) a genuinely brilliant boxer. He won his first two professional fights by first round knockout. Purists as well as thrillseekers raved about him. Ireland had been caught by the boxing bug. Kerry had different sporting heroes in the late thirties. 'Big Mick' Casey had been a good boxer in his time before moving back to his native Sneem to marry one of the 'Mountains' Sullivans. They had seven sons, all big, and all sporting men. They were

world famous as rowers and tug of war. But they were also famous as wrestlers, especially Steve 'Crusher'. If they had taken to boxing....

Other Irish people quickly took to boxing. In 1952 Belfast's John McNally won silver at the Helsinki Olympics. Fred Teidt, Tony Byrne, Freddie Gilroy, and John Caldwell all brought medals back from the 1956 Olympics. Jim McCourt and Hugh Russell would follow suit.

In the 1950s a brash young American named Cassius Clay won Olympic gold. By the sixties Muhammad Ali would become easily the most famous sportsman of the twentieth century. In the late seventies and throughout the eighties, you had what boxing writer George Kimball would famously call the era of the Four Kings, Sugar Ray Leonard, Marvin Hagler, Thomas Hearns, and Roberto Duran.

Boxing was one of the most popular sports in the world. Often controversial, but always popular.

Michael Carruth, Barcelona, 1992. Ireland's first Olympic gold since Ronnie Delaney. Wayne McCullagh, had to settle for silver. It inspired a further generation. The likes of Kenny Egan, Darren Sutherland, Paddy Barnes, John Joe Nevin, Carl Frampton, Michael Conlan, Andy Lee...Katie, of course, herself an inspiration all over the world. Jim Clarke of Ballybunion, a well-known sportsman and an acquaintance of De Valera, was responsible with Bob Stack for training a lot of Ireland's Olympic team of 1932, including Dr. Pat O'Callaghan, Bob Tisdall, and Eamonn Fitzgerald on the sandhills of Ballybunion.

Clarke was an amateur boxer and an enthusiast of the sport. He arranged bouts locally featuring the likes of Ballybunion's Sikey O'Neill and Listowwel's John Devereaux. These were real bouts, properly. His younger brother fought Listowel's Tom Croughan. Bill Purcell was a highly rated local boxer. Mick Kennelly, trained by Clarke, won Irish and English University titles. Boxing was always much stronger in Limerick and Cork than in Kerry, but North Kerry was building a reputation for good quality boxing in front of appreciative crowds. Mick Finucane was arguably the best boxer to come out of Kerry in that era. He trained with 1959 Munster Champion Frank Guerin and fought in three Munster Finals himself. Mick famously beat the likes of Tommy McNamee, JJ McCarthy, and Tralee's Martin Cournane (Mick told me himself that he scored that one a draw), all of whom were well-known on the national stage.

Mick, of course, was most famous as a Kerry footballer. Ironically, Ballyduff's Gary O'Brien took three national boxing titles while hurling with Kerry and winning a U21 All Ireland.

Katie Purtill became the first Kerry girl to win a Munster title, back in the '90s. Herself and Joanne O'Riordan were on the High Performance Training Squad in Dublin along with a quiet Wicklow girl with dark hair and a shy smile...Katie

In recent years Kevin Cronin, promoted by Olympian Michael Conlan, and Maurice Falvey have made the step into professional ranks.

Tralee, Castleisland, and North Kerry have strong boxing traditions. Dingle a bit less so. Killarney, like Kenmare and Cahirsiveen, have never been seen as boxing strongholds. During the seventies

others in Arms

Jimmy O'Sullivan Darcy looks at the rise of talented Casey brothers

and eighties the late and much loved John 'Killer' O'Callaghan, himself an amateur champion in his day. To this day, mention Killarney in any boxing club in Ireland, and the majority of English clubs for that matter, and they'll ask you about Killer. The nickname, by the way, was always intended as humorous; no gentler man ever walked these streets.

James Casey was always captivated by boxing, but just had no outlet for his passion for the sport. Kerry may have a great boxing tradition, but clubs are sparse enough compared to other sports and Killarney had no-one to take up Killer's mighty mantle. James watched fights on television, travelled to fights in Ireland and further afield, read articles on boxing, studied techniques and training methods...basically devoured everything he could come across.

James made sure that his sons had the opportunity that he didn't. He took Jamesie to Tralee Boxing Club when he was small, and it was quickly obvious that the young lad had a real aptitude for it. "Jamesie was training with the club from the age of seven," explains his father, "And it was obvious that he had real potential. He was fast, he had good hands, great movement...he could box, and he loved boxing. Not just the sport itself, he loved the discipline of it. It's almost a lifestyle in a lot of ways."

"Boxing is actually a very safe sport. Aside from the obvious health benefits, it's very regulated. You are graded very carefully and the refereeing is strict – all of us who are serious about developing skilful boxing want it that way. The referee is watching everything. You get a warning, then a point deducted, and then you are simply disqualified for transgressions. The referee's priority is always the safety of the boxers."

"We train six evenings a week and three mornings. It's very much a routine. Roadwork, hill sprints, strength and conditioning. Boxing training is actually very healthy, it's very rounded. Jamesie would drink up to three litres of water a day with all the activity. Diet has to be carefully controlled as well. Proteins, carbs, fibre...we would eat a lot of salmon, chicken, sweet potatoes, rice. Diet and rest are just as important as the physical training. There's a lot to consider, it's cognitive as well as physical. If you are lacking in just one small aspect of it, it will quickly get exposed in the ring. Diane, my wife, takes care of all of food and the kits and things like that. It's a team effort. We are very much a boxing family, we are all involved in it."

"With only four clubs in Kerry, obviously there is a huge amount of driving involved. Boxing is much stronger in the likes of Cork, Galway, Dublin, and Belfast. Kerry has four clubs, and they all put in great work and support each other, but there is eleven clubs in Tallaght alone. We are travelling away for sparring sessions. You have to, if you really want to test yourself. We do that on Saturday or Sunday, the other day is always a rest day."

"It's a year round sport at Jamesie's level. The competition season begins in September. In January you have the County Championships. The qualifiers from that go on to Munster in March. In April or early May you have the national finals. After that, you hope to be called into the Irish cadets and to get selected for international competitions. In the past they used to take all national champions, but it's more restricted now." "Jamesie was just starting to really compete when covid hit, and of course that shut everything down. We trained away ourselves – as I say, it's kind of our lifestyle as much as anything else. Sliabh Luachra started up again before Tralee and we were anxious for the boys to get out and doing something again, so we transferred to them and it's been a great environment. Sliabh Luachra have good numbers and a great attitude. John Coffey is a great coach and trainer and the club has had a good bit of success because of people like him. I help out as much as I can, but obviously I'm mostly focussed on Jamesie, Pa, and John."

Anyone could tell that Jamesie had a natural talent just by looking at him spar. But you couldn't know how good he actually was until he started competing.

Five national titles and a European silver later, nobody is asking that question any more. Jamesie isn't just good. Jamesie is a generational talent, and he has all the medals to prove it.

In January 2020 Jamesie won the Limerick Cadets, setting himself up for Munster Championships that were cancelled. It didn't deter him. When national events thankfully were able to resume in 2021, Jamesie Casey from Killarney ended up taking national gold in the Boys 3 46kg category. He never looked back, and went unbeaten again on his way to another national title, seeing off Christian Doyle from Mullingar 4-1 in the 44.5kg category for an emphatic win. He made the Irish Cadets for the European Championships in Turkey. That was arguably the greatest year in Kerry boxing history. Certainly so for Sliabh Luachra Boxing Club. In Mid August Jamesie Casey, just thirteen years old, headed off to Turkey for the European Schools Finals and returned to Sliabh Luachra with a silver medal, as did Mary McDonagh.

A year later Jamesie was back in a national final, this time in the 50kg category, seeing off Martin Sweeney of Galway to take the title. He competed again in the cadets and made the national team, but unfortunately got injured just three weeks out and couldn't compete in Armenia. A disappointment that could have been devastating, but Jamesie just absorbed the blow and concentrated on coming back just as sharp.

He did exactly that. It probably helped that younger brother Pa, who had always trained with him (as does the youngest, John), was now competing as well. Jamesie came through Munster and came up against Seán Maughan of Ballina in the semi-final, winning 5-0 by unanimous decision. The final, against Joseph Mihai from Crumlin, was a tougher affair. "That was a very good fight, two very good boxers," confirms James. "I would say that Jamesie won the first and the third rounds. The second was much tighter. Joseph is a very clever boxer. He realised that Jamesie was landing better shots in the first so he tried to make it into a scrap and almost succeeded. In the third Jamesie got back to his own style and caught him with few rolling right hooks."

At the moment Jamesie is concentrating on preparing for the Cadet Championships and hoping to represent Ireland in the European Championships in Bosnia. One of his mentors, who has given him great encouragement and advice along the way, is also looking ahead to big things. Kevin Cronin 'The Kingdom Warrior' is now being promoted by Michael Conlan and becoming a big name in Irish boxing.

He wasn't the only Casey to return from the national championships with a gold medal. Younger brother Pa (12) got to the Munster 35kg Final, where he stopped a boxer from the Riverstown Club in Cork inside the distance. He was up against a boxer from Belfast's famous Holy Trinity Club (they have produced a number of Olympians) but the younger Casey brother had years of training alongside his brother and that one, too, was stopped in the second round. That pitted him against a boxer from St. Michaels in Athy in the National Final, and Pa became the second brother to come home with gold.

The youngest brother, John, isn't competing just yet. But he's a Casey like his brothers, and he is already raring to go.

For most people in Kerry, mention of the Casey brothers will most likely make one think of the Sneem wrestler/rowers. But not for too much longer, I suspect.



Jamesie Casey pictured with IABA President Gerry O Mahony (right) IABA National Registrar Philip Rooney (Left)



Pa Casey with IABA president Gerry O'Mahony

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GET "UNSTUCK" WITH THE LAW OF ALIGNMENT!

Everything that has (or will) ever exist began first as a thought, a dream, an idea or an image or vision. This inner vision or idea gathers energy and momentum as we begin to focus on it and take actions to bring it to life. However, for many people their vision or idea remains stuck in the idea stage.

The reasons for this are many, however one of the most important ones is that they are simply not aligned with the energy of what it is they truly desire.

This is the Law of Alignment. Simply put, it means believing in yourself, your idea or your vision so much that it feels as if you are already living what you desire to feel, have or be. It means refusing to put yourself or your idea down or be negative about manifesting your desires. It means taking positive actions every day in a way that feels exciting about your goals and enjoying the journey with every step you take.

Today's coaching action

Make sure that your words, actions, feelings and beliefs align with what you desire to create in your life and enjoy the process!

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Noreen

Rotate your Skincare!

If you are overwhelmed by products or just looking for a new regime 'Skin Cycling' will take your nighttime routine to the next level. It helps you to use powerful active ingredients while minimizing skin irritation and sensitivity. Skin cycling is a four-night process.

Night 1- Exfoliate

Use a chemical exfoliator with alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) or a lactic acid formula to remove dead skin cells and increases penetration of active ingredients.

Night 2 - Retinol

Retinoids are powerful active antiaging ingredients that brighten your skin and fade scars. Start with a lowergrade retinol if you are sensitive or dry.

Night 3 and 4 - Recovery

Focus on nourishing and restoring



your skin microbiome and skin barrier. Use ingredients like hyaluronic acid, ceramides and glycerin to hydrate and protect your skin.

Repeat the cycle again

Remember also to moisturise on nights 1 & 2 after exfoliation and after applying retinol. Add a 3rd recovery night if your skin is not ready to start cycle again.

Noreen Mangan Tel: 0646630712 www.whatwomenwant.ie





The importance of hydration for exercise

Water has many functions in the body from delivering oxygen and nutrients to cells, exporting waste from cells, and being the body's most important cooling mechanism through sweat. Therefore, it is essential that the body has enough supply of water to carry out these functions. As we sweat through exercise, we are at greater risk of becoming dehydrated. It has been claimed that losing just 2% of your body mass through sweating and exercise can cause negative impacts on physical and cognitive performances. When exercising in warm and humid conditions sweat, rates can drastically increase so extra importance should be placed on hydration in these conditions.

Tips

- Arrive to your session well hydrated, 1-2L consumed 3-4hrs prior to intense exercise

- Bring sufficient fluids for your session 1-2L

- Make sure to intake some form of electrolytes prior or during the session - Replenish after exercise as soon as possible to aid recovery (Whatever was lossed in body mass should be replenished by 150% e.g. If 1kg lost try consume 1.5L)

THE **OPTICAL** SUITE

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OCULAR MIGRAINE

Retinal migraine (ocular migraine) is an eye condition that causes brief attacks of blindness or visual problems like flashing lights in one eye.

These episodes can be frightening, but in most cases they're harmless and short-lived, and eyesight goes back to normal afterwards.

Some people get retinal migraine every few months, although the frequency can vary.

Retinal migraine is a separate condition and should not be confused with headachetype migraine or migraine with aura, which usually affects the vision of both eyes.

The symptoms of retinal migraine may include:

 partial or total loss of vision in one eye – this usually lasts 10 to 20 minutes before vision gradually returns

 headache – this may happen before, during or after the vision attack

It's unusual for an episode of vision loss to last longer than an hour. The same eye is affected every time in almost all cases.

Vision may slowly become blurred or dimmed, or there may be flashes of light. Some people see a mosaic-like pattern of blank spots (scotomas), which enlarge to cause total loss of vision. Retinal migraine is caused by the blood vessels to the eye suddenly narrowing (constricting), reducing the blood flow to the eye. It may be triggered by:

stress
smoking

high blood pressure

- oral contraceptive pill
- exercisebending over
- high altitude
- dehydration
- low blood sugar
- excessive heat

Retinal migraine tends to be more common in:

• women

people aged under 40
people with a personal or family history of migraine or other headaches

Treatment for retinal migraine usually just involves taking pain relief for any headaches and reducing exposure to anything that might be triggering the retinal migraine.

If you experience any sudden changes in you vision it is important to have a sight test to rule out more serious causes.

For more information and honest advice contact us for an appointment.



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Michelle Cooper Galvin with her former Editors at the Kerryman Newspaper, Declan Malone, left and Kevin Hughes, at a civic reception afforded to Michelle legendary Photographer, in recognition of her contribution to Killarney and Kerry, documenting and creating one of the most extensive records of daily life, sport, community, politics, and worthy charities through her lens for almost 50 years. PHOTO: VALERIE O'SULLIVAN

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KERRY TOURISM BUSINESSES come out in force for

Fáilte Ireland networking event

Over 70 Kerry tourism businesses today attended a special Fáilte Ireland networking event in the Gleneagle Hotel, Killarney with guest speaker Roz Purcell.

The event was organised by Fáilte Ireland in partnership with Kerry Tourism Industry Federation and Kerry County Council to build collaboration across the tourism industry in the county, encouraging businesses to collaborate and cross-sell to attract visitors and inspire them to explore the county and all it has to offer.

Face-to-face networking sessions with over 300 appointments were facilitated among accommodation providers, visitor attractions and activities to provide them with the opportunity to forge new connections and renew old ones. The meetings focused on how tourism businesses can work together to collectively sell Kerry as exciting destination with a range of things to see and do for all demographics of visitors.

Fáilte Ireland's Wild Atlantic Way team, Kerry County Council and Kerry Tourism Industry Federation provided the attendees with an update on key future initiatives for the county while media personality Roz Purcell outlined the strength of Kerry's tourism product and highlighted the variety of attractions and experiences on offer to visitors.



Fáilte Ireland. Photo: Valerie O'Sullivan



Over 70 Kerry Tourism businesses attened a Networking event organised by Fáilte Ireland, at the Gleneagle Hotel, Killarney. The event organised in partnership with Kerry Tourism Industry Federation and Kerry County Council to build collaboration across the tourism industry in the county, encouraging businesses to collaborate and cross-sell to attract visitors and inspire them to explore the county and all it has to offer. Fáilte Ireland's Wild Atlantic Way team, Kerry County Council and Kerry Photo: Valerie O'Sullivan



Pictured are from Left, Danielle Favier, Roz Purcell and Josephine O'Driscoll, From Left, Helen Barry-O'Connor, Kerry County Council and KTIF, Patrick O'Donoghue, CEO Gleneagle Hotel and KTIF, Josephine O'Driscoll, Fáilte Ireland. Photo: Valerie O'Sullivan

New classrooms and facilities for **Killarney** schools

Minister for Education and Kerry T.D. Norma Foley has today announced that initial project approval has been given for new classrooms and special education facilities for Killarney schools.

The schools to benefit are Faha national school and Loughguitane national school in Killarney.

These schools have received initial project approval for new modular classrooms and facilities which can be delivered quickly and have a lifespan of 60 years.

Faha national school is due to get a new mainstream classroom and a special education teaching room.

Loughguittane national school is due to get a new mainstream classroom and a special education teaching room. Minister Foley said: "These exciting new developments will help to meet the needs of the students in Faha national school and Loughguitane national school now and into the future. I look forward to seeing these projects progress in a timely fashion."





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Written by: Sean Daly

Written by: Colette Leslie

GLENFLESK

>CREDIT UNION SENIOR COUNTY FOOTBALL LEAGUE : Laois in Round 3 of the Joe McDonagh Cup. **DIVISION 1**

Glenflesk 4-16 An Ghaeltacht 2-15

>UNDER 15s

Travelled to Na Gaeil for their last league game of Division 9. Final Score: Na Gaeil 6-15 Glenflesk/Kilgarvan 3-6.

>UNDER 15s

Progressed to the Division 3 semi final after a draw away to Churchill. Final Score: Churchill 2-11 Glenflesk/Kilgarvan 4-05

>MINORS

Another good win for our minors against Currow. Final Score: Glenflesk 5-12 Currow 2-05

>KNOCKANES NS

The Girls team were crowned East Kerry Cumann na mBunscol 3 teacher champions having won all 3 matches in Farranfore. On top of that, 6th class students Oran O'Connor, Dara O'Sullivan and Darragh O'Donoghue were victorious in the Eoghan Ruadh Football Skills competition. Well done to everybody involved.

KERRY SOUTH

Well done to our Glenflesk / Kilgarvan minors Liam O'Brien, Seamus O'Donoghue and Kieran O'Sullivan who lined out for Kerry South against Galway on a winning scoreline of 2-14 to 1-10.

▹KERRY SENIORS

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Congratulations to Darragh Roche and the Kerry team on winning the Munster Final v Clare. Well done to Emma Dineen and the Kerry Ladies on their win against Waterford in the Munster Championship.

>KERRY SENIOR HURLERS Well done to Luke Crowley who lined out for the Kerry hurlers against

KERRY UNDER 20S

Congratulations to Cian Lynch, Luke Crowley, John Kelleher and the Kerry Under 20's who were crowned Eirgrid U20 Munster Championship.

>GAELIC FOR MOTHERS AND OTHERS

Every Monday evening at 7.30 pm in the small pitch. New members welcome. For more information please contact Maria on 086 1018631 or Glenflesk LGFA Facebook or Instagram accounts.

>LOTTO

There was no winner of Glenflesk Lotto which took place on 29/04/24 in Glenflesk Hall. Jackpot €8,600. The numbers drawn were: 1, 7, 8, 11. Consolation Prizes of €50: 1) Padraig O'Leary, Coracow 2) Joan O'Leary (Sellers Prize) 3) Daisy McGillicuddy, Ironmills 4) Jimmy Jim Healy, Kilgarvan. Next draw will take place in Glenflesk Hall on Monday 13th of May 2024. Thank you to all who support our Lotto and to our sellers.

>SAVE THE DATE: FLESK FEST 24!

A weekend of Live Music, Fun and Entertainment, July 18th, 19th, 20th & 21st July.

≻ACADEMY

Have Fun, Make Friends, Learn to Play Football! Continues every Tuesday 6:15 to 7:15pm in Barraduff Community Field V93WF6F. Girls U6/U8 & Boys U7/U9. For further information please contact 087 2900476. Also anyone looking for information on joining U11 to U17 Boys and U10 to U18 Girls please contact the number.

>NOTES

If you would like anything included in the clubs weekly notes, please email it to pro.glenflesk.kerry@gaa.ie

LISTRY

>LOTTO

Numbers drawn 1,11, 20,22. €100 Declan Madden, Listry. €50 Andy Nola,n Keel. €50 Eileen Murphy. €25 Noelle Crosbie. €25 Charlotte O Donnell, Galway. Next weeks jackpot 12th May €3,600

>U15S

U15 feile qualifiers take place this Friday, May 10th, in Allman Park. Teams



Cillian Scannell, Patrick O'Connor and Dara McCarthy, Faha National School students who won the East Kerry Skills Competition.

involved are Keel/Listry, An Ghaeltacht, Austin Stacks and John Mitchels. >U13S

Phase 2 commences Sunday, May 12th, with games V Na Gaeil at B game 5.30 and A games at 7pm in Keel

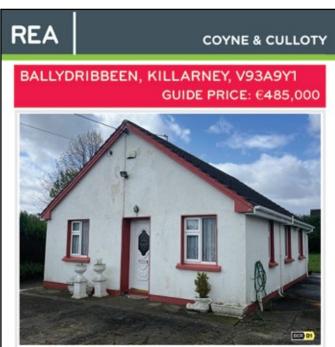


Faha National School FAI % A Side team who won the County Final in Socer and will represent Kerryin the Munster Competition.



member.

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Written by: Helen Moynihan

KILCUMMIN

>KILCUMMIN RURAL DEVELOPMENT OFFICE

Vacancies presently exist on the Kilcummin Rural Dev. C.E. Scheme for the position of Caretaker/ Cleaner, and gardener in KASI Gardens. These positions are a development opportunity and no experience necessary. Accredited training will be provided to support your career. Please contact your Local Dep. of Social Protection employment services/Intreo office to check your eligibility. To apply please forward your C.V. & P.P.S. number to The Supervisor, Kilcummin Rural Development Office by post or email info@kilcumminparish.com. For further information contact Helen on 089-4756774.

>TRIP TO KNOCK

Parish Pilgrimage to Knock will take place on Saturday 15th June, leaving Kilcummin village @7am. Bus cost €30.00, food/refreshments in Gort (optional). For booking please contact Kilcummin post office.

►APPRECIATION

Many thanks for the great welcome from Mastergeeha Soccer Club, Anabla N.S., Coolick N.S. for hosting the Station Masses during the week and for all the beautiful refreshments, and also the Parishioners who attended from the Townlands, and many thanks again for your Station offering.

>LECTIO DIVINA

Lectio Divina is a traditional practice of scriptural reading, meditation and prayer. It promotes communication with God and increases knowledge of God's word. Meeting to commence on Wednesday evenings starting on the 15th May from 7-8pm in the Parish Centre. For further information please contact Teresa Kerins on 087 7457750.

>KILCUMMIN GAA

EAST KERRY MINOR LEAGUE DIV 2: Kilcummin 7-19 Currow 0-11

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Sean Maher accounted for three goals, Rory O Connor two and one each for Dara Moynihan and Jack Ahern as the minor team sealed an impressive victory over neighbours Currow

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CO LEAGUE DIV 6: Kilcummin B 6-11 Keel 0-10

Well done to our B team who had their first win of the campaign over Keel B on Friday last. Goals by Colm Kelleher, Lorcan O Connor,Cian Lynch, Colin O Leary and Richie O Connor twice helped secure the points. **CO LEAGUE DIV 1: Kilcummin 0-16 Milltown Castlemaine 1-12**

In a keenly contested league game last Saturday a point by Philip O Leary well into time added on sealed the win and secured two valuable league

points. The team's never- say- die attitude has stood them well over the last three games and great credit is due to players and management. Sean O Leary gave a" man of the match" performance and he was well supported by Chris O Leary, James Williams, Gary O'Leary and Philip O'Leary on this occasion.

LOTTO

There was no winner on Monday 06th May2024 of the Jackpot for \in 11,000. Numbers drawn were 01,06,15,18. Consolation prizes of \in 50 went to Johnny & Phil Doolan, Ava, Dean & Zach Moynihan, Eoghan Moriarty, Dingle, Kevin Stagg. The next draw will be on Monday 20th May for Jackpot of \in 11,250.

>MASTERGEEHA FC

SFAI Southwest Region U12 Girls Champions

Congratulations to our U12 girls who lifted another trophy on bank holiday Monday. They were victorious over three teams from Limerick to secure the SFAI Southwest Region U12 title.

LOTTO

There was no winner on Friday 03rd May 2024 of the Jackpot for $\leq 10,800$. Numbers drawn were 01,07,11,28. Consolation prizes of ≤ 50 went to Catriona Hughes, Jack O'Leary, Millen, Marie Curtin, Knocklebede, Rose Maher & Pat O'Sullivan, Our Lady of Lourdes. The next draw will be on Friday 10th May for Jackpot of $\leq 11,000$

SPA

>LOTTO

Spa Lotto 06/05/24 Results. Numbers drawn: 2, 12, 14, 27. No jackpot winner. Lucky dips €50 each: Conor Gleeson, Online; Mark O'Connor c/o McSweeneys; Adam Herlihy; Sean Magee, c/o Assumpta; Monthly Ticket Holders Draw: Mary Kenneally, Tiernaboul; Next weeks draw is on Monday 13 May for a jackpot of €5,200 @ 9pm Play online at clubforce.com >CAR PARK

Spa GAA grounds is completely closed to facilitate the work on the car park from Thursday 9th May to Thursday 16th May inclusive. No access for the full week under any circumstances. Thank you for your co-operation. >FIXTURES

In the Credit Union County Football League Division 1 our seniors travel

to Strand Road on Friday 10th May at 7:15pm to play Kerins O Rahillys in Round 6 of this competition

In Division 6 of this competition our Spa side travelled to Milltown/ Castlemaine on Monday 6th where they narrowly lost out on a full time score Milltown/Castlemaine 0-12 Spa 1-06

>SCOR

The Scór Sinsear 2024 All Ireland Final takes place in the INEC this Saturday 11th May. We wish the very best of luck to the Spa set dancers who are competing. Tickets can be purchased online on Ticketmaster.com for the event.

COFFEE MORNING

Kerry Parents & Friends Community Programme Are hosting a Coffee Morning In Aid of Irish Motor Neurone Disease Association



DETAILS FOR YOUR DIARY

On: Friday 17th May 2024 Venue: ARUS Padraig, Lewis road, V93 X054 Time: 11am to 12:30pm

RAFFLES/ SPOT PRIZES ON THE DAY



Bernie and Denis Cronin with Patricia Mayse at the Neighbours Night at Killeen House Hotel on Tuesday night.



MONEY MATTERS.

By Dermot Cronin, Financial Advisor



IS IT MORE DIFFICULT TO GET A MORTGAGE TO BUILD MY HOME THAN A MORTGAGE TO BUY MY HOME?

Yes, it can be more difficult. When you are building your family home there are more of risks of things going wrong than purchasing your home especially in relation to the overall cost. The most obvious and biggest risk is of course the risk of you going over your budget to build and finish your property and not having enough money to complete your home. Lenders when assessing your application need to take this risk into account. Lenders will put emphasis on the cost of construction of your property. If you are making your application through a mortgage broker they should spend time discussing the cost of the construction and loan amounts with you to make sure they are realistic and affordable. If these figures are incorrect and especially if they are too low then your mortgage application could be declined and more importantly you may not have enough money to finish the property. A big plus at the moment for people who are first time buyers and are building or buying a new property that is their family home is that there is a Help To Buy Scheme that you can apply for through the Revenue. Thankfully this was extended recently in the budget. There is up to €30,000 available through this scheme, there are terms and conditions attached to this Help To Buy Scheme. Obviously this is very beneficial in terms of reducing your overall cost and reducing your mortgage amount also. Each lenders criteria for self build mortgages is different & you need to know this before choosing a lender that suits your needs best. A mortgage broker who has access to many lenders and has a lot of experience with self build mortgages should be very helpful to you.

If you require any further information on the above or any other matter you can contact Dermot Cronin at dermotcroninifa@gmail.com or 0646622775 or 0872893649.

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COMMUNITY FOCUS

By Bridget Hartnett

BEAUFORT

>FIXTURES

Senior men will be away Rathmore next weekend in in round 3, Development League.

>RESULTS

Beaufort 2.14 Na Gaeil 0.12 in Div. 2, Co Senior league. Beaufort 4.09 Cromane 3.08 in round 5, senior ladies Donal Curtin Cup.

>LOTTO

The next draw for a jackpot of €3,600 will be on Sunday, 12th May. Tickets are available from usual sellers, shops, and public houses and online at www.beaufortgaa.com. Please note that online lotto closes at 7pm on draw night. Any tickets purchased after 7pm are entered into the next draw. Thank you to everybody who support the lotto and our lotto sellers. **>EAST KERRY MINOR DIVISION 3**

Beaufort 5.09 Kenmare B 4.07

Beaufort minors had a win over Kenmare B in a sunny Pairc Ui Chochlain on Friday. Half time score was Beaufort 2.06 Kenmare 0.06 Kenmare had the better start in the second half with an early point

followed by a goal and it looked like the game was slipping away. However, Beaufort responded with some robust defending and a sweeping move up the field resulted in a third goal.

Beaufort then scored two goals and three points without reply. Kenmare responded with two very quick goals and a point which were the last scores of the game to leave the home team with a five point win. This was a much needed win as the team were missing a number of regulars on the evening.

>MEMBERSHIP

Beaufort G.A.A. Club membership is now due. Gym and facilities membership is also available. Please contact Patie 087 2515311.

LGFA membership is also necessary for playing Ladies and Girls football. For more information, please contact Sue 086 2632219.

>BEAUFORT GAA CLUB SUMMER CAMP will be held on the week of 8th to 12th July in Beaufort GAA Club complex. For more information, please contact Mary 086 0640065 or Tara 087 6032774

RATHMORE GNEEVEGUILLA

>SHARE THE BUCKET

Gneeveguilla Community Facility Group reminds you that Share the Bucket takes place weekly. The draw is every Friday evening in Teach Fáilte @8.30 pm and can be viewed live on our Gneevequilla Community Facility Group Facebook Page. This week's jackpot was €202 and the winners were Jack and Joey Harrington. Tickets cost €2 each or 3 for €5. They are available at Teach Fáilte and can be bought online at https://tinyurl. com/y2ade5om.or in local businesses where you see the Green Share the bucket. Your support is greatly supported and all funds will go towards our new proposed community facility. We would like to thank our local businesses who continue to support our project.

>RAMBLING HOUSE at Heritage Centre Scartaglen Monday 13th May at 8pm. Refreshments served, all are welcome.

>TUBRID WEL MILLSTREET

The Rosary will be recited at Tubrid Well on Monday & Wednesday nights at 8.00p.m during the month of May.

>AUBANE GROTTO

The Rosary will be recited every Thursday for the month of May at 8.00p.m **≻KNOCK**

There will be a bus to Knock from Gneeveguilla on Saturday June 1st for the All-Ireland Rosary Rally which had an attendance of 10,000 last year. Please contact us on (087) 9720767/ (087) 1249461/ (087)7853706 if you want to travel.

≻RALLY

In conjunction with Costal Rosaries there will be a Rosary Rally at the Grotto Gneeveguilla Village on Saturday May 11th at 4pm

≻SYMPATHIES

To Elizabeth Cronin & family Sean, Emma, Mia & grandchildren on the death of her husband John Cronin, father & grandfather. Johns' funeral took place on Tuesday 16th April. To Debbie O'leary Colin & family, Gillian Casey, Aidan & family their mother Cathy & siblings Joseph, Damien , Emma, Jasmine, Sean & Jessica on the death of their father & grandfather John McCarthy whose funeral took place in Dublin on Saturday 27th April. To Charles O'Leary, sons John and Paul and daughter Alice on the death of Mary O'Leary, Gneeveguilla, wife & mother. To her parents Paddy and Anne. Ciara and Cayleigh, close friends Annette and Martina, brothers David, Martin & Pat & families, her work colleagues in the NSSO & extended family, relatives, neighbours, and a large circle of friends. Mary's funeral took place on Wednesday 1st May in Gneeveguilla. To Eileen Guerin on the death of her daughter Elaine Guerin, Lisheen,

Michelle Cooper Galvin with John Long, left, Vice Chairman Killarney Credit Union and Mark Murphy CEO, Killarney Credit Union, at a civic reception afforded to Michelle legendary Photographer, in recognition of her contribution to Killarney and Kerry, documenting and creating one of the most extensive records of daily life, sport, community, politics, and worthy charities through her lens for almost 50 years. Photo: Valerie O'Sullivan

her brothers Shane, Alan & sisters Norma, and Aoife. Adored auntie to Shauna, Caoimhe & Ella, Godson Tommy, Darragh and Jack, her dear friend Patrick, work colleagues at University Hospital Kerry, extended family, and friends. Elaines funeral took place on Monday 29th April in Gneeveguilla. To Denis McSweeney, Shinnagh & family on the death of his sister Carmel O'Sullivan, Millstreet. Carmel's funeral took place on Thursday 2nd May in Millstreet. To Noreen Reen, sister Corran, son in law Dennis Reen, her sister Breeda Griffin, Killarney and there brother Tadgh Griffin, Northants, England on the death of their father Desmond Brennan, Daltons Avenue, Killarney. May Desmond John, Mary, John, Elaine & Carmel rest in peace

>TUREENCAHILL GROTTO

The Rosary will be recited at Tureencahill Grotto nightly at 8pm for the month of May. All welcome

>DATES FOR YOUR DIARY

May 12th: 1.30p.m Mass in the City. Please note No Mass in Shrone on Saturday 11th

May 27th: 8p.m Mass in Beheenach Cemetery.Specially remembering Pa Joe O Sullivan

May 28th: 8p.m Mass in Kilquane Cemetery. Please note changed from 29th

May 29th: 8p.m Mass in Knocknagree Cemetery

May 30th: 8p.m Mass in Nohoval Cemetery June 5th: 8p.m Mass in Gneeveguilla Cemetery

June 7th: 8p.m Mass in Shrone Cemetery

June 10th: 8p.m Mass in Rathmore Cemetery

June 17th: 8p.m Mass in Old Chapel Cemetery

June 21st: 7.30p.m Mass on Token Fire Mountain.

>MUNSTER SENIOR CHAMPIONSHIP

Congratulations to he Kerry Team Management & Paul Murphy & Shane Ryan on retaining the Munster Championship over Clare on Sunday last **ST VINCENT DE PAUL**

LOCAL CONFIDENTIAL CONTACT 087 3462332

► RATHMORE GAA AWARDS NIGHT this Saturday May 11th at Bridge Bar, 9pm. Fun, Food & DJ. All welcome

>NOTES

If you would like to add to the notes please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before Sunday 6pm.







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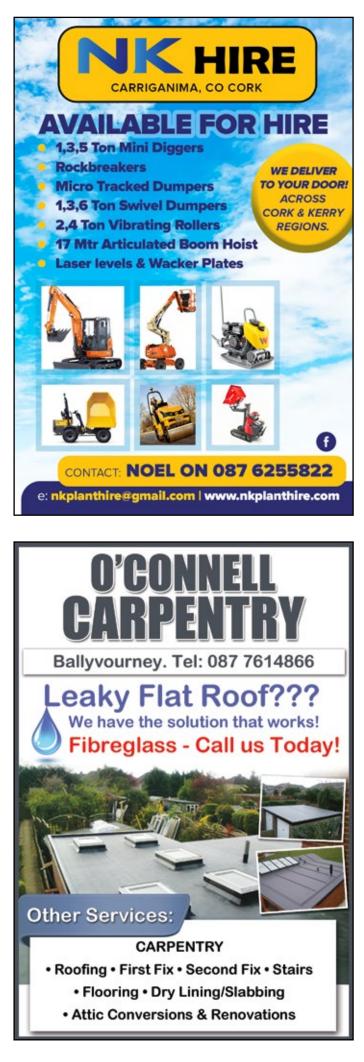


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Lam 12mm Eir Grey Authentic Oak	37	63.27	€1,366	€885
Lam 12mm Mammut AC5 Mountain Oak Grey	37	61.42	€2,063	€1,399
Lam 8mm Urban Oslo AU017	22	49.94	€1,018	€549
Lam 8mm Krono Original AC4 Rockford Oak	18	47.7	€1,195	€599
Lam 10mm Mammut AC5 Marco Oak Grey	12	43	€696	€749
Lam 8mm Urban Peking FU007	15.5	35.19	€717	€362
Lam 12mm Mammut AC5 Mountain Oak Nature	20	33.2	€1,315	€612
Lam 8mm Urban Kartaca FU018	14	31.78	€445	€279
Lam 12mm Kronoswiss Solid AC5 Ecru D4192	19.5	31.01	€874	€449
Lam 8mm Urban Saigon AU016	13	29.51	€413	€259
Lam 10mm Aroma AC5 Lavender Oak D3946	18	28.65	€899	€499
Lam 12mm Urban Paris AU007	12	26.88	€677	€369
Lam 10mm Mammut AC5 Macro Oak White	11.5	24.73	€667	€429
Lam 12mm Urban Barcelona AU008	10	22.4	€470	€299

Laminate Description	Packs	Sq Yards	Was	Now
Lam 8mm Krono Original AC4 Dartmore Oak	8	21.2	€445	€229
Lam 12mm Macro AC5 Oak Grey	12	19.92	€558	€369
Lam 12mm Urban Oslo AU017	8	17.92	€451	€229
Lam 12mm Solid Chrome Shorter Board Davos Oak	11	17.49	€437	€249
Lam 12mm Kronoswiss Solid AC5 Helsinki Oak	10	15.9	€374	€229
Lam 12mm Robusto AC5 Petterson Oak Dark	10	15.5	€356	€229
Lam 12mm Symfonia Solo Oak	9	14.22	€448	€279
Lam 8mm Urban Barcelona AU008	6	13.62	€191	€119
Lam 12mm Mammut AC5 Everest Oak Grey	8	13.28	€372	€249
Lam 12mm Robusto AC5 Petterson Oak Beige	8	12.4	€285	€199
Lam 14mm Grand Selection Origin AC5 Terra	7	12.39	€486	€299
Lam 8mm Masterfloor Oil Oak 37871	4	11.48	€201	€125
Lam 8mm Toscana Oak Beaver with Aquas D4190	4	10.2	€122	€69
Lam 8mm Urban Tokyo FU006	4	9.08	€185	€79
Lam 8mm AC4 Celtic Oak	4	9.08	€90	€49

Over 100 Tile Job Lots Available

Tile Description	Sq Yards	Was	Now	Tile Description	Sq Yards
Passion Lux Ice 60x120cm	98.15	€4,945	€2,599	Masia Gris Claro Wall 7.5x30cm	31.96
Borneo Fresno Floor 19.5x120cm	88.4	€4,250	€2,499	06R Borneo Sp R Wall 19.5x120cm	31.33
Vita Gris M48 30x90cm	51.68	€1,985	€999	06R October Gr R Wall 19.5x120cm	30.21
Sorrento Amalfi Slipstop Gris 60x60cm	49.94	€3,595	€2,489	N.Pearl-E Crema Wall 33.3x55cm	28.48
Rel.Fury G/P T1C5 Wall 25x75cm	48.67	€1,375	€549	Hidraulico Ch11 Calibre 33.3x33.3cm	26.26
Tempo xl Gris Wall 25x75cm	48.43	€1,165	€549	Manos White 45x90cm	26.15
N.Rhodas Crema Wall 25x70cm	47.1	€795	€349	Marble Serpentino Lapato 80x80cm	24.5
017 Amsterdam Vison Floor 45x45cm	43.59	€1,175	€399	Mystery Black R M3530 40x80cm	24.1
Atrium Urbino Perla Non Rec 60x60cm	43.05	€1,249	€649	Yellowstone Royal Grey Abs 24.6x101cm	23.78
Elite R90 Moka Rev.P. Wall 30x90cm	42.63	€2,100	€499	Sorrento Amalfi Blanco 33.3x90cm	19.36
N.Rhodas Crema Floor 45x45cm	38.14	€495	€299	Weekend Gris Suite R 30x90.2cm	17.79
Atrium Riga Perla Rec 60x60cm	37.88	€1,135	€699	Vincent Stone Dry Grey 30x60cm	16.8
Weekend Gris 21.4x61cm	37.23	€895	€449	Fury Pearl T4C6 Wall 25x75cm	15.7
Soho Rvl Beige Wall 25x80cm	35.88	€895	€349	051 Matier Blanco Brillo 31x91.4cm	13.56

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Carpet For Stairs	Length x Width	Was	Now
Calgary Saxony 06 Heavy Domestic - Stairs	6'9 x 16'5"	€260	€185
Soft Noble 950 Silver Cloud for Stairs	6'9" x 13'1	€189	€99
Soft Noble 950 Silver Cloud for Stairs	6'8" x 13'1	€139	€99
Stainless Serenity Imper Chenille for Stairs	6'7" x 13'1	€329	€239
Caress 170 Taupe for Stairs/Room	8' x 13'1	€175	€115
Plush Malt for Stairs/Hallway	3'3" x 23'3"	€270	€199
Simba Dove Grey for Stairs/Room	7' x 16'	€399	€279
Soft Focus Dolphin for Stairs/Room/Hallway	6' x 17'6"	€255	€179
Westminister Light Grey/Blue - Stairs/Room	8'10" × 13'1	€350	€249
Lasting Romance Cool Velvet - Stairs/Room	8'6 x 13'1	€245	€175
Veneto Acier for Stairs/Room	8'4" x 13'1	€245	€175
Plush Quicksilver for Stairs/Room	8'3" x 13'1	€323	€229

Carpet For Stairs/Room & Office	Length x Width	Was	Now
Boutique Addiction Silver 913 - Stairs/Room	8' x 13'1	€349	€229
Normandy Saxony Mist 436 - Stairs/Room	7'11" × 13'1	€159	€115
Sensations Supreme Brimstone Stairs/Room	7'9" × 13'1	€315	€219
Serenity Burlop for Stairs/Room	7'3" × 13'1	€339	€239
Baronessa Antique Gold for Stairs/Room	7' × 13'1	€295	€169
Boutique Addiction Stone for Stairs/Room	7' × 13'1	€299	€215
Virginia Twist 72 Classique for Stairs/Room	6'11" x 13'1	€180	€129
Barbican 129 Smoke for Stairs/Room	9' × 13'1	€495	€299
De Ville Heavy Domestic for Stairs/Room	8'10" x 13'1	€525	€339
Home Counties River Mist 80/20 Wool Blend	13' x 16'5"	315	225
Stainaway Promenade Pewter for Room	22' x 13'1	€937	€675
Cambridge Sage Gel Back for Office	14'9" x 13'1	€187	€125

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KILLARNEY GOLF & FISHING CLUB

CHAIRPERSONS CUP

18 Hole Ladies Single V Par Competition played on Mahony's Point Course on 4th & 5thMay 2024

Sponsored by Management Council Overall, Winner: Maire Murphy (23) 5up Last Nine Holes 2nd: Kate Anu Culloty (33) 7up Best Gross: mTracy Eakin Tied 3rd: Jane Dwyer (18) 5up Last Nine Holes 4th: Bernadette Galvin (32) 5up 5th: Mary Lyons (31) 2up Last Nine Holes 6th: Marie O'Brien (21) 2up Last Nine Holes 7th: Sharon Ormond (13) 2up NEXT FIXTURE will be 11th & 12th May 2024 Professional Mark Heinemann Prize Hotel 18 Hole Single Stableford on Killeen Course. THE GLENEAGLE HOTEL KILLARNEY CUPS 16th May 2024 Mixed team of four event on Mahony's Point

CAPTAIN'S CHARITY WEEKEND 18th & 19th May 2024 team of four event contact reception to book tee time

DEERPARK PITCH & PUTT CLUB

WILLIE PARKER MEMORIAL

Thanks to all those who took part in this event on the May Bank Holiday Monday last. Overall Nett: Eileen McCarthy, Overall Gross: Denis Looney, Second Nett: Sean O'Brien, Third Nett: Paddy Murphy, First 18 Nett: John Looney and Second 18 Nett: Margaret C Looney.

SUNDAY DRAWS

Three Player Team-Two Scores Count Each Hole-Nett: Daniel Kelly, Bobby Kelly & John Murphy and Gross: John Looney, Paddy Murphy & Dan Kiely.

NATIONAL MATCHPLAY QUALIFIERS

Well done to Damien Fleming, John McGrath and Derry McCarthy (Senior) and Gearóid Cronin (Intermediate) on qualifying for this year's National Matchplay Finals following last Sunday morning's qualifiers in Tralee.

Munster Schools: Well done to the five St Brendans College Killarney teams who qualified for the National Finals next Friday in Hillview, Clonmel following the Munster event in Fermoy last Friday with the team of Brian McCarthy, Nathan Cronin and Ben Kelliher emerging victorious just ahead of the team of Robbie



Photographed at the President and Captain's Drive in at the Ross GC are :-Johnny Brosnan, Gents Captain, Betty Farrell, President, Mary McCarrick, Lady Captain.

Harnett, Fintan Martin and Ronan Bennett.

Club Strokeplay: Sponsored by Charlie Foley's Bar this multi-card begins next Thursday evening (May 16th) and runs until Sunday evening (May 19th). Full details will be announced on social media and website beforehand and we remind members that times of play are at time of writing subject to confirmation of when Kerry's game against Monaghan in Fitzgerald Stadium next weekend is confirmed for.

WEDNESDAY FOURBALLS

These have now recommenced. They take place every Wednesday evening for the moment at 7pm. Open to club members aged 14 or over, entry \notin 4 per player with an optional \notin 1 fee for a Hole-In-One.

MUNSTER MATCHPLAY

Best Wishes to both Damien Fleming (Senior Mens) and Eileen McCarthy (Junior Ladies) in this weekend's Munster Matchplay Finals in Cunnigar, Co Waterford.

WELL DONE to Mark O'Shea on recently finishing second in the Douglas Junior Scratch Cup in Cork on the last weekend in April.

ROSS GOLF CLUB - MENS RESULTS

On May 4th & 5th we held the final round of the M D O'Shea Spring League with a very large turnout in good conditions. The winners were :-1st: Oliver Butler (15) 71 2nd: Jimmie Smith (17) 71 Best Gross: David MacIndoe (3) 74 Division 1

1st: Mike Brosnan (6) 72 2nd: Tomas Kelliher (8) 75 Division 2

1st: Anthony O'Mahony (19) 72 2nd: Darren Gaffey (13) 72 Division 3

1st: Tony Fagan (22) 72 2nd: Tim Ryan (23) 75

M D O'Shea Spring League winning team and runner up team

1st: Tomas Kelliher, Darren Gaffey, Damian Greer, Lucas Cronin, Oliver McCarthy.

2nd: Alan Flynn,Dan Cronin, Thomas Horan, Mike O'Leary, Cian O'Mahony.

Category 1 winner.: Peter Wickham.

Category 2 winner.: John Cuskelly.

Category 3 winner.: Jimmie Smith Category 4 winner.: Seamus McCarthy

Category 5 winner.: Anthony O'Mahony.

On May 6th our President Betty Farrell, Lady Captain Mary McCarrick and Gents Captain Johnny Brosnan held their Drive in.

This was followed by a mixed scramble. We had a very large crowd at the Drive - in and a large field of golfers participating in the mixed scramble which was followed by prize giving



Photograph of the winning team in the Drive-in mixed scramble at the Ross GC are :-Front (I to r) Betty Farrell, President, Brenda Kelliher, Bridie Doyle, Mary McCarrick, Lady Captain. Back (I to r) Ivo O'Sullivan, Fexco - Sponsor, Mike O'Leary, M J O'Sullivan, Johnny Brosnan, Gents Captain.



Flogas Irish Mixed Foursomes pictured Alan Flynn, Margaret O'Donoghue, President Betty O'Farrell, Daniel Cronin, Mary Moynihan Manager Mike Casey, John Ivory, Ailish Mulcahy and John Cuskelly

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BALLYMACTHOMAS, TRALEE, CO. KERRY V92 XRW6 VISIT WWW.KINGDOMCOUNTYFAIR.COM FOR MORE DETAILS and some food in the clubhouse.

The winning teams in the scramble were: 1st: M J O'Sullian, Brenda Kelliher, Bridie Doyle,

Mike O'Leary 2nd: Donie Broderick, Bridie Brosnan, Mary Moynihan, Jordan O'Shea

3rd: Cian O'Mahony, Sean Hickey, Breda O Farrell, Tom Shields

4th: Lucas Cronin, Margaret O'Donoghue, Emer Coffey, Niall Brosnan..

MIXED TEAM

On Thursday last our Mixed team had a good win over Maine Valley in that competition . Well done to all involved and best of luck in the next round versus Killarney GC.

BEST OF LUCK to Killarney Race Co for their May Racing festival on May 12th,13th and 14th.

BEAUFORT GOLF CLUB (LADIES)

What a challenging way to start off the golfing season for the Ladies of Beaufort Golf Club. Their Lady Captain decided to start the first weekend competition, the Easter Egg competition, as a 3 club competition over 11 holes. Their was a good turn out for the competition and it left many lady golfers thinking about why we carry 14 clubs every time we go out. The competition was very kindly sponsored by Helen Clifford, Managing Director of Beaufort Golf Club.

Congratulations to the winners who kept their club choice a secret.

1st: Laura Furlong (13) 18 points

2nd: Rita Kelliher (24) 17 points

3rd: Lady Captain Maire Ni Loinsigh (17) 16 points.

Congratulations to Maeve Quirke on winning the Winter League.

CASTLEROSSE GOLF CLUB

RESULTS OF 9H SCRAMBLE PLAYED ON SATURDAY 4TH MAY.

1st: Nuala Ward, Nora Long, Fiona Meikle 2nd: Kay Spillane, Josephine Nolan, Margaret McCarthy

SOCIAL GOLF

Social golf every Wednesday. Book on BRS. **SPRING LEAGUE**

Spring league is now underway. Good luck to all participants.

MIXED SCRAMBLES

Mixed scrambles every Tuesday at 6pm. Visitors welcome.

GET INTO GOLF

The Get Into Golf 6 week programme will begin on Monday 27th May from 6.00 to 8.30 pm. Cost is €70. Contact Kieran 087 2748777.

ROSS LADIES GOLF CLUB

ROSS GOLF CLUB DRIVE IN MONDAY 6TH MAY

What a wonderful day and such a great turnout for the Drive In. A huge thank you to Fexco and Ivo O'Sullivan on their very kind Sponsorship. A big thank you to Ollie Favier and his staff at the Racecourse Café for the wonderful food and great service and to the Killarney Race Company for having the course in pristine condition. Thanks to everyone who participated and congratulations to the winners and runner ups.



Frank Shaw Chairman of the Killarney Golf and Fishing Club presenting the Inaugurial Chairman's Cup to Ladies winner Maura Murphy with (left) Helen Prendergast Club President, Kate O'Leary Captain (second row) Kate Anu Culloty 2nd, Jane Dwyer 3rd, Bernie Galvin 4th (back left) Mary Lyons 5th and Sharon Ormonde 7th at Killarney Golf and Fishing Club, Killarney on Sunday. Photo by Michelle Cooper Galvin



Frank Shaw Chairman of the Killarney Golf and Fishing Club (front fourth from left) presenting the Chairman's Cup to Men's winner Marcel Francois Brennan with (left) Brian Horgan Cat 3 3rd, Helen Prendergast Club President, John O'Mahony Captain (second row from left) Dan Doona 3rd, Stephen O'Connor 5th, Ger Hogan Cat 1 1st, John Sparling Cat 1 2nd (back from left) Moss Lyons Cat 1 3rd, Tom Long Cat 2 1st, Jimmy Smith Cat 4 2nd, Emmett Scanlan Cat 3 2nd and Cian O'Connor Cat 2 2nd at Killarney Golf and Fiushing Club, Killarney on Sunday. Photo by Michelle Cooper Galvin



Frank Shaw Chairman of the Killarney Golf and Fishing Club presenting the Inaugurial Chairman's Cup to junior boys winner Cormac O'Sullivan and girls winner Cora O'Sullivan with (front from left) John O'Mahony Captain, Helen Prendergast Club President, Kate O'Leary Captain (second row) prizewinners Brian White, Adam Shine, Kate Anu Culloty, James O'Meara and Danny Breen at Killarney Golf and Fishing Club, Killarney on Sunday. Photo by Michelle Cooper Galvin



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The Tellus aircraft will be flying at low levels of 60 metres over rural areas and 240 metres over urban areas collecting geological information from mid-May until late Autumn 2024.

The sound of the plane is similar to that of a passing lorry and may startle sensitive livestock, such as horses.

Where is the aircraft flying?

Across Kerry, north-west Cork and neighbouring parts of Limerick.

Why is the survey necessary?

This is the final phase of a national programme to gather geophysical data across Ireland to help inform the management of our environment and natural resources. All data from Tellus is made available free of charge online.

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1st: Michael J O'Sullivan, Brenda Kelliher, Bridie Doyle and Mike O'Leary

2nd: Donie Broderick, Bridie Brosnan, Mary Moynihan and Jordon O'Shea

3rd: Cian O'Mahony, Sean Hickey, Breda O'Farrell, and Tom Shields

4th: Lucas Cronin, Margaret O'Donoghue, Emir Coffey and Niall Brosnan

FLOGAS IRISH MIXED FOURSOMES

Congratulations to our wonderful Flogas Irish Mixed Foursomes on a terrific win against Maine Valley and are through to the next round. Best of luck to the team and manager.

LADIES GET INTO GOLF

The Get into Golf is starting up again this season. Wednesday evenings May 15th to June 26th please Contact Breda on 087 4629501 for further information and booking. **RESULTS**

9 & 18 hole Single Stableford Competition Saturday 27th April correction to results. Well done everyone who participated.

18-hole Results

1st: Elaine Casey 2nd: Kitty O'Grady 3rd: Margaret O'Donoghue
9-hole Results
Jennifer Nash, Mary B O'Sullivan
9 & 18 HOLE SINGLE STABLEFORD
SATURDAY 4TH MAY
1st: Betty O'Farrell
2nd: Ailish Mulcahy

WEDNESDAY MORNINGS MEET & PLAY

Meet and play every Wednesday morning. Meet in the Club House 10.30am tee off 11.00am. All members welcome.

GOLF LESSONS

Gordon Howard is available to give golf lessons. Please contact Gordon directly in the Club House.

KILLARNEY GOLF & FISHING CLUB (MEN'S)

CHAIRPERSON'S CUP - SINGLES STROKEPLAY PLAYED ON KILLEEN; SATURDAY 4TH & SUNDAY 5TH MAY 2024 Winner: Marcel Francois Brennan 63 (33) 2nd: Jackson O'Mahony 61 (30)*

3rd: Daniel Doona 64 (13) bk9
4th: Jack O'Sullivan 64 (23)
5th: Stephen O'Connor 65 (17)
Best Gross: Greg Lanigan 72 (5)
*In accordance with Rule #12, KGFC Men's Club Competition Rules.
Category 1
1st: Ger Hogan 66 (7)
2nd: Moss Lyons Jnr 68 (10) bk9
3rd: Jonathan Sparling 68 (8) bk9
Category 2
1st: Tom Long 66 (11)
2nd: Cian O'Connor 67 (14) bk9
3rd: Tomas Barry 67 (11)

Category 3

1st: Patrick D Buckley 68 (19) 2nd: Emmet Scanlan 69 (16) bk9 3rd: Brian Horgan 69 (16) Category 4 1st: John Downey 69 (23) bk9

2nd: Jimmie Smith 69 (22) 3rd: Damian Keane 70 (26)

An Gaelbhratach

le Gráinne Ní Bhroin

Dia dhaoibh, Gráinne Ní Bhroin is ainm dom agus is dalta mé i Meánscoil Bríd Naofa. Táim i mo bhall den Coiste Gaeilge ar scoil i mbliana. Coiste a bhunaítear chun an Ghaeilge a chur chun cinn timpeall na scoile. Buailimid le chéile uair sa tseachtain gach seachtain chun an Ghaeilge a phlé. Cabhríonn ár múinteoir, Ms.Collins, linn. Tugann sí tacaíocht dúinn agus muid ag smaoineamh ar agus ag eagrú imeachtaí chun an Ghaeilge a spreagadh. Roghnaíomar an Mána "Ár dteanga, Ár bhFreagracht" (Our language, our responsibility) Mar go bhfuil an freagracht orainn go léir iarracht a dhéanamh an teanga a chaomhnú agus a chur chun cinn. Táimid páirteach sa scéim Ghaelbhratach atá eagraithe ag 'Gael Linn'. Is eagraíocht í a n-oibríonn le scoileanna chun an Gaeilge a spreagadh i muintir na scoile. Thainig Siobhán Ní Mhurcú, ionadaí don Ghaelbhratach, chugainn ag tús na bliana chun cabhrú linn plean gnímh a chur le chéile agus chun cúpla smaointí agus comhairle a thabhairt dúinn. Ó shin, chaitheamar seachtain ina dhiaidh seachtain ag obair chun an Gaeilge a spreagadh ar scoil. Ta spioráid na Gaeilge agus neart na teanga laidir ar scoil. Tá roinnt rudaí déanta againn mar Choiste chun an spioraid sin a choiméad beo sa scoil. Ar an gcéad dul síos, d'eagraíomar comórtas na ndoirse i mí na Nollag - bhí ar gach rang a n-doras a mhaisiú le focail Gaeilge. Mhéadaigh sé seo an cuid Gaeilge a bhí le feiscint timpeall na scoile. Anuas ar sin, tá balla Gaeilge againn sa scoil. Tá póstaeirí, staitisticí agus múrphictiúr ollmhór ar an mballa. Labhraíonn an príomhoide cúpla focal ar an idirchum sna fógraí gach lá freisin. Tá Gaeilge le feiceál agus le cloisteáil timpeall na scoile anois. Chomh maith le sin, tá cuntas againn ar instagram darb ainm "Gaelgeoirí_airne". Bíonn roinnt póstáil ar an gcúntas ag spreagadh na Gaeilge sna meáinshóisialta. Rinneamar suirbhé ar scoil maidir leisan ghaeilge agus na tuairimí atá ag muintir na scoile. Fuaireamar freagraí an-shuimiúla ón suirbhé agus tá na freagraí le feiceál ar an mballa Gaeilge agus ar ár gcuntas instagram.

Tháinig Siobhán ar ais chugainn an tseachtain seo caite chun monatóireacht a dhéanamh ar an obair atá déanta againn i mbliana. D'insíomar di faoina himeachtaí atá déanta againn, faoinár gcúntas ar na meán-shóisialta agus thaispeánamar an múrphictiúir di a rinneadh daltaí leis an Roinn ealaíne. Bhí sí an-tógtha leis an obair agus mhol sí dúinn as ucht ár n-obair dian. Seo é an chéad bhliain atáimid páirteach den scéim agus tá ár gcéad bhratach bainte amach againn don scoil. Níl ach trí mheánscoil i gcontae Chiarraí páirteach sa scéim Gaelbhratach faoi láthair mar sin tá an t-adh linn go raibh an deis agus an duais tugtha dúinn. Beimid ag freastal ar searmanas speisialta i mí na Bealtaine in Ollscoil Mhuire Gan Smal i Luimneach chun an bhratach a fháil ó Ghael Linn (na baill sa choiste agus ár múinteoir Ms Collins). Táimid ag tnúth go mór leis an searmanas, chun buaile leis na coistí eile timpeall an tír agus cinnte chun cúpla focail a labhairt.









HEALY-RAE MAURA INDEPENDENT

Dear Voters,

I am very proud of the seat I hold in Kerry Co Council as this seat has been held by members of my family since 1973, including my late Grandfather Jackie Healy Rae and my father Danny Healy Rae. I have never been a member of a political party in my life and I value the fact that I am not hamstrung by the shackles of a political party. I will take direction from you alone - the people I represent. I am extremely proud of this area and if re-elected I guarantee you that the Killarney Municipal District will have a powerful voice in Kerry County Council.

DEADLINE TO REGISTER TO VOTE FOR LOCAL ELECTIONS IS THE 20TH MAY AND THE COMPLETED FORMS MUST BE INTO KERRY COUNTY COUNCIL BY THIS DATE, YOU CAN ALSO REGISTER ONLINE AT www.checktheregister.ie

Yours Sincerely, Maura Healy-Rae

A MESSAGE FROM DANNY HEALY RAE TD

Together Maura and I provide a full and complete service to the people of the Killarney Municipal District. I sincerely ask that you give your No. 1 Vote to Maura Healy Rae on June 7th to allow



us to continue to represent you at both local and national level. If you VOTE NO.1 MAURA HEALY then I can assure you that you will have a strong voice in Kerry County Council and I will raise matters from her in Dail Eireann

)'m on your side

•HEALTH •HOUSING •PLANNING •ROADS •FLOODING •ISSUES FACING OUR YOUNG PEOPLE •PUBLIC LIGHTING SCHOOL SAFETY

- •BUSINESS & HOSPITALITY •AGRICULTURE
- •ENVIRONMENT

Contact: 087 7816432 | maurahealyrae@gmail.com

Please come out on the 7th June and Vote No.1 Maura Healy Rae

NEWS



A Chara,

Every year, in Ireland, more than 24,000 people are diagnosed with invasive cancer. Unfortunately, we all will have to come to terms with a cancer diagnosis in our families at some stage, with one in every two people diagnosed with the disease during their lifetime.

That's why the role of cancer clinical trials is so important in finding new ways to prevent, find and treat cancer, and to stop more people from dying from the disease.

Monday May 20 is International Clinical Trials Day. To mark the day, Cancer Trials Ireland will host a public webinar from 1pm-1.45pm.

The webinar will hear from our Clinical Lead and medical oncologist, Professor Seamus O'Reilly, on the importance of trials in developing new treatments. There will also be a discussion with a patient on their experience of taking part in a trial and what they gained from it.

Every cancer medicine in use today was once the subject of a trial to determine its safety and effectiveness. By taking part in trials, patients may receive access to a treatment not otherwise available, while also helping to find answers to cancer for future generations.

It's important to underline that cancer trials are highly regulated. Participants are closely monitored, meaning better care and more opportunities to check in with the trial doctor and nurse support team. In the future, we want to see a situation where every person diagnosed with cancer in Ireland is screened for potential participation in a cancer trial, should they so wish.

The webinar forms part of our Just Ask campaign to encourage people who have been diagnosed with cancer to ask their doctor or healthcare professional if there is a cancer trial to suit them.

To register for the webinar, or for more information on cancer trials currently underway here, visit www. cancertrials.ie/JustAsk

Yours sincerely

Eibhlín Mulroe CEO Cancer Trials Ireland RCSI House 121 St Stephen's Green Dublin 2

Blue Butterfly Coffee at Randles Hotels

Randles Hotels are delighted to launch their new partnership with Blue Butterfly Coffee. As part of our commitment to using products with a focus on sustainability we have joined forces with the Waterfordbased producer to be the first properties in Killarney to offer their sustainable and ethically sourced coffee to our quests.

Set up by Fintan Stanley and Kieran White, Blue Butterfly's mission is to always treat it's growers with fairness, and to create the ultimate customer experience from bean to cup. With the blue butterfly being pollinators of coffee plants and being a universal sign of luck and good fortune, Fintan and



Kieran decided this would be the ideal name for their new venture.

Blue Butterfly Coffee raw beans are ethically sourced and certified as Rainforest Alliance, with some certified as Organic. Fintan has personally visited many of the countries and farms from which the coffee is sourced to ensure the quality and transparency of the produce Blue Butterfly is buying. A key aim for the company is to build strong relationships with the local producers and farmers and ensure that they are paid a fair price for their product.

The coffee chosen for Wigg's Bar at Randles Hotel and Kayne's is the Lulo blend sourced from Colombia, Brazil and Sumatra. The beans are delivered in a 6kg reusable drums which are collected and refilled, saving on the single use packaging in which coffee beans are usually delivered. With the Hotel also being a member of the Killarney Coffee Cup Project, any take-out coffees are served in re-useable cups making them as eco-friendly as possible.

"Our mission at Blue Butterfly Coffee is to create a product that not only excites coffee lovers with its exquisite taste but also makes a positive impact on the planet," said Fintan. "We believe that by promoting sustainability in every aspect of our business, we can contribute to a better future for both people and the planet."

Awareness event encourages older people to connect and stay healthy

HSF Cork Kerry Healthcare invites everyone to a free Older Persons Health Awareness Event at The Rose Hotel on Wednesday May 15, from 10am-2pm. The free gathering aims to bring the older community and their families together; to connect with each other and the many supports available locally through a wide range of community, voluntary and primary care services that promote enhanced physical, social, cognitive, mental health and wellbeing.

A range of practical talks are planned, including topics such as Geriatric Medicine, Falls & Better Bones, Memory and Mental Stimulation, Meals on Wheels and Community Pharmacy.

CommunityPlenty of information stands will be
available on the day also - featuring
BowelAwarenessBowelHotelon10am-2pm.Programmeto bring the
heir families(ICPOP), Pathfinders, Healthy Age
Ireland, Age Friendly Ireland, Tralee
Community Care Action, St Vincent
de Paul, Kerry Library, MABS and
North East West Kerry Development
Programme (NEWKD).

Tea, coffee and scones will be provided and there is no need to book in advance - just come along and enjoy the day on May 15.

For more information, contact the Primary Care team on 066 710 4830 or email olivia.orahilly@hse.ie



Cllr Marie MOLONEY Coolick, Kilcummin, Killarney

> Always available for help or advice.

Please contact me for an appointment.

Contact details: Mobile: 0863049422 Email: marie.moloney1980@gmail.com

Cllr. Martin Grady

Kerry County Council | Killarney MD



INDEPENDENT

"Your local councillor putting people first"

Tel: 087 6856929 Email: cllr. martin.grady@kerrycoco.ie



Weekly clinic at Scotts Hotel every Saturday @ 3pm. Social distancing rules will apply. I am always contactable on 0872461678

Are you on a waiting list for years awaiting hip/ knee replacement or any orthopaedic procedure, Cataract removal, Tonsils etc?

Are you aware there is a scheme available where you can travel to Belfast and have this carried out there and apply for a refund afterwards?

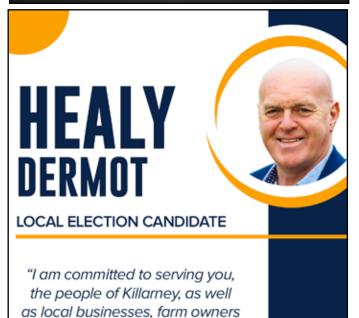
MOST COMMONLY ASKED QUESTIONS

- Do I need a medical card to avail of this? NO - Do I need to have health insurance? NO

- Does it only apply to a certain age group? NO For further information please call

Martina in my office 064 6685782

Contact Numbers: 01 618 3363/064 66 85782 E: michael.healyrae@oireachtas.ie





and the next generation."

T: 087-2574766 Email: helihealy@gmail.com

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Cllr John O'Donoghue

"Proud to work on your behalf and always available for support and advice."

VOTE NO.1

"Progress With Dignity"

Cllr John O Donoghue, Muckross, Killarney, Co. Kerry. 087 - 9403517 | cllr.jodonoghue@kerrycoco.ie

DID YOU KNOW THAT EVERYONE HAS A RIGHT TO VOTE IN THE LOCAL ELECTIONS?

All you need is your address and PPS number! Go visit checktheregister.ie

If you have difficulty, please contact Diarmaid by email. Deadline for registration is May 20th

VOTE NO. 1 DIARMAID GRIFFIN - For a Greener Killarney.

CONTACT: diarmaid.griffin@greenparty.ie www.greenparty.ie/people/diarmaid-griffin



party







'LOCAL ROOTS - A RELIABLE VOICE' 'LOCAL PEOPLE - LOCAL PRIORITIES'

SOME OF MY PRIORITIES INCLUDE:

I will continue to work to reverse the Current Crippling Planning Legislation so that families can buy a site and build their home in the countryside around Killarney. The current planning laws are resulting in high-priced housing, which is in short supply.

As Killarneys population grows, we need a Dedicated A&E in our town. With the new community hospital nearing completion, I will work to see St. Columbanus and Killarney Community Hospital Sites serve as a new A&E base for our town.

The redevelopment of the Áras Phádraig must progress as the funding has been allocated. KCC management needs to ensure this redevelopment commences, along with the development of a multi-story car park in Killarney.

 St. Finan's Hospital site must be redeveloped to Supply Social & Affordable Housing for local Kerry families.

■ Ensure that the €50,000 secured for new road safety signage and lining approaching Two Mile Community NS will be completed during summer holidays.

●Following numerous representations, Fossa road safety improvement works (Golden Nugget to Gap Cross) have been allocated €1 million in funding, including a crucial Pedestrian Crossing at Fossa NS. If re-elected, I will ensure that this vital project is undertaken without delay.

CRONIN

VOTE NO.

FOR CONTINUED...

EXPERIENCE • INTEGRITY • COMMON SENSE • ACCOUNTABILITY Ballyhar, Killarney, Co Kerry | T: 087 2069657 | E: cllrbrendan.cronin@kerrycoco.ie





PLANNING ISSUES RAISED

Cllr. Maura Healy Rae raised the following notice of motion at a recent meeting of Killarney MD to ask KCC how many applicants at pre planning stage and planning applications stage have been refused in areas deemed under significant urban pressure in the Killarney MD since the adoption of the County Development Plan over two years ago, the figures provided in the response show that the designation of areas under significant urban influence is resulting in applicants being refused planning, figures show 21 granted and 11 refused

which means that almost a third of planning applications have been refused on this basis since 2022. Cllr Maura Healy Rae also stressed that there is an undocumented figure where someone may have sought advice from a public representative or an engineer and received a negative indication as to their likelihood of being considered favourably.

Cllr. Healy Rae also made it clear at the meeting that this designation needs to be reviewed and reduced.

LOCAL CANDIDATE **DAMIEN SWITZER** CALLS FOR 'PRIDE IN AND RESPECT FOR' THE TOWN AND DISTRICT OF KILLARNEY

Damien Switzer, a candidate in the upcoming local elections has called on Killarney residents, young and not-so-young, newer residents and visitors, to take pride in and respect the town of Killarney which he thinks so much of.

Damien acknowledged that in these times of doom and gloom, it is easy to lose sight of the special place Killarney is. "Generations of hardworking people have strived over decades to make Killarney a vibrant town, and as a result created employment to raise and provide for their families", Damien said. "it is important we remember the fantastic tourism industry and offering we have developed for people from all over the world, and also the indigenous local industries, for example Liebherr, Tricel and many more, that provide constant employment and can compete on the world stage. We should take pride in this."

"However, it is not just enough to have pride of place, there has to be respect for it, which is how the community spirit is maintained. From Fossa to Rathmore and everywhere in between we have built our district for generations on core Irish values of hospitality and courtesy", he said.

"On the doors, outside of the big issues of housing and health, the points I hear again and again are... that locals, like myself or those who have moved here, want people to stop for a moment, and consider are their actions being respectful", Damien added.

Examples of this, which Damien agrees with

and is calling for are:

Please drive slowly on our roads like Ballycasheen and Woodlawn. You shouldn't have to be slowed by 'speed bumps' etc, families and children are living on these roads, respect that. Better to arrive five minutes late than dead on time!

Respect on the footpaths, particularly for our senior citizens... they deserve it! They were young once and have done their bit for the town. A friendly face or greeting can go a long way, take time to say 'hello' or even 'good morning',

Be mindful when you take your bike or scooter out, the footpaths are for walking. It is understandable given the condition of the roads makes it seem a better option to be on the footpath, but it is wrong, and someone could get seriously

injured if they were hit.

If you walk your dog, keep them on lead, and clean up after them. There are ample designated bins to put the waste in, so please pick it up and put it in them. Gladly the vast majority comply.

Our countryside is a treasure, our town too so please do not litter, it is so obvious yet litter is thrown around the place without a thought.

If you are fortunate enough to own or rent a business in town, follow the lead of other businesses and take pride in your premises and the street in front of it, the local authority employees and volunteer groups like the Tidy



Towns can only do so much.

If we lead by example others will follow. "I want to be clear that I am not preaching to people, but rather that sometimes the small actions, calling it the way it is, can have a huge difference to the quality of all our lives, and teaching our children what it means to be part of a community.

"We have, whether we are like myself 'Old Killarney here for generations', visitors to Killarney for a short time, or newer residents who have been offered sanctuary here, a responsibility to respect the town of Killarney and be part of a vibrant community. These are not new ideas, just the principles of good manners and decency that our parents and Grandparents taught us. It is time to get off our phones, our social media and our TikTok obsession and do some simple old-fashioned actions, Killarney will be a far better place for it."

Cllr. Martin Grady pictured with members of An Garda Siochana and representatives from Kerry Rape and Sexual Abuse Centre & Adapt Kerry Woman's Refuge at the recent Purple Day at the Pastoral Centre.





TIME FOR A CHANGE

Let me be the voice of ordinary Killarney people!



SWITZER NO:1 KENNEALLY NO:2



LISTRY BRIDGE

Cllr. Brendan Cronin has once again raised the issue of Listry Bridge at a recent meeting of Kerry County Council.

"As I was previously informed by Kerry County Council in 2023 that consultants were being appointed for Listry Bridge to complete the relevant stages of design, environmental reports etc to submit to the Department of Transport's further information request, why in April 2024 has no consultant been appointed and what is being done with the money allocated in this year's Roads Programme", Cllr. Croin said.

Reply: Kerry County Council advertised on e-tenders in 2023 for the appointment of consultants to progress the project. Unfortunately, this process failed to acquire a consultant. Following from that, Kerry County Council reviewed its documentation, engaged with the market, and readvertised early in 2024 for the appointment of Engineering Consultancy Services.

The tender return date was 5th April 2024. The submitted Tenders are currently being assessed and a recommendation to appoint the successful tenderer will follow. The appointed Consultant will carry out the following phases of work

- Phase 1 Concept and Feasibility, review
- Phase 2 Options Selection
- Phase 3 Design and Environmental Evaluation
- Phase 4 Statutory Processes

CALL FOR TORC TO **DINIS CYCLEWAY** TO BE COMPLETED



A local councillor has asked that as soon as weather permits that the cycleway cum walkway from Torc to Dinis be completed.

"This walkway/cycleway is an issue I have persistently raised in this chamber as I feel it has the potential to be transformative for all lucky enough to visit, and live in our area", Cllr. John O'Donoghue said.

"The views it would afford would rival those anywhere in the world

and it would have the added bonus of helping to alleviate traffic congestion along the Kenmare road as many of the bicycles could remain off the road all the way to Killarney Town if they wished, which I suspect many of them would. As soon as it receives the necessary permissions, it is vital that the Council immediately begin work, in conjunction with the NPWS to bring this wonderful project to fruition", he added.

BALLYCASHEEN TRAFFIC CALMING MEASURES ON THE AGENDA

Cllr. John O'Donoghue has called on Kerry County Council to provide an update on any planned traffic calming measures on Ballycasheen Road.

"This is another issue frequently on the agenda, with seemingly little progress. Residents along the road constantly complain of cars exceeding the speed limit. I spent some time there myself recently conducting an informal survey, and I would safely say there were as many cars exceeding the speed limit as there was obeying it. When I raised this issue previously, I was told that traffic monitoring would be put in place but I have yet to hear of any results from this. It is a road that is extremely busy with pedestrians and cyclists, many of whom are younger children attending Killarney Athletic soccer club. I am asking that the Council formulate some concrete plans to address the issue which has also been dragging on for far too long now", Cllr. O'Donoghue said.



MORE PUBLIC LIGHTING NEEDED

Kerry County Council have been asked to place additional public lighting in Muckross Close as the current public lighting does not cover the entire estate and is not adequate.

"In Muckross Close, the public lighting only covers about 75% of the estate and the residents at the far end of the estate have to complete their journey home in darkness, despite their neighbours a few doors down from them being fully luminated. A kind of Light Into Darkness walk if you will", Cllr. John O'Donoghue told the recent council meeting. "Outside of safety concerns, having such dark areas at the far end of estates can lend itself to antisocial behaviour and I ask that the Council remedy the situation please", he said.





DELIVERING ON HOUSING Delivering for Gou Clir. Niall Kelleher PUBLIC MEETING, discussing...

Housing Grants, low cost loans & SEAI one Stop Shop **Guest Speakers** Senator Mary Fitzpatrick, Energywise Ireland.

13th May 7pm The PlazaHotel Killarney

The Croí Conaithe Vacant and Derelict Property Grant

FIANNA FÁIL

Regenerating and rejuvenating our cities, towns and villages is key to thriving communities. **The Croí Conalthe Vacant and Derelict Property Grant** is a direct State support for homebuyers and homeowners to refurbish a vacant or derelict property and turn it into a home. Grants of \in 50,000, or \in 70,000 if the property is derelict, are available from local authorities all across the country. At the end 2023 6,050 applications had been received by Local Authorities with more than 3,200 approvals issued.

The grants are being paid out in line with grant approval which allows applicants 13 months to complete works.

Scan here to find out more:



Local Authority Home Loan

The Local Authority Home Loan is also making it easier for prospective buyers to get a State backed mortgage at competitive, long-term fixed rates. It's available to people who cannot get sufficient funding from commercial banks to purchase or build a home. It is available to first-time buyers and fresh start applicants to purchase a new or second-hand property, or to self-build. Fianna Fáil in Government have made enhancements to the Local Authority Home Loan meaning single applicants can earn up to \notin 70,000 annual gross income and joint applicants can earn up to \notin 85,000 annual combined gross income and still be eligible for the loan.

Scan here to find out more:



Local Authority Affordable Purchase Schemes

For the first time in more than a decade, under a Fianna Fáil Government, Local Authority Affordable Purchase Schemes are being developed by local authorities. These are homes which are made available to buyers at rates which are significantly discounted on open market rates. In total, funding of over €325m has been approved to date from the Affordable Housing Fund (AHF) to assist in the delivery of 4,000 affordable purchase and cost rental homes by local authorities across 21 Local Authorities.

Scan here to find out more:



Renters Tax Credit

Budget 2024 saw a 50% increase in the Renters Tax Credit. This new tax credit is available for the tax years 2022 to 2025 inclusive. This year the Renters Tax Credit is worth €750 per eligible renter and it can be claimed simply online on the Revenue website. To the end of January more than 450,000 claims have been made and we want more renters to apply for it. We are committed to helping renters and have also legislated for a 2% cap on rent increases and extended 'notice to quit' periods meaning renters are more secure.

Scan here to find out more:





SPA MUCKROSS COMMUNITY

GAMES

Our local Track and Field (athletics) event will be held this Tuesday evening at 7pm at the Killarney Valley Arena. The event is for all boys and girls ages 6 years to 15 years and are living in the Spa Muckross Community Games area. Children who qualify at this event will go on to represent Spa Muckross at County level in Castleisland on June 22nd and 23rd. Full list of events can be found on our Facebook page.

WORKMENS ROWING CLUB NEWS

Fantastic weather over the weekend again which enabled our crews to take part in the Castleconnell Regatta which was held on Saturday.

WELL DONE to all our crews and coaches for their competitive efforts at the Castleconnell Sprints Regatta, Worlds End, Lacka, Castleconnell, Co Limerick.

BEST OF LUCK to all our rowers who are now looking forward to the Lee Regretta, Marina, Co Cork on the 18th of May 2024.

TRAINING continues as usual for all members.

MUCKROSS ROWING CLUB

On Saturday, the club enjoyed a successful outing to the Castleconnell Sprint Regatta with over 50 crews racing. The large event entry meant that all categories were raced as straight finals. The stellar performance of the Muckross contingent resulted in a large medal haul with 17 winning crews, 11 x 2nd place and 11 x 3rd place finishes! Congratulations to the winning crews below. Womens Events: J18 Double: Rachel Fuller, Aine O'Sullivan (Final B); Khim Fleming, Eva Stack (Final D). J18 Single: Khim Fleming (Final D); Rachel Fuller (Final E). J16 Quad: Jane Keating, Jenna Coffey, Isabelle Brosnan, Muireann O'Donoghue, Bebhinn O'Donoghue (cox). J15 Double: Ciara Lawlor, Roisin Beazley. J13 Double: Bebhinn O'Donoghue, Orla Forde. Mens Events: Masters Quad: Ed Lyne, PJ Walsh, Sean Coffey, Noel Kelleher, Aine O'Sullivan (cox). J18 Double: Gearoid O'Connor, Cillian Leslie (Final C); Max Coyne, Jack Murphy (Final G). J16 Quad: Nathan O'Connor, Cian Scannell, Adiel Cazacu, Diarmuid Moynihan, Aaron O'Connor (cox). J16 Double: Nathan O'Connor, Darragh Kavanagh. J16 Single: 4 x straight final winners:

Adiel Cazacu, Nathan O'Connor, Diarmuid Moynihan, Darragh Kavanagh. J14 Double: Aaron O'Connor, Aaron Hegarty. See the club Facebook page for a full results round-up. LOUGH RYNN REGATTA

Best of luck to our J18 and J16 crews competing in the Lough Rynn Regatta in Leitrim this Saturday, the second Grand League regatta of the season.

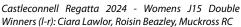
UPCOMING

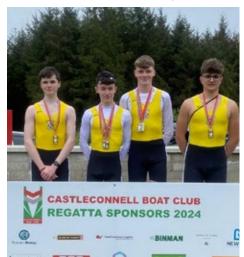
Lee Regatta, Cork Marina, Sat May 18th. Dublin Metro Regatta, Blessington, Sat May 25th. Bantry Sprint Regatta, Sat Jun 1st.



St. Brendan's College Athletics Team (front from left) Daithí Kelly, Rafsan Bhuiyan, Eoin Brosnan, Aidan Hickey. (seated from left) Arthur Fitzgerald Coach, Ted O'Gorman team captain, Laura Hallissey Coach, Rachel Bowler Coach (third row from left) Conor Duffin, Cian Forde, Alex Doolan, Jack Kelly, Leo Allen, Conn McGlynn, Kieran Moloney (back row from left) Junior Mayunga, Dean Power, Jacopo Ristuccia, Ivan O'Shea, Colin Looney winners of the best overall boys school at the Kerry County Schools Track and Field Championships in Castleisland. Photo by Michelle Cooper Galvin







Castleconnell Regatta 2024 - Womens J16 Quad Winners (I-r): Jane Keating, Jenna Coffey, Bebhinn O'Donoghue (cox), Isabelle Brosnan, Muireann O'Donoghue, Muckross RC



WORKMEN'S ROWING CLUB - Castleconnell Sprints Regatta.

Row L-R: Paula Prudnikovaite, Kayla Wharton, Faye Mannix, Amelie Counihan, Grace Mannix.



Castleconnell Regatta 2024 - Womens J13 Double Winners (I-r): Bebhinn O'Donoghue, Orla Forde, Muckross RC

KILLARNEY VALLEY ATHLETIC CLUB

The County Track & Field Juvenile and U20 Championships was held in Castleisland. Congratulations and well done to all the athletes that represented the club so well over the weekend. Some of the Results below: U9 Boys/Girls - Cian Sheahan 1st in 60m and 300m, Keelan Swarbrick 1st in Long Jump and 2nd in Turbo Javelin, Oscar Nagle 3rd in Turbo Javelin. Cliona Hegarty 3rd in Long Jump.

U10 Boys/Girls - Gary Arthurs 1st in 60m, Reece O'Donoghue 3rd in Long Jump, James Doody 1st and Charlie Jay Kelliher 2nd in the 500m, Morenka Smith 2nd in 60m and Long Jump, Fiadh Driver 3rd in the 500m.

U11 Boys/Girls – Conor Scannell 1st in the 60m and Long Jump, Conor O'Donnell 3rd in the 600m, Lucy Devane 1st in the 600m, Marcela Piechowiak 3rd in the Long Jump.

U12 Boys/Girls – Olamide Smith 1st in the 60m and High Jump and Long Jump. Ryan O'Donoghue 3rd in the 60m. Ryan was also 2nd in the 600m. Finian Swarbrick 2nd in the High Jump and 3rd in the Long Jump. Saoirse O'Shea 1st and Alannah McGlynn 3rd in the 600m. Aoife Delaney 3rd in the Long Jump. U13 Boys/Girls - Fionn Spellman was 1st in the 80m. Eve O'Halloran was 2nd in the 80m and 60mH. Seodhna O'Sullivan 1st in the 600m.

U14 Boys/Girls – Kieran Moloney 1st in the 80m and Shot. Torin Lyne 3rd in the Long Jump. Thomas O'Sullivan 3rd in the 800m and 2nd in the 1500m.

U15 Boys/Girls - Babatunde Smith 2nd in the 100m and 1st in the 80Mh. Conor Duffin 2nd in the 800m and 1st in the 1500m. TJ Evans 2nd in the Discus and 2nd in the Shot. Fionn Daly 1st in the Javelin, 3rd in the Discus and 3rd in the Shot. Katie O'Sullivan 1st in the High Jump and 2nd in the 80mH. Mia Garvanovic 1st in the Discus. Lily O'Shea 2nd in the 2K Race Walk. Beibhinn O'Donoghue 3rd in the 200m.

U16 Boys/Girls – Tara O'Sullivan 1st in the 800m



Castleconnell Regatta 2024 - Womens J16 Quad Winners (I-r): Jane Keating, Jenna Coffey, Bebhinn O'Donoghue (cox), Isabelle Brosnan, Muireann O'Donoghue, Muckross RC



Castleconnell Regatta 2024 - Mens J14 Double 1st and 2nd (I-r): Conor Duffin, Aaron O'Connor, Aaron Hegarty, Oscar O'Sullivan, Muckross RC

and 250mH. Sophie Duke 1st in the 100m, 200m and 80mH. Megan O'Reilly 2nd in the 100m and 200m and 250mH. Nell Thompson 3rd in the 250mH. Naoise Cronin 3rd in the 100m and 2nd in the 80mH. Kirsten Kenny 2nd in the 1500m. We had a clean sweep in the U16 Triple Jump with Antonya Lejwoda coming 1st, Kate O'Shea 2nd and Aoife 3rd. Taesha Veerasoo 1st in the Javelin. Finn Moloney 3rd



Castleconnell Regatta 2024 - Mens J18 Double Winners (I-r): Gearoid O'Connor, Cillian Leslie, Muckross RC

in the Shot and 2nd in the Javelin and 2nd in the Long Jump.

U20 Boys/Girls – Cian O'Brien 1st in the 100m and 200m. Oisin O'Regan 2nd in the 100m and 1st in the Long Jump. Keelan Veerasoo 2nd Triple Jump. Mollie O'Riordan 2nd in the 800m and 1st in the 400m. Ellie O'Shea 2nd in the Triple Jump. Amy Garvanovic 1st in the Javelin. Anna O'Shea 3rd in the 100m

CLIMBING THE HEIGHTS OF SUCESS

PODIUM PLACES FOR KILLARNEY CLIMBERS

Following a successful trip to the Southern Section of the Irish Secondary School Climbing Competition, the St Brendan's Climbing Team claimed 2nd and 3rd places in the All Ireland Secondary School competition which was held in Awesome Walls in Dublin recenty.

The team consisting of Aaron O'Connor, Jake Dunlea, Darragh Forde and Donnacha Kissane O'Sullivan claimed silver at the event while it was bronze for team members Conall Murphy, Peter Herlihy, Chris Flynn and St. Brigid's student Kate Culloty.

"They are a fantastic bunch of kids" Donie Mulcahy, their team manager and coach told Killarney Outlook.

"I am thrilled for them after all the hard work they put in", he added.

"They are so respectful, interesting and fun to be with", a delighted Donie said.

There is an open session at the climbing walls at St. Brendan's on Wednesday afternoons where students from surrounding schools can take part.



St Brendan's Climbing Team members Conall Murphy, Peter Herlihy, Aaron O'Connor and Jake Dunlea winners of 2nd and 3rd place in the All Ireland Secondary School competition which was held in Awesome Walls, Dublin with (centre) team manager Donie Mulcahy. Photo by Michelle Cooper Galvin



St Brendan's Climbing Team members Conall Murphy, Peter Herlihy, Aaron O'Connor and Jake Dunlea winners of 2nd and 3rd place in the All Ireland Secondary School competition which was held in Awesome Walls, Dublin. Photo by Michelle Cooper Galvin

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SOCCER FOCUS

KILLARNEY ATHLETIC

U15 GIRLS PREMIER

Killarney Athletic 5 - 7 Mastergeeha

Scorers For the Blues: Kelsey Cummins4, Ali Lyne 1 Today in a Sunny Mastergeeha the Curtin came down on the Season for our U15 Girls squad in what was a great sporting game..s pectators were treated to numerous goals in this exciting encounter with our Neighbours. With great personal performances by all of the squad.thanks to Mastergeeha for a great game. Special thanks to Martin Muldoon our underage Secretary for all the hard work organising and re organising our fixtures throughout the Season. Sincere thanks to all the parents for your continued support to us over the Season, we hope our girls have a lovely summer and are back rested and fresh to do it all over again next Season.

Killarney Athletic B 1 - 0 Kingdom Corinthians

Our Senior B's made the trip to Mounthawk park this evening playing in the semi final of the Tommy Healy Memorial Cup against Kingdom Corinthians.

The game started out a bit cagey with both teams trying to settle into the game. Our backline held strong dealing with a blinding sun in the first half and dealt with the pace Corinthians had up front who created a few chances. However as the half progressed Athletic started to take control of the game in midfield and had a handful of shots at goal but it ended 0-0 at halftime

The second half continued in this manner with Athletic controlling majority of the ball creating more chances and the deadlock finally broke early in the second half through a great finish by Matt Fleming. Credit to Corinthians they stuck at it and forced a great save from Conor O'Riordon near the end but the boys saw through the game coming out deserving winners

U13 PREMIER RESULT

Killarney Athletic 2 - 1 MEK

Sean Quill: 2 goals

A very hard fought win today for our young Blues in Woodlawn.

In a game where dominated the first half, going into the break one up from Sean Quill goal, assited by Rory Moynihan. The second half was much tighter with MEK starting cause us problems, but it was our boys who extended our lead when Sean Quill got in behind the MEK backline from a defence splitting pass from Eric Corcoran to put us 2 up.

MEK fought back and got a deserved goal, but it was our boys who held out to take the three points. Thanks to MEK for a good sporting game.

We done to all the squad on a solid performance today, every player played their part. Well done boys. Great workrate was shown from everyone involved which has earned Athletic a place in the final against Iveragh United next Sunday Goal scorer: Matt Fleming

UNDER 14 LEAGUE

Athletic 2 Ballyhar 2

Our under 14 league campaign came to an end on Friday evening... Athletic were forced back for most of the first half by Ballyhar and went behind early on. A slight change in tactics saw us get into the game as the half closed in. Second half was a even afair and athletic got a equaliser from Eric Corcoran. Ballyhar regained the league after some sloppy play in our own half which was punished. But our lads kept going and equalised again from Eric Corcoran. Both teams tried hard for winner but a draw was probably a fair result . We now look forward to cup final to finished our season.

SPECIAL THANKS to Martin Muldoon our underage Secretary for all the hard work organising and re organising our fixtures throughout the Season.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 3,12,13,16. No jackpot winner. Match 3 winners received \in 75. Next jackpot \in 8,000 on Monday May 13th. Tickets available from The Dungeon Bookshop, Amber Shop (Top of Ross Road), club members and online through clubzap.

CHARLEVILLE PREMIER A

Mastergeeha 0-5 Killarney Celtic

Terry Sparling 2, Wayne Sparling, Kalvin O'Sullivan, Matej Vrljicak

Celtic A picked up 3 more points to maintain their hold on a place in the league final after a clear cut win away to Mastergeeha. Celtic led early through Wayne Sparling but it took until the 2nd half before Celtic put clear daylight between themselves and Mastergeeha.

GREYHOUND BAR CUP QUARTER FINAL

Killarney Celtic 4-0 Listowel Celtic

Cathal Kelly, Matt Keane, Wayne Sparling, Trpmir Vrljicak

Killarney Celtic A qualified for the semi final of

the Greyhound Bar Cup after a win over Listowel Celtic in a game played midweek. Killarney led early on after a Cathal Kelly goal and 3 further goals secured the place in the semi final against Killorglin AFC.

YOUTHS LEAGUE SHIELD SEMI FINAL Killarney Celtic 3-2 Iveragh

Rafeal Viegas, Pa O'Brien, Jack O'Grady

Celtic defeated Iveragh in the youths league shield semi final last sunday. Celtic led 1-0 at the break after Noah Sexton picked out Rafeal Viegas who finished to the net. Iveragh equalised before Luca Mosca placed Pa O'Brien, who finished smartly to put Celtic back in front. Iveragh came back again to level. Celtic grabbed the winner late on. Jack O'Grady fired a free kick to the net to give Celtic the victory. **U16 DIV 1**

Listowel Celtic 1-7 Killarney Celtic

Cillian Coffey 3, Ignacy Truchan,Luca Mosca, Pa O'Brien, Kiernan Kelly

Celtic U16 won the U16 Div 1 league after securing the needed win away to Listowel last weekend. Killarney led 2-0 at the break thanks to Ignact Truchan and Pa O'Brien. Kiernan Kelly extended the lead to 3 in the 2nd half before Listowel pulled 1 back. Cillian Coffey restored Killarney's grip on the game with 2 goals before Luca Mosca made it 6 from a rebound. However the goal of the night came at the end when Cillian Coffey rifled home a bicycle kick to finish off the U16 season on a high note. Well done to the players and coaches on a fine season and on winning the league title.

WELL DONE to our teams at U9, U10, U11 who played in their finals recently. All our teams acquitted themselves.

CONGRATULATIONS to Lachlann Scannell, Donnacha Vaughan, Stephen Shine and Kiernan Kelly who have been selected for the KSBGL Kennedy Cup squad. The Kennedy Cup will take place in UL from Monday June 10th to Friday June 14th.

WELL DONE to Cillian Coffey U16 who made the KSBGL Team of the Week.

BALLYHAR DYNAMOS FC TEAMS

The club u14s Premier squad travelled to Killarney athletic on friday last in a must not lose game to keep their hopes alive of contesting a final league game decider at Murt Scott Park against St Brendans Park. Ballyhar led 0-1 at the break thanks to an Alex Finn strike after



U15 Girls Premier: Killarney Athletic 5 - 7 Mastergeeha



Killarney Celtic U17 Girls recent winners of the Domino Pizza U17 Cup Final

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SOCCER FOCUS

Dylan Fitzgerald had the first attempt. Killarney Athletic also had their moments bringing the best out on Ballyhar Keeper Daniel Duggan. On the stroke of half time Duggan made a fantastic save when he clawed the Ball & forced it over the crossbar. Ballyhar doubled their lead on 55 minutes when Jack Kelly & Ryan Quilter set up Ryan Vickers & at the second attempt Vickers increased the lead. Athletic came roaring back into the game with two well taken goals to tie the game at 2-2. Both teams went for it with Jamie Murphy & Ryan Vickers going close before the final whistle. Best of luck to Athletic in their upcoming cup final. On the night Ballyhar were best served by Duggan, Cornally, Quilter, Kelly, Murphy & Vickers.

The club u16s contested the shield semi final with a home fixture on Saturday last V Mastergeeha FC B. The visitors were the better team on the day winning out on a 0-4 scoreline. Ballyhar were best served by Conor Regan, Patrick Levy, Tom Costelloe, Conrad Long & Conor Giles who played very well. Thanks to the squad and management team of Alan & Pat for their commitment throughout the season. **KENNEDY CUP**

The Kennedy cup competition, the U14 inter league competition will take place from Monday 10th June to Friday 14th June at the University of Limerick complex. The Club are delighted that Ryan Vlckers of this club has been selected in the squad of 20 to represent Kerry. This is a great Honour for Ryan, his family, his u14 club team mates & his club mentors of John, Stephen & Peter. Congratulations Ryan. Best of luck to Kerry & the Management Team on the upcoming Tournament.

KERRY SCHOOLBOY/GIRL SOCCER

KERRY TEAMS RECORD SUCCESS AS MASTERGEEHA HOSTS REGIONAL FINALS Mastergeeha played host to the U14 Girls Regional Final, along with the U12 Boys Regional

Final Blitz and U12 Girls Regional Final Blitz on Bank Holiday Monday as Kerry teams looked to keep silverware in Kerry.

All three competitions in the end would be won by a Kerry side. MEK Galaxy had a busy week but ended it in style as they prevailed 2-0 over Killavilla in the U14 Girls Regional Final. Prolific goal scorers Isabelle O'Connor and Ava Harty continued their impressive week in front of goal as both netted for MEK in the win.

Dingle Bay Rovers and Park were in action in the 12's Blitz which featured just three sides as Charleville provided the other test in the 12's Blitz. Plenty of drama ensued in the three fixtures, Park overcame Dingle on penalties. Dingle overcame Charleville while Park narrowly lost 1-0 to the Cork side. Dingle in the end were crowned champions.

Mastergeeha recorded a home success in the U12 Girls Regional Final Blitz, recording three consecutive wins, two of which came via penalty shootouts. Taking on three Limerick teams, Herbertstown were the first test and Geeha found themselves 1-0 behind. Lily O'Donoghue levelled the tie with a sweetly struck volley as the game headed to penalties after a 1-1 stalemate at full time.

The Kerry side won 2-1 on penalties, Kaitlin O'Riordan and Aoibhínn O'Leary dispatched their spot kicks while some super saves from Shauna O'Riordan thwarted the Limerick side. Next up for Mastergeeha was Mungret Regional, this tie also went to penalties as the scoreline read 0-0 at the final whistle.

Penalties from Shauna O'Riordan, Kaitlin O'Riordan and Áine Herlihy saw Geeha win their second tie 3-0 in the shootout. The final game was a must win and a glittering performance against Holycross secured the silverware,

Shauna O'Riordan netted twice, while Kaitlin O'Riordan and Anniemai O'Donoghue also struck to the net as Geeha recorded another success at this grade.

PARK PLAYS HOST TO DEVELOPMENT FINALS DAY

On Bank Holiday Monday, Christy Leahy Park was a sea of activity as 15 development finals were played out over the course of the day, a festival of football atmosphere hosted by the Tralee Club.

LB Rovers took the spoils in the U9 Boys Medal Final over Camp Juniors, the hosts St Brendans Park recorded success in the U9 Plate Final over Castleisland, while in the all club meeting between Park "Black" and Park "Gold" in the U9 Boys Trophy Final, Park "Gold" were crowned champions.

In the U10's finals, we had another meeting of two Park selections in the John O'Flynn U10 Boys Medal Final, Park "Red" v Park "Gold" with Park "Red" taking the spoils. Killarney Celtic took the John O'Flynn U10 Boys Bowl Final honour defeating Inter Kenmare.

The John O'Flynn U10 Boys Plate Final was a successful outing for Killarney Athletic as they claimed the spoils against LB Rovers. Killarney Athletic continued their success in the 10's Finals as they defeated Fenit in the John O'Flynn U10 Boys Shield Final.

Castleisland were the victors in the John O'Flynn U10 Boys Trophy Final as they beat Killarney Celtic. The Final fixture in the U10's grade saw Dingle Bay Rovers meet Camp in the John O'Flynn U10 Boys Cup Final, Dingle recording success in the decider.

The John Dowling U11 Finals also did not disappoint. Park recorded another success in their home venue as they prevailed over Listowel Celtic in the Boys U11 Medal Final. Neighbours Tralee Dynamos took the win in the U11 Bowl Final over LB Rovers while Mastergeeha overcame Fenit Samphires in the U11 Plate Final. Fenit would record success in the U11 Shield Final overcoming LB Rovers in an entertaining contest that went down to the wire. Park capped off their day with another bit of silverware staying in Christy Leahy Park as they defeated Inter Kenmare in the U11 Trophy Final.

The big showdown in the U11 Cup Final pitted the holders Castleisland, looking to reclaim their crown against Killarney Celtic. After a nail biting tie between the two, a new name was etched in the John Dowling Memorial Cup as Killarney Celtic were crowned winners. **GIRLS**

MEK RECORD EMPHATIC AWAY WIN IN U13 GIRLS PREMIER

MEK Galaxy took the three points away to

Inter Kenmare, coming out 9-3 winners away from home as their impressive unbeaten run continued.

Elise Brunner bagged four goals for the visitors, while Ava Harty struck on three separate occasions. Grace Ryan and Tara O'Connell also found the net in the win.

UNBEATEN RUN FOR GALAXY CONTINUES IN 14'S PREMIER

MEK Galaxy made it seven wins in a row as they picked up three points with a 5-2 win over Listowel Celtic on Saturday afternoon.

Isabelle O'Connor scored a hat trick for the hosts while Izzy Lyons and Elise Brunner, who netted four earlier in the week, struck the other two goals for Galaxy to ensure they overcame a stern Listowel test. Leona Meaney struck twice for the visitors.

MASTERGEEHA PREVAIL IN LOCAL 12 GOAL THRILLER IN U15 GIRLS PREMIER

Two local sides in action, 12 goals scored in total, in the end it was the hosts Mastergeeha who came out 7-5 winners over Killarney Athletic in an exciting game on Saturday morning.

Amy Brosnan bagged four goals in an emphatic display for Mastergeeha while Anna Lenihan was on the double and Noise Ní Bhraoin also rippled the Athletic net in the win. Kelsey Cummins would also score four goals in the tie for Athletic, as Ali Lyne also put her name on the scoresheet for the visitors. BOYS

KILLARNEY ATHLETIC AND LISTOWEL CELTIC PICK UP WINS TO AID TITLE HOPES IN U13 BOYS PREMIER

Killarney Athletic and Listowel Celtic continued to pick up the points as the pair look to stake their claim to loft silverware this season, Listowel Celtic sitting top of the standings.

A Sean Quill brace saw Athletic get the better of MEK Galaxy, as the hosts recorded a 2-1 win on Saturday. Celtic meanwhile were 7-1 winners over Inter Kenmare, Mason Elston Sheehy, Simon Russell, Ethan Stack, Dylan Browne, Cathal Dennehy and Ruairi O'Brien all grabbed the goals for Celtic in Tanavalla.

CASTLEISLAND SECURE AWAY WIN IN U13 BOYS DIV 2 NORTH

Castleisland C picked up the three points away from home on Saturday as they claimed a 2-1 win away to Park C in Christy Leahy Park.

Cillian Doody and Regan Zhang netted goals for the visiting side while Park's goal arrived when Saad Abdalla played in Szymon Bielinski to finish calmly to the net.

INTER KENMARE CROWNED U13 BOYS DIVISION 2 SOUTH CHAMPIONS

Despite not playing a game this week Inter Kenmare were crowned Champions of the U13 Boys Division 2 South as Milltown suffered a 4-3 defeat away to MEK Galaxy.

A double from Eoin McClure and Luke Twiss secured the three points for Galaxy as they ended the year on a high point and as a result handed Inter Kenmare the silverware.

SPOILS SHARED IN U14 BOYS PREMIER EAST KERRY DERBY

Killarney Athletic and Ballyhar Dynamos played out an exciting 2-2 draw on Saturday as the sides could not be separated at the final whistle. Ballyhar did take a 1-0 lead to the break but the

OUTLOOK MOTORS



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SOCCER FOCUS

three goals netted in the second period would eventually see both leave with a point. Alex Finn and Ryan Vickers finding the net for the visitors. BALLYHEIGUE SECURE U14 DIVISION 1 SILVERWARE

Despite their defeat on the final day Ballyheigue lifted the U14 Division 1 title to end a season of quality performances by the seasiders. Listowel Celtic won the tie 5-1 in the end.

Mason Sheehy Elston was on the double for Celtic while Dylan Browne, Diarmuid Lyons and John Carey also rippled the net for the visiting side.

LISTOWEL CELTIC THROUGH TO U15 HEALY FAMILY SHIELD FINAL

Listowel Celtic advanced to the final of the U15 Healy Family Shield as they overcame Park C 6-1 in Tanavalla on Saturday evening.

Jayden Chute netted a hat trick for the home side, while Daithi Laide was on the double for Celtic. Cian Ryan also bagged a goal for Listowel as they meet Killarney Celtic B in the decider later this month.

ALL MASTERGEEHA CLASH IN U16 BOYS TUCKER KELLY SHIELD FINAL

Mastergeeha B will meet Mastergeeha C in the final of the 16's Boys Tucker Kelly Shield as both claimed wins at the weekend to book their passage.

The B's recorded a 4-0 win away to Ballyhar Dynamos, Craig Brosnan and Shane Daly were both on the double for the visitors to advance to the decider. Mastergeeha C meanwhile had a nervy 4-3 win at home to LB Rovers.

The game was deadlocked 0-0 at the break but Mastergeeha soon went into a 4-1 lead. LB brought it back to 4-3 nearing injury time but could not grab a fourth goal. Jakub Dunworth, Cody Goggin and Paul O' Mahony all scored for the visitors.

KILLARNEY CELTIC CROWNED U16 BOYS DIVISION 1 CHAMPIONS In their play-off game on Friday evening, Killarney Celtic ensured they would take home the U16 silverware with a 7-1 win away to Listowel Celtic.

Cillian Coffey struck a hat trick for the visitors, while Pa O'Brien, Ignacy Truchan, Luca Mosca and Kiernan Kelly also found the back of the net for Killarney to ensure they left North Kerry with the title.

GIRLS

U12 GIRLS SHIELD FINAL Listowel Celtic 0-1 Killorglin **U12 GIRLS PREMIER SOUTH** Ballyhar 1-5 Killarney Celtic **U13 GIRLS PREMIER** Inter Kenmare 2-8 MEK **U13 GIRLS DIV 1** Camp Juniors 6-0 Mastergeeha **U14 GIRLS REGIONAL FINAL** MEK 2-0 Killavilla **U14 GIRLS PREMIER** Dingle 4-0 Park MEK 5-2 Listowel **U15 GIRLS PREMIER** Mastergeeha 7-5 Killarney Athletic **U15 MARY LYNE CUP SEMI FINAL** Killarney Celtic 1-2 Park AET **U16 LOL CUP 1ST ROUND**

Iveragh 0-4 Listowel Celtic BOYS U13 JOHN-JOE NAUGHTON CUP Q/FINALS Killorglin A 0-2 Park U13 BOYS PREMIER

Castleisland 1-6 Park Killarney Athletic 2 - 1 MEK Listowel A 7-1 Inter Kenmare A **U13 BOYS DIV 2 SOUTH** MEK 4-3 Milltown **U13 BOYS DIV 2 NORTH** Top Dingle 4-3 Fenit B Bottom Park C 1-2 Castleisland C U14 BOYS PREMIER Tralee Dynamos 0-3 Park Killarney Athletic 2-2 Ballyhar U15 HEALY FAMILY SHIELD S/FINALS Listowel A 6-1 Park C U15 BOYS PREMIER Park 6-0 Killorglin U16 BOY'S TUCKER KELLY CUP S/FINALS MEK A 3-1 Listowel Celtic A U16 BOYS TUCKER KELLY SHIELD S/FINAL Ballyhar 0-4 Mastergeeha B Mastergeeha C 4-3 LB Rovers U16 BOYS DIVISION 1

Listowel A 1-7 Killarney Celtic A Mastergeeha C 3-5 Park A

KERRY SCHOOLBOYS & GIRLS Evan Greensmyth (MEK Galaxy U13) Saad Abdalla (Park U13) Brendan Allman (Ballyhar Dynamos U14) Daniel O'Leary (Park U13) Luke Twiss (Milltown U13) Kian Cronin (Park U13) Eoin McClure (MEK Galaxy U13) Nathan Mulcahey (Killarney Athletic U13) Craig Brosnan (Mastergeeha U16) Cillian Coffey (Killarney Celtic U16) Jayden Chute (Listowel Celtic U15)

GIRL'S ROLL OF HONOUR

Jemma Skinner (Camp Juniors) Hollie O'Driscoll (Camp Juniors) Abby McCarthy (MEK) Hannah Mulvihill (Listowel Celtic) Grace Barry (MEK) Kelsey Cummins (Killarney Athletic) Elise Brunner (MEK) Isabelle O'Connor (MEK) Amy Brosnan (Mastergeeha) Leona Meaney (Listowel Celtic) Ava Harty (MEK)



The St. Brigid's Presentation Secondary School team.



A project in the category on the Power of Sport, Culture, History and Inclusion entitled "Sport behind bars" was spearheaded by Aoife O'Keeffe, Molly Collins and Feithleann Somers, and this project also won the



Isabella O'Callaghan won in her category Outdoor Sports with her project on "Horseriding and Injury their ongoing support. prevention".

NATIONAL RECOGNITION FOR PRES GIRLS

On Thursday 2nd May 18 students and 2 staff members from St. Brigid's attended the PExpo in the National Indoor Area, in Sport Ireland Campus Dublin. PExpo is a national competition for secondary school students. Students from all over Ireland came together to showcase their projects on sport, health and physical fitness. St Brigid's entered a total of six projects.

On the day, Isabella O'Callaghan won in her category Outdoor Sports with her project on "Horseriding and Injury prevention".

A project in the category on the Power of Sport, Culture, History and Inclusion entitled "Sport behind bars" was spearheaded by Aoife O'Keeffe, Molly Collins and Feithleann Somers, and this project also won the prestigious overall Senior Award.

Well done to all our students who travelled, to their teacher Ms. Moynihan, and the PE Department for their ongoing support.



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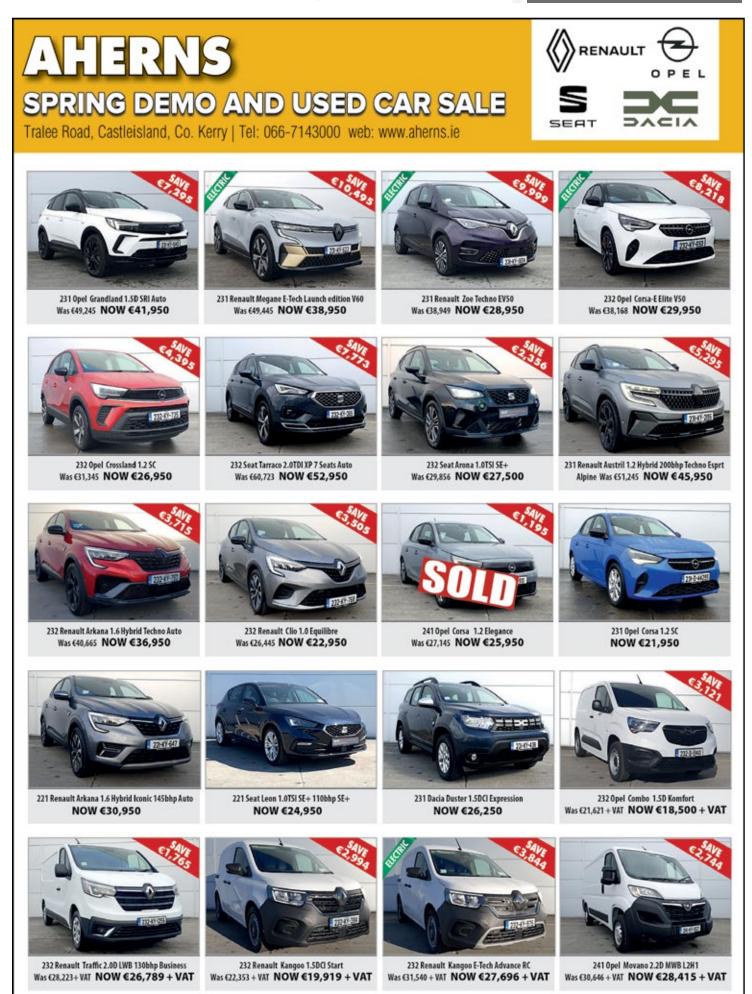
Pictured at the launch were - Rose of Tralee entrants Claudia Ward, Aoife O'Sullivan and Grace Kearney Photo By : Domnick Walsh © Eye Focus LTD



The Kingdom County Fair is Back for 2024 and takes place this weekend on the 11th & 12th of May at the new Showgrounds in Ballymacthomas. The Fair is a fantastic occasion and promises to be a fun filled day for all the family.

The Kingdom County Fair has been held in Tralee for over 70 years. Our mission is to provide a platform for local businesses to display their goods to the public and for the promotion of local culture including music, dance, home crafts, horticulture. We also host a wide range of classes for cattle, sheep, goats, horses, and a dog show, amongst our numerous activities on the day. We provide a unique opportunity for urban dwellers to meet with their rural neighbors and to experience rural living and rural pursuits.

Speaking at the Launch, James Tarrant Chairman said. " It's great to be back, we believe that our new showground is a wonderful facility.



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Physical fitness is very important at exam time

By Billy Ryle

EXERCISE

The state exams are less than four weeks away, so it's important to keep an eve on your physical fitness. Study and revision are demanding. The pressure, which some candidates feel around exam time, is a good reason to maintain a level of physical fitness. In the context of an exam, physical fitness is every bit as important as mental alertness. A regular exercise programme is a great way to burn off tension. It relieves stress and is good for the self-confidence. Exercise is a welcome break from the demands of regular study. Set aside an hour two or three times a week to exercise in order to keep in good physical shape. The amount of active exercise you take depends on yourself. Strenuous, competitive exercise is not advisable before and during the exam period as it causes fatigue. An aerobic exercise programme results in a feeling of wellbeing, it helps you to sleep soundly, to build up stamina and endurance and leads to improved concentration.

RELAXATION

Counteract any nervousness by using a few simple relaxation techniques. Stress and anxiety are related to muscular tension. So, by using a relaxation technique to reduce tension in the muscles you will also reduce stress and anxiety. An effective one is to close your eyes and inhale a few comfortable deep breaths. Hold each breath for a few seconds. Then breathe out, slowly and quietly. As you breathe out say 'relax' to yourself and you will feel the tension flowing out of your body. Open your eyes and then carry on with your study. This simple but effective physical relaxation technique can be done in about two minutes and can also be used for periodic breaks during the exam itself.

NUTRITION

A well-balanced nutritious diet is important around exam time when you need high reserves of energy. Ensure that your mind is clear and alert with a diet that is high in protein, carbohydrates, unsaturated fats, vitamins, minerals and energy. Take three substantial - but not too heavy - meals each day. Enjoy a high-fibre breakfast to keep the digestive system functioning normally. Eat a healthy dinner, which contains constituents such as vegetables, potatoes, rice, pasta, salads, chicken, fish or lean meat. Take a regular evening meal of brown bread, eggs, cheese and related high protein-based foods. Rather than having three very heavy meals you might prefer to supplement your main meals with a few nutritious snacks made up of yoghurt, fruit, cheese and the like. Don't over indulge in junk food. Drink at least two glasses of milk daily as well as plenty of cool fresh water to avoid dehydration and to keep the fluid levels high. Be moderate in your use of artificial stimulants such as tea and coffee, which contain caffeine. Keep a clear head by abstaining from alcohol before and during the exam period.

SLEEP

Aim to get eight or nine hours sleep each night. A tired mind, however brilliant, cannot perform at its best. The importance of an adequate amount of sleep cannot be over emphasised. Long hours of study into the night can be counter- productive and energy sapping. Rather than burning the midnight oil go to bed at a reasonable hour to ensure that you get sufficient rest.

HYGIENE

Be particular about your personal hygiene, especially in warm weather. If you feel fresh and comfortable your mind will focus better on the task in hand. Hang up your uniform after school and change into casual clothes before you settle down to evening study. As the tension of the day often manifests itself in the feet, change from your school footwear to lighter more comfortable footwear. Always take the time to enjoy a regular shower or bath. A fresh effervescent feeling will help you to meet the demands of study and exams.

CHECKLIST

Physical fitness is every bit as important as mental alertness

- A regular exercise programme helps to burn off tension
- Aerobic exercise induces a feeling of wellbeing
- Strenuous, competitive exercise before an exam may cause fatigue
- Build short relaxation exercises into your daily plan
- A well-balanced nutritious diet is a source of energy
- Keep fluid levels high to avoid dehydrationBe moderate in your use of artificial
- stimulants such as tea and coffee • Keep a clear head by abstaining from
- alcohol at exam time
- It's important to get eight or nine hours sleep every night
- Instead of burning the midnight oil go to bed early
- Good personal hygiene keeps you fresh and comfortable
- Exam timetables are available on www. examinations.ie

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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

MUNSTER FINAL Kerry 0-23 Clare 1-13

Job done. To be honest, everything else from outside commentators is just guff. These are – and have always been – games where the overdog team's management can't succeed. Win by twenty points – "ah, sure, that game was no good to them at all. They'll pay for the lack of a real test down the road."

Win by seven – "ah jaysus. If Clare are running us close, the likes of Dublin or Derry will eat us alive. They'd badly want to make changes".

The reality is that Clare were never really likely to beat Kerry....and they didn't. Compared to Ripley's Believe it or Not or a M. Night Shmayalan movie, it's not really the most dramatic twist imaginable. I'm not taking away from Clare at all. In the circumstances, especially given the kind of talent they have lost recently, they were fantastic. Mark Fitzgerald and James Costello deserve the highest praise. Their lads gave everything that could have been hoped for and more.

Here's my theory about the Marie Celeste, the famous ship that was found sailing completely unmanned. I think the ship ran into a squall and the crew panicked and leapt into the lifeboats, effectively leaving them stranded in the middle of a hostile ocean. The unmanned ship sailed through the squall unharmed and drifted until it was eventually found.

And the crew who abandoned it unnecessarily? Listening to the whinging about Kerry's performance in Ennis, I strongly suspect that many of them made their way to Ireland and their descendants became GAA pundits.

Fast start by Kerry, Seán O'Shea offloading to David Clifford, who was dragged. A handy free, and that's bread and butter for Seán. Clare opted, understandably and predictably enough, for a full duvet defence, fifteen behind the ball. Less predictably, and more encouraging, Kerry are quite happy to press directly into it, happy to challenge Clare one on one in their own half.

Great goal chance. A good ball by Dara Moynihan – he is on song here – to David Clifford and David slipped it on to Joe O'Connor. Not the best attempt at a finish, and Stephen Ryan gets a hand to it. No fault – but Kerry will need to take advantage of any such opportunity against bigger guns.

Emmet McMahon slotted a Clare free. Kerry with all the play, but it's level pegging.

Sean O'Shea with another free on the board. Kerry thread the ball neatly through that compact Clare defence before Tony Brosnan looked up and split the posts. First point from play. 0-3 to 0-1.

Oooh. Aaron Griffin with a great point and Gavin Murray swings over another with his left leg. That's good football. Twenty minutes gone and it's level again. Kerry obviously have



The Kerry team before the Munster Final Kerry V Clare. Photo: Orla Coyne, Kerry GAA Fans.

another gear in them, but they need to start feeding O'Shea and Clifford much earlier – both are clearly capable of cutting wreck here with ball in hand.

Paudie Clifford with a good response. He then finds his brother; lovely score by David. Paudie with a second one and Seán O'Shea. That's more like it. Double scores and a bit more ruthlessness by Kerry.

Dermot Coughlan with a good reply – Clare are obviously not going to buckle here – but David gathers a mark and fires over. Emmet McMahon with a free. David Clifford rises highest among three defenders and somehow flicks the ball out to Dara Moynihan, who finds Cillian Burke, who lays off to Seán O'Shea. It's the Kenmare man's score, but David Clifford is one of the few players in the country who could have gotten anything on that. Clare did nothing wrong; that was Kerry showing their real contender credentials.

Seán O'Shea and Emmet McMahon exchange frees before Ciarán Downes adds another from a very, very tight angle. Shane Murphy has to be alert to deny Dermot Coughlan a goal after a powerful drive by Darragh Bohannon. Clare are looking very lively. It's beginning to look like Kerry are in a real dogfight here, and that's because of class by Clare rather than deficiencies in Kerry.

Brian Ó Beaglaíoch drives forward for a Kerry score, but it's the last action of the first half.

Half-time Kerry 0-11 Clare 0-7. Kerry in a commanding position but not really in full control, and this game was definitely still in the melting pot. Good, compare it to the embarrassed tedium of half-time last year. Completely different atmosphere, and all the better for it. I'm sorry now but having it in Killarney on the Rally weekend would have been madness, and the Gaelic Grounds would have again been anaemic enough. Cusack Park was the right place for it. There's a good Clare crowd driving a team that they are justifiably proud of on.

They almost get an instant reward at the start

of the second half. Straight from the throw-in Brian McNamara simply burst through an open Kerry defence - very open, and that will be assessed carefully by Kerry management, and future opposing teams. Dermot Coughlan's pace and positional sense are clearly a problem, and one that we have encountered before. Our defensive strategy involves Tadhg Morley as a pivot, at which he excels. But Clare aren't the first team to try and force him to man-mark, and Coughlan's forays out to the wing aren't any kind of accident. Clare want that channel open, and we need to keep it firmly closed. A certain Kevin McManamon found that channel open twice in big games – remember how they turned out for Kerry?

Shane Murphy once again comes to the rescue, but Ciarán Downes slots over the '45. Just a goal in it.

David Clifford and Tony Brosnan pick off Kerry scores. The Kerry forwards are clearly on form and Kerry have the edge in midfield, but we aren't stringing a convincing display together. Dr. Eamonn O'Sullivan had 'Fear fatal fouling' as a defensive mantra. I'll add one of my own, 'Feed famished forwards'.

Aaron Griffin with a Clare point, but David Clifford replies with a free. Kerry aren't dismissing Clare's challenge, but at the same time, you'd be fairly certain who is going to win this game. Tom O'Sullivan and Jason Foley with points.

Emmet McMahon, one of Clare's best performers, notches another score. Gavin White is down with a head injury; that's a worry. Emmet McMahon scores a free for Clare, but Dara Moynihan is on the end of a well-worked Kerry move to reply. Tony Brosnan picks off another – after seeing him with Crokes, I'd always prefer Tony as a score-getter rather than a playmaker; he's doing plenty of both here. Kerry are beginning to run their bench. Paul Geaney, Stephen O'Brien, Barry Dan O'Sullivan....these kind of players would be obvious starters for Clare and that's ultimately the difference. Seán O'Shea slots another free.



TANK IN THE REAL TO A STREET, INC.

Action from the Munster Final Kerry V Clare. Photo: Orla Coyne, Kerry GAA Fans.



Nine points in it now and you'd be fearing that an undeserved Clare collapse might be imminent.

They are made of tougher steel. The ball is laid off to Ikem Agwuero with an amount of Kerry players in front of him, but he surges past static defenders with a quick feint to the left and just bursts through the pack. He's surrounded and legally tackled to hit the ground but he just gets up swivels, and drills it past a diving Shane Murphy.

Superb goal. No question, absolutely brilliant. But I'm sorry now; we were well set up to snuff out the danger and he just sailed past about six of ye without even slowing down? The likes of Joe Barrett, Paddy Bawn, Paud O'Donoghue, Tim Kennelly, or Liam O'Flaherty would have been helping the poor crathur onto a stretcher and fervently hoping that he would be okay. A thicket of thorns isn't the standard; we expect brick walls.

Now, at the same time, all the subsequent claims that the 'game was suddenly back in the melting pot' are attempts to drum up a tension that simply wasn't there. Kerry were still five points up with six minutes of normal time left. Clare supporters quite rightly celebrated the goal, but it wasn't at all as if they suddenly scented victory.

Seán O'Shea notched a free. Eight minutes injury time was announced, but that wasn't sending any hearts fluttering. Seán O'Shea with another point, this one from play. Barry Dan O'Sullivan cracked the ball off the crossbar after being set up by Seán O'Shea. Mark McInerney slotted one last point for Clare, who can be well pleased with their display here, but Paul Geaney closed it out with a last point for Kerry. People can nitpick if they want (and some clearly do). This was never an easy ground to come to and, while we all have to accept that provincial medals are very much a tarnished currency these days, Kerry did all that they had to do. Plenty to quibble about - Clare were able to run through our defensive centre too easily, we were too laborious in feeding our forwards even allowing for the defensive structure, and we left two goal chances behind us.

Kerry used to win All Irelands in just four championship games. We are at least five games away from even reaching an All Ireland Final right now.

I wanted Kerry winning Munster without

burning too much energy or picking up longterm injuries. For that matter, that's all I want in the group stage as well (I do want us winning our group and avoiding that preposterous extra game). So for me, a few wrinkles to iron out, but nothing major. Job done, bualadh bos. Clare: Stephen Ryan, Manus Doherty, Cillian Brennan, Ronan Lanigan, Alan Sweeney, Cillian Rouine, Ikem Ugwueru (1-0), Darragh Bohannon, Brian McNamara, Daniel Walsh (0-1, Dermot Coughlan (0-1), Gavin Murray (0-1), Emmet McMahon (0-5, 4f), Aaron Griffin (0-2), Ciarán Downes (0-2, 1f, 1'45). Subs: Joe McGann for Murray (temp, 15-17), Joe McGann for Murray (54), Micheal Garry (for Alan Sweeney, 57 mins), Cormac Murray (for Ciarán Downes, 61 mins), Mark McInerney 0-1 (for Dermot Coughlan, 67 mins), Darren Nagle (for Ikem Ugwueru, 74 mins).

Kerry: Shane Murphy, Paul Murphy, Jason Foley (0-1), Tom O'Sullivan (0-1), Brian Ó Beaglaíoch (0-1), Tadhg Morley, Gavin White, Diarmuid O'Connor, Joe O'Connor, Dara Moynihan (0-1), Paudie Clifford (0-2), Cillian Burke, Tony Brosnan (0-3), David Clifford (0-4, 1f, 1m), Seán O'Shea (0-9, 5f, 1'45). Subs: Mike Breen (for Gavin White (50 mins), Paul Geaney 0-1 (for Dara Moynihan, 57 mins), Stephen O'Brien (for Cillian Burke, 57 mins), Barry Dan O'Sullivan (for Joe O'Connor, 59 mins), Dylan Casey (for Brian Ó Beaglaíoch, 63 mins), Killian Spillane (for Tony Brosnan, 67 mins).

Referee: Fergal Kelly (Longford).

KERRY LADIES MUNSTER CHAMPIONSHIP ROUND THREE

Kerry 1-8 Waterford 1-7

With two wins out of two already, this third round game against Waterford was basically a free pass for Kerry. They could afford to give players outside the first fifteen important minutes and they could afford to put on no less than eight substitutes, with Jess Gill having been replaced by Amy Harington before the throw-in. Some of the selections – I have never seen Deirdre Kearney, one of the best defenders in the county, ever line out in forwards before. A long term strategy change? I kind of doubt it. I won't quite say experimental mode, and it wasn't Kerry downplaying their hand (Waterford know us from the League, anyway). It was just one of those games where the result was not the key factor for Kerry management. Jadyn Lucey opened the scoring with a Kerry free won by Hannah O'Donoghue and Eilís O'Connor set up Lorraine Scanlon for a point. Kelly Ann Hogan replied with a free after Aoife Murray drew a free. Kerry had a let-poff when Lauren McGregor blasted a great effort off the post. Hogan picked off her second free after eighteen minutes. Kelly Ann Hogan, who was genuinely excellent all through, pointed from play and the Deise were in front. Deservedly so, for all that Kerry had more possession. 0-3 to 0-2 to Waterford after twenty minutes? I'd imagine there were a few frowns on the sideline.

At last Kerry sparked into top gear. Hannah O'Donoghue was on hand at the end of a great sweeping move by Kerry to finish to the net.

Katie Murray and Jadyn Lucey swapped scores before Niamh Ní Chonchúir made it 1-4 to 0-4. Kelly Ann Hogan slotted another free, and Kerry headed into the dressing 1-4 to 0-5 ahead, but with plenty to talk about.

Waterford emerged in determined mood and Eve Power blasted a rocket over the crossbar – that wasn't what she had been aiming for, and that has to count as a let-off.

I don't know how many of you remember the great Waterford Ladies teams of the nineties. Aine Wall was one of the best footballers in the country. The Ryan twins, the Crotty sisters... don't ever question Waterford steel. They aren't the power that they were, they'll tell you as much themselves, but those embers still burn fiercely. They came right at Kerry again, and in the end there was no legal way to stop Áine O'Neill. Up stepped substitute Kaci Brazil to the penalty spot and Maradonna himself never hit a better one (allow me a little poetic license, please). Level pegging.

Waterford, unquestionably, looked the hungrier side. Jadyn Lucey was denied by a great block. However, Waterford were a bit wasteful with their own shooting. It's not the best team on the field that wins a game; it's the best team on the scoreboard. That's always been the blunt truth of field sports.

It was actually Kerry who got the next point, a good score by Niamh Ni Chonchúir. Almost twenty minutes of the second half scoreless? Waterford should definitely have pulled away by then. Instead, Katie Brosnan squared things up just four minutes later, 1-6 apiece. Kelly Ann Hogan nudged her side back in front. With just two minutes left, Brosnan pointed again. All square.

Fiadhna Tangney hadn't been all that long on the field after replacing her club-mate Hannah O'Donoghue, but when the chance came she executed the winning score to absolute perfection.

A win for Kerry, but I'd certainly argue overall that more questions were asked than answered for the Kerry managemrent.

FIRST MCDONAGH DEFEAT FOR KERRY MCDONAGH CUP Kerry 0-18 Laois 1-25

Truth be told, Kerry have already far exceeded anybody's realistic expectations of the McDonagh Cup campaign. Two wins from two is a phenomenal return considering the turnover in personnel. Three, especially against an unbeaten Laois who were in the top tier very recently and are strong favourites to get back there, was always going to be asking too much. Laois opened the scoring through Liam O'Connell, but Fionán Mackessy replied with a long range free. However, the game was just five minutes old when Tomás Keyes found the Kerry net. Worse, it was a careless turnover by Kerry that was quickly and ruthlessly pounced on. In fairness to Kerry, they dug their heels in. Colin Walsh and Tom Cuddy exchanged points before Maurice O'Connor ('65) made it a two point game. Liam O'Connell and Michael Leane exchanged scores. Paddy Purcell stretched the gap; Maurice O'Connell (f) trimmed it again. It wasn't really a reflection of the play. Laois were always that bit crisper, that bit more sure with their first touch. But Kerry were dogged and persistent and bravely contesting everything. Stephen Maher put over two points, a free and a '65, and Laois were four in front. David Dooley added another. Maher with another free. Alarm bells were ringing now, but Killian Haves pointed to at least keep Kerry within five. David Dooley and Ronan Walsh exchanged scores. Aaron Dunply added another Laois point to leave them in front by 1-10 to 0-7 at half-time. From a Kerry point of view, it could have been worse. No complaints. Laois were excellent and every Kerry player was giving it everything.

Aaron Dunphy (f) extended the lead on the resumption. Maurice O'Connor and Ronan Walsh (he has been a revelation in this campaign) brought it back to five points. Dunphy promptly responded with two frees and Paddy Purcell pointed from play. Fionán Mackessy pointed from distance but Dunphy ('65) nullified it straightaway. That was the story of the second half, to be honest. Kerry never stopped asking the right questions, but Laois always had the right answers to hand and I suspect that they had another gear held in reserve at times.

Colin Walsh with a Kerry free; Aaron Dunphy immediately replied in kind. Fionán Mackessy with a free....you can guess the response from the laois sharpshooter. Fionán, Colin Walsh (f) Brandon Barrett, and Ronan Walsh did get scores for a Kerry side who battled all the way to the wire, but Laois always had an instant retort and a ten point gap between the sides was a fair reflection. No harm and no shame. Kerry can hold their heads up proudly after their display against the odds. In a way, it was almost a reversal of the football match. Kerry hurlers, like the Clare footballers, were on their home ground but very much against the odds, and both those teams deserved the applause they got at the finish of those games.

KERRY U20S CLINCH MUNSTER CROWN MUNSTER U20 FINAL Kerry 1-15 Cork 0-12

I was worried about Cork. I pay very little attention to those round robin contests – as far as I am concerned, those are just challenge games in public. Frankly, I personally think that these lads should be allowed to play with their clubs until at least ten days before any actual game. To me, it's creating an artificial disconnect between club and county.

That's a good Cork team on paper. I've seen the most of them between the colleges and minor, and they have plenty of talent. I expected a real ding dong battle in Austin Stack Park last Wednesday night.

It didn't really ensue. Not because Cork were bad, but because Kerry produced the kind of performance I wasn't sure they had in them. They were superb. The defence, especially the full back line, were awesome. An impassable Dara O'Callaghan was probably the top performer for me but Lynch and Evans also excelled. Cork, a good Cork side, got in for three real goal chances, one smothered by an alert Maidhcí Lynch and two stopped by a rock solid Kacper Robak. Charlie Keating was once again in strong contention for man of the match, as was fellow dual player Luke Crowley on the forty.

Kerry controlled midfield. In the second half especially, they dovetailed really well, Rob Stack minding the house and giving Eddie Healy the room to surge forward. And up front? Look, we all knew that Luke Crowley is a serious handful and a very direct threat and we knew that Cormac Dillon was deadly accurate with chances. But were you expecting that display from Tomás Kennedy, Odhran Ferris, or Daniel Kirby? I wasn't, to be truthful, and I'd say Cork were a bit taken aback as well.

Ed Myers opened the scoring for Cork, but to say that Kerry immediately took the game by the scruff of the neck after that would be an understatement. Daniel Kirby opened our account and Odhran Ferris added another. Cormac Dillon slotted his first free. Aidan Crowley became the fourth Kerry player to split the posts before a confident Daniel Kirby picked off his second.

Hugh O'Connor is a serious talent for Cork and he knocked over a score for them, but Cork were already getting turned over by that formidable defence, especially O'Callaghan.

Charlie Keating burst through for a score. Honestly, watching him scatter defenders in his wake was more like tenpin bowling than gaelic football. Cork were struggling against Kerry's teamwork but never overawed. A great run by Ed Myers saw Dara Sheedy kick a point. A great ball into Myers saw him look at goal, but Keating and Cian Lynch between them smothered the effort.

Cormac Dillon (f) and Darragh O'Brien traded frees. Hugh O'Connor blasted a shot at goal but Maidhcí Lynch calmly intercepted and cleared. Good work by Mark Óg O'Sullivan set up Rory O'Shaughnessy for a score. Cork might have been struggling, but at 0-9 to 0-5 at the break, Kerry certainly weren't out of sight by any means.

Luke Crowley moved closer to goal in the second half and was always a formidable threat. He got and gave a quick one-two with Tomás Kennedy and the Strand Road man neatly finished to the net. Cormac Dillon added two more points (1f). Eddie Healy very nearly got goal number two. Great work by the always-dangerous Crowley saw Gearóid Evans put a rasper over the bar when he clearly intended a goal.

1-12 to 0-5. Ten points between them, and in truth Kerry looked in control in all sectors, bulwarked by that brilliant defensive unit.

Cork, to their credit, were far from done. Hugh O'Connor, whom I thought their best player (Keating would probably just about have gotten my nod for man of the match) pointed. Gearóid Kearney added another after just coming off the bench. O'Connor notched a free. Michael Tansley was forced into a great save. Ross Corkery with two frees.

Being honest, this was powerful stuff by Cork and great testament to their character, but it felt like Kerry were just ducking on the ropes and rolling with the punches. They were controlling the tempo and always had a few more punches in them. Ryan Diggin picked off an excellent score with ten minutes to go.

Dara Sheedy, who was so effective against us last year at minor, obviously didn't quite have the same impact at this higher level but is still a serious talent and kicked a nice point, but Luke Crowley promptly cancelled it out. Colin Molloy and Cathal Brosnan each split the posts before Cork's Olan Corcoran closed out the scoring.

Let's not start getting too excited. We've been happy with ourselves coming out of Munster too many times before at this grade and running into ambushes. Moreover, anyone who doesn't know who are the hottest of hot favourites for this year's U20 title, and that it isn't Kerry, simply isn't paying attention.

But in fairness, that was a very good display. Better than I expected. The likes of Dillon and Crowley up front are no surprise, but that seamlessly powerful defending....l certainly fancy seeing a bit more of that.

SP SLIABH LUACHRA LOSE OUT IN O'CONNOR CUP FINAL JOE O'CONNOR CUP FINAL Colaiste na Sceilge 3-14 SP Sliabh Luachra 4-9

A fairly wet and miserable Currans, albeit with good underfoot conditions, was the setting for the Joe O'Connor Cup Final between Coláiste

ALL THINGS...SPORT

na Sceilge and SP Sliabh Luachra, and few enough of the decent number of enthusiastic spectators could have imagined the drama that was about to unfold. We are very near the end of what has been a great season of post primary football, the highlights being the All Ireland success of Tarbert Comp and Mercy Mounthawk's Tralee derby triumph in the Corn Uí Mhuirí. This game was at least the equal of any of them, not merely for spectacle, but for the quality of football produced in testing conditions.

The tone was set right from the off. Seconds after the ball was thrown in by referee Cathal Ó Dubhda, Kevin Griffin was neatly firing past a hapless Matthew Kennedy for the opening goal. Tom Clifford added a fine point, but Sliabh Luachra weren't long in responding, Seán McAuliffe superbly cutting in for a goal of his own.

David Kennedy had a Coláiste an Sceilge free drop short and Sliabh Luachra raced out of defence with a string of superb passes (the foot-passing at speed by both sides was a real joy to behold), Stephen O'Sullivan and David Dennehy combining to tee up McAuliffe for goal number two. The deadly assassin in the right corner was nearly in again, only for Seán Griffin's outflung hand to deny him, with Tadhg Jack O'Leary slotting the resultant '45. 2-1 to 1-2.

Forewarned is forearmed, and Coláiste na Sceilge were quick to take the lessons on board. David Kennedy with a free and Kevin Griffin narrowed the gap to a single score. Jack Kennedy won the kick-out and started a move that ended with him gathering again to finish to the net. A point from the lively Tom Clifford had na Sceilge now in front by 2-4 to 2-1.

Darragh O'Keeffe pulled back a point for Sliabh Luachra and they almost had another goal, but Seán McAuliffe was unlucky to slip (it rained all through) just as he was about to pull the trigger and the ball sailed harmlessly wide.

Instead, back came the South Kerry outfit – this game was swinging faster than a hyperactive pendulum. David Kennedy and Kevin Griffin added to their respective tallies. However, Sliabh Luachra were piling on the pressure and Cathal Casey coolly converted three frees in response to a Ryan O'Connor score made by Adam Corridan. David Kennedy was denied a goal by a superb save by Matthew Kennedy. Ryan O'Connor had the last say of the first half to leave Colaiste an Sceilge a goal in front.

Half-time: Coláiste an Sceilge 2-8 SP Sliabh Luachra 2-5

Cathal Casey opened the second half with a Rathmore free after Seán McAuliffe was fouled. Coláiste na Sceilge were denied an instant rejoinder when Matthew Kennedy rose high to bat away a dangerous ball. It was cleared up the field to Darragh O'Keeffe, whose speculative effort was gathered by the keeper, only for that real artful dodger, Seán McAuliffe to nip in and deftly nip it away for his third goal. Sliabh Luachra a point in front now, game on!

Ross Moriarty rose high to overturn the kickout and Cathal Casey doubled Sliabh Luachra's advantage.

It didn't last long. Jack Griffin and David

Kennedy popped over points, and Kennedy fired to the net on his second attempt after good work along the end-line by Tom Clifford before cleverly handpassing across the square to his waiting team-mate. 3-9 to 3-7.

The pendulum swung again, as Sean McAuliffe gathered a good ball by Cathal Casey and raised his fourth green flag of the evening. All square again, 3-10n to 4-7.

The best pass of the day, an inch perfect boomer from long distance by a rock-solid Alex Kelly, saw Tom Clifford claim and convert a mark. Tadhg Jack O'Leary replied after great work by Oisín Hurley. The game was entering its final minutes. Were we about to see extratime? Despite the rain, neither I nor anybody else would have objected.

It wasn't to be. Coláiste na Sceilge managed to find an extra surge of energy just when it was most needed. Tom Clifford added another mark after being picked out by Kevin Griffin. Cillian O'Sullivan had another, and Clifford pointed from play.

Sliabh Luachra were not giving up and pushed forward in one last heroic effort, but Dylan Bowler's effort went just over the crossbar. The final whistle sounded just seconds later and Coláiste an Sceilge were champions. Both sides have to be congratulated on a game that showcased all the best in Kerry football. Weeshie Lynch presented the Joe O'Connor Memorial Cup to winning captain Jake Moriarty.

ATHLETICS

The most momentous day in Irish athletics history? That's debatable; I think a certain Ronnie Delaney's name might come up and of course Sonia. But that we are living in a real golden age of Irish athletics is absolutely indisputable.

Having any relay team qualify for the World Relay Athletics Finals in Nassau would be genuinely phenomenal in its own right. But two? Stop. I can believe two individual athletes qualifying for Paris. I can believe that easily. Frankly, I'd expect it. But two teams? From Ireland? I love my country, but let's not get ridiculous.

Except, well....except for the fact that it did actually happen last weekend. While I was asleep, for the record.

The Irish mixed team was up first. Cillin Greene, Rhasidat Adeleke, Thomas Barr and Sharlene Mawdsley. One of our foremost athletes of the past decade, some-one who had battled back from incredible injury, a runner who would be dominating her event in virtually any other era in Irish athletics history, and some-one already firmly established as one of the most phenomenal talents out there – and I'm talking in global terms. You do understand that in any reasonably sized world atlas, we are a smudge of green just off the coast of the tiny green blot that is the island of Britain? And athletics is the one sport that is, literally, global? Forget soccer, cricket, basketball, cycling, swimming. I'd be fairly sure that if you added them all up, athletics still has more participation. One individual talent at this level, even two in a good era. Four? Stop now.

Ireland ran 3.12.50, 0.38 of a second faster

than the Irish record set in the Tokyo Olympics. For the record, that team was Cillin Greene, Phil Healy, Sophie Becker and Christopher O'Donnell.

That's already an astonishing story in itself. But then it got absolutely incredible. Less than two hours later – again, it is difficult to quantify the explosive energy expenditure in an event like this, Adeleke and Mawdsley returned to the track to join Sophie Becker and Phil Healy.

3:24.38. They took over 1.5 seconds off the national record, which has been dropping incrementally over the last three years – a sign of the array of talent.

The Irish mixed 4 x 400m relay team set a new national record to take bronze in the final. Another national record, 3.11.53. In these circumstances, it feels a little unfair to single anyone out. Especially Adeleke, because even rock-dwellers have heard of the Dublin superstar by now, but a time of 48.45 seconds for 400m in a relay (it's not like a straight sprint because of the technicalities of the handover)? That's after already coming in under 50 seconds less than two hours earlier? Watch this space.

The highlight, though, was a phenomenal battle between Femke Bol and Sharlene Mawdsley. Bol won that won to secure silver for The Netherlands, but Mawdsley against Femke Bol? Hint. One of them is a world champions over 400m for the last two years and a world record record. And she just edged Mawdsley by a hair's breadth. For the record, the US won it out

Roisín Harrison and Lauren Cadden joined Sophie Becker and Phil Healy for the 4 x 400m Womens Final and finished in seventh place. Had Ireland managed to match their time in qualifying, they would have finished second, but if wishes were horses we'd never sell bicycles.

Look, athletics is absolutely ruthless. It's never about what you have done in representing us; it's always about what you can do next. The big take-away from last weekend is about Paris. There's absolutely nothing hatched yet, but we have Irish eggs in that basket.



Rhasidat Adeleke



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GAA | AROUND THE COUNTY



SEL DIV. 1

Dr. Crokes 4:12 Ballymacelligott 1:10

We remain at the top of County League table after an 11-point win over Ballymac away on Saturday evening. We started the livelier, scoring the first two points of the game through Cian McMahon and Micheal Burns, who finished the game with 1:06 to his name. Our defenders work hard and battled well to keep Ballymac scoreless until the 7th minute. Daithi Casey replied with an excellently taken goal, to show that he's still got it. Our second goal of the game came in the 28th minute when Micheal Burns took a quick free that sailed passed the Ballymac goalie. We lead 2:07 to 0:08 going in at the break. 5 minutes in to the half, Cian McMahon scored his first of 2 goals after a fantastic team display of passing. 6 minutes later he secured our 4th goal of the game. All 15 players worked hard and kept the oppositions scoreless until the 20th minute of the half, after Bryan O'Shea pulled off a brilliant save to knock the ball over the bar. It was a fantastic team performance. Next up is Laune Rangers at home on May 19th in a top of the table decider.

ACADEMY

Our Academy continues every Saturday morning, for boys and girls between 4 and 11 from the Killarney area. Hurling from 10-11 and Football from 11:15-12:15. Fun and friendship guaranteed. Bring a friend.

MEMBERSHIP

Dr. Crokes GAA Membership for the 2024 season is now open online. This is the last week for membership. If membership is not paid players will not be able to play or train with the club. https://member.clubforce.com/ memberships_cart_m.asp?LL_ID=734&intMF_ ID=13281#Ancho(https://member.clubforce. com/memberships_cart_m.asp?LL_ ID=734&intMF_ID=13281#Anchor)r

MOTHERS & OTHERS are hosting a table quiz on Friday 24th May. Prebook tickets for a chance to win a €100 dinner voucher.

GENTLE MOVEMENT CLASSES with Kathleen have finished for now and will return in the Autunm.

PILATES CLASSES have finished for now and will return in the Autunm.

LOTTO took place May 6th. Numbers drawn were 3, 15, 16, 22. Jackpot of €5,900 was NOT WON. 11 patrons matched 3 numbers and receive €40 each. Jackpot for draw on May 13th will be €6,200. Play online by following the link below and follow instructions attached https://play.clubforce.com/play_newa.asp?ll_ id=734#Anchor(https://play.clubforce.com/ play_newa.asp?ll_id=734#Anchor)

DR. CROKES SHOP

You can shop worldwide on our online shop. Follow the link https://www.oneills.com/ shop-by-team/gaa/ireland/dr-crokes-gaa. html(https://www.oneills.com/shop-by-team/ gaa/ireland/dr-crokes-gaa.html)

BINGO

Dr Crokes Bingo continues every Sunday in St. Mary's Parish Hall. Doors will open at 7pm with the first game commencing at 8pm.

OLD CLOTHES BANK is located at the rear of the clubhouse. All clothes should be deposited in bags. Donations will help to provide valuable funding to our club.

CONGRATULATIONS to Man of the Match, Tony Brosnan, Shane Murphy, Gavin White and the Kerry Senior Footballers in their Munster Final Victory over Clare on Sunday. Congratulations also to Man of the Match, Charlie Keating, Maidchi Lynch and the Kerry U20s on their Munster Championship win over Cork on Wednesday.

CONDOLANCES to the family of John Carey, Coolgrean Park on his recent passing. Ar dheis Dé go raibh a anam.

NOTES

If anyone has anything they want to add to our club notes please email

pro.drcrokes.kerry@gaa.ie

FOSSA GAA CLUB

LOTTO

The numbers drawn on 05/05/2024 for a jackpot of €11,550 were 2, 15, 19, 20. There was no jackpot winner and the €40 consolation prize winners were; Anthony Murphy, Online; Tom Finn, Online; Michael O'Connor; Adrian Fitzgerald; Nate Bajic. Tickets are available from our sellers and can also be bought online with the following link https://fossagaa.clubforce. com/products/lotto/fossa-gaa-club-lotto

COUNTY LEAGUE DIV. 2

Fossa faced Gneeveguilla in Round 6 of the county league on Saturday evening. The old adage, goals wins games, rang very true in this case. Gneevequilla got off to a dream start with a point and a goal in their first two attacks of the game, both from Kieran O'Connor. Fossa replied with a point from Harry Buckley but in the 6th minute, Gneeveguilla struck for a second goal from Sean O'Keeffe and they guickly added two points from play to leave Fossa with a mountain to climb. Fossa didn't panic and created two goal scoring chances which they failed to convert, however, points from Tadgh O'Shea, Rian Colleran, Emmett O'Shea and Harry Buckley left them trailing by five points at the break, 2-04 to 0-05.

Two Emmett O'Shea points early in the second half kept Fossa in touch but Gneevequilla struck for their third goal on the 10 minute mark to put them eight points ahead. Again, Fossa didn't panic and a brace from Emmet and Tadgh O'Shea brought the decifit back to six, then Gneeveguilla kicked the next three scores to leave them ahead by nine points. Fintan Coffey cracked home a goal for Fossa in the 21st minute to give them a chance and this was followed by a Cian O'Shea goal in the 29th minute to set up a grandstand finish. Try as they might, in spite of the best efforts of Cian O'Shea and Matt Rennie, Fossa couldn't break down a resolute Gneevequilla defence to get the equaliser, and Gneeveguilla held on to win on a score of 3-10 to 2-10.

COUNTY LEAGUE DIV 6

Well done to the Fossa B team who continued their winning run in Div. 6 of the County League with a great victory in Ballylongford on Saturday evening, recording a seven point win on a score of 3-17 to 2-13.

EAST KERRY MINOR LEAGUE

Our minors had a hard-fought win over Beaufort in the East Kerry minor league on Monday evening. In the first half, Fossa found it hard to get into their rhythm as Beaufort were the better side. This was reflected in the half time score which had Beaufort leading on a score of 1-05 to 0-05, with Harry O'Connor kicking four points and a Jack Hallissey scoring one to keep Fossa in touch. Fossa upped the gears in the second half and were on level terms by the 6th minute with three points from Dylan O'Meara. The teams traded scores but in the 20th minute, Fossa struck for a goal. Some excellent build up play saw Shay McCormick cracking home a brilliant goal and the same player followed up with a point to put daylight between the teams. From there onwards Fossa were in control with Jack Spillane and Fionn Doyle closing down the Beaufort attack, Conor O'Mahony using his blistering pace to good effect while Dylan O'Meara, Shay McCormick and Harry O'Connor were always a threat up front. Final score, Fossa 1-13, Beaufort 1-08.

U16 GIRLS EAST KERRY LEAGUE

Another great display of open football, with our neighbours Glenflesk calling to Fossa for a back game in the EKL. A nice game played straight up saw both teams showcase their strengths. A free scoring 1st half saw Fossa lead 5-08 v 2-05 at the break. Glenflesk never give up and they kept plugging away and it was a much closer game in the 2nd half in a good game that was well refreed.

Well done to all our players and great to see those returning from illnesses and recent injuries get some good game time. Next up for these U16 girls is away to Legion on Thursday night.

U10 FOSSA GIRLS V MILLTOWN-CASTLEMAINE

In what was a lovely sunny evening in Fossa, our U10 Girls played their first matches of the year. It was a super evening of football, good competitive games and plenty of enthusiasm and skills on show. Well done to all the girls on both teams and thanks to Milltown Castlemaine for travelling. It was a great start to our matches for the year.

CONGRATULATIONS

Congratulations to Paudie and David Clifford on retaining the Munster Senior Championship against Clare on Sunday. It was a proud moment for the Clifford family, Fossa parish and GAA Club to see Paudie lift the cup as captain. Hopefully, it's only the beginning of a long summer for these boys and the rest of the Kerry team and management.

KILLARNEY LEGION

SENIOR MEN

A goal at crucial times in each half proved to be the undoing of our Senior Men's team against Rathmore in Direen on Friday night. It gave the visitors a 1-5 to 0-6 interval lead and just when they found their feet again, Rathmore struck for another in the second half. A penalty provided a lifeline let in the game but went to the left of

the post and with it came the last chance of redemption. Final score Killarney Legion 0-12 Rathmore 2-10. A trip to Spa is next on the menu, on the weekend of May 18th/19th.

BON VOYAGE

The Club would like to wish Senior player Conor Keane well as he sets off down under on his travels.

U11 BOYS

Kenmare were the visitors to Direen for the final round of U11 Go Games in Direen last Thursday. Management report that they are very happy with the progress of the boys and the quality of football being played.

U15 BOYS

A Division 1 semi final against Keel / Listry lies in wait for our U15 boys despite going narrowly down to Firies last Wednesday evening. A high quality game saw the Farranfore outfit run out 2-13 to 0-17 winners. The second team had a great week with wins over Kerins O Rahillys / St Pats in Direen and Laune Rangers in Killorglin. Four wins out of four sees them qualified for the Division 9 semi final.

Over the weekend James Murphy and Ronan O Brien were in action for the Kerry South U15 team. They defeated Meath 1-13 to 1-7 in Moneygall.

U17 BOYS

The U17 Boys opened their East Kerry Division 1 campaign with a fine win over neighbours Dr Crokes in Direen. The seeds of victory were sown in the first half when Aindo O Cathasaigh plundered three goals to give them a six point halftime advantage. Typically Dr Crokes fought their way back into the game but the gap was still at four come games end. Final score Killarney Legion 5-8 Dr Crokes 2-13. **KERRY**

Congratulations to Oisin Fleming who made his Kerry minor debut against Cork last week in Austin Stack Park. A home win capped it all off for him. He has been named at left corner forward on the team to play Tipperary in the Munster semi final this Tuesday, May 7th. Brian Kelly is the goalkeeping coach with the Kerry U20s who recaptured their Munster Championship crown , also defeating Cork. A semi final against Meath in Thurles awaits this Saturday at 3pm (Live on TG4).

AWARDS NIGHT

The stage is set for our annual Awards Night which will take place in the Killarney Plaza

Hotel this Friday, May 10th, starting at 8pm. The following will be honoured on the evening. Senior Men's - Player of the year: Eoghan O'Sullivan

Senior Men's - Young Player of the year: Jamie Alade

Senior B - Player of the year: Sean McCarthy Senior B - Young Player of the year: Dan Carroll Senior Ladies - Player of the Year: Kate McCarthy Senior Ladies - Young Player of the Year: Aine Devlin

Special Recognition Award - Group: Mothers and Others

Clubperson of the Year: Donal O'Donoghue **U12 LADIES**

No game this week for this group but they did welcome a very special visitor to Direen when four time All Star and current Footballer of the Year Louise Ni Mhuircheartaigh called for a chat. She emphasised the importance of practising basic skills at every opportunity and urged them to continue to participate in football for as long as they can.

U16 LADIES

They faced the unbeaten Fossa in Direen on Thursday evening and put in a battling display before eventually succumbing to a stronger team. But they have still qualified for the Division 2 B final on foot of other results in the group. The White team found Firies too tough a nut to crack on Friday evening but they will have benefitted no end from the extra games that having a second team brings. The U15 Feile competition is next on the agenda.

MINOR LADIES

The Minor ladies had a hard fought win over Na Gaeil and did all the hard work in the first half where they built up a healthy lead. A Na Gaeil comeback fell one point short in the end. Next up is a trip to Firies.

LOTTO

Results Monday April 28th. Numbers were 8, 9, 15, 28. Bonus 17. No jackpot winner. Match 3s / Lucky Dips: 1. Dermot O Connor 47 O Kelly's Villas 2. Fiona Naughton, 16 O Kelly's Villas 3. Noel Wade, Woodlawn Park 4. Nancy Hegarty, Park Road 5. Kieran McCarthy, 3 Rookery Woods

KILLARNEY CAMOGIE CLUB

FÉILE FUNDRAISER

Our GoFundMe to raise funds to send our



fabulous Under 15 team to Regional Féile Finals on 22nd June in Roscommon is now live. Link on social media platforms or search "Killarney Camogie" on the GoFundMe website.

UNDER 12

Our Under 12 team got their 2024 season off to a good start last weekend in Castleisland, when they played 3 blitz games v Sliabh Luachra, Ballyduff and Causeway

KERRY UNDER 15S

Well done to Doireann Dineen, Laura Griffin, Holly Nugent McLoughlin, Shannon Murphy and Maebh O'Connor (injured) who were members of the Kerry panel against a strong Limerick side last Saturday.

KERRY UNDER 16S

Well done to Shannon Murphy and Ava Moore (injured), who were members of the Kerry panel who took on Kildare last Sunday.

KERRY LGFA

ALL IRELAND U14 SERIES STAGE 1 -SATURDAY 4TH MAY

Platinum Series - Padraig Pearses GAA, Co. Roscommon

Kerry 1-04 -v- Tyrone 1-07

Kerry 0-06 -v- Galway 2-06

Kerry 3-03 -v- Carlow 1-03

ALL IRELAND U14 SERIES QUARTER FINAL

SATURDAY 11TH MAY

Platinum Series Kerry -v- Kildare. Time & Venue TBC TG4 MUNSTER LGFA SENIOR CHAMPIONSHIP FINAL – 18TH MAY Kerry -v- Cork – 4pm, Mallow GAA Complex

EAST KERRY NEWS

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EAST KERRY MINOR LEAGUE Division 1 Round 2 Legion 5 – 08 V Dr Crokes 2 – 13 Kenmare 1 – 10 v Rathmore 3 – 12 Division 2 Round 2 Glenflesk 5 – 12 V Currow 2 – 05 Division 3 Fossa 1 – 13 V Beaufort 1 – 08 DIVISION 1 ROUND 4 MONDAY 13TH MAY Spa V Legion, Rathmore V Dr Crokes, Kenmare Bye DIVISION 2 ROUND 4 MONDAY 13TH MAY

ERRY ERRY ERRY

Killarney Camogie Club Under 15s who played with Kerry last Saturday - Doireann Dineen, Laura Griffin, Holly Nugent McLoughlin, Shannon Murphy & Maebh O'Connor



Killarney Camogie Club Under 12 team who played last week

GAA | AROUND THE COUNTY

Bve

ROUND 4 MONDAY 13TH MAY

Kenmare B V Fossa, Beaufort V Legion B, Gneeveguilla Bye

MUNSTER SENIOR FOOTBALL **CHAMPIONSHIP FINAL**

Congratulations to the Kerry team and management on their win in the Munster Final against Clare on Sunday.

MUNSTER LADIES **FOOTBALL**

CHAMPIONSHIP

Well done to the Kerry Ladies on their third win in the Munster Championship against Waterford

MUNSTER U20 CHAMPIONSHIP

Well done to the Kerry team on their victory in the Munster U20 Championship Final, and good luck in the semi final against Meath. SUPER 9'S

Tralee CBS secondary school hosted Super 9

Currow V Cordal, Glenflesk V Kilcummin, Firies 🗄 from all over the country on the day. Weather conditions were difficult at all venues with all teams showing fantastic skill levels games were tight. Patrician School Newbridge, Hamilton High School Bandon and Mercy Mounthawk battled it out in the group stage. St Brendans College played well in the group stage using the panel well to record three victories. Community School Tullamore proved tough opponents in the semi final. The game was end to end with both sides scoring well in attack. The St Brendans College panel proved stonger securing a well deserved victory. The final was played in Austin Stack Park before a large attendance. Tralee CBS proved difficult opponents in the decider. The ability of the Sem forwards to raise green flags proved crucial in the finish defeating a gallant Tralee CBS outfit in a fantastic game of football well handled by referee Maurice Murphy.

The event was a great advertisement for the tournament on Thursday. Teams participated GAA Future Leaders Programme. Mark Ryall,

.

Martin Frawley and Cian Mac Eoin teachers in Tralee CBS produced a superb well run event. It was great to see TY students leading the charge with great proud and determination. Great memories were made links were forged between schools. Thanks to all venues for supporting the day. Referees were calm and assured during the matches. St Brendans College captain Cian Stack accepted the Mikey Sheehy trophy from Jarlath Burns (GAA President) a fitting way to sign off a memorable day for management and players representing St Brendans College.

CONDOLENCES

Sympathies from the East Kerry Board, to the family of Mary O'Leary nee Burke of Gneeveguilla Kerry and Cobh Cork on her recent death.



TG4 Munster Championship Round 3

WINNING POINT BY FIADHNA TANGNEY SEALS IT FOR KERRY

Kerry 1-8 Waterford 1-7

Fiadhna Tangney came off the bench and E scored the winning point for Kerry in a pulsating contest at Cordal GAA club in Round 3 of the TG4 Munster Senior Championship.

Waterford will point to 6 second half wides as being detrimental to their cause whilst Kerry will be happy to face into a Munster Final after a win in a game that they might well have lost. Kerry were first off the mark when Jadyn Lucey pointed a free following a foul on Hannah O'Donoghue and in the 6th minute Lorraine Scanlon got on the scoresheet after some very good play from Eilis O'Connor.

Waterford's Kelly Ann Hogan pointed a free following a foul on the impressive Aoife Murray and Kerry had a huge let off in the 12th minute when Lauren McGregor rattled the post with a superb shot at goal.

A Kelly Ann Hogan free in the 16th minute brought Waterford level and straight from the resulting kick out Hogan put her side one up from play.

We had to wait another 6 minutes for the next score and it was Kerry's Hannah O'Donoghue who finished to the back of the net after a sweeping move involving Lorraine Scanlon, Amy Harrington and Emma Dineen.

The lively Katie Murray and Jadyn Lucey traded scores before Niamh Ní Chonchúir put Kerry 1-4 to 0-4 ahead in the 28th minute. Kelly Ann Hogan pointed a free soon afterwards, and it was Kerry that took a 1-4 to 0-5 lead in at half time.

Waterford spurned a goal chance early in the

By Dan Kearney

second half when Eve Power had to be content with a point, but they got the goal they craved from a Kaci Brazil penalty following a foul on Aine O'Neill.

Cora Murray made a brilliant block from Jadyn Lucey at the other end and although Waterford took control of proceedings, they were wasteful in possession.

Niamh Ní Chonchuir got a welcome point for Kerry in the 48th minute to bring them to within one, 1-5 to 1-6, but Kelly Ann Hogan slotted over to give Waterford the lead once more.

Katie Brosnan, looking sharp, hit a brace of scores to draw Kerry level but with time running out it was another substitute, Fiadhna Tangney, who sealed the win for Kerry.

Scorers:

Kerry: K Brosnan 0-2, H O'Donoghue 1 goal, J Lucey 0-2 (1f), L Scanlon 0-1, F Tangney 0-1, N Ní Chonchúir 0-2

Waterford: K A Hogan 0-5 (3f), K Brazil 1 goal (pen), E Murray 0-2.

Kerry: C Butler; K O'Sullivan, E Lynch, A Dillane; E O'Connor, A O'Connell, R Rahilly; L Scanlon, R Smith; A Harrington, H O'Donoghue, N Ní Chonchúir; D Kearney, E Dineen, J Lucey. Subs:C Murphy for R Rahilly 16, K Brosnan for A O'Connell , F O'Donoghue for E Lynch (both H/T, L Ní |Mhuircheartaigh for A Harrington 38, C McCarthy for D Kearney, C O'Brien for R Smith (both 45), A Curtin for J Lucey, F Tangney for H



O'Donoghue (both 51),

Waterford: E O'Brien; C Murray, H Power, A Waring; N Power, E Murray, E Power; A O'Neill, K Murray 0-1; A Murray, E Bolger, C McCarthy; K A Hogan 0-5 (3f) L McGregor, L O'Shea. Subs:K Brazil for L McGregor, E Fitzgerald for L O'Shea(both H/T), M Comerford for A Waring 34, O Kennedy for E Bolger 51, A Brazil for K Brazil 58.

Referee: Justin Murphy (Cork).



COMHAIRLE CONTAE CHIARRAÍ KERRY COUNTY COUNCIL

BÓITHRE A nDÚNADH GO SEALADACH TEMPORARY CLOSING OF ROADS

ALT 75 d'ACHT NA mBÓITHRE 1993 SECTION 75 OF ROADS ACT 1993

Notice is hereby given that, pursuant to Section 75 of the Roads Act 1993, and the Temporary Closing of Roads Regulations 1994, Kerry County Council **has decided** to close to public traffic the following road:

Road Closed: L-3018, Coolcorcoran Cross to Kilcummin Village, Killarney

Road Closing Times: from 8.00 a.m. on Monday, 20th May to 6.00 p.m. on Thursday, 6th June 2024 (24hr daily closure)

The purpose of this road closure is to facilitate the wastewater connections of dwellings to the new sewer main.

Diversions will be as follows and will be clearly signposted:

Traffic travelling from Kilcummin Village to Killarney	Divert via Tangney's Cross (L-7035) to Lawlor's Cross (L-3009) and then turn left onto the main N22 Killarney Tralee Road.
Traffic travelling from Killarney to Kilcummin Village	Divert via the main N22 Tralee Killarney Road to Lawlor's Cross, turn right onto the L-3009 and proceed for 3km turning right at Tangney Cross for Kilcummin Village.

Local Access will be provided for Emergency Services.

Pádraig Corkery Senior Executive Officer, Corporate Affairs

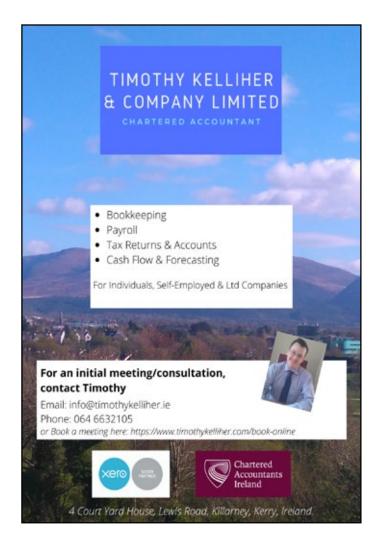


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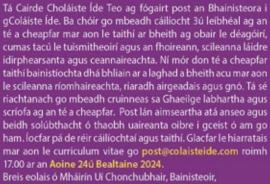
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Clerical Officer Panel/Painéil Oifigeach Cléireachais

Join the Civil Service with the National Shared Services Office

The National Shared Services Office (NSSO) is currently seeking to establish a panel of suitable candidates to fill Clerical Officer vacancies, as they arise, in Dublin, Galway, Tullamore and Killarney. Please refer to the candidate information booklet for further details (www.nssojobs.com).

Closing date: 12pm, 24 May 2024

The NSSO is an equal opportunities employer.

Painéil Oifigeach Cléireachais

Tá Oifig Náisiúnta na Seirbhísí Comhroinnte (NSSO) ag iarraidh painéal iarrthóirí oiriúnacha a bhunú chun folúntais Oifigigh Chléireachais a líonadh, de réir mar a thagann siad chun cinn, i mBaile Átha Cliath, i nGaillimh, sa Tulach Mhór agus i gCill Áirne. Gheofar breis sonraí faoin bpost sa leabhrán eolais (www.nssojobs.com).

An Dáta Deiridh a nglacfar le hIarratais: 12in, 24 Bealtaine 2024

Is fostóir comhdheiseanna é an NSSO.

For further information please visit www.nssojobs.com or contact Sigmar Recuitment by email nsso@sigmar.ie.





Modified category winners Colin O'Donoghue and Kieran O'Donoghue celerate with family and friends at the finish ramp at the Assess Ireland International Rally of the Lakes 2024 at The Gleneagle Hotel, Killarney on Sunday. Pictures: Eamonn Keogh,



Killarney crew Colin O'Donoghue and Kieran O'Donoghue, winners of the modified category and the John Mullane Memorial Cup for highest placed Kerry crew plus the Johnny Hickey Memorial trophy for best placed co-driver, Also included from left are Sheila O'Donoghue and Leanne O'Sullivan, Jennifer Hickey and Charlie Hickey, Kevin and Aoife O'Donoghue at the Assess Ireland International Rally of the Lakes 2024 prizegiving ceremony at The Gleneagle Hotel, Killarney on Sunday night.



Overall winners Noel O'Sullivan and Callum Devine with the Assess Ireland team at the Assess Ireland International in his 40th Rally of the Lakes, and Rally of the Lakes 2024 prizegiving ceremony at The Gleneagle Hotel, Killarney on Sunday night



Noel O'Sullivan Snr, who competed his son Noel O'Sullivan Jnr, overall winning co-driver, at the Assess Ireland International Rally of the Lakes 2024.





Winning Driver Callum Devine, right, and co-driver Noel O'Sullivan celebrate at the finish ramp at the Assess Ireland International Rally of the Lakes 2024.



Darragh, Jacintha, Clodagh and Rosaleen O'Sullivan at the finish ramp at the Assess Ireland International Rally of the Lakes 2024.



Winning Driver Callum Devine, right, and codriver Noel O'Sullivan celebrate at the finish ramp at the Assess Ireland International Rally of the Lakes 2024.





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FILLING WINDOW BOXES AND CONTAINERS

Again there is a large range of different types of window boxes and containers. The most popular ones are the plastic. If it's a plastic window box that you have the first thing you must do is sort out the drainage.

Turn the window box upside down and you will see holes marked out. You can either use a screw driver or a drill to punch out these holes. Turn the box back up and put some small stones or polysterine around the holes. Fill the box with compost and a slow release fertiliser to about half an inch from the top of the box and firm in compost. When choosing the plants for the window box make sure that the taller plants are at the back trailing plants towards the front and medium sized plants for fillers in between.

A good example for tall plants at the back of the box would be upright geraniums or upright fuchsias. Good trailing plants for the front of the box would be trailing geraniums or trailing petunias. Other examples of good trailing plants for fillers would be trailing Lobelia, Bacopa and Bidens.

When you box is planted, water in plants well and don't put into position for a few days. Remember that all window sills slope so when your trailing plants start to grow you will need something to hold you box in position.



JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.



DOOMSDAY BLUE JUST MIGHT DO!

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By Nicky Barry

The Eurovision Song contest, ain't what it used to be, Like when a wee Derry lass, sang of butterflies and bees, Or a big handsome lad in white, lamented passing years, Or a Belfast lady sang Why Me, to resounding cheers. Sandie Shaw delivered in bare feet, singing about a puppet, And Bucks Fizz also won it, trying to make their minds up. One year a drag queen won it, sporting a black beard, And since then Eurovision, has become totally weird. In the days of simple songs, we won it seven times, But then entered a turkey, which was not sublime, For we lost the plot bigtime, and Europe turned its back, Because someone in RTE, thought Dustin would be craic. The show is now a circus, with clowns and acrobats, And European neighbours, all scratch each other's backs. We might even have a chance, if instead of the UK, England, Scotland, Wales and Norn Iron, each had their own say. Now we have a gothic queen, with a ghost white face, Singing with masked weirdos, hoping to get a place, They have reached the final, for the first time in years, And it could just be weird enough, to bring Irish cheers!







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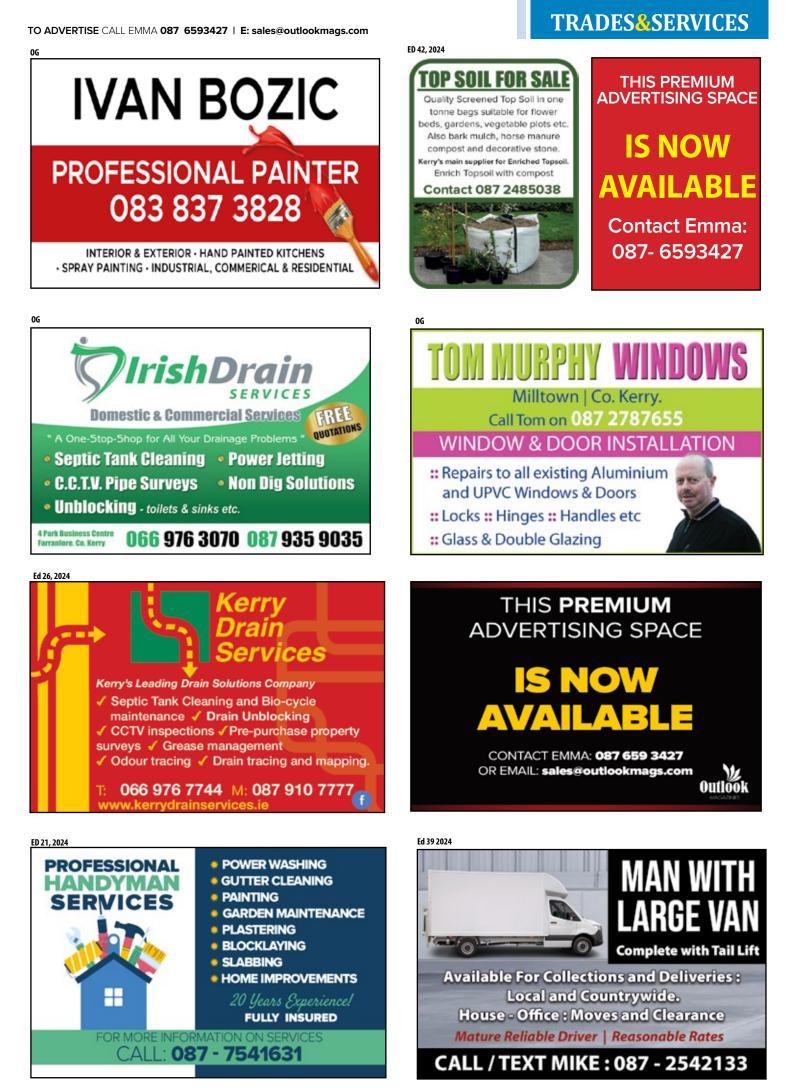


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10.05.24 | **93**



Church of the Resurrection Youth Group who recently participated in Sunday Mass for Youth Week 2024 and created a Sacred Space in the church representing all their interests. One member also won first prize in a Diocesan Competition to create a short video about his parish. Well done TJ and to all the group.



Michelle Cooper Galvin with her Husband Dermot Galvin and two of their Grandchildren, Kate and Emily Galvin, at a civic reception afforded to Michelle legendary Photographer, in recognition of her contribution to Killarney and Kerry. Photo: Valerie O'Sullivan

If you have a family occasion you would like to appear in the Killarney Outlook -

send your photograph and details to news@outlookmags.com



Lily Leahy, Tiernaboul National School who made her First Holy Communion last weekend.



Ultan Moynihan at his home in Lisnagrave last Saturday before his First Holy Communion in Rathmore. Photo Seamus Healy.



Doireann Breen who's in 3rd class in Firies National School and lives in Firies, who made the brave decision to cut her for the Lauralynn charity, Ireland's children hospice. Doireann has raised well over \notin 1000 euros and would like to thank everyone who has supported her from near and far



Ben Nagle on his First Holy Communion day pictured at his home in Rathbeg, Rathmore in the shadow of the Paps. Photo Seamus Healy.



"God is our Refuge and Strength - mighty and impenetrable, a very present and well-proved Help in trouble. Therefore, we will not fear, though the earth should give way and though the mountains be shaken and slip into the heart of the seas, though its waters roar and foam, though the mountains tremble and quake at its roaring" (Psalm 46:1-3 Amplified Bible)

Welcome back dear student, people endure all kinds of pain, trouble and struggles in life, often without ever disclosing to others what's gone on. We call it a 'brave face'. Sadly, God sometimes gets the blame. Some pray for deliverance and if they get no answer, fear that God doesn't exist, or that He doesn't care about them. But the Lord is always speaking to us. While we are here upon this earth we can hear from God and have relationship with Him through His Son Jesus. And how we hear from Him is through Jesus 'the Word of God Who was made flesh and dwelt amongst us' (John 1:14; Hebrews 1:1-2).

Trials and hardship could often be prevented had the voice of God been heeded (Proverbs 3:5-8). Family problems, addictions, anxiety, sickness, poverty - iniquities coming down the generations, can be healed in relationship with the Lord Jesus through the study of His Word. When a person repents of sin and receives Jesus into their heart, it doesn't matter what the circumstances — our Redeemer can turn it around! Jesus revealed Himself as our Good Shepherd whose voice His sheep recognise and follow (John 10) When we know the Shepherd we need not fear. A Good Shepherd is always thinking about the sheep. Where to pasture them with plenty of grass, fresh, safe water, protection from harsh elements and from any predators. The health and well-being of the sheep is the Shepherd's responsibility. The sheep look to him for provision and reassurance.

A shepherdess I know personally recently had an encounter where one of her sheep was struggling to birth. She tells of how on checking the ewe she knew there was a problem. The young ewe looked at her with eyes that said, 'come on, I need your help to get my babies out'. It was a tender moment that ended with beautiful twin lambs born that night. How many times have we forgotten to look in the gentle eyes of our Great Shepherd Jesus for help? (Psalm 23; Ezekiel 34;11-16) Human nature causes us to forget. But the Lord is always the same, and He is Faithful (Hebrews 13:8). He is just a breath away, and longs for you to let go and call Him to help you. Jesus gives Peace to the heart, like that night when that ewe knew everything was going to be ok, because her shepherd was there. No matter what's happened in the past, what's going on right now, or what the future holds, we can rest assured that in relationship with our Shepherd, He will bring us through. He never puts a foot wrong. It may not go the way we think it should, but He will bring a solution for every situation - He will perfect that which concerns us as we learn to trust Him (Psalm 138:7-8). Believe in Jesus and give Him your life - let His tender Love bring healing to your heart and mind, and His Presence soothe you from all the turmoil and trauma of battling this life alone as you study His Promises. Friend, if you struggle with fear, a book I highly recommend is called 'Hinds' Feet For High Places' by Hannah Hurnard. You can also listen to an audio version of it on YouTube.

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

You can listen to our podcasts on Spotify. Find the links on our Facebook page -Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.

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 EXPOSTITION OF THE BLESSED SACRAMENT:

 Church of the Resurrection 5pm - 9pm Tuesdays

Church of the Holy Spirit Muckross 4pm—6pm Thursdays

Franciscan Friary 2pm –7pm Fridays + Holy Hour Sundays @6pm

St Mary's Cathedral - No Adoration this week in the Cathedral

WEDDING ANNIVERSARY MASS for those in our parish who are celebrating a significant anniversary this year, e.g. 25th,30th, 35th 40th, 45th, 50th, 55th or 60th, you are invited to renew your marriage vows at the 6.15 p.m. Vigil Mass on Saturday May 25th. Please spread the word also to those who were married in our parish and are now living elsewhere. You might kindly contact the Parish Office with the details of our Anniversary before the 19th of May.

DIOCESAN PILGRIMAGE TO KNOCK 2024

Killarney Parish invites you to join us on the 2nd Diocesan pilgrimage to Knock on Saturday August 24th 2024. While many families and peoples will travel by car,

the Killarney Pastoral Area will be organising bus transportation to Knock to connect and celebrate with all the parishes of the Diocese. More details will follow.

GRANDPARENTS DAY IN KNOCK (day trip) on Sunday July 28th 2024. If there are any queries, we can be contacted here at O'Callaghan Coach Holidays on 064 6631095.

FIRST HOLY COMMUNIONS

Congratulations to the First Communion Pupils to Gaelscoil NS who received their Holy Communion last weekend.

Holy Cross Mercy NS 10.00am, 11th May St Mary's Cathedral

Presentation Monastery NS 12.00noon 11th May St Mary's Cathedral

Loughquittane NS 10.30am, 18th May Church of the Holy Spirit, Muckross

St Olivers NS 10.30am 18th May Church of the Resurrection

St Olivers NS 12.30pm 18th May Church of the Resurrection

Loreto NS 10.30am,25th May Church of the Holy Spirit, Muckross

AWARE offer a free weekly group for people in the community who may be struggling with depression. anxiety, bipolar disorder, and mood related conditions in Tralee. Details are on Aware. ie website. This group takes place at CDP Centre, Rock Business Centre. Upper Rock Street, Tralee, Co Kerry, V92 WR9P. Times: Every Tuesday at 7pm

