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# KILLARNEY Outlook

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<b>AVENGERS: AGE OF ULTRON</b> (12A) 145m Sat/Sun 4:00	<b>HOME</b> (G) 100m Sat/Sun 2:00	<b>TWO BY TWO</b> (G) 100m Sat/Sun 12:15 2:15 4:15	
<b>CINDERELLA</b> (G) 120m Sat/Sun 2:05	<b>KIDS CINE CLUB</b> Sat 13th & Sun 14th June <b>SPONGEBOB</b> (G) 100m 12:15 <b>HOME</b> (G) 100m 12:10 <b>PAUL BART MALL COP 2</b> (G) 100m 12:10		

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## GAA STARS OF THE FUTURE TAKE PART IN GARDA SCHOOLS BLITZ

Young football stars of the future will showcase their skills at the annual Killarney Garda 7-A-Side National Schools blitz in the Fitzgerald Stadium next Thursday, June 18th. Sixteen schools representing East Kerry, Kenmare, Mid Kerry, North Kerry and Cork will compete in the event.

"It's a fantastic day every year", organiser of the event, Garda Eddie Walsh told the Killarney Outlook. "All the kids playing in the games are delighted with the opportunity to play in the Fitzgerald Stadium", he added.

This year is the 8th year of the blitz which is run to strengthen the community bond that exists between Gardai, schools, parents and the wider community.

The event is sponsored by Tom Spillane Auctioneers and Timmy O'Sullivan, Easy Clean while Daly's Supervalu and McCarthy's Londis, Rathmore sponsor refreshments for the children on the day. "I would like to thank everyone involved in this tournament, including Patrick O'Sullivan, Chairman of the



LAUNCHING THE 8TH ANNUAL KILLARNEY GARDA NATIONAL SCHOOL GAA BLITZ WERE GARDA EDDIE WALSH, ORGANISER WITH GARDA DIANE COLLINS AND GARDA JULIETTE LYNCH.

Kerry County Board along with Fitzgerald Stadium committee members, John Lenihan,

Der Brosnan, Mike O'Connor and Dan Joe Fitzgerald", said Garda Walsh.

## KILLARNEY PARKRUN IS UP AND RUNNING

Last Saturday June 6th was the first of the Killarney parkruns in the wonderful surroundings of Killarney National park. The free weekly recreational runs have been sweeping Ireland lately, with Killarney being the 30th location nationally and Kerry's second event with Tralee parkrun having commenced last January.

Alan Ryan, Event Director said that "All parkruns start at 9:30am in every location and are targeted at recreational runners. In fact you can walk, jog, run, walk the dog or push a buggy. It's what you make of it that counts and it's all very welcoming and friendly. Killarney parkrun's starting point is within Muckcross House Car Park, opposite the Muckcross Traditional Farms."

According to C  ra Carrigg, Co Ordinator with Kerry Recreation & Sports Partnership, "The growth of parkrun in Ireland is attributed to the community and the instrumental volunteers that make these events happen. In addition the support that our state bodies have shown has been tremendous, notably the support of the Department of Arts Heritage and Gaeltacht along with the Killarney National Park staff assistance, which has been invaluable.



PARTICIPANTS PICTURED RUNNING IN THE FIRST KILLARNEY PARKRUN IN MUCKCROSS, KILLARNEY ON SATURDAY. MORE INFORMATION ON [WWW.PARKRUN.IE](http://WWW.PARKRUN.IE) PICTURE BY DON MACMONAGLE

Another key supporter has been the Irish Sports Council, whose CEO and former Olympian John Treacy was in Killarney last Saturday for the inaugural run. C  ra continued by saying that Minister Deenihan, who has a keen interest in the National Parks, has been hugely supportive of this initiative coming to Killarney.

If you would like to come along and take part

in this community event then all you need do is register at [www.parkrun.ie/register](http://www.parkrun.ie/register). Print out your personal barcode you receive by return and bring it along with you Saturday morning at 9.20am, to be on time for the pre run briefing to commence at 9:30am. Killarney parkrun starting point is within Muckcross House Car Park, opposite the Muckcross Traditional Farms.



PARTICIPANTS PICTURED RUNNING IN THE FIRST KILLARNEY PARKRUN IN MUCKCROSS, KILLARNEY ON SATURDAY. PICTURE BY DON MACMONAGLE.



## SCHOOL UNIFORMS

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## CARDIAC RESPONSE UNIT TO HOLD AWARENESS DAY



LAUNCHING THE KILLARNEY CARDIAC RESPONSE UNIT FAMILY FUN DAY ON SUNDAY WERE FRONT FROM LEFT: DAMIEN BAKER, CLLR. JOHN JOE CULLOTY, TONY McNABB AND EILISH COFFEY. AT BACK: PAT O'CONNOR, BRIGID DELANEY AND JEFF GORDON. PICTURE: LISA O'SHEA.



KILLARNEY CREDIT UNION REPRESENTATIVES STEPHEN DARMODY AND PAT DELANEY PICTURED WITH MEMBERS OF THE KILLARNEY CARDIAC RESPONSE UNIT FOLLOWING A PRESENTATION OF €500 TO THE UNIT. INCLUDED ARE FRONT FROM LEFT: TONY McNABB, EILISH COFFEY AND BRIGID DELANEY. AT BACK: STEPHEN DARMODY, DEREK O'LEARY, DAMIEN BAKER, JEFF GORDON, PAT DELANEY AND PAT O'CONNOR. PICTURE: LISA O'SHEA.

Going from strength to strength since its formation at the start of the year, the Killarney Cardiac Response Unit will join forces with The Michael Linehan Heart Save group this Sunday for their first street collection/ public CPR awareness day. The event will take place along Main Street from 10.00am - 5.30pm.

The responders will be out in force collecting for the organisation with the dedicated instructors

from the Michael Linehan group who will be doing CPR demos on the day and signing up people to public CPR/AED courses.

Kiddies will be catered for on Main Street with Disney characters and face painting to keep them busy while mums and dads learn a bit of CPR.

The main aim for Sunday is to have a family fun day, raise awareness and funds - all of which

will be going to the Killarney Cardiac Response Unit.

Meanwhile, the Cardiac Response Unit received a cheque for €500 from Killarney Credit Union to help with their ongoing costs. "We would like to express our sincere thanks to all at the Killarney Credit Union for their generous donation", Unit coordinator Damien Baker told the Killarney Outlook.

## COOK-OUT ON INNISFALLEN FOR THE GUIDES

Braving the windy weather, a large group of Killarney Girl Guides, Brownies and Lady Birds made the short journey from Ross Pier to Innisfallen Island by boat on Saturday last for a cook out and lots of fun.

Elaine O'Sullivan District Commissioner organised the annual gathering of the units once again this year. Once on the Island the girls enjoyed an informative tour of the monastic settlement followed by a fabulous cook-out which included burgers, hot dogs and the all important smores.

The day finished off with camp fire songs and a presentation to Commissioner Elaine with her 5 year pin. "I would like to take this opportunity to thank all our leaders for all there volunteering help throughout the year", Susan Graham Area Commissioner told the Killarney Outlook.



MEMBERS OF THE KILLARNEY GIRL GUIDES, BROWNIES AND LADY BIRDS PICTURED ON INNISFALLEN ISLAND ON SATURDAY.



BROWNIES AND LADY BIRDS ENJOYING THE SUN ON INNISFALLEN ISLAND.



DISTRICT COMMISSIONER ELAINE O'SULLIVAN RECEIVES HER 5 YEAR PIN FROM AREA COMMISSIONER SUSAN GRAHAM.



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## ACCOLADES FOR LOCAL BREWERS AT THE BEERFEST

Two local brewing companies, Torc Brewing and Killarney Brewing Company have won awards at the inaugural Killarney Beerfest which was held at the weekend.

Over 2000 craft beer aficionados descended on the INEC and Gleneagle Hotel for the first ever Killarney Beerfest and with over 24 brewers in attendance showcasing 71 beers from all over Ireland.

One of the highlights of the festival was the awards programme which featured the awarding of the Champion Beer of Ireland to James Brown Brewery for their Chocolate Orange Stout.

However Killarney brewers, Torc Brewing and Killarney Brewing Company kept the local flag flying with Torc coming up trumps by winning gold in the Dark Ale category and getting a Special Commendation for their Wheat beer while the Killarney Brewing Company won bronze in the Pale Ale section for Scarlet Pimpernel.

The festival, which was held in association with Beoir Ireland and the INEC Killarney treated festival goers to a fantastic line up of entertainment including Picturehouse, Jerry Fish and The Swing Cats, a big screen was also showing the weekend's sporting fixtures. The three day festival also included beer master classes, workshops and beer tastings.

Patrick O'Donoghue, MD of the Gleneagle Group "It was an honour to welcome so many of Ireland's craft brewers to our inaugural festival, the feedback from the brewers and festival goers alike is tremendous and we look forward to hosting an even bigger and better festival next year."



MICHAEL DOOLAN, LEFT, JUSTIN HEALY, AND KIERAN CREMIN, AT THE KILLARNEY BEERFEST, SHOWCASING THE BEST OF IRISH CRAFT BREWERS, WHO DESCENDED UPON KILLARNEY AND BROUGHT THEIR KEGS OF CRAFT BEER. IN ASSOCIATION WITH BEOIR AND THE INEC KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



NEILUS KIELY, LEFT AND PAUL O'NEILL, AT THE KILLARNEY BEERFEST, SHOWCASING THE BEST OF IRISH CRAFT BREWERS. PHOTO: VALERIE O'SULLIVAN.



JOHN KEANE, TORC BREWING PICTURED RECEIVING HIS PRIZE.



JOHN O'DONOGHUE, LEFT, BRYAN McMAHON, DAVID O'MAHONY AND MAURICE O'DONOGHUE, AT THE KILLARNEY BEERFEST. PHOTO: VALERIE O'SULLIVAN.



MOSSIE O'LEARY AND KIERAN CASEY, KILLARNEY, AT THE KILLARNEY BEERFEST. PHOTO: VALERIE O'SULLIVAN.



TIMMY O'DONOGHUE, TIM RYAN AND BARRY SPELLMAN, KILLARNEY BREWING, AT THE KILLARNEY BEERFEST. PHOTO: VALERIE O'SULLIVAN.

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May 2015

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## SCHOOL RAISES €5,000 FROM THE FAYRE



THE FAYRE AT ST. BRENDAN'S COLLEGE KILLARNEY.

A fun day out for parents, staff and pupils of St. Brendan's College, Killarney has raised an amazing €5,000 for school funds.

The Parents Association under the stewardship Mary Collier and her band of helpers were supported at the event by parents, business owners and staff who were all on hand to make the day such a success.

Speaking to the Killarney Outlook, Mary said that the day would not have been possible without the fantastic dedicated planning committee and all the wonderful parent association members

and volunteers.

"We would also like to thank those who donated great items and glorious homebaking for sale and those who gave so much of their time and energy to help us either behind the scenes or on the day" she added.

Among those who worked tirelessly and contributed to the event were Elite Marquees, Bridget Tagney, David and Conor, Tim Jones Butchers, O'Sullivan Bikes, The Maritime Hotel part of the Gleneagle Hotel Group, The Lake Hotel, Kaynes Bistro at the Dromhall Hotel, The Killarney Royal Hotel, Killarney Brewing Company, A Time to Party, Troika DJs, O'Sullivan Sound, Kdys Bus, Ian Cronin Photography, Bernadette Randles, Lynes of Killarney, Mike Weldon, Lidl, Aldi, Musgraves, Cai Finn and Patricia Harte.

"The feedback from all who attended and all who participated was very positive and we hope to make this an annual charity fundraising event. It has really created a positive energy around the school and has been a far greater success than we had hoped and that is thanks to all who supported us", said Mary.

## CLUB HONOUR FOR TOMMY AS HE LEAVES FOR A NEW LIFE

A gifted soccer player has been honoured by his club just before the family emigrate to Australia. Tommy Counihan has been awarded the Under 17 Player of the Year by Killarney Athletic for his 100% commitment and his outstanding performance in the club jersey.

Killarney Athletic usually hold their awards in August but due to the impending emigration of the Counihan family for pastures new in Australia the club decided to honour Tommy before his departure.

"We at Killarney Athletic are saddened to lose a vital cog of not only our under 17 team but also our under 18 and Senior B team", a club spokesperson told Killarney Outlook.

Tommy along with his parents Noel and Eileen and his brother Kevin who is also a member of the Killarney Athletic Under 10 team are heading down under to start a new life. "Tommy concentrated solely on soccer this season and gave 100% commitment along with his teammates but his outstanding performances ensured that he would win the under 17 player of the year. He is great credit to his family and we at Athletic are saddened to lose not only 2 players



UNDER 17 PLAYER OF THE YEAR TOMMY COUNIHAN WITH HIS PROUD BROTHER KEVIN.

but also 4 supporters of the club. We wish them the best of luck and we will meet with Tommy to send our best regards on Wednesday 17th June at the pitch at 7.00pm", the spokesperson added. Tommy will join former Athletic players Paudie O'Connor, David Murphy, Michael O'Grady and Johnny Woo to name a few at Perth Shamrocks where he will no doubt impress.

## GARDAI INVESTIGATE BURGLARY

Gardaí are investigating a burglary at O'Neills in Milltown at approximately 4:15am on Saturday night/Sunday morning during the course of which a number of chainsaws were taken. Investigating Gardaí are appealing for any information in relation to these chainsaws and

in particular the movements and whereabouts of a silver Audi estate which was involved in this crime and in similar night time burglaries in South Kerry recently. Any information can be reported to Killorglin Garda Station on **066 9790500** or Killarney Gardaí on **064 6631222**

## FIANNA FAIL APPOINTS DIRECTOR OF ELECTIONS



CLLR NIALL KELLEHER

Rathmore native Cllr. Niall Kelleher from the Killarney Electoral Area has been appointed Director of Elections for Fianna Fáil for the upcoming General Election for

the newly formed Kerry Constituency.

Speaking about his appointment as Fianna Fáil Director of Elections, Cllr. Niall Kelleher said "The party has two fine candidates, one from either end of the county. Cllr. John Brassil is an experienced elected representative and pharmacist from Ballheigue and is joined on the Fianna Fáil ticket by a new member of Kerry County Council Cllr. Norma Moriarty a teacher in Kenmare and Waterville native. As Director of Elections, I look forward working with them both and the entire Fianna Fáil organisation throughout Kerry. In some ways, we have the most balanced ticket of candidates possible, with one male and one female, one from North Kerry and one from South Kerry."

The announcement was made by Fianna Fáil Headquarters after consultation with the local Kerry organisation and the endorsement by party leader Micheal Martin T.D. As part of the pre-election planning, Cllr. Niall Kelleher will be working with other Directors of Elections throughout the country, to ensure that policy ideas and initiatives are to fore of the Fianna Fáil election campaign.

Earlier in the year Cllr. Niall Kelleher was also elected to the Fianna Fáil Ard Chomhailre or National Executive for a five year term, where he represents the Fianna Fáil Councillors throughout the Ireland South Euro Constituency.

## COFFEE MORNING

A coffee morning in memory of Killarney man Paddy Kerrisk will be held at Killarney Golf Club on Saturday 20th June from 10am - 1pm. All money raised on the day will go towards Palliative Care.




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# FUTURE THESPIANS HONoured AT KILLARNEY SCHOOL OF MUSIC

Students of the Killarney School of Music gathered on Friday last for the presentation of grade examination awards to Ray O'Sullivan's Speech and Drama students. Mayor of Killarney, Councillor John Joe Culloty presented the students with their Grade Examination Certificates.

All students were individually assessed by an Irish board of Speech and Drama external examiner and the board paid glowing tribute to the Killarney School of Music Speech and Drama department for the very high level of teaching that the students enjoyed. The results paid testament to this with seven students receiving Honours, twelve students achieving First Class Honours, and nine students attaining the ultimate accolade of an I.B.S.D. Distinction.

The Irish board of Speech and Drama awarded a Gold medal to Student Claudia Clifford as she excelled in her dramatic performance and her knowledge and understanding of the theory of Speech and Drama.

Speech and Drama teacher Ray O'Sullivan said that he was extremely proud of all his students and commended their parents for the commitment and dedication to supporting their children by giving them the wonderful



CLAUDIA CLIFFORD GOLD MEDAL WINNER AND FAMILY, MAYOR COUNCILLOR JOHN JOE CULLOTY & RAY OSULLIVAN SPEECH & DRAMA TEACHER KILLARNEY SCHOOL OF MUSIC

gift of Speech and Drama.

"The very high results gained by all the students was a great independent validation of the hard work and fun they have together, underlining my philosophy 'Learning through Laughter' " Ray said. These Grades were amongst the highest achieved in the country from the Irish

Board of Speech and Drama in 2015.

Ray will begin a new teaching term in September. Children are accepted for enrolment from 6 to 11 years of age, with an exciting new teenage group also starting in September. Further details are available from the school at on **064 6637598**



MAYOR COUNCILLOR JOHN JOE CULLOTY PRESENTS SAOIRSE HARKIN WITH HER FIRST CLASS HONOURS.



MAYOR COUNCILLOR JOHN JOE CULLOTY PRESENTS KATELYN DILLION WITH HER HONOURS CERTIFICATE.



MAYOR COUNCILLOR JOHN JOE CULLOTY PRESENTS ROS BOWELL WITH HIS FIRST CLASS HONOURS.

## KILLARNEY JUST CAN'T WAIT FOR THE 4TH OF JULY



AT THE LAUNCH, WERE FROM LEFT, DECLAN MURPHY, FÁILTE IRELAND, MICHAEL O'DONOGHUE, O'DONOGHUE-RING HOTELS, DIARMUID LEEN, CHAIRMAN, 4TH JULY CELEBRATIONS, CLLR JOHN JOE CULLOTY, MAYOR OF KILLARNEY, CATRIONA O'CALLAGHAN, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, TERRY CUMMINS, ORGANISING COMMITTEE, DICK HENGGLER, SPONSOR, HENGGLER-MORIARTY FAMILY, MICHAEL MOYNIHAN, HEINEKEN IRELAND, PADRAIG TREACY, KILLARNEY CHAMBER OF TOURISM AND COMMERCE. PHOTO: VALERIE O'SULLIVAN.

Following on from the hugely success 4th July festival last year, Killarney is bringing this years event forward - by just one day.

On July 3rd this year, the town will turn USA with stars and stripes adorning the streets as American Independence is celebrated.

This year the main event "The Big Parade" will take place on Friday evening the 3rd of July, with down town Killarney transformed into Main Street USA while the town will come alive with street entertainment throughout the day. Again this year, the charity BBQ at 2pm at Scott's Hotel Scott's Street is kindly sponsored by the Henggeler-Moriarty Family in aid of Kerry Cancer Support Group.

The Big Parade will commence at 8.30pm and will follow the same route as last year, so make sure you take up your vantage point along Main Street or New Street for the best view.



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## GODDESS DANÚ TO BE HONoured AT WALKING FESTIVAL



WHERE THE FIANNA ONCE ROAMED.... REINACTING THE ASCENT, WERE MARIE KEHOE O'SULLIVAN, JOHN O'SULLIVAN AND DENIS O'SULLIVAN. BOOKINGS AND REGISTRATION: WWW.KILLARNEYWALKINGFESTIVAL.IE PHOTO: VALERIE O'SULLIVAN.

The ancient rite of the Summer Solstice in honour of the Goddess Danú will be celebrated at the Killarney Walking Festival which will take place on Friday 19th June to Sunday 21st June 2015. Druids journey across the MacGillycuddy's Reeks by torchlight on their way to the ancient sacred summit, the Paps of Danú where they will celebrate the ancient rite of the Summer Solstice. The festival centres around the magical and mystical Celtic tradition of the Summer Solstice in the Killarney Valley. The Festival highlight is

the traditional trek on the Ancient Paps of Danú to celebrate Mid-Summer and Danú the Goddess of Fertility and Abundance. Other Signature walks include, The Coomloughra Horseshoe trek along the MacGillycuddy's Reeks, Summit of Carrauntoohil, Sunset on Strickeen Mountain on the Eve of the Mid-Summer, Old Kenmare Road, Mangerton and Torc Mountain Paths, Hidden Valleys of the Reeks, and Kerry Way, Gap of Dunloe Boat Trip, Walks in Killarney National Park.

## KNOCKANES NS TURN ON THE STYLE



A night of style and fun in aid of Knockanes National School will be held at the Killarney Plaza Hotel on Wednesday night next, June 17th.

The Parents Association at the school is issuing an

invitation to everyone to join style guru Joan Cashman of the Cork and Image Academy Cork for the evening. A number of local boutiques will be showcasing their stock and Joan will provide lots of valuable tips.

All funds raised from this event will be used for the development of a new all weather pitch, which will not only benefit the current pupils of the school but also future generations. Tickets for this event can be purchased directly from Knockanes Parents Association or from "Whos 4 Shoes" High Street Killarney.

## STAFF REMEMBERED AT KERRY GENERAL HOSPITAL

A stained glass window has been chosen as a memorial to deceased members of staff at Kerry General Hospital, Tralee General and St. Catherine's Hospital. Earlier this year, a committee was formed to oversee the erection of a suitable memorial. Local stained glass artist Mary J Leen has been commissioned to design and make this feature. Included will be a memorial book where names of deceased members will be added and the collection of names is ongoing. The committee are seeking information from readers of the Killarney Outlook about any deceased friends or family who ever worked at

the hospitals. If you have any information please contact any of the committee.

"It makes no difference how long they worked with us we would like their names so that they can be included and remembered" a spokesperson for the committee told the Killarney Outlook.

Any donations towards the cost will be gratefully received. Committee members include: Eileen O'Callaghan, Phlebotomy, Peggy Daly, Dietitian, Jimmy Adams, Psychiatry, Tommy Brosnan, Porter, Louise Nolan, CSSD, FR. Martin Spillane, Carmel Quirke, Catering and Caroline Langan, Catering.

## HUNT ON FOR THE KERRY PERSON OF THE YEAR



ASSOCIATION SECRETARY TARA CRONIN.

The Kerry Association London has set a deadline of July 3 for the receipt of nomination forms for its Kerry Person of

the Year award.

The annual award will be presented to the Kerry person who has made the largest contribution to the social, sporting or cultural life of Kerry people living in the British capital.

The presentation will be made at the association's annual dinner dance at the Crown Hotel in Cricklewood on October 16.

Nominations open this week (forms can be downloaded from the website [kerryassociationlondon.co.uk](http://kerryassociationlondon.co.uk)) and will remain open until early July. Additional forms are also available from committee members.

"Anybody, not just members can make a nomination," association secretary Tara Cronin told The Killarney Outlook. "But the only stipulation is that the nominee must be of Kerry decent. I am calling on the Irish community in London and even on people at home to let us know of some of the great Kerry people that are working hard to make London a better place. If you know of somebody that you think is deserving of this prestigious award please get in touch with me or any association member and let us know who that is. We want to have as many nominations as possible on the table before we make our final selection and the only way of ensuring that we make the right decision is that people must make us aware of the great people that out there."

The selection process will begin on July 8, during the association's monthly meeting but the actual winner will be kept a secret until mid September. The purpose of making the early nomination process is to allow the winner the time to invite family from Ireland and take advantage of early airline booking fares.

The Kerry Association London meets regularly at the Kingdom Bar, 229 Kilburn High Road, London NW6 7JG. New members are welcome and further details can be found at the association's website: [kerryassociationlondon.co.uk](http://kerryassociationlondon.co.uk)

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## PROPERTIES OF THE WEEK



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### 6 WOODLAWN DRIVE, KILLARNEY Guide Price €260,000

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REF 735 (BER Pending)

## KDYS LAUNCH STRATEGIC PLAN

The Kerry Diocesan Youth Service (KDYS), the leading Youth Service in the South-West, this week launched its 3 year strategic plan. Young people, parents, volunteers, Kerry Public representatives and local bodies joined Minister for Children and Youth Affairs Dr. James Reilly to celebrate the official unveiling of a new three year vision for youth services in Kerry. The KDYS Strategic plan highlights the importance and enormous value of locally based youth services directed by local volunteers in delivering better outcomes for young people. Tim O'Donoghue, CEO of the KDYS, said at the launch "This new plan will ensure that all services for Kerry's youth will be informed by clear data and research that identifies what young people require to reach their full potential. We are committed to providing services that are accessible to all young people and that responds to everything from providing opportunities for them to socialise safely with their friends



MINISTER CHILDREN AND YOUTH AFFAIRS JAMES O'REILLY WITH DAIRE O'BRIEN COMMUNICATIONS AND ENTERPRISE KDYS, MINISTER JIMMY DEENIHAN TD, CLLR JOHN SHEAHAN, SEN. TOM SHEAHAN AND TIM O'DONOGHUE CEO KDYS AT THE LAUNCH OF THE KDYS STRATEGIC PLAN 2015-2018 IN THE KDYS, KILLARNEY ON MONDAY.



MINISTER CHILDREN AND YOUTH AFFAIRS JAMES O'REILLY AND MINISTER JIMMY DEENIHAN WITH KATELYN PRENDERGAST, DES BAILEY YOUTH OFFICER, JADE BARRY, DAMIEN FEEHAN, MICHAELA O'BRIEN KDYS AT THE LAUNCH OF THE KDYS STRATEGIC PLAN 2015-2018 IN THE KDYS, KILLARNEY ON MONDAY.

right through to supporting them with any difficult challenges they may encounter as they move through adolescence".

Young People from across the Diocese played key roles at the launch of the KDYS Strategic Plan. They met Minister James Reilly and Minister Jimmy Deenihan on their arrival, giving them a tour of the youth centre in Killarney and sharing their experience of what it means to be a young person in Kerry. They highlighted that the role service plays a significant role in encouraging young people to play an active role in society: "The KDYS give us an outlet for our voices to be heard and make sure those around us recognise and acknowledge our

presence and contribution to society."

The Minister got an opportunity to experience various aspects of KDYS' work with Siobhan O'Byrne a young KDYS member for Killorglin stressing the vital roles that volunteers play in supporting young people.

You can find out more about the KDYS and the strategic plan by visiting their website at [www.kdys.ie](http://www.kdys.ie).



## SCORCHERS TO SHOWCASE THEIR MANY TALENTS

The girls/boys from Killarney scorchers are holding a showcase of their routines at the St. Brigid's Presentation Secondary School, this evening, Friday June 12th.

The group are heading off to the European championships in Liverpool next week and hope to raise funds for the trip. The showcase will start at 7pm and tickets for adults are €5 and children €2.



THE SCORCHERS - PICTURED BEFORE THEY TRAVEL TO LIVERPOOL NEXT WEEK.

## WALK, RUN OR JOG FOR JACK

A 10k Walk, Run or Jog will be held in Castlemaine on Sunday July 12th. Locals in the mid Kerry village are planning to honour their local hero the 'Wild Colonial Boy, Jack Duggan by erecting a full size bronze monument in the village. In an effort to raise funds, the committee will be holding a 10K Walk, Run or Jog on Sunday 12th July. Registration and Starting Point will

be at St. Joseph's National School. Registration will commence at 10am. €10 per adult, €5 per student, €20 per family. Every participant will receive a finishers prize and refreshments will be served afterwards in the school. For more information please contact: Lorraine Wall **087 9400620**.

## HISTORICAL GROUP WALK

Killarney Historical Group is holding an Ecclesiastical Walk next Monday June 15th Starting from the Saint Mary's Cathedral car park at 7pm. The walk will take in all the diocesan and convent buildings in this area. It is the last talk of the season.

## DERRY NANE HOUSE RE-OPENS

Minister of State for Tourism and Sport, Michael Ring TD this week was on hand to officially re-open Derrynane House in Caherdaniel. The House which re-opened following a Government investment of almost one and a quarter million euro that has renewed and redeveloped this historic place. Derrynane has a fascinating history - the ancestral home of Daniel O'Connell the "Liberator", the champion of Catholic Emancipation.

## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



## PENSIONS

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For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at **064 6622775**, **087 2893649** or **kerrymortgagecentre@eircom.net**

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## PROPERTY OUTLOOK

## THROUGH THE KEYHOLE....

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● www.its4rent.ie

**Guide Price:** €130,000 Ref 759 BER C2

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

## FIVE PEAK CHALLENGE FOR THE PEAKY BIKERS



THE PEAKY BIKERS PICTURED IN KILLARNEY BEFORE SETTING OFF ON THE FIVE PEAKS CHALLENGE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

A group of bikers are this weekend coming to the end of their Five Peak Challenge.

The group took on the five highest peaks in Ireland and the UK and cycling the 1,000 miles in between all in just seven days. The group started climbing Carruntuohill on Sunday morning before cycling through Kerry, Limerick, Tipperary on their way to Northern Ireland. They also climbed Slieve Donard, Ben Nevis, Scafell Pike and Snowdon mountains this week. They are raising money for the Marie Keating foundation

and prostate cancer UK. Included are Scott Fyfe, Mike Charlton, Kevin Aird, Matt Cruice, Stephen Fitzgerald, Andy Sallnow, Tom Barton, John Costello, Simon Davies, Alan Collins, Graham Mitchell, Steve Hewitt, Richie Ainger, Jonathan Smith, Owain Martin, Sam Holden.

Supporting them are Linda Keating (Ronan Keating's sister) Fiona Sullivan (both from the Marie Keating foundation) Hannah Cottrell and Alan Collins (Marks & Spencer).

## KCC NOTICES OF MOTION

The following notice of motion was raised by Cllr Brendan Cronin at the May Killarney Municipal Area meeting.

**CLLR BRENDAN CRONIN:** As there is constant traffic congestion on Muckross road, will Kerry County Council undertake a detailed traffic management assessment and review of the timing of traffic lights at Woodlawn junction and Ross Road junction to try improve traffic flow.

**REPLY:** Kerry County Council are advertising for traffic consultants to carry out a full Traffic Management study for Killarney Town. This study will look at current traffic flows/congestion and recommend where improvements can be made. The interaction of the Woodlawn Junction and Ross Road Junction will be examined as part of the study.

Cllr Cronin welcomed the response and the commitment to carry out an overall review of the Traffic Management study for the town. Urgent action is required as the traffic chaos within the town is at a chronic state. It is not a good advertisement for tourism and it is a hindrance for residents and commuters alike and action must be taken to immediately to improve this situation.

### At the May Killarney Municipal Area Meeting COUNCILLOR MICHAEL GLEESON ASKED:

"That Kerry County Council in conjunction with the National Roads Authority (NRA) would devise some scheme to relieve the almost interminable delays endured by road users attempting to exit from the Ballycasheen [Woodlawn] Road on to the N22 adjacent to the Pike Hill, Killarney".

Kerry County Council replied that it will carry out a review of the speed limit By Laws in 2015/16 and that the above junction will be examined in that context. The junction is located in a 60 km zone with traffic from the Cork side entering that zone close to the junction. Moving the 60 km zone further from the junction may help to reduce traffic speed and thus make exiting onto the N22 easier and safer.

Councillor Gleeson stressed the urgency of finding an equitable solution as the present situation can result not only in inordinate delays but also in drivers, locals and tourists, sometimes, due to frustration and time schedules, taking undue risks.

## O'DONOGHUE TO STAR IN TV CAMPAIGN

Kerry and Legion GAA star James O'Donoghue is set to star in an AIB advert. As part of their sponsorship of the GAA, AIB are currently putting the finishing touches to a TV advert in which the Legion GAA club will also feature.

The theme of the advert is club and county and the club has been busy assisting the producers in every way possible.

The club will receive a donation on foot of the advert with separate adverts in the pipeline for Mayo's Aidan O'Shea, Tyrone's Sean Cavanagh and Dublin Paul Flynn.



KERRY GAA STAR JAMES O'DONOGHUE.

## SENATOR MOLONEY WELCOMES FUNDING FOR HOME CARERS

Senator Moloney welcomes the announcement that €1m from the Dormant Account Fund will be made available to provide a range of supports to Home Carers.

"I am delighted with this funding which will provide training, information and support services for Home Carers. It will help carers upskill to give the best possible care, reduce the risk of injury to the carer and help them cope better. Funding is also available to let people know what resources are there to help carers and provide supports to reduce the social isolation experienced by Home Carer"

"Eligible groups in Kerry should apply to get their share of the funding when the process opens on July 1st. It will run for three weeks. In addition, four pre-application regional meetings will also take place around the country in June."

Full details, including the online application process, and how to register for the pre-application meetings are available from the Pobal's website on [www.pobal.ie](http://www.pobal.ie)

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## TENDER

### HARVESTING OF PASTURE/MEADOW (KILLARNEY NATIONAL PARK)

We are pleased to offer the following parcels of land for the harvesting of haylage/silage to suitable agricultural contractors on behalf of The National Parks and Wildlife Service.

- Carrigfreachane, Muckross 20 Acres
- Knockreer hill, Knockreer 43 Acres

Maps available from agents

Offers to be made in writing to offices of Sherry FitzGerald Coghlan in respect of both or any one of the lots clearly marked by 5.00 p m, Friday, 19th June 2015.

(Evidence of agricultural contractors public liability insurance to €6.5m and current tax clearance certificate is a requirement of tender).

**Contact Michael at Sherry FitzGerald Coghlan  
064-6631892**

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# BALTIC BUT BEAUTIFUL AS 1000 COMPETE IN DINGLE ADVENTURE RACE

Now in its 5th year, the Annual Dingle Adventure Race attracted 1000 hardy athletes who braved the unseasonably baltic conditions of Kerry to compete in the one day Multi Activity Adventure Race.

The event consists of three Courses DAR Full, DAR Sport & DAR Mini, Biking over the spectacular Conor Pass, Climbing Mount Brandon, running the coastal windy roads of Sleah, Dunquin, Mount Eagle, and along the iconic Dingle Peninsula.

Noel O'Leary of Irish Adventures who established the race, was delighted with the event, "The Race challenges competitors to run, kayak, which had to be cancelled due to adverse high winds, hike and cycle their way across the Dingle Peninsula. The atmosphere is always fantastic, and despite the adverse cold temperatures, the views showcase Dingle Peninsula, and competitors were literally blown away by the natural beauty! We are grateful to all the volunteers and generous sponsorship of local Kerry business's in making the Dingle Adventure Race a great success and the best Adventure Race in the Country".



DANIEL O'DONOGHUE, KILLARNEY COMPETING IN THE ANNUAL DINGLE ADVENTURE RACE, A ONE DAY MULTI ACTIVITY ADVENTURE RACE CONSISTING 3 COURSES DAR FULL, DAR SPORT & DAR MINI, BIKING OVER THE SPECTACULAR CONOR PASS, CLIMBING MOUNT BRANDON, RUNNING THE COASTAL WINDY ROADS OF SLEAH AND DUNQUIN, ALONG THE DINGLE PENINSULA. PHOTO: VALERIE O'SULLIVAN.

The Full Dingle Adventure Race was won by Dessie Duffy, Cavan Kayakarun, in a time of 2 hrs, 43:15 seconds. The Mini Adventure Race was won by Derek Nolan, Limerick in a time of 1hr, 02:31 seconds, and Sport event was won by

Kieran Cosgrove, in a time of 1hr 46:43 seconds. The Ladies Full Adventure Race was won by Lorraine Horan, Limerick in a time of 3 hrs and 40 seconds while Kerryman John Wharton recorded 01:05:04 in the Dar Mini.



JOHN O'LEARY, KILLARNEY, COMPETING IN THE ANNUAL DINGLE ADVENTURE RACE. PHOTO: VALERIE O'SULLIVAN.



RICHARD DONOVAN, KERRY, COMPETING IN THE ANNUAL DINGLE ADVENTURE RACE. PHOTO: VALERIE O'SULLIVAN.



EDDIE BERMINGHAM, KILLARNEY, COMPETING IN THE ANNUAL DINGLE ADVENTURE RACE. PHOTO: VALERIE O'SULLIVAN.

## MODS & MINIS HAVE IT ALL FOR STYLISH KIDS



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Each year Mods & Minis have a massive summer sale which allows them to make room for the new Autumn collections, it is during this sale that you are certain to pick up a real bargain as all the stock is slashed to clear, so make sure to get in early to take full advantage of some amazing offers.

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- Deerpark Killarney.
- The Mall, Tralee.
- O'Connell Street, Ennis.
- Wilton Shopping Centre Cork.
- Market Square, Mallow.

Follow them on Facebook or look up the Web Page ([www.modsandminis.com](http://www.modsandminis.com)) and sign up to the email newsletter so that you can be informed of upcoming offers and events.

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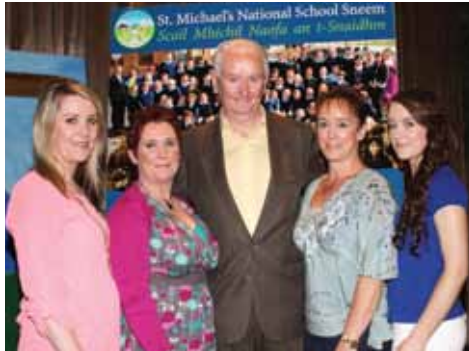
# SNEEM NS CELEBRATES 50 YEARS

Past pupils of St. Michael's National School in Sneem gathered to celebrate the school's 50th anniversary at the Sneem Hotel recently. The event was celebrated with a Photographic Exhibition with pictures spanning 50 years. St Michael's National School opened its doors in the village of Sneem in 1965. Smaller schools in the area closed to make way for a modern building complete with turf fires and overcrowded classrooms. Fifty years on St Michael's National School is a very modern building with large spacious classrooms and huge playing areas. The Board and Management and Teaching Staff of the school were delighted with the turnout for the evening which finished up with a band and a disco.

ALL SMILES: TEACHERS FROM ST. MICHAEL'S N.S SNEEM CELEBRATE THE SCHOOLS 50TH ANNIVERSARY. PICTURED FROM L:R PRINCIPAL MRS AINE MURPHY, MISS CAROLINE CLIFFORD, MRS STEPHANIE O'SULLIVAN CAHILL, MR MIKE HUSSEY. FRONT L:R: MRS ANITA MURPHY, MRS NIAMH DIGNAM, MISS MARION O'SULLIVAN AND MRS CLAUDINE DAVIES. PHOTO: LISA O'SHEA.



PICTURED AT ST. MICHAEL'S NATIONAL SCHOOL'S 50TH ANNIVERSARY CELEBRATIONS. PAST PUPILS L:R: CATHERINE BUCKLEY SNEEM, KITTY DOYLE BLACKWATER, NOELLE CROSBIE AND KARIE O'TOOLE KILLARNEY. PHOTO: LISA O'SHEA.



PICTURED AT ST. MICHAEL'S NATIONAL SCHOOL'S 50TH ANNIVERSARY CELEBRATIONS. THE LOONEY FAMILY STRIKES A POSE L:R: ASHLING MUIR, SIOBHAN MURPHY, SONNY LOONEY, FIONA O'SHEA AND RACHAEL LOONEY. PHOTO: LISA O'SHEA.



ENJOYING ST. MICHAEL'S NATIONAL SCHOOL SNEEM 50TH ANNIVERSARY CELEBRATIONS THE DENNEHY FAMILY: L:R: MICHAEL, MARY AND PADDY. PHOTO: LISA O'SHEA.



PICTURED AT ST. MICHAEL'S NATIONAL SCHOOL'S 50TH ANNIVERSARY CELEBRATIONS. THE O'SULLIVAN FAMILY, KIERAN, TERESA AND MICHAEL. PHOTO: LISA O'SHEA.



PICTURED AT ST. MICHAEL'S NATIONAL SCHOOL'S 50TH ANNIVERSARY CELEBRATIONS. L:R: THE MORIARTY SISTERS, MARIE O'RIORDAN, VERA DINEEN AND OLIVIA DOWLING. PHOTO: LISA O'SHEA.



AT ST. MICHAEL'S NATIONAL SCHOOL'S 50TH ANNIVERSARY CELEBRATIONS. PICTURED L:R: KIERAN CASEY, JAMIE CASEY, JESSICA CODY STEELE, MARY AND JIMMY CASEY, JAMES AND EILEEN FOGARTY. PHOTO: LISA O'SHEA.

## "HERE I AM" AT KILLARNEY LIBRARY

The "Here I Am" Exhibition is a photographic collection by Dan Murphy, which celebrates the unique personalities of children with Down syndrome in Ireland is currently on view at Killarney Library.

This is a fantastic project that is about creating positive awareness amongst the members of the public. The full exhibition and book contains 90 photos of children from around

Ireland aged between one and twelve who have Down syndrome. The children from Kerry featured in the book are part of the exhibition that is travelling around Kerry and will be on show at Killarney Library from Tuesday 2nd June to Saturday 20th June during library opening hours.



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## SEM TY STUDENTS GRADUATE

ST BRENDAN'S TY STUDENTS FRONT ROW LEFT TO RIGHT FAZELE RIPON, DIARMUID MULLANE, MICHAEL POTTS, CHRIS O'DONOGHUE, CHRISTOPHER BUCKLEY, BEN EGAN, JACK CURTIN, TOMMY COUNIHAN, KEVIN HEALY, STEVEN O'LEARY BACK ROW LEFT TO RIGHT DARA FORAN, KEVIN D'ARCY, EOGHAN GILL, CATHAL HICKEY, ROBERT LEE, CIAN A O'SULLIVAN, BRENDAN COPPINGER, DONNCHADH O'SULLIVAN, DAVID SHAW, JAMES FLAVIN AND DAVID CASEY AT THE ST BRENDANS COLLEGE TRANSITION YEAR NIGHT IN THE KILLARNEY OAKS HOTEL.



READY TO ENTERTAIN THE CROWDS THAT ATTENDED THE OFFICIAL OPENING OF KILCUMMIN PARK WERE DANCERS L-R KAYLEY O'CONNOR, EABHA DWYER & CAITLIN DOOLAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AOIFE DOOLAN (LEFT) AND AOIBHE O'SULLIVAN (RIGHT) WITH KENNY THE CLOWN AT THE OFFICIAL OPENING OF KILCUMMIN PARK ON SUNDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AIDEEN O'DOHERTY, SCHOOL TEACHER AT FOSSA NS, ENJOYING HER HEN PARTY AT THE LANDSDOWN ARMS HOTEL WITH HER FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DANIEL & CIARA DINEEN RATHMORE ON THEIR COMMUNION DAY RECENTLY PIC JOHN O SULLIVAN KILLARNEY PHOTOGRAPHIC

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



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WEEKEND.

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WAS AT THE NEPTUN HOTEL RESORT.

PIC JOHN O'SULLIVAN KILLARNEY  
PHOTOGRAPHIC



SARAH DONNELLAN AND EOIN O'LEARY  
WERE MARRIED ON THE 30TH MAY IN  
CHURCHILL WITH THEIR RECEPTION AT THE  
MUCKROSS PARK HOTEL, PICTURED WITH  
THEIR WEDDING PARTY.

PICTURE: TARA DONOGHUE

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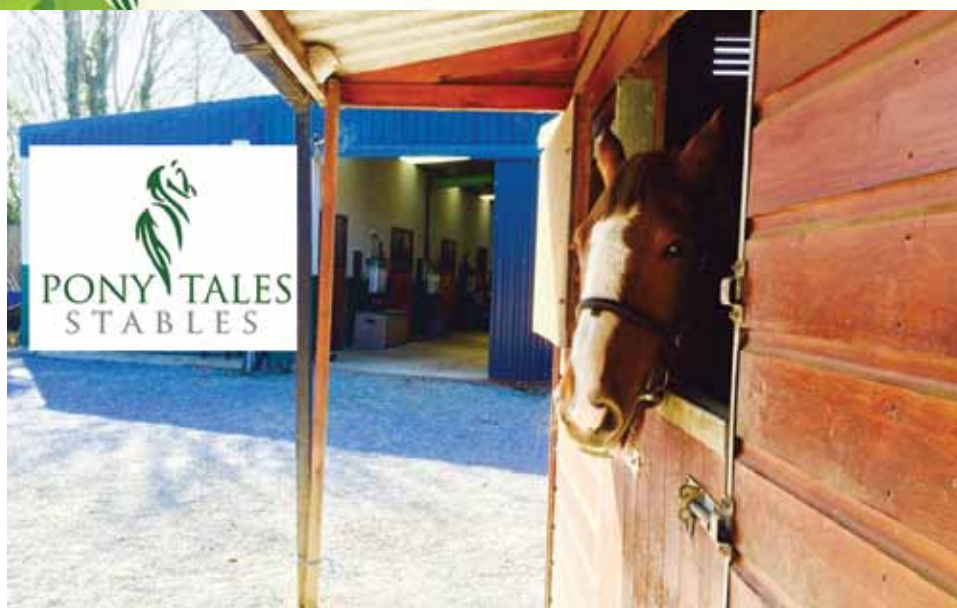
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## SADDLE UP FOR SUMMER FUN AT PONY TALES



Nestled in the beautiful countryside in Faha, Pony Tales Stables offers everything you need to enjoy and learn the art of horse riding.

As well as riding lessons, livery and schooling, the facility also offers seasonal pony camps to adults and children along with facilities for show jumpers and dressage riders.

Located just six miles from Killarney and Milltown, the staff at Pony Tales Stables pride themselves on being able to help everyone whatever their level of riding skills. "We don't want anybody to be afraid to come and try out horse riding. Horse riding is a thrilling sport but you can start as gently as you wish from just about any age", said Tim Clifford, owner at the stables.

*"Our mission statement is 'Learn to ride with confidence...' it is our driving principle. Our belief is that we offer a welcoming and*

safe environment in which everybody can develop their riding skills to the best of their ability, whether a beginner on a lead rope or an aspiring show jumper or dressage rider we will give the same amount of time, attention, respect and patience to all", he added.

An open day is planned at **Pony Tales Stables for Sunday June 21st from 2-4pm.** On the day there will be free pony rides along with a chance to chat with a veterinary nurse from Kenmare Veterinary Centre about any small animal concerns you may have. There will be refreshments on hand with donations going to Cullina National School Autism Unit. Riding Lessons are available 6 days a week at Pony Tales Stables on their ponies / horses or on your own.

### GROUPS CATERED FOR INCLUDE:

**Tots to Trot:** Includes Pony Ride & Grooming for up to 6 years of age.

## SOMETHING FOR EVERYONE AT PONY TALES CAMPS

Children and teenagers with an interest in horse riding will love the pony camps at Pony Tales Stables. They will learn about stable management and pony care in a fun, friendly environment with plenty of riding and lessons along the way.

The popular pony camps mix tuition with stable management and pony care. The 1, 2, 3 or 5 day camps include riding lessons in the covered arena, pony games, quizzes, competitions and the 5-day campers all enjoy a fun jumping competition at the end of the week and maybe even a surprise outing. All camps finish with light refreshments and prize giving with everyone taking home a certificate.

Pony Tales Stables also offer a series of camps for tourists who are on holiday in Killarney and the South West of Ireland, giving them the chance to interact with local people with a common interest. Morning and Afternoon camps are also available for youth clubs, guide & scout groups and birthday parties can be organised on request.

**Therapeutic Riding Lesson:** For all ages that require extra assistance.

**Stable Management Lessons:** Designed for riders and adults, including parents of riders to better understand the management of horses and horse or pony ownership.

**Semi Private Lesson:** (2 per lesson)

**30 or 60 min Private Lessons:** These lessons are designed for both adults and children that want to build confidence or want to prepare for competitions.

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## THERAPEUTIC HORSE RIDING AT PONY TALES STABLES

Therapeutic horse riding for adults and children with disabilities has been recognised for decades as a means to improve physical, emotional, social, cognitive, behavioural and educational skills as well as being healthy and fun.

At Pony Tales Stables Therapeutic Horse riding is an intervention used for people with a wide range of physical, emotional, cognitive and sensory disabilities, such as Autism, Cerebral Palsy, Multiple Sclerosis, Down Syndrome, Muscular Dystrophy, Visual Impairment, Attention Deficit Disorders and Hearing Impairment

It not only focuses on the therapeutic riding skills but also the development of a relationship between horse and rider. It uses a team approach in order to provide therapy for the individual with the guidance of riding instructor.

The amount of benefit gained through therapeutic riding differs from person to person based on many factors such as the type of disability, severity of disability, motivation of the rider and connection between horse and rider. Unlike exercise machines that only focus on one muscle group at a time and do not use natural body movements, riding forces the rider to make use of the entire body to steer, control, adjust the horse and maintain balance. Because horses require not only physical skill



but also cognitive skill for achievement, riding reveals the strengths and weaknesses of the rider. While most traditional therapeutic techniques often reach a plateau where the patient may lose motivation, the pleasure and excitement of riding acts to encourage patients to work through the pain and discomfort. The act of accomplishing something many able-bodied people are afraid to try is a benefit to those with disabilities in itself.

Physical benefits include Improved balance and muscle strength, Improved coordination and faster reflexes, Increased muscular control, Improved postural control, Decreased spasticity, Increased range of motion of joints, Stretching of tight or spastic muscles, Increased

endurance and low-level cardiovascular conditioning, Stimulates Sensory integration, Improved visual-spatial perception, Improved gross and fine motor skills and Improved discipline.

Psychological benefits include Improved self-confidence, Increased self-esteem and self-image, Development of patience, Emotional control and self-discipline, Expansion of locus of control, Improved risk-taking abilities, Sense of normality, Socialization and improved interpersonal skills

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- Adult & Children Riding Lessons
- Tots to Trot Pony Riding Sessions

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- Meet the Ponies & Horses
- Free Small Animal Clinic with Kenmare Veterinary Centre Nurse
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*Best wishes to Pony Tales Stables!*

Please Contact Ciaran at Macrooom Haulage on

**087 817 8977**

## FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



### 1. DON'T BE AFRAID TO ASK FOR HELP

We all need encouragement and guidance sometimes, even me. Sometimes what we may think is the best diet and exercise in the world may be the worst! Often I see clients coming to me who are not eating enough, and training too hard. They are wondering why they can't see results. I have others who are eating healthily but far too much of it and then not doing the right type of exercise. So if you are doing your best and getting nowhere then this is the time to engage a professional in exercise and nutrition to help you along and tell you where you may be going wrong.

### 2. TRY NOT TO BECOME A YO YO DIETER

Yes we all know it and have a some point done it!!! Dieting mad for 4x weeks to get a stone down for a special occasion and then putting up a stone + VAT after! Remember small lifestyle changes should stick with you for the rest of your life. A little bit of what you love in moderation and a healthy balance will keep you on track long term. Adding exercise in will help you keep those pounds off and turn your body into a calorie burning machine!!! So if you have an occasion coming up and you know you are going to be eating more but can't avoid it, make sure you move more too to compensate for those excess calories. Don't turn an 'off day' into an off week or month, that is where we easily pile on the pounds again and start back from scratch before we know it, hence the name Yo Yo.

## MORE TIPS NEXT WEEK...

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**087-7643449**

WWW.FITNESSWITHEDELE.COM

## OUTLOOK FASHION TIP:

### DON'T SKIMP ON A T-SHIRT BRA

The right one will give you confidence and shape under those unforgiving T-Shirts.



## DIET TIP SET A REALISTIC GOAL WEIGHT

If you're losing weight but not as fast as you'd like, don't get discouraged. Dropping pounds takes time, just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high, you may give up when you don't lose weight fast enough. Remember, you start seeing health benefits when you've lost just 5%-10% of your body weight.



## Beauty Tip

### Tip for Greasy Hair

If you have greasy hair, avoid directly conditioning roots and condition from your ear down to ends.



## GUT BUSTING TIPS FOR MEN

It's often said that an apple a day keeps the doctor away, but often men are the ones who are slow to visit the GP when they have a health problem. We've put together some top tips for men to improve their health:

**Who says size doesn't matter?** Excess weight, especially around your middle, seriously adds to your health risks. Losing just 10% of your weight can improve your health

**Watch your waist:** A waist measurement over 37 inches (94cm) puts your health at increased risk. The risk is even higher if your waistline is over 40 inches (102cm)

Eat a balanced diet

This means plenty of starchy foods and fruit and vegetables, some protein and dairy and limiting sugary and fatty foods, such as fizzy drinks and chocolate

**Get active:** Aim for 30 minutes physical activity at least five days a week. You don't have to go to a gym – just choose an activity that you like and can fit into your routine – anything that makes the heart beat a little faster or brings a sweat to your brow, such as walking briskly, cycling, gardening or mowing the lawn or DIY

**Eat fewer takeaways and choose healthily:** If you love Chinese dishes, opt for stir-fried dishes and avoid deep-fried dishes such as battered sweet and sour chicken and have boiled rice rather than fried rice. Choose tomato-based sauces rather than cream-based sauces when choosing pasta-based dishes

and choose pizza toppings such as vegetables rather than meat. We have a whole section on healthy menu options.

**Eat regular meals:** Start the day with a healthy breakfast and have healthy options for lunch and dinner. Include healthy snacks between meals such as fruit and plain popcorn

**Rethink your drink:** Alcohol contains quite a lot of calories so think about cutting down on the amount you drink, drink alternatives, or drink water between drinks. Aim for no more than 14 standard drinks per week with some alcohol-free days (1 standard drink = ½ pint beer; small glass of wine; 1 pub measure of spirits)

**Think long term, not quick fix:** Make gradual changes to your diet and lifestyle that you can really stick to. Introduce changes slowly, for example aim to eat breakfast most days one week and then all days the next, and then work on another area such as snacks. When it comes to physical activity, for example, get off the bus a stop earlier and walk the rest of the journey, then try to walk further each week

Don't wait until you've been diagnosed with a health problem before you take action! Weight loss will give you more energy and help to improve everything from your health and looks to your confidence and love life!

**You don't have to go it alone:** If you feel you are struggling to make small changes to your lifestyle ask a family or friend to help you. Try and visit your GP regularly to keep it all in

## Kerry Hypnosis Clinic

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## **Milltown Childcare Centre**

### **Are Recruiting for a Full time CHILDCARE MANAGER**

#### **Essential skills/qualifications required:**

- A professional qualification in childcare is essential. A major award in childcare/early education at a **minimum of level 6** on the National Framework of Qualifications of Ireland (NFQ) or an equivalent nationally recognised qualification or a higher award in the childcare/early education field.
- Applicants will demonstrate at least 2 years experience of working in a management role in an Early Years setting or equivalent with required competencies in all aspects of service delivery and management including Financial Management and Human Resources management.
- Strong proven business acumen as well as leadership and organisational skills.

An application pack (CVs will not be accepted) is available from Milltown Childcare Centre. 066 9767719. [info@milltownchildcare.com](mailto:info@milltownchildcare.com)

Completed application forms, should be  
**returned no later than 5pm on 17<sup>th</sup> June 2015**

Short listing will take place and a panel will be formed for future positions.

Milltown Childcare Centre is an equal opportunities employer and is managed by a voluntary management committee.

## Transforming Ireland

**Funded by the Irish Government  
under the National Childcare Investment Programme 2006-2010**



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- Applied Social Studies, Nursing, Carers, Health Services Supervisory Management
- Beauty Therapy, Sports Therapy

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QQI Level 5 Certificate [8 modules]

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School leavers right up to experienced mature persons seeking a recognised formal qualification. This course may suit:

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- as a progression route to Higher Education

#### Course Duration

September 2015 to May 2016 | 9.00am – 3.40pm | Monday to Friday

#### Course Details and Application

Available online at [www.killarneycommunitycollege.com](http://www.killarneycommunitycollege.com)

#### Progression

Direct Progression link to Year 2 of the Higher Certificate in Business in Office Information Systems at the Institute of Technology, Tralee.

#### Grants

Student grant information & application online at [www.susi.ie](http://www.susi.ie)

Killarney Community College | New Road | Killarney | Co Kerry

Tel 064-6632164 | Fax 064-6632178 | Email [kcccom@iol.ie](mailto:kcccom@iol.ie)

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



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Recovery Haven is a tranquil, safe environment, providing psychological and social support for those living with cancer, their families and carers. Recovery Haven is affiliated to the Irish Cancer Society and located at 5 Haig's Terrace, Tralee.

**Post of Senior Administration Officer and Fundraising Co-Ordinator**

The Board of Directors of Recovery Haven wish to appoint a Senior Administration Officer and Fundraising Co-Ordinator, to provide support to the manager in the administrative function and to coordinate fundraising activities in cooperation with Fundraising Committee. Book-keeping and accounting experience essential. In time the job holder would be expected play an active role in the financial affairs of Recovery Haven.

The post will be a fixed term contract for two-years. Working hours of the post would be a minimum of 30 hours per week. Remuneration and terms and conditions for the post will reflect the responsible nature of the post.

**Requirements for the post will include:**

- Appropriate experience in a responsible management/administrative role and the ability to oversee and support the organisations fundraising activities.
- Understanding and commitment to the mission and values of Recovery Haven.
- Exceptional interpersonal skills.

**Application procedure:**  
Further details of the post and the application process are available from: **The Manager, Recovery Haven, 5 Haigs Terrace, Tralee, Co. Kerry, Tel: 066 - 7192122 Email: recoveryhavenmanager@gmail.com**

*Closing date for the receipt of completed applications is: 5pm Thursday 25th June 2015*




## Raheen Community Playgroup

Raheen Community Playgroup in Headford are now taking names of children who are interested in attending the Playgroup in September 2015 and September 2016. For the **two year Montessori Programme** children can start at 2 1/2 years of age and can begin in either September or January. In relation to the **ECCE Scheme** for September 2015 children born between February 2nd 2011 and June 30th 2012 will qualify, for September 2016 the qualifying dates are between February 2nd 2012 and June 30th 2013. Raheen Community Playgroup has also been approved by the Office of the Minister for Children and Youth Affairs (OMCYA) to participate in the **Community Childcare Subvention Scheme (CCS Scheme)**. The CCS Scheme is envisaged by the OMCYA to support community based not for profit childcare services in the provision of quality childcare at reduced rates to disadvantaged parents. Further information on the various subvention bands can be found by logging onto [www.dcy.gov.ie](http://www.dcy.gov.ie)

**Excellent adult child ratio with two qualified pre-school teachers.**  
Interested parents/ guardians can contact the Playgroup at (087) 1347581.

**All are welcome to attend the Playgroup's  
Open Day on Saturday  
June 20th from 11am - 1pm**

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## Kerry ETB Training Centre



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

### Outdoor Activity Instructor Traineeship (TRS64) - Co. Kerry.

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

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

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

### Wind Turbine Maintenance Technician Course (TR36R) - Tralee Training Centre.

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

### Sports Recreation & Exercise Course (ETK69) - Killarney.

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

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

This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn to develop applications in Java. **Start Date:** 7<sup>th</sup> September 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

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

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

### Computer Applications and Office Skills Course (ET430) - Tralee Training Centre.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration, computer applications, payroll and accounting. It's focused on enabling participants to gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 7<sup>th</sup> September 2015. **Duration:** 44 weeks. **Certification:** City & Guilds Level 1 Certificate in Office Procedures, ITQ Certificates for IT Users Levels 1 & 2, FETAC Level 5 Component Certificates in Manual and Computerised Payroll, Bookkeeping and Accounts, and FETAC Level 5 Certificate in Business Management.

### Medical Administration Traineeship (TRS08) - Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as medical secretaries, administrators or receptionists. It covers all the main administration tasks carried out in medical practices, hospitals, clinics and medical companies. **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

### Accounting Technician of Ireland - First Year (ET214) - Tralee Training Centre.

This course comprises year one of the two year Diploma for Accounting Technicians. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 38 weeks. **Certification:** First Year Certificate for Accounting Technicians

### Accounting Technician of Ireland - Second Year (ET21R) - Tralee.

This course comprises year two of the two year Diploma for Accounting Technicians. It covers Advanced Financial Accounting, Advanced Taxation, Management Accounting and Integrated Accounting Systems (IAS). **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

### Marketing (ET4R9) - Tralee Training Centre.

This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 5<sup>th</sup> October 2015. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

For further information, testimonials and application details visit our new website at

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

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

**Kerry ETB Training Centre,**

Monavalley Industrial Estate, Tralee,

TEL: 066 7149600 | 066 7149638 | 066 7149676, E-mail: [trainee@kerryetbtrainingcentre.ie](mailto:trainee@kerryetbtrainingcentre.ie)



## Senator Marie Moloney

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Park Road, Killarney Mon to Fri 9.30am to 5.30pm.

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Mobile: 086 3049422

Email: [marie.moloney@oir.ie](mailto:marie.moloney@oir.ie)



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- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H

- 11 VW Golf 1.6 TDI, blue motion, Black
- 11 Ford Focus 1.6 TDCi, Zetec (new model)
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- 07 Ford Mondeo 1.8 TDCi

- 06 Citroen C5 3dr 1.6 TDI
- 05 Jaguar XType 2.0 Full Leather wood trim, NCT
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner

### CARS

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## THE WAIT IS OVER

### COLM COOPER READY TO RETURN IN STYLE WITH KERRY AND AHERNS OPEL

The wait is nearly over, as Colm Cooper is poised to return to the Green and Gold this weekend. Aherns have had a long association with Colm and Kerry GAA, and we were delighted to hand him over his brand new Opel Insignia ahead of the big game Sunday and to Launch our 152 Opel Exchange offer featuring 3 years free servicing and 0% Finance.

Order your car before June 28th and you can be in with a chance to WIN €5000. For more information contact us on 066 7143000 or check out our website [www.aherns.ie](http://www.aherns.ie).



PICTURED AT AHERNS ARE PAT AHERN, PAT BURKE AND COLM COOPER

## SUMMER DRIVING

### From traffic to tractors – help with the big issues affecting you on the road

High temperatures and the busy holiday routes of summer can put extra demands on cars and drivers.

But with a little planning and preparation, you can reduce the risk of a breakdown and keep stress levels to a minimum.

Here we detail the main issues for drivers this summer, and the best ways to work around them.

### SUMMER BREAKDOWNS DROWNED OR LOST KEY FOBs

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

Salt in sea water can ruin electric circuits and render transponder keys useless.

Most cars will have an alternative method of entry if the remote key fails – check the handbook - but it's better to keep keys safe and dry in the first place.

### PUNCTURES

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

Check tyre condition and pressures, adjusting for extra load if appropriate.

Check caravan tyres for cracking and renew damaged tyres before use.

### OVERHEATING

High temperatures can aggravate cooling system problems too. Low coolant level, leaking hoses and broken electric cooling fans can all result in overheating and expensive damage.

If the fan's broken it will soon become apparent when you meet slow moving traffic and engine temperature soars.

Check the coolant reservoir level regularly. Look out for wet or white staining on coolant hoses.

Check the fan by running the car to normal temperature and allowing the engine to idle for five to 10 minutes – the cooling fan should cut in automatically.

### SUMMER FUEL SAVING

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

If you are staying in one place for your holiday, take the roof rack or box off when you get there – you'll save fuel on day trips.

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

Once air conditioning has cooled the inside of the car, you may be able to turn it down or off.

Don't start the air conditioning if doors or windows are open.

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

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

### FATIGUE

Fresh air, exercise or turning up the radio may help for a short time but are not as effective as: Break a journey over 3 hours with a 20 minute break

On longer journeys, take a break every 2 hours or so

Frequent short stops (of at least 20 minutes) are better than one long stop

Avoid heavy meals and alcohol before driving. Counter sleepiness by taking a short nap

(up to 15 minutes) or drink 2 cups of strong coffee.

Remember that it's illegal to stop on the motorway hard shoulder, except in an emergency.

### HAYFEVER

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

Only take medication which doesn't cause drowsiness

Get someone else to drive if you are having a particularly bad hayfever day

Ask about cabin pollen filters for your make of car

Keep tissues close to hand

Slow down and drop back if you're about to sneeze

Wear sunglasses to block out bright sunlight. Close windows and air vents to reduce pollen grains in the car

Vacuum car mats and carpets regularly during summer, to get rid of dust

Loose chippings

Surface dressing – laying tar covered with loose chippings – helps preserve roads and improve skid resistance, but is also a cause of cracked headlamp glasses and windscreens, and damaged paintwork.

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

### FIRE

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

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

**CONTINUED NEXT WEEK...**



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## FOSSA GAA

**LOTTO:** 7th June 2015. Numbers drawn were 1, 6, 7, 22. There was no Jackpot winner and next weeks Jackpot will be €11,100.

**SENIORS:** Fossa played Dr Crokes in Round 5 of the County league in Fossa on Saturday evening. Final score Fossa 0-09, Dr Crokes 2-12.

**U12 GIRLS:** Our U12 girls are competing in Div 2 of the Glebe Kitchens County Leagues. The girls played Firies away, with Firies winning that one on a score of 4-5 to Fossa's 3-3. Next up for the girls was Na Gaeil away where the girls put their first defeat behind them and put in a sterling performance to come away with the points. Na Gaeil 3-4 Fossa 2-11.

Last Tuesday 9th saw the girls away to Laune Rangers. The sides met previously in the U12 preliminary rounds but our girls have been showing great progress at training under the management of Damian Dennehy, Dan O'Connor and David Kennedy. Wishing the girls the best of luck.

**JUNIOR C CHAMPIONSHIP:** Our Senior girls are competing in the Junior C Championship which will see the girls at home to Legion on June 28th.

**U16 GIRLS:** Our U16 girls are at home to Legion on June 25th.

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

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

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

## EAST KERRY NOTES

**With Áine Ní Shúilleabháin PRO**

**EAST REGION MINOR LEAGUE:** The East Region Minor league, sponsored by The Tatler Jack, will get under way on Sunday the 21st June 2015. All subsequent round games will be fixed for Thursday evenings. The CCC will be meeting during the week to make the fixtures. Details of the rules and of the general rules for East Kerry/Region competitions are available on the East Kerry Board web site under competitions at [www.eastkerrygaa.com](http://www.eastkerrygaa.com)

**WELL DONE AND BEST OF LUCK:** Eoghan Ruadh Under 14 team meet West Kerry in the County Divisional Final game against on Wednesday evening, the 3rd June 2015, in Fitzgerald Stadium. Throw in is at 7.30pm. Eoghan Ruadh qualified for the Final in an all East Kerry Semi Final last week, after a cracking game against the East Kerry U14 team. Well done to both Eoghan Ruadh and East Kerry Under 14 teams who represented their clubs, families and team mentors so well. We wish Eoghan Ruadh the very best of luck in the Final. Go n-éirí and t-ádh libh.

**EAST REGION UNDER 14 LEAGUE:** The East Region Under 14 League, sponsored by MD O'Shea, continues on Monday evening, the 15th June with round 2. All games are at 7.30pm. The second round fixtures are as follows: Division 1: Kenmare V Legion, Rathmore V Dr Crokes. Division 2A: Gneeveguilla V Beaufort, Glenflesk V Listry/Keel; Division 2B: Fossa V Spa, Firies V Kilcummin. Division 5: Kilgarvan/Tousist V Currow, Cordal/Scartaglen V Crokes B, Firies B - Bye. The rules of the competition are available on the East Kerry Board web site at [www.eastkerrygaa.com](http://www.eastkerrygaa.com) under the competitions menu.

**CONGRATULATIONS TO CORDAL CLG:** We wish heartiest congratulations of the Board and all in East Kerry to Cordal GAA club, on Sunday's reopening of their pitch. This is the culmination of a journey of 3 years, as they would say themselves, from the U-tube famed worst field in Ireland, to the state of the art, all weather pitch, new stand, new dug outs and a perimeter track around the field. Officially reopened by esteemed Uachtarán C.L.G., Aogán Ó Fearghail. The days activities began with a celebration Mass in Cordal Church, followed by underage games featuring Cordal Juvenile teams and culminating in the Co League Division 3 game, Cordal V Firies. Nora Feeley, hardworking Cordal PRO, asked us to relay their thanks to the community, neighbouring clubs, all their sponsors and all who contributed in any way, bringing this to fruition. All concerned should be justifiably very proud.

**CONGRATULATIONS GIRLS COUNTY SKILLS FINAL:** East Kerry/ Kenmare girls teams were well represented last Friday, in the county final. Teams consisted of three players with all scores counting. All teams performed well on the day. Fossa NS (Maud Kelly, Sarah Sheehan, Jodie Sheehan) combined well to secure second place in the team event. Sarah Sheehan took second place in the individual event with Danielle O'Leary (Meentogues NS) taking third place with a superb individual display. Congratulations to all prize winners. Thanks to the Fitzgerald Stadium committee for the assistance in organising the event and St Brendans College student's for supporting those marking the sheets on the day.

**CONGRATULATIONS:** To the Kerry Senior Hurling team on winning the Christy Ring Cup Final.

## LISTRY NOTES

**LISTRY WEEKLY LOTTO RESULTS:** Sunday 7th June, 2015. Winning Numbers 1, 8, 21, 22. Jackpot €4,100. Not Won. Jackpot next week Sunday 14th June €4,250.

**SENIOR COUNTY LEAGUE:** Listry seniors will be playing at home for their next game against Beale on Saturday, 20th June at 7pm. Will update if there are any changes.

**SENIOR COUNTY LEAGUE RESULT:** Listry travelled to Blennerville last Sunday to play St. Pats. It was a glorious sunny day and there was great support for both teams. At half time the score was St. Pats 0-9 Listry 2-04.

This was a great game to watch and the Final Score was St. Pats 1-12 Listry 4-05

**JUVENILE UPDATES:** U12s had a good win at home V Moyvane in Phase 2 of the county league on a scoreline of 5-11 to 1-09. They play Scartaglin away on Sunday next June 14th in Rd 4 at 6pm.

U10s travelled to Fossa last Friday night for Rd 1 of the go games blitz. We fielded two teams and both teams played well on the night.

We travel to Spa on Friday 12th to take on Spa at 7pm. On Sunday 14th we travel to Cromane to take on the locals at 11.30. A busy week ahead for U10s.

U8s also travel to Spa on Friday night at 7pm.

Training continues for U6s on Fri at 6.30pm

**SUMMER CAMPS:** The following are the dates for Summer Camps in Listry this year.

Kelloggs Cul Camp July 13th- 17th.

Listry GAA Club Camp August 4th-7th.

More details to follow.

## BEAUFORT GAA NOTES

**LOTTO:** The next Lotto Draw for Jackpot of €2,000 will be held in Kate Kearney's Cottage on Sunday, 14th June. Tickets are available from usual sellers, bars and shops.

**JUNIOR TEAM:** Are at home to Glenbeigh/Glencar on Tuesday, 16th June in Round 1 of Mid Kerry Championship.

**U12S:** Hosted Ballyduff on Sunday evening. Final scores: U12 Beaufort (Amber) 2 - 11 Ballyduff 3 - 11, U12 Beaufort (Blue) 1 - 10 Ballyduff 4 - 12.

They are away to Kerins O'Rahillys on Sunday, 14th June at 6pm

Boys U8 Blitz in Beaufort on Monday, 15th June.

**U14 GIRLS:** Hosted Dr. Crokes in the semi-final of the County League on Wednesday evening. Crokes settled the quicker and scored a goal and a point. Gradually Beaufort settled into the game and it was close throughout with great saves by both keepers and some good goals scored also. Dr. Crokes took their chances in front of goal while Beaufort will rue the missed chances especially in the last few minutes. Well done to both teams for an exciting game. Final score: Beaufort 4-7 Dr. Crokes 4-8.



**U12 GIRLS:** played John Mitchells in Round 3 of the County League on Tuesday evening. The girls played very well and led at half time John Mitchells 0-1 Beaufort 2-1. Beaufort were stronger all over the pitch from Emily Kissane in goals to Emma Kissane at corner-forward. Captain Leanne Hayes and Kerry Egar won the mid-field duel therefore the forwards were getting a great supply of ball. The result was never in doubt once Ciara Casey scored 1-1 in quick succession after 10 minutes. Final score: John Mitchells 0-1 Beaufort 6-2.

**RING OF THE REEKS LEISURE CYCLE:** Will be held on Saturday, 25th July. As we have 3 different level of routes we hope that everybody including families will come along to support the club and take part in this lovely occasion. Contact Bridget 087 9975737.

## DR CROKES CLUB NOTES

**SENIOR HURLING:** We had another County SHL 2 game last Wednesday night when we played Lixnaw at home.

While we lost the game on a score line of 2.15 to 2.09 this was a very much improved performance, despite failing to score from two penalties awarded to us, we were well in contention until the late stages. To be truthful we were unlucky to come up against a bang in form excellent and sporting Lixnaw side who finished the stronger and were deserved winners of the two league points

We learned a lot of lessons about ourselves and the improved level of performance and commitment are very hopeful signs that we will be in good shape and ready for the Intermediate County Championship later in the summer.

Congratulations to Lixnaw whose outstanding player was a talented 17 year old Shane Conway about whom we will certainly hear more in the years to come. Referee was Paddy White.

We have no official fixture this week but are actively arranging a friendly game for Wednesday night. More to follow on this and players will be notified by group text.

**UNDER 12 GIRLS:** It was third time lucky for the under 12 as they played Kilcummin last Tuesday evening in the third round of the league and came away with a win right from the start the girls played well with some superb passing and kicking. Kate O'Donoghue was outstanding in goals bring off a great save towards the end of the first half to make sure that it was tied at Half time but it was the second half when the girls really began to shine with superb defending from Sarah Never and Ellen Moloney. Laura O'Shea and her cousin Leah McMahon played a blinder with Leah scoring 1 goal and a point on her debut Faith Lockett was excellent in corner forward catching some lovely High balls in hopefully this will give the girls the encouragement they need to continue on they play Currow in the next round.

**LOTTO:** Lotto numbers 7, 15, 19, 21. Jackpot €7800 not won match 3 16 by €25 Draw Monday



BEAUFORT U10 FOOTBALLERS WHO COMPETED IN THE COMMUNITY GAMES LAST WEEKEND.

15th June Tatler Jack Jackpot €8000.

**BEST WISHES:** Best wishes and a speedy recovery to Kieran O'Leary who picked up an injury training with Kerry in Portugal. We hope to see you back in Black and Amber as soon as possible.

## SPA CLUB NOTES

**COISTE NA NOG: SPA U10 BOYS:**

Dr Crokes are hosting U10 Go Games blitzes on Thursday June 18th & 25th. Teams participating are Dr Crokes, Spa, Firies & Kilcummin.

**U12 BOYS:** Spa played a very strong U 12 Glenbeigh team at home on Sunday evening. Played in testing conditions the game was nip and tuck with the visitors winning by 2 points at half time. In the 2nd half Spa led by the charismatic Bailey O'Sullivan fought back. This was a total ding dong affair with great work also being done by Jack O'Sullivan. However it was not to be as Glenbeigh held on at the end with a 5-07 to 4-08 scoreline.

**LADIES FOOTBALL: U12 GIRLS:**

**SPA 3-3 ABBEYDORNEY 5-10**

Played away to a stronger team on the night. Our girls were very unlucky with scores but all tried hard. Sarah O'Sullivan, Grainne Spillane, Erin Holland, Clodagh O Connor, Laura Fleming all played well.

**U14 GIRLS:** Spa had a massive win against Ballyduff. The girls really improved on their scoring skills and it paid off to defeat a great Ballyduff team. Outstanding for us were Mairead Bennett, Orlaith Spillane, Maeve Fitzmartin, Siona Moynihan, Sarah Fleming, Eleana O Donoghue and Meghann Cronin.

**SENIOR CO. LEAGUE RD 5:**

**SPA 4-4 TEMPLENOE 5-15:** Our seniors travelled to Templenoe on Saturday evening and at half time trailed 2-3 to 2-6, the first half goals coming from Shane and Cormac Cronin. Playing against the breeze in the second half, goals from Andrew Garnett and a second from Cormac Cronin were not enough and the two county league points went to Templenoe.

**JUNIOR CO LEAGUE:**

**SPA 4-12 LISTOWEL 0-8:** This was a game

with Brothers-in Arms David and Jamie Spillane leading the team registering majority of the scores. First half it was a closely contested game with half time score 1-4 to Listowels 0-7 pts. Fergal O'Donoghue and Alfie Giles helped Spa with a great win. The visitors only scored one point in the 2nd half with excellent defending by Brian Lynch, Conor Cronin and the ever young Paul Russell who's excellent fielding was very impressive on the night. Midfield was orchestrated by Jamie Spillane and Conor Kearney. Up front David Spillane finished excellent passes from his older sibling. Fergal O'Donoghue, Corey Doyle and Conor O'Callaghan all helped set up excellent scoring chances. Welcome back Conan Walsh after a long absence.

**FIXTURES:** East Kerry: O'Donoghue Cup Fixture. Spa away to v Crokes, O'Sullivan fixture Spa away to Glenflesk on dates to be arranged.

**SCHOOLS LINK:** Well done to Eimear Courtney and Niamh Hickey on their respective Awards that they received from Roisin Moore, principal of St. Brigids (Pres) recently.

**LOTTO:** Spa Lotto Results 07/06/15

Draw held in The Killarney Oaks Hotel for a jackpot of €8,000. Numbers drawn 01, 05, 06, 10.

**GAELIC FOR MOTHERS:** Great turnout for our initial meeting. First light training this Thursday 11th night at 7.30pm for one hour. Venue TBC.

A new initiative and further development in the Club under ladies football. This is non competitive football with a strong emphasis on FITNESS and FUN! Great outdoor workout and fresh air for the summer and beyond. No football experience necessary! You can look it up on the following website <http://ladiesgaelic.ie/games-development/gaelic4mothers> Contact Grace O Connor (087) 229 9453.

**LÁ NA GCLUB:** Mark your calendar June 27th at 5pm. Annual BBQ, karaoke, music song and dance. All welcome.

**DALY'S SUPERVALU - KITS FOR KIDS OFFER:** Customers that spend €40 receive a voucher. 2000 vouchers = a kit. The voucher can be placed in the Spa box at the back of



the checkouts. Offer runs until July 5th. Please support Spa GAA Club!

**HAPPY FEET SUMMER CAMP:** July 13th - 17th July. Once again Conor Gleeson and John O'Donoghue are offering a fun filled week of games and activities in a safe Environment in Spa GAA Grounds. Camp is €70 with family rates available €50/2nd child. This camp is for children attending National School. All instructors are fully qualified experienced teachers. Please contact Conor 087-2565142 or John 087-9403517.

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

**SPA COMMUNITY NOTES:** Sympathy is extended to the relatives of Con Courtney, Lower Minish and Nora Crowley, Kilbreen who died at the weekend. May They Rest In Peace.

## LEGION GAA CLUB NOTES

**U14 GIRLS FOOTBALL:** The Under 14 girls continued to show a strong improvement with a 1 pt win over a fancied Abbeydorney team seen as a good barometer of their progress. The girls finished the County League campaign winning 4 of last 5 games and just missing out on a place in the semi finals. A small break from competitive action now before the East Kerry starts.

**U12 BOYS FOOTBALL:** Mixed fortunes for our u12 boys who were on the road last Sunday evening in glenflesk. Our Green Team were down a number of players and although they were competitive in a keenly fought and skillful game, Glenflesk ball winning and shot taking was better in the second half and they ran out comfortable winners.

The White team have been improving with every game and were particularly unlucky in their recent division 2b games. Although they were missing a number of players and had no substitutes, they put some fine plays together and defended well to run out 4 point winners.

**GREYHOUND FINAL:** This Friday sees Ramon Rumble run in the semi final of the Malton Hotel Sweepstake, flying the flag for the Legion club in a bid to get to the final which will be held on Friday 19 June as part of the GAA Night of Champions. Tickets for the final are available from any club officer at €10 which includes entry and a raffle.

**EXAMS:** Continued best wishes to all the students doing their Junior and Leaving Cert exams at present, ye are nearly there now.

**SENIOR COUNTY LEAGUE:** A Billy Maguire first half goal and some nice points by the likes of Aidan Slattery and Darragh O'Doherty had Legion in prime position at half time. Finuge threatened to make a game of it but some indiscipline and a fine penalty save by KJ Griffin meant a comfortable win in the end. Legion 1-13 Finuge 1-4. KJ Griffin, Andy O' Sullivan, Danny Sheahan, Tom Slattery, Darragh O Doherty, Damien O'Sullivan, Sean McCarthy, Shaun Keane, Jamie O'Sullivan, Denis Sheahan, Conor Keane, David McCarthy, Derek Twomey, Billy Maguire and Aidan Slattery. Subs used... Alan Moriarty, Kyle Griffin, Kieran Slattery, Kevin Breen.

Legion presently are joint top of the division with three other clubs, all on seven points.

**CLOTHING COLLECTION:** A Clothes Collection will take place in Derreen on Saturday June 27th. All bags, shoes, belts, clothing, sheets towels etc will be accepted. They can be dropped up to the club house at

training and game times.

**BEST WISHES:** The club wishes David O' Sullivan a speedy recovery from a hand injury.

**SUPERVALU:** Dont forget that every time you spend forty euro or more in Supervalu in Park Rd, you will receive a Gaa kits for clubs voucher which you can put into the clubs box in the shop. This is a great initiative and will help the club in providing new gear for our juveniles so please support

**LOTTO:** Numbers drawn for Sunday 7 June are 3, 6, 9, 22. No Jackpot winner. 5 x Lucky dip drawn from the match x 3 .. Vincent Scott c/o Pat Moynihan, Dawn Murphy, Suzanne Smith, Tadgh O'Leary O Kellys Villas, Shania Costello Ballyspillane.

**FIXTURES:** Senior County League Round 6 away to Castleisland Desmonds in a top of the table clash Saturday evening June 13.

Juniors v Rathmore at Derreen Monday 15 June at 7.30pm.

## MILLTOWN LISTRY LADIES FOOTBALL

U12 played St Senans on Tuesday despite our girls best efforts they were defeated by St Senans this was a great team effort by all the girls but St Senans proved too strong for them. Thanks to mentors and to supporters who travelled to the game.

Our u 14 played Castleislands Desmonds in County League this was a lovely free flowing game of football but Milltown Listry proved too strong for the Desmonds and had a good victory. Our next game is against Cromane this week. Best of luck for the game.



THE KERRY ALL STARS FROM KILLARNEY WHO TOOK PART IN THE KERRY SPECIAL OLYMPICS ATHLETIC DAY AT AN RIOCHT, ATHLETIC CLUB, CASTLEISLAND ON SATURDAY PIC JOE HANLEY



## ROWING TO RIO

The Monika Dukarska  
Blog. The story of a  
Professional Athlete



European Rowing Championships in Poznan, Poland is a distant memory now and I have a new focus that is the World Cup 3 event in Lucerne in Switzerland. The event takes place in 6 weeks' time and our preparations are well underway. Having reviewed our races to date I'm optimistic and although things did not go according to plan during the Europeans it is encouraging to see that we are well in the mix in the Women's Pair event. The field is separated by seconds and over the last two months; Leonora and I have shown that we can deliver those speeds. Sickness and a number of things, which were inevitably out of control, spoiled our racing but now, having analysed it and identified areas for improvement, we can move on and start on a fresh canvas.

Returning to training after a competition is often accompanied by a feeling of urgency as well as increased focus. The urgency comes from the fact that our next event is just around the corner, while increased focus follows the need to make mechanical changes, which are mentally draining to accomplish. Our bodies move in a particular way, which is either easy, natural or became a habit over time. In order to change it, we have to brake the movement down into small elements and address each element individually and once 'fixed', join it together again. It may sound complicated and it is, just imagine making a mechanical change while the boat is moving. you are accompanied by your partner who also makes changes (which are often of a different nature) and there might be strong head wind or a cross wind which hauls our rhythm or speed. Sounds like fun, right. In addition, it is indeed; otherwise, I would not be at it! There is nothing better than a good challenge!

In addition, this week I am delighted to announce that FEXCO, the foreign exchange specialist came on board as my main sponsor for this season. I am honoured to have such a strong company behind me. This gives me a great pride and encouragement that FEXCO recognised my hard work, commitment and dedication to rowing. Having a sponsor will ease the pressures associated with being a full time athlete. I am looking forward to working with FEXCO this season and achieving some remarkable things. Follow Monika of her daily journey on Twitter @MDukarska  
Kerry's only female sports columnist only in the Outlook Magazines



## SCARTAGLIN ARE CROWNED EDUCATE.IE COUNTY CHAMPIONS

EDUCATE.IE UNDER 14 DIVISION 4 FINAL

**SCARTAGLIN 2-14**

**DR CROKES 3-03**



SCARTAGLIN WERE CROWNED EDUCATE.IE U14 DIVISION 4 CHAMPIONS

Scartaglin were crowned Educate.ie U14 Div 4 champions last Sunday defeating Dr Crokes in the decider in Fossa.

This was a great performance from the Scartaglin Ladies who played with great spirit, determination and intensity. Scart from the throw in dominated the opening half and led at the break 0-8 points to 0-3. In the second half Scart continued their domination and continued to score points at will and they scored two goals in that period through Brid Moriarty and Aoife Dunlea. Dr Crokes however struck for three late goals in the last five minutes or so, one from a penalty. There was simply no stopping the Scartaglin Ladies on the evening and they ran out deserving

winners in the end. Mary Courtney, Secretary of the Kerry Ladies Football Board presented The Shield to joint captains Brid Moriarty and Shauna Ahern after the match to their delight and that of the large contingent of Scartaglin supporters present. Scartaglin team and scorers Sarah O'Mahoney, Marie O'Connor, Grainne Walsh, Grainne O'Connor, Ellen Collins, Shauna Ahern (joint capt), Aoife Walsh, Aoife Dunlea (1-4), Aishling Kearney, Danni Reidy, Aoife Kerins (0-2), Lisa Flynn, Rachel O'Connell (0-1), Brid Moriarty (joint capt 1-6), Laura O'Connell, Sarah Mahony, Gabrielle O'Brien, Leah Boyle, Jane Lawlor (0-1), Emma Kerins, Abbie O'Mahony, Shauna Tangney.



DR CROKES U14 TEAM WHO WERE DEFEATED BY SCARTAGLIN IN THE EDUCATE.IE DIVISION 4 FINAL.



## MILTOWN/LISTRY COMMUNITY GAMES

**FUTSAL:** Our U15 girls had success last Sunday in Duagh by winning silver. This competition was won by Duagh/Lyre who were last year's All Ireland champions at U13 level. Our girls were very competitive in their game with them but it was against Kenmare that they really shone through in the game that decided who won silver. All the girls are underage again next year so we hope they'll be back to give it a go again. We thank them for their efforts. **TEAM:** Aileen O'Leary, Ciara Tangney, Ciara O'Mahony, Caoimhe O'Donoghue Flynn, Caoimhe Burke, Amanda Flynn and Elisha Bradley.

**ATHLETICS TRAINING:** We are currently training at Riocht track at present with our last session on next Monday 15th at 5pm sharp. This is a great experience for the children who normally don't get an opportunity to compete there and good preparation for them. This will stand to them when competing in the Kerry finals at Riocht track next weekend Saturday 20th and Sunday 21st.

**OTHER ITEMS:** We would like to thank Henry Scanlon who refereed at U10 Gaelic Football finals last Friday evening in Glenflesk. Our facebook page is updated regularly with notes and photos so please follow us on this page.

## MUCKROSS ROWING CLUB NOTES

**KILLARNEY REGATTA 2015:** The annual Killarney Regatta was launched this Thursday at a special function held in the Killarney Avenue Hotel. This year's regatta takes place on Sunday 28th June returning to O'Mahony's Point, Killarney Golf and Fishing Club once more for an action packed day. Crews have been busy in training over past weeks and months and as the countdown continues, the tension and excitement build towards the big day at our local regatta. We wish all our rowers, coaches and coxes the very best in the final weeks of training. Keep it up folks! Looking ahead, the regatta is a big day out for the club with a lot of logistics from food to boats, slipping and organising crews. So any help that can be offered on the day is welcome as always. All sandwiches, home baking and refreshments greatly appreciated! If you can assist with boats and slipping on the day or preparing on Saturday afternoon, we would be very grateful. Fingers crossed now for some good weather! Only two weeks to go!

**IRISH CHAMPIONSHIPS:** The Irish Rowing Championships will take place from Friday 10th to Sunday 13th July at the National Rowing Centre in Inniscarra.

**CLUB PHOTOGRAPH:** Thanks to everyone who gathered at Muckcross House on Sunday evening last for the club's official photograph. It's been many years since our last official

photo, so the large attendance is greatly appreciated. On a sunny evening in the best of surroundings it was a very special gathering with our President Seamus Guiney and all our Vice Presidents, pictured together with club members. One for the history books no doubt! A special word of thanks to Sally MacMonagle for facilitating the photograph. Enquiries regarding photograph copies to a committee member.

**UPDATES:** Stay in touch with the club on Facebook facebook.com/muckcrossrc or follow the club on Twitter @muckcrossrc

## FIRIES COMMUNITY GAMES

Athletics Co Final will be held in Riocht Castleisland on Saturday 20th June. In U8 60m boys Johnaton O'Sullivan and U8 girls Sarah Palmer, Grainne Costello and Caoimhe O'Brien. Girls U8 80m Mairead Walsh and Ava Herlihy and U8 boys Marcus Clifford and Brian O'Leary. Girls U10 100m Aideen O'Brien and Doireann O'Shea and boys U10 100m Fionn Coleman, Cillian Cronin and Matthew Horgan. In girls U10 200m Katie Doe and boys U10 200m Michael Fitzgerald, Aaron O'Sullivan and Rian Brosnan. Girls U10 hurdles Isabel Norris and Louise Kennedy and boys U10 hurdles Luke and Kian Costello. Girls U12 100m Ciara Duggan, Elaine McMahon, Cara O'Brien, Dearbhla Brosnan and boys Jack O'Brien, Colm O'Shea, Stephen Palmer and Cian O'Connor Lazarus. Girls U12 600m Maebh Coleman, Emma Affonso, Rebecca Kenny and boys Cormac Costello, Darren Deniel and James Horgan. Girls U14 100m Aoife O'Shea, Martha Fitzgerald and Katie Brosnan and boys Jack Duggan and Tomas Clifford. Girls U14 800m Elaine O'Donoghue and boys TJ Palmer, Cian Cronin and Jerry Finnegan. Girls U14 hurdles Siofra Foley and Kimberley O'Brien and boys Brian Burke and Cian Ring. Ball throw Emma Affonso, Aine O'Shea and Dearbhla Brosnan and boys Hugh Walsh, Patrick Kearney and Denis Cremin. Shot putt Sarah Kennedy and Aoife O'Shea and boys Jack Duggan and Ciaran O'Brien. Javelin Ciara Kearney, Martha Fitzgerald and Siofra Foley and boys TJ Palmer and Jerry Finnegan. Long jump Kimberley O'Brien and Elaine Norris in triple jump. Girls discus Emma Murphy and Rachel Hctor and boys Max Walsh, Robert Campbell and Thomas Murphy and John O'Rourke in high jump. Training continues in Farranfore Tuesday and Thursday at 6pm. Well done to the U14 tag rugby team who took part in the recent Co Final. Thank you to Jerry Finnegan who trained the team and Frances Murphy who managed the team.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Munster Juvenile U9 to U13 Track and Field Championships were held over two days last weekend. We had a small number of athletes competing over the two days. On day one we

saw Cian Spillane running a stormer in the U12 600m race. Cian who last month won the county title in this race ran very well to fend off some tight competition and take gold. Natasha Myers finished in 5th place in the U13 600m. Liath Lenihan took part in the U13 60m Hurdles and High Jump. Full results next week when made available. Well done everyone.

We had our final juvenile training session for the season last week. A special thanks to head coach, Maria McCarthy, to all our coaches and helpers who gave their free time to help make our young children better and stronger. We will continue coaching for juveniles still competing in community games and athletics c'ships for another few weeks.

**CLUB TRAINING:** Juvenile Athletics Outdoor training is at 6pm Tuesday and Thursday in GAA Grounds Farranfore. Training only to those club members who will be competing in Athletics C'ships and Community Games. €2 per session, Post Primary Juveniles (14+), Senior athletes training every Thursday at 7pm. €2 per session with qualified coaches.

**ATHLETIC CLUB FIXTURES:** Munster Juvenile U/14 to U/19 Track & Field Championships - 13th & 14th June, Waterford RSC

An Riocht AC Open Sports Day - Tuesday June 16th.

Community Games Athletic County Finals - 20th and 21st June, An Riocht Track, Castleisland.

Munster Senior and Masters Track and Field Championships, Sunday 28th June in Templemore Track. Closing date for receipt of entries is Friday 19th June. Contact Club secretary (Mary Kennedy 087 9881919) before this date in order to register on time.

Keep upto date with athletics on our Facebook & website: www.ffmvac.blogspot.com

## RATHMORE GNEEVEGUILLA COMMUNITY GAMES

**CONGRATULATIONS:** To our U10 Football team who played in the last four teams at the county finals in Glenflesk last Friday evening.

A great evening of football with four very competitive teams taking part, Spa Muckcross, Kilcummin, Glenflesk and our own panel of players.

Spa Muckcross took the overall Gold, Kilcummin silver and our final 'close encounter' with Glenflesk left us fourth place and Community games certificates were presented, to the following panel of players. Gavin Barry, Tomas Brosnan, Shane Daly, Sean O'Keeffe, James Doyle, Oisín O'Leary, John Hughes, Sean McAuliffe, David McCarthy, Conor Moynihan, Pádraig Moynihan, Brian Murphy, Darragh Nagle, Cian O'Connor, Daragh O'Keeffe and Chloe O'Leary.

Big thank you to our trainers, Brendan Nagle and Owen O'Leary for preparing the children for the finals and a big thank you to all the families and friends who turned up to support their players and cheer them on, in Glenflesk on



Friday evening.

## ATHLETICS COUNTY FINAL JUNE 20/21ST:

Any child interested in taking part in a relay in the forthcoming athletics final on June 20/21st June in Castleisland. Please contact Cynthia Daly on 086 0818606 or Aeneas O'Leary on 087 6577167, to register your interest. We are looking for all age groups.

## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 5/6/2015, numbers drawn were 3, 5, 15 and 21. Sellers prize winner Tom Joe O'Donoghue, €50 Y/T winner: Chris Crowley Gullane, €50 to Kieran Finnegan Gullane, €40 each to Ann Mirie McCarthy PO, John Moriarty Coom, Nora Fleming Kilcummin. Bonus not won numbers drawn were 12, 13, 27 and 29. Next week's jackpot €10,600 plus €1,000 bonus.

**MUNSTER U9 - U13 TRACK & FIELD CHAMPIONSHIPS:** Held on Cork IT on Saturday 6th, Jack O'Leary was our only medal winner 3rd in U13 600m. Clodagh O'Keeffe and Jack Greaney reached the finals.

**MUNSTER U14 - U19 TRACK & FIELD CHAMPIONSHIPS:** Will be held in Waterford Sports Complex on Weekend 13th and 14th. Best of luck to all competitors.

**CLUB MATCH:** The club match between Gneeveguilla, Riocht & Killarney Valley will be announced shortly.

## SPAMUCKROSSCOMMUNITY GAMES NOTES

**U10 FOOTBALL:** Spa Muckross Community Games became U10 Gaelic Football county champions on Friday 5th June in Glenflesk; it had been 10 years since the community last won the trophy.

The qualifying rounds were held on a wet bank holiday Monday in Tralee and the young stars had good victories over Kenmare, Ballymacelligot and Ballyduff.

The Finals were played in round robin format with Spa Muckross attaining a narrow victory over a young Rathmore/Gneeveguilla side. Next up was the home side Glenflesk, and Spa Muckross really had to dig deep to win this game on a scoreline of 0-5 to 1-1.

Spa Muckross then faced their near neighbours, Kilcummin, who also had come through unbeaten, so the winners of this game would be crowned champions.

In a tentative affair, scores were at a premium but the second half exploded into action with both teams going for gold. Spa Muckross scored 2 great goals in the final minutes and held on as Kilcummin threw everything at them winning out on a scoreline of 4-2 to 2-3. The team will now represent Kerry in the Munster Finals in early July.

Thanks to all the parents for the great support and a special thanks to their coaches, Donal O'Doherty and Connie Lynch.

**TEAM:** Christopher Healy, Cian Russell, Maidhce Lynch, Tom Benson, Darragh Murphy, David O'Sullivan, Luke Courtney, Daniel Coffey, Emmett Spillane, Leah McMahon, Oisín Lynch, Aiden Cronin, TJ O'Sullivan, Neil Carroll, Fionn Daly and Timothy Moynihan.

**TRAINING:** Jean Courtney is busy organising training, and will keep in contact directly with parents around this.

**COUNTY COMPETITIONS:** Track and Field County Finals are being held on Saturday and Sunday, June 20th and 21st in Castleisland.

## KILLARNEY VALLEY AC

The first outing for our newly named club was a very successful one with Alex Hennigan winning gold in the U11 Long Jump at the Munster Juvenile Championships in CIT last Sunday with a jump of 4.12. He also finished in 7th place overall in the 600m event. Also competing for the first time in the Killarney Valley vest was Finn Kennelly who was close behind Alex in the competition. Our older athletes are in action in Waterford next weekend so we wish them the very best of luck there.

The Kerry Primary school sports were held in An Ríocht on May 30th and Killarney schools did very well - in the girls competition Silver medals went to Marie Courtney, Lissivigeen 6th class 600m and to Chloe Coughlan, Loreto in the 6th class Shot Putt. In the boys events - Gold medals went to the 2nd class boys relay from Lissivigeen. Silver medals went to Conor Gammell, Loreto 4th Class 100m, Jason Lee, Monastary 5th Class 100m and the 4th class relay from Gaelscoil Faithleann. Bronze medals went to Oisín Lynch, Lissivigeen 2nd Class 100m, Brian Titus, St Olivers 3rd Class 200m, Cian Lynch 4th Class 200m and Jack Maguire, Gaelscoil Faithleann 5th Class Long Jump.

The Killarney Park run took place last Saturday and was a great success. They will be held every Saturday morning at 9.30am in Muckross Gardens and are free to enter so we would encourage everyone to come out and take



MILLTOWN/LISTRY U15 GIRLS FUTSAL - WON SILVER MEDALS AT KERRY FINALS IN DUAGH LAST SUNDAY. FRONT: FIANA BRADLEY. 2ND ROW: AILEEN O'LEARY, CIARA TANGNEY, CIARA O'MAHONY AND ELISHA BRADLEY. BACK ROW: AMANDA FLYNN, CAOIMHE O'DONOGHUE FLYNN AND CAOIMHE BURKE.

part, runners, walkers, adults and children alike. Race director Alan Ryan asked for people to come and walk their dogs or push buggies along the route - the idea is for people to get out and get fit - And all participants can use the Park runs as part of their training regime for the Killarney 10 Mile that is taking place on Saturday September 26th! All information regarding the 10 Mile can be found on [www.killarney10mile.com](http://www.killarney10mile.com) or you can contact Jerh Griffin on 087 6879186.



ALEX HENNIGAN REPRESENTING KILLARNEY VALLEY A.C. WON GOLD IN THE LONG JUMP U11 AT THE MUNSTER CHAMPIONSHIPS HELD AT C.I.T. TRACK, CORK LAST SUNDAY.

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## SCHOOLBOY/GIRL SOCCER

### GOOD END OF SEASON FOR PARK: FOUNDATION SPORTS 14 PREMIER:

Park A 5-0 Killorglin

### DALY'S SUPERVALU 13 PREMIER PLAY OFF: Killarney Celtic 1-3 Park.

**REPORTS:** Two of the remaining three games in the Kerry Schoolboys Girls League were played this week with St Brendan's Park being the big winners.

In the battle for second in the Foundation Sports 14 Premier the Park got the points they needed to finish runners up to Killarney Celtic. Killorglin had to beat the Tralee side in Christy Leahy Park to take the race to the last game of the season.

But goals from Sean McGrath 2, Mervyn Shalemba, Alfie Christie and Junior Bio saw The Park get what they needed to finish second in the table.

The Daly's Supervalu 13 Premier went to a play-off after The Park beat Killarney Celtic in the final game of the season to see both sides finish level on 25 points.

And it was the Tralee side that carried the momentum into the Play-off at Celtic Park and they won 3-1 to be crowned Premier winners. Sean McGrath, Mervyn Shalemba and Conor O'Sullivan got the goals for the Park with Cian Dineen replying for Killarney Celtic.

One game remaining:

There is now only one game left in the season and it's the Foundation Sports 14 Girls Premier Play-off. Killarney Celtic and Listowel Celtic finished level at the top of the table at the end of the regular season and they sided will meet in Dynamos on next Saturday June 13th to decide the final title of the 2014/15 season.

## KERRY MAKE IT 2 WINS FROM 2 AT THE KENNEDY CUP

Kerry 6-0 WVEC

Kerry made it two wins from two following a 6-0 win over West Waterford / East Cork.

The win sees them top the table after the opening two games. Kerry are on 6 points and a +8 goal difference one better than Limerick District who they play next.

Kerry goals came from Peter O'Sullivan, Darragh Lyne, Dylan O'Neill, Dylan Murphy and 2 from Patrick Darcy.

## KERRY TOP GROUP TO REACH LAST 8

On Tuesday afternoon Kerry made it three wins from three with a 1-0 victory over fellow table toppers Limerick District.

The goal came from Dylan Murphy in the second half and it puts Kerry into the last 8.

Mark Kelliher had to make a save soon after to keep Kerry ahead but after that they controlled the game and are into the Last 8.

## KILLARNEY CELTIC NOTES

**FOOTBALL FOR ALL** Our Football For All coaches are travelling to Dublin on Saturday with 24 children and 20 parents to support the Boys in Green vs Scotland at the Aviva Stadium. They are staying overnight as they are taking part in the annual FAI Football For All National Blitz in Abbotstown on Sunday. We would like to wish the players and coaches all the best in the National Blitz. We hope they enjoy their experience in the Aviva Stadium.

**KENNEDY CUP** Congratulations to everyone who represented Kerry in the Kennedy Cup. Results aren't known at time of writing; nor do they need to be, we already know from their great commitment that this team did Kerry proud.

**RESULTS** Greyhound Cup Quarter-final: Killarney Celtic 1 Mastergeeha 4

It was 1-1 at half-time but an understrength Celtic were no match for an outstanding Mastergeeha in the second half. Congratulations to our neighbours and best wishes going forward in the competition.

**FIXTURES** Reserve Cup Quarter-Final: Killarney Celtic B away to QPR, Friday, 7.30pm, in Mastergeeha

**U14 GIRLS PREMIER:** Having finished level at the summit of the table, Killarney Celtic and Listowel Celtic will meet next Saturday in Tralee Dynamos' pitch to decide the title. Time to be announced.

## KERRY OFF TO WINNING START

Kerry got their 2015 Kennedy Cup campaign off to a winning start when they defeated West Cork in their opening Group 3 game.

Kerry started nervously in very warm conditions but gradually played themselves into the game. Paul O'Shea, Caolan Ryan and Darragh Lyne all went close before Devon McKenna went closest of all as he crack a shot off the crossbar. It was still 0-0 into the second half but it was Kerry doing all the attacking. Patrick Darcy was just wide before Kerry got the break through. Dylan O'Neill put a free kick into the box and Paul O'Shea rose highest to head the ball home in the 57th minute.

Kerry wrapped up the win in the 66th minute when Dylan Murphy volleyed home.

## KILLARNEY ATHLETIC A.F.C. NOTES

**KILLARNEY ATHLETIC A.F.C. KILLARNEY CREDIT UNION 7 A SIDE TOURNAMENT 2015**

**KICK-OFF** Killarney Athletic A.F.C. is delighted to announce details of the 39th Annual 7 A Side Tournament in conjunction with sponsors Killarney Credit Union which will kick off on Monday 29th June.

**COMPETITIONS** This year is our thirty-ninth year and we will be providing competitions for Senior Men and Ladies, Over 35s and underage boys and girls.

The competitive underage event will be run over a few days, with age groups from U10 to U16 (U10/12 10th /11th July, U14/U16 to be confirmed).

**AWARDS** Along with the Premier and Reserve Cups, The Kieran Cahillane Senior Player of the Tournament Award will be on offer for the outstanding player on view, while The Johnny Heffernan Underage Player of the Tournament Award will also be up for grabs.

There will be free entry to the 2016 tournament for the Premier Cup winners.

**ENTRY FEE** The entry fee remains at last year's amount and we are hoping for a high entry across the categories.

**SENIOR MEN:** €200; Over 35s: €150; Ladies: €150; U10/12: €75; U 14/16: €100.

Get your team in soon!

**WHAT TO DO NEXT...** Application forms are available from Killarney Credit Union, Beech Rd. and Park Rd.; Scotts Bar and at [www.killarneyathletic.com](http://www.killarneyathletic.com)

**N.B.** Over 35 and under 10/12/14/16 forms need to be returned by the 1st July

The closing date for senior entries (to be returned to the above venues) is Friday 12th June and the draw will take place on Monday evening, June 15th in Scotts Bar @ 9pm.

See [www.killarneyathletic.com](http://www.killarneyathletic.com) for entry forms, information on previous 7-A-Side Tournaments and for updates throughout the tournament. Upcoming Events to mark the club's 50th

**ANNIVERSARY CELEBRATIONS** 25th June: Golf Classic at Killarney Golf and Fishing Club  
5th September: Celebratory Dinner in the Dromhall Hotel.

50 Years of Killarney Athletic History Article Series  
To mark 50 years of Killarney Athletic, we will be releasing a series of articles setting out the club's development since its foundation by Dan Harrington in 1965 to the present day. Anyone who wishes to contribute, particularly former officers or managers, can email [50years@killarneyathletic.com](mailto:50years@killarneyathletic.com) or contact Toirdealbhach (087) 6447603 or Mike (087) 2727173 for more details. The first article will be "The Harrington Era 1965-1969", a personal account of the foundation of the club by Dan Harrington. The club is also planning a slideshow or exhibition of photographs on the night of the celebratory dinner (5th September). If you have a photo that you would like to contribute, please pass it on to Don O'Donoghue (086) 1234610, Mary McCarrick (087) 7750773, Mike O'Shea (087) 2226185, Toirdealbhach (087) 6447603, or indeed email it (or a link to it) to [50years@killarneyathletic.com](mailto:50years@killarneyathletic.com). It will be scanned and returned to you with minimum delay.

This is a brilliant opportunity to celebrate the club's proud and varied history in Killarney so please get involved with your contribution.

Killarney Athletic Website: Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

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



# OUTLOOK SPORTS NEWS

Deadline: Monday 5pm Email: [news@outlookmags.com](mailto:news@outlookmags.com)



## MUNSTER FOOTBALL CHAMPIONSHIP PREVIEW



### TIPP SURE TO TEST KERRY IN TOUGH OPENER

#### TIPPERARY V KERRY

**Venue:** Semple Stadium Thurles  
**Throw-in:** Sunday 14th June 3.30pm  
**Referee:** Ciaran Branagan (Down)

The Kerry Senior Footballers begin the defence of their Munster and All-Ireland Senior Football titles when they travel to Thurles to face an in-form Tipperary side having dispatched Waterford 1-24 to 0-5 in the first round. Both sides go into this year's clash with points to prove. Kerry had a topsy-turvy national league campaign where they maintained their Division 1 status but only just, while Tipperary narrowly missed promotion from Division 3. Tipperary will head into this game on the back of some good results at under age level. Tipperary football is in a very healthy state now. Tipperary Development Squads at under age level have been performing very well. Proof of this came in 2011 when their Minor footballers won the All-Ireland title and this year when their Under 21's contested the All-Ireland final against Tyrone.



WILL COLM COOPER MAKE HIS LONG AWAITED COMEBACK?

The Kerry team and management are just back from a spell in Portugal for warm weather training.

With competition for places on the starting fifteen keen, manager Eamon Fitzmaurice has a few selection headaches.

Worries over the health and well-being of James O'Donoghue were allayed when the Legion man confirmed that he should be fit to start the clash despite picking up a calf muscle injury. Midfielder David Moran who is so vital to Kerry's cause picked up a knock in Kerins O'Rahilly's SFC win over Rathmore but is expected to be fit to claim his starting berth.

Will Brendan Kealy wrestle back the goalkeeper's jersey from Brian Kelly or will Kelly hang on?

Will crowd favourite Colm Cooper claim a starting XV berth? The Gooch has been in impressive form for his club recently and will be a major addition this year.

As usual, there is much speculation as to who will start for Kerry and Eamonn Fitzmaurice will only confirm his starting line-up tonight. What of Tipperary? As stated, the Premier County go into this game with nothing to lose and on the back of an impressive win over Waterford in the opening round. Steven O'Brien was the star of the show for Tipp against the Deise. O'Brien notched six points from play, three in each half, and will take some watching by the Kerry defence.

O'Brien, a Sigerson Cup Medallist with DCU, has all the attributes needed for the modern game and is a key player in this Tipperary side.

Manager Peter Creedon now has a strong panel available to him and other names in the line-up include Peter Acheson, Michael Quinlivan, a member of Tipp's All-Ireland winning Minor



WILL JAMES O'DONOGHUE HAVE A STARTING BERTH?

team in 2011, Paul Fitzgerald, Ciaran McDonald and George Hannigan.

Outlook Publications understands that Colin O'Riordan who picked up a hip injury against Waterford is expected to be fit and ready for the Kerry clash.

Kerry go into the game taking nothing for granted. The odds may be stacked against Tipperary but the Premier County Boys will be very worthy opponents and will certainly put it up to the Kingdom.

Remember last year's Munster SFC opener against Clare when the Banner County almost pulled off a shock result against the Kingdom. Another factor to take into consideration is that Tipperary almost upset Cork in Pairc Ui Chaoimh at the same stage last year as they went on a decent run in the qualifiers defeating Longford and Laois along the way.

Paul Murphy looks to have been rule out and Kieran O'Leary joins him having picked up a long-term injury from training camp. While Paul Galvin could play a part

**Verdict:** Kerry.

### KERRY FACE TOUGH TASK IN MUNSTER JUNIOR SEMI FINAL

#### TIPPERARY V KERRY

**Venue:** Semple Stadium Thurles  
**Throw-in:** Sunday 14th June 1.30pm  
**Referee:** Michael Collins (Cork)

It's Kerry and Tipperary again in Junior action following Tipp's victory over Waterford in Round 1. Kerry, have the same management team as last year (Stephen Wallace, Fergus Clifford, Timmy O'Sullivan and Denis "Shine" O'Sullivan) when they failed at the final hurdle going down to Cavan in the All Ireland final and they have been playing a number of challenge games in preparation for this year's campaign. Looking through the panel of players there

is a mixture of players with senior experience having been part of the Kerry senior set up such as goalkeeper Shane Murphy, Jack McGuire, James Walsh, Conor Cox and Thomas Hickey, last year's captain and then you have Under 21s such as the two Crowleys from Templenoe, Denis Daly and goalkeeper Darragh O'Shea, and there is also a number of last year's successful Kerry minors such as Liam Kearney and Dan O'Donoghue of Spa and Liam Carey of Beaufort. The Kerry team will be announced on this evening. Cork play Limerick in the other semi final. The Munster Junior final is fixed for July 1st.



CONOR COX WILL LEAD THE LINE FOR THE JUNIORS ON SUNDAY.



TONY WALSH OF WALSH COLOUR PRINT (SEATED THIRD FROM LEFT) PRESENTING FIRST PRIZE IN THE WALSH COLOUR PRINT MIXED COMPETITION TO WINNERS DONAL CONSIDINE AND FRANCES ARTHUR WITH PATSY HANLEY LADY CAPTAIN, 3RD. (BACK FROM LEFT) LIAM HEALY AND KATIE O'CONNELL 2ND, DERMOT ROCHE 3RD AND MARY AND TOMMY GALVIN 4TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

## CASTLEROSSE GOLF CLUB

**RESULTS: COMPETITION PLAYED ON SUNDAY 7TH JUNE 18 HOLE FOURBALL BETTER BALL, IN AID OF THE NATIONAL COUNCIL FOR THE BLIND,** Winners Gintaras Bendaravicius and John B. Doran 47 pts (Best B9), Overall runner up, Daniel Shine and Steve shine 47 pts.

**RESULTS, 3 PERSON MIXED SCRAMBLE PLAYED ON TUESDAY 2ND JUNE** best net return, John B. Doran, Mary O'Reilly & Donal O'Reilly.

**FIXTURES:** Sunday 14th June Captain Steve Shine Prize day, tee of 9am, please register on sheet at Castlerosse.

Scramble 9 hole competition continue each Tuesday at 6.30pm. Open to Ladies & Gents.

## ROSS GOLF CLUB

### GENTS

**RESULT: ON SUNDAY JUNE 7TH WE HELD A STROKEPLAY COMPETITION.** The following were the winners:-

1. Andy Deally (14) 68.
2. Peter Wickham (13) 69.

Best Gross Alan Flynn 78.  
On Sunday June 14th we will hold an 18 hole single stableford competition. The timesheet is now available so please add your name to it as soon as possible.

**ROSS TEAMS:** Best of luck to our Mixed Foursomes team who will play Killarney GC in that competition in Dooks next weekend.

**WELL DONE:** To our Country Clubs team who defeated Castlegregory in Beaufort in that competition at the weekend and they are now in the Munster semi final which will be played in Castlegregory on August 9th.

**CLUB MATCHPLAY:** All players are asked to play their matches in the Killarney Trophy & Medal Centre Club matchplay championship as soon as possible.

**CLUB FOURBALL:** The draw for this competition has been made and is on the main noticeboard and all players are asked to play

their games as soon as possible.

**THE KERRY SHIELD:** Unfortunately the Ross team were unsuccessful in the Kerry Shield which was played in Castlegregory last weekend.

**2015 CAPTAINS DAY:** All members are reminded to win the Captains Prize you need to have played in two qualifying competitions this year. Please note that Captains Day will be held on June 28th.

## DEERPARK PITCH & PUTT NOTES

By John Kelly

**CONDOLENCES:** From all Deerpark members are extended to Hugh O'Sullivan on the recent death of his mother. May She Rest in Peace.

**36 HOLE STROKEPLAY RESULTS:** There was a fine turnout for Sunday morning's club Strokeplay competition and the results are as follows 1st Overall Nett, Kieran Fitzpatrick, 2nd Nett James Fleming, Overall Gross Conor McCarthy.

**SENIORS OUTING: RESULTS OF LAST WEDNESDAY, SENIORS OUTING IN DEERPARK ARE AS FOLLOWS** - 1st John Murphy and Connie Buckley (Newmarket), 2nd Pat Mitchel and Dan Callaghan (both Castleisland). Next Outing to Castleisland on Wednesday July 1st. Final Outing to Newmarket in September.

**WEDNESDAY EVENING FOURBALL:** Winners on last Wednesday evening were Johnny O'Brien and Jason O'Connor, 2nd John McGrath and Robbie O'Brien.

**RICKY KELLY MEMORIAL:** On weekend of July 19th. The club is making a special effort to make this year's Ricky Kelly Memorial competition a success and a special appeal is extended to both current and former members and local business owners to support the competition.

**MUNSTER STROKEPLAY QUALIFIERS:** Best wishes are extended to our competitors in next Sunday Munster Qualifiers in Tralee and a special word of congratulations to our junior

team who were narrowly defeated by Parteen on Saturday.

**MALLOW OPEN:** James Fleming finished a creditable 4th in Mallow on Saturday.

**EXAMINATIONS:** Best wishes are extended to all our members involved in examinations at present.

**CLUB MAINTENANCE:** Club maintenance on next Monday evening June 15th 7pm to 9pm sharp.

**NOTES DEADLINE:** Items for the weekly notes can be forwarded to the following contacts prior to midday on Monday kellydoolan@eircom.net Landline 064-6632698 Mobile 086 3941769

## KILLARNEY GOLF CLUB

**MEN'S: MALTON FOURBALL MATCHPLAY QUALIFIER SPONSORED BY MALTON HOTEL**

**KILLEEN, 08/06/2015.**

1st Fergus Houlihan (10) and Seamus Doherty (21) 48pts.

2nd John Hickey (13) and Dermot Roche (12) 45pts.

3rd Sean Brosnan (8) and Brian Holden (19) 44pts.

4th. Donie MacSweeney (13) and Eddie MacSweeney (16) 44pts.

All scores of 37PTS Qualified.

## RING OF KERRY GOLF CLUB

**RESULTS: 6TH / 7TH JUNE**

**SCRATCH CUP WEEKEND**

**JUNIOR CATEGORY (BLUE TEES)**

1st Gerard Hogan (5) 80.

2nd Eamonn O'Driscoll (5) 80.

3rd Tony Horgan (7) 80 ocb.

**INTERMEDIATE CATEGORY (WHITE TEES)**

1st Aidan Chinoy (11) 80.

2nd Andriu O'Sullivan (12) 85.

3rd Mike Harper (14) 85.

**MINOR SECTION (YELLOW TEES)**

1st Sean O'Leary (20) 86.

2nd Martin Veldhoen (20) 70.

3rd Paudie Kelleher (19) 71.

**UP COMING EVENTS:** 13th / 14th June - 3

-Person OPEN Team Event - The Accommodation Cup Classic - €90 per team - Sponsored by McCarthy's Meat Market. All welcome.

## KILLARNEY GOLF CLUB

### LADIES

PRO: Eileen Tarrant.

**RESULTS OF COMPETITION SUNDAY 7TH JUNE SPONSORED BY LORD KENMARES RESTAURANT FORMAT V. PAR MAHONYS.**

1st Jane Dwyer (26) 8up.

2nd Amy Arthur (7) 7up.

3rd Noreen O'Callaghan (15) 6 up.

B.G. Christine Carroll (12) 5 down.

4th Mary O'Connor (25) 5 up.

5th Bernadette Nolan (14) 3 up

CSS 70

Next Competition Sunday next 14th June, Singles S/Ford, Killeen, Sponsored by Bank of Ireland.

## RESULTS OF MIXED FOURSOMES SPONSORED BY WALSH COLOUR PRINT, CASTLEISLAND.

1st Frances Arthur (24) 42 pts.  
Donal Considine (3).

2nd Katie O'Connell (28)

Liam Healy (13) 40pts.

3rd Patsy Hanley (22)

Dermot Roche (12) 39 pts.

BG Eimear O'Donnell (8).

George Linehan (12) 27 gross pts.

4th Mary Treacy (28)

Tommy Galvin (11) 38 pts (bk9)

Our Mixed Foursomes team will meet Ross Golf Club in Dooks on Saturday Morning 13th June at 9.50 am.

Congratulations to Margaret O'Donoghue who had a Hole in One on the 4th hole in Mahony's in Sundays Competition.



PATSY HANLEY LADY CAPTAIN KILLARNEY GOLF CLUB (FOURTH FROM LEFT) PRESENTING THE WINNING PRIZES IN THE MACBEE'S LADIES COMPETITION TO (FROM LEFT) CHRISTINE CARROLL, TINA O'SULLIVAN, AMY ARTHUR AND MARY GEANEY AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

## KILLORGLIN GOLF CLUB

**MENS COMPETITION KILLORGLIN GOLF CLUB RE EXCHANGE DAY WITH CASTLEGREGORY G.C SPONSORED BY MCCARTHY INSURANCE**

1st Tommy Murphy 39 Pts.

2nd Denis Dennehy 38 Pts

3rd Aidan Spillane 36 Pts.

Gross Shane Collins 78 Gross

4th Mike J.O'sullivan 36 Pts

Senior Eamon Sheehan 36 Pts.

1st Sinead O'Shea (21) 41pts.

2nd Lisa Kerfoot (15) 33pts.

**UPCOMING EVENTS:** Sunday 14th June Club Sponsored 18H Single Stableford.

We wish the very best of luck to our Mixed Foursomes Team who are out Saturday 13th in Dooks.

## KILLORGLIN GOLF CLUB

**LADIES: 12 HOLE RE-ENTRY STABLEFORD SPONSORED BY JUNIOR OFFICER EMMA DALY:**

1. Emma Daly (21) 25 pts. 2. Kathleen Keating (23) 25 pts. 3. Maura O'Boyle (27) 24 pts. Winners of the Crumlin Rumble 3 person team event were Eleanor McCarthy, Junior

Captain Alan Daly and John McCarthy with a great score of 84 pts.

**FIXTURES:** Saturday 13th, Sunday 14th or Tues 16th 18 Hole V Par sponsored by Lady Member Betty Griffin. Arrange own time and partners. Next 12 Hole re-entry sponsored by Lady Member Kathy Lyons continues until further notice.

**CAPTAIN'S PRIZE TO LADIES:** Entry Sheet for Captain Paul McKenna's Prize to Ladies on Saturday 20th June is posted on Notice Board. Draw for partners. Time Sheet runs from 1pm to 2pm. Presentation of Prizes will take place at the Captains Prize Presentation on Sunday 21st..

## ROSS GOLF CLUB

**LADIES**

**RESULTS: SUNDAY 7TH JUNE 18H SINGLE STABLEFORD KINDLY SPONSORED BY MARY O'SULLIVAN.**

## CIARA WINS THE HAYES CUP



PATSY HANLEY LADY CAPTAIN KILLARNEY GOLF CLUB (FIFTH FROM LEFT) PRESENTING THE HAYES CUP TO URSULA DALY WHO ACCEPTED ON BEHALF OF THE WINNER CIARA O'MAHONY WITH (FROM LEFT) MAUREEN ROONEY 4TH, MARY O'DOHERTY 2ND, BILLY O'CONNOR VODAPHONE KILLARNEY SPONSOR AND WINNIE RYAN 3RD AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

Killarney golfer Ciara O'Mahony is this years winner of The Hayes Cup at Killarney Golf Club.

In the 1960, Mrs Louie Hayes (née O'Sullivan) donated 'The Hayes Cup' to Killarney Golf & Fishing Club. Mrs. Hayes was Lady Captain of the club in 1939 and 1940. She had won a cup through competition at the club 3 years in a row and at that time, the rule was that if a player won a cup 3 times, then the player got to keep the cup. As a gesture to the club, Mrs Hayes donated a new cup to the club for competition. The cup was called 'The Hayes Cup' and it is presented to the winner of the annual Ladies Club (Hayes Cup) competition at Killarney Golf & Fishing Club.

Mrs Hayes was a Killarney native and was married to Dr Desmond Hayes, who was a Psychiatric Doctor in Killarney.

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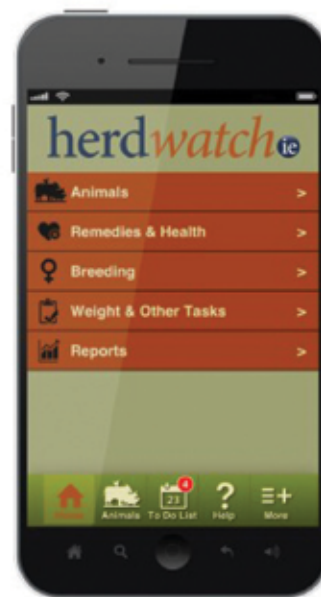
# Tommys Farming Week

The proverb says, "Good things come to those who wait". Whether or not it is a good template for life is your own decision but it certainly sums up the main silage season of 2015. A friend of mine, farming near Mallow could not wait and grabbed a dry day last week, his pit moved with the volume of water, knocking a restraining wall in the process. He now has the headache of separating silage and concrete, added to controlling effluent and preserving a wet mess. It is easy to be wise in hindsight, the desire to have highly digestible silage is a worthy one and each day of additional growth into June was reducing the quality of the grass. However high digestibility is worth little if cows do not like the taste. Silage is a lot like wine, bad preservation equals a rancid flavour, and sunshine is needed to increase the sugar content and aid preservation. Wine can be packaged and promoted but cows are not as easily fooled as humans. These days are a silage contractors dream. Driving to Limerick this evening the countryside was alive with activity, tractors, trailers, harvesters, balers mowers and tedders were passing each other in both directions. We dropped fifty acres here at home today, we will turn tomorrow and bale on Thursday, fingers crossed that the weather does what it is supposed to. A week can be a long time

in any walk of life and it is hard to believe that all of last week was fire brigade grazing, saturated land, north winds, low growth, on off grazing with strip wires, poached fields, weather more akin to February than early June and suddenly with a click of a finger a total transformation. Now it is all systems go, that is the Irish climate for you.

It is funny how adverse events can lead to better outcomes, both on big and small scales. The storm of February 2014 left us without electricity for a week, fortunately, we had a generator, and unfortunately, it was an old one. We were cautioned not to charge electronic equipment off such devices, however needs must and I ignored the advice. My phone was a tough durable model and I plugged it into a socket in the dairy, satisfied that it was charging I was about to turn away when it lit up like a Christmas tree. My replacement was a touch screen smart phone and I realised very quickly that my technological skills were sorely lacking. However farming Apps were becoming popular and convenient. The first toe in the water nearly finished me off, hands consisting of ten thumbs meant small screens were a nightmare to navigate but a year on it amazes me how fast we can adjust. My first investment was a good one; Herdwatch has

transformed my recording of data, with real time access to information as the saying goes anytime anywhere. It was good to see them recognised at the rural innovation awards, they did not win but they would have got my vote. **By Tommy Roche**



## IFA SPEAK WITH MINISTER OVER HEN HARRIER CONSERVATION

IFA Farm Forestry Chairman, Michael Fleming has met with Heather Humphries TD, Minister for Arts, Heritage and the Gaeltacht to outline concerns in relation to a draft document "Hen Harrier Conservation and Forestry Sector in Ireland" that was presented to the Hen Harrier Threat Response Plan Consultative Committee.

Mr. Fleming said that the forest sector contributes €2.3 billion to the Irish economy and supports nearly 12,000 jobs predominantly in rural areas. He said that the current restrictions being enforced in the Hen Harrier SPAs, bans on afforestation, and restrictions on forest operations are not delivering Hen Harrier conservation and must be removed. "I firmly believe that responsible forest management and Hen Harrier conservation are wholly compatible", said Mr. Fleming. "IFA has joined forces with the forest sector to submit a position paper to the Hen Harrier Threat Response Plan Consultative Committee that summaries how the forest sector can

deliver real conservation benefits to the Hen Harrier.

IFA is looking for a return to pre-2011 procedures within the SPAs where there was a limited afforestation programme and restrictions on forest operations were targeted on actual nest locations, said Mr. Fleming. This is the policy outside of the designated SPAs where Hen Harrier numbers have increased.

Mr. Fleming stressed to Minister Humphrey's that successful conservation requires effective and meaningful consultation that considers the views of all stakeholders. He said that the Hen Harrier Threat Response Plan must provide practical conservation solutions that are proportionate to the risks involved and allows local farmers to realise the economic potential of their land.





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## MACRA MATTERS

Mid Kerry Macra recently held their Annual General Meeting. There was a large attendance and the following officers were elected  
 President: Maria McCarthy  
 Chairperson: Mike Hennessey  
 Assistant Chairperson: Karen Flynn  
 Secretary: Eoghan O'Connor  
 Assistant Secretary: Trevor Coffey  
 Treasurer: Sean Joy

Assistant Treasurer: Trevor Coffey  
 Events Officer: Niall Flahive  
 Sports Officer: Anthony O'Sullivan  
 Young Farmer Development Officer: Shane Clifford  
 County Liaison Officer: Zeta Ashe  
 Any one interested in joining the club should check out their Facebook page to see details of upcoming meetings and events.



MID KERRY TAG RUGBY TEAM, SEAN JOY, EMMET KENNEDY, TREVOR COFFEY, SHANE CLIFFORD, DANIEL HORGAN, LOUISIE, MICHELLE AND KAREN FLYNN, MIKE HENNESSEY AND JAMES O'CONNOR. AND THE NATIONAL PRESIDENT OF MACRA SEAN FINAN.

## SAVE €300 A YEAR BY RESEEDING – TEAGASC

Teagasc was keen to espouse the benefits of reseeding to farmers at the recent Beef 2014 in Grange and said it could help save €300 per year. Philip Creighton and Michael O'Donovan of Teagasc's Animal & Grassland Research and Innovation Centre in Athenry and Moorepark highlighted that many farms in Ireland have swards that cannot grow enough grass during the year, especially in spring and autumn. They said this is mainly due to the absence of productive perennial ryegrasses in pastures.

Teagasc research has shown that economically, pastures with a low proportion of perennial ryegrass are costing farmers up to €300/ha/year due to a loss of dry matter (DM) production and reduced nitrogen use efficiency during the growing season. If the cost of reseeding is estimated at approximately €700/ha, the increased profitability of the reseeded pasture would cover this cost in just over two years. This means reseeding is one of the most cost effective on-farm investments.

### PastureBaselreland

PastureBaselreland, the online grassland management application tool, which stores grass data recorded by farmers in a centralised grassland database, was also explained in detail to farmers at Beef 2014.

Teagasc stresses that the future of

an efficient low-cost production system will depend on increasing the utilisation of grazed grass. On many beef farms, some form of grassland measurement is being completed. It says, historically, this immensely valuable information was not centrally collated and stored in a way that it could be used for research. The development of PastureBaselreland, which incorporates both a decision support tool to increase the precision of grassland management and a database to store all of the grassland data in a standard format, is an important step to advance grassland research, with an ultimate aim of developing grassland technologies that are more robust for the future.

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## KILCUMMIN

**WORD OF APPRECIATION** A very sincere thanks to everyone involved in the preparation of Páirc an Phobail official opening and we are most grateful to all who participated on the day. A special thanks to Bishop Ray who performed the official blessing and to all our parishioners and invited guests who attended the community event.

**PILGRIMAGE TO KNOCK** On Sat 20th June. Bus fare €25 this includes breakfast. Mass will be celebrated with the group in the Apparition Chapel. Bus seats will be allocated on a first come served basis. Please look at Kilcummin P.O. Pick up points Glounonea Grotto 6.30am, Anabla 6.40am, Post Office 7am & Lawlor's cross 7.10am. Please contact to organise your pick up arrangements and booking. For further details contact Fr. Joe 064-6643176 or 086-2498967. Everyone welcome.

**KILCUMMIN LOOKING GOOD** We are meeting at the Community Park every Wednesday night between 7.00pm to 8.00pm to do maintenance work. All volunteers welcome.

**KILCUMMIN COMHALTAS** We will be holding our Flag Day fundraiser on Sunday 21st June. We are asking for volunteers to contact Marguerite (Secretary) on 086-081-0208. Any time you could give would be greatly appreciated.

**CONGRATULATIONS** to all our dancers who competed at Fleadh Nua recently on your great results.

**FLEADH CHEOIL** Radio Kerry will have an outside broadcast for Fleadh Cheoil Ciarrai on Sun 14th June on Billy Donegan 11 to 1 radio Show!

**MUSIC SESSION** Our last monthly music session before our summer break was again a great success! Our next session will be after the summer break. All newcomers welcome! More information on kerrycomhaltas.ie nearer the time or from Mike McGurl Chairperson 087-666-2707.

**ATTENTION ALL TEENAGERS** After our summer break we will be calling for you to come and join us at our new monthly teenage sessions! More information on kerrycomhaltas.ie or call Mags Connolly PRO 087-696-1681.

**COMMUNITY GAMES** Na Gaeil pitch in Tralee was the venue on Bank Holiday Monday for the U10 Gaelic Football competition with 18 teams competing on a morning of continuous downpours. A big 2-7 to no score win in the opener over Dromid Caherdaniel put Kilcummin on their way and this was followed by a 2 goals to 1-1 win over Ballyheigue in the second game. Despite going down by 1 point to Ardferit in a robust third outing Kilcummin had already done enough to qualify for the semi-finals. As what a feast of football we



BISHOP RAY BROWNE BLESSES KILCUMMIN PARK AT IT'S OFFICIAL OPENING RECENTLY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

were treated to in Glenflesk on Friday evening last. A draw against the hosts in the opener was followed by a good win over Rathmore Gneeveguilla after a superb team performance. Kilcummin needed to beat Spa Muckcross in the third round-robin game to take Gold – they trailed by five at the break against the breeze, were back level mid-way through the second half but eventually lost out by two late goals to the opposition. It transpired that Kilcummin and Glenflesk had to replay to determine which got silver and bronze medals and, with light fading, it was Kilcummin who emerged deserved winners but only after extra time and after a titanic struggle.

### KILCUMMIN GAA

**JUVENILE GAA** U8 hurlers blitz in Kilcummin on Tues 16th at 7pm. U12 hurlers play Kenmare at home on Friday 12th at 7.15pm. U14 girls play Finuge-St Senans away at 5pm on Sun 21st June. U12 girls play Beaufort away on 16th June at 7pm. U12 boys play Laune Rangers at home on 14th June at 6.30pm. Having played very well in Division 1 of the County League for Phase 1 – Kilcummin's U12 boys finished with 7 points out of a possible 10 and 1 point behind winners Laune Rangers - we remained in the top flight for the 5 games in Phase 2 of the competition. The Red team started this phase off with a cracking 5-16 to 0-16 win over Austin Stacks in Tralee while the Green team lost out by 4 points on a 5-8 to 2-13 scoreline against the same opposition. Our third team, featuring many U10s, beat their Stacks counterparts on a 5-21 to 5-19 scoreline. A disappointing performance a week later saw our Red team go down to Na Gaeil on a 0-14 to 1-5 scoreline in Tralee while our Green team had 8 points to spare, winning 5-22 to 5-14. However, the Red team bounced back to winning ways this weekend, outscoring Ballymac on a 3-14 to 3-7 scoreline at home in Kilcummin while our Green team lost out to their Ballymac opposition. We

conclude Phase 2 with games at home to a very strong Laune Rangers team on 14th June at 6.30pm and then head to Kenmare for the final game on June 21st. Well done to all players on your excellent efforts to date and best of luck for the next 2 weekends.

**U14 BOYS** play Firies away on 16th June at 7.30pm in the EK league. U16 Boys play St Senans at home in the county league on Wednesday 16th at 7.30 pm.

**BAG PACKING** Volunteers needed to assist with bag packing in Tesco for Ladies GAA Club on 19/20th June. Ring Niamh on 0876619503

**FATHERS DAY 21ST JUNE.** Why not treat him to some Kilcummin gear. You can kit him out with jerseys and jackets for cheering on the team from the side line. These are available from Marie Lehan on 0879181973

**KILCUMMIN'S CÚL CAMP** in 2015 will take place on 20th-24th July. The cost for a child is €55 with second and third children costing €45 and €40 euro respectively. See [www.kelloggsculcamps.gaa.ie](http://www.kelloggsculcamps.gaa.ie) for further details and for bookings.

**USED CLOTHING COLLECTION** The ladies club will be organising a use clothes and phone collection in September to raise much needed funds for the club.

**U14 COUNTY FINAL** Last Wednesday the county final ended with a victory for Eoghan Rua 4-13 to West Kerry 2-09. Well done to all especially to the Kilcummin lads; Paul O'Shea, Dylan Murphy, Darragh Cronin, Danny Cronin and Keith O'Leary and to mentor Tom O'Shea.

**KILCUMMIN GAA LOTTO** There was no winner on Sunday June 7th. Numbers drawn were 11, 19, 25, 26. Next Draw Sunday, June 21st 2015. Jackpot now €4,000.

**MASTERGEEHA F.C. LOTTO** There was no winner on Saturday 06 June 2015. Numbers drawn were 1, 10, 12 & 20 Draw will take place in The Village Inn Kilcummin every Friday night. Jackpot now €3,300

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## RATHMORE/ GNEEVEGUILLA NEWS

By Michael O' Mahony

**FRANKBUCKLEY MEMORIAL WALK:** Clydagh Valley to Cahills Bar Rathmore on Sunday 21st June in aid of Brain Awareness

Reg: €10. Between 12 and 1pm. Buses leave at 1pm. Refreshments in Cahills Bar after walk Tel: 0876245071.

**MEENTOGUES NS:** Congratulations to Mary McCarthy, Danielle O'Leary, Gemma Cremin, Lauren Fears, Michelle Fleming, Shauna Fears and Delia Foley from Meentogues NS who won the County Championship in the Allianz Kerry Girls Cumann na mBunscol Two Teacher Schools Football Competition in Tralee on Tuesday. Well done to all!

**WELL DONE** to Danielle O'Leary, Meentogues NS, who has been selected as a member of the Kerry Football Team for the Munster GAA Primary Game Championship.

**THE MARIAN PLAYERS:** are organising their old Clothes Collection and it's perfect timing for a summer decluttering session.

They are looking for old clothes, curtains, shoes, handbags etc. the more weight the better!

All funds raised are reinvested in the Panto wardrobe. Start gathering now and give to Eilish Coakley 086-1038112 before 23th June.

**KNOCKNAGREE GAA CLUB SCRAP COLLECTION** continues for the next two weeks. Please drop your scrap to the field at the collection point.

**DVD LAUNCH:** of the River Blackwater Source to Sea June 13th at 9pm in the Central Bar, Knocknagree. DVD for Sale: €10. Proceeds go to charity. Contact David on 087 9554626.

**CEMETERY MASSES:** we celebrate our cemetery Masses. Here is a full list of dates and times of the Masses

Tuesday 16th June - 8pm - Knocknagree

Thursday 18th June - 8pm - Kilquane

Monday 22nd June - 8pm - Behinaugh (Please inform people outside Parish who may have relatives buried in any of the aforementioned. It is greatly appreciated that all our graveyards are kept tidy.)

**RATHMORE COMMUNITY CENTRE:** Bingo every Friday night at 8.30pm.

**SYMPATHY:** to families & relatives and friends of Kathleen Nagle, Gortacarrin, N Headford who died recently. May she rest in peace,

**CONGRATULATIONS:** to girls of Holy Family N.S who won co.6/8 Teacher Cumann Na MBunscol Football Final last week against Duagh in Austin Stack Park from Rathmore Community council,

**WEDDING BELLS:** Congratulations to Yvonne Crean, sliabh Luachra, Gneeveguilla, who married Paudie Brosnan, Gneeveguilla and to Tonya Nagle Shinnagh Rathmore who married PJ Murphy, Gneeveguilla, last week, We wish them all long happy life together

**ZURICH FARMING INDEPENDENT FARMER OF THE YEAR AWARDS:** Congratulations to Conor Creedon, Gortagrown Rathmore, who was named as a finalist in the dairy category of the Farmer of the Year Awards held in Dublin Renueli

**PARISH FUNDRAISER - 'NIGHT AT THE DOGS' - SATURDAY OCTOBER 24TH:** As you can see posters have been erected with regards to our only fundraiser for our four churches this year which is a Night at the Dogs in Tralee track on Saturday 24th October. One set of posters gives us the estimated figure that is needed renovate and upgrade our four Churches. The other set of posters remind us of how

generous our forbearers were in handing four Churches on to us Knocknagree built in 1854, Rathmore built 1860, Gneeveguilla built in 1937 & Shrone built in 1954. Now it is our turn to hand these Churches on. Please join us with our fundraising.

**FRIENDS OF KERRY GENERAL HOSPITAL:** BENEFIT MEETING at kingdom Greyhound Stadium Tralee on Friday, 3rd July 2015 1st Race 7:55pm Fundraising for General Hospital Specialised Equipment, Draw For 1st €300- 2nd €100.

**TICKETS:** €5. Available from 0876676817, To advertise in our Race Programme : Quarter page €25. Half page : €50. Full programme: €100. Dog Nominations: €20.

**RATHMORE COMMUNITY MARKET:** every Saturday 11-4pm indoors

**RATHMORE COMMUNITY CENTRE** Lots of stalls, food, preserves, crafts, art. They live music every week tea & coffee €1 children's play area everyone welcome! More stalls welcome contact Tony 0831588404.

**CHURCH GATE COLLECTION:** Knocknagree N.S. Parents Council are holding their Annual Church Gate Collection on June 13th & June 14th in Knocknagree before the 7:30pm & 11:00am Mass on Saturday Night & Sunday Morning. All funds raised are in aid of Knocknagree National School. Your support would be greatly appreciated. If you have any query in relation to the above, please contact any member of the Parents Council. Ellen O'Keeffe 087-6981764, Michelle Brosnan 086-1050435 & Mairéad Brosnan 087-6152376.

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

## BEAUFORT NOTES

**COMMUNITY GAMES:** Well done to the Beaufort U10 football who competed in the community games last weekend. Weather conditions were atrocious which did not help. Everyone tried hard but were unlucky on the day. The team was Thomas Healy, Cathal Lanigan Ryan, Ruairi Farrell, Ciaran Doyle, Liam Coffey, Fionn O'Neill, Cian Kissane, Timmy Galvin, Darragh Foley, Kieran McHugh, Darragh Foley, Eanna Coffey. The team was managed by

Eamon Kissane, Ed O'Neill and Paul Farrell.

**BEAUFORT DEFIBRILLATOR GROUP** Beaufort Defibrillator Group is holding its AGM on Wednesday 22nd July 2015 at Beaufort Barracks at 8pm. All welcome to attend. For further information please contact Mary O'Connor, Chairperson of the group, on 0872927309.

**BEAUFORT BEEKEEPERS** Open day on Sunday at 2.30 on the land of Tuddy Clifford

Beaufort near Beaufort Golf Course Hives will be opened and inspected, if you wish to get close and personal with the bees you will need a suit. All are welcome.

**PILGRIMAGE** Annual Pilgrimage to Knock A Bus will leave Beaufort Village for Knock on Sunday, 19th July. Main Celebrant will be the most Rev. Eamon Martin, Archbishop of Armagh, Primate of All-Ireland.

Further details 064 6644319

## LISTRY NOTES

**LISTRY SOCIAL COMMITTEE:** We are planning a day trip to Blarney and Dripsey (Cork) on Tuesday June 30th-please note this date in your Diary.

**LISTRY WEEKLY LOTTO:** Jackpot €4,100.

Winning numbers: 1 8 21 22

Was not won.

Draw Entrant: Sinead Buckley, lahard.

€100 : Mary Conway, Faha.

€50 : Charlie Coakley, Faha.

€50 : Roseleen Sheehan, Knocknamon.

€25 : Michael O Sullivan, Faha.

€25: Mike McCarthy c/o P.Ahern.

Next weeks Jackpot €4,250.



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### **SOUTHWEST COUNSELLING CENTRE, KILLARNEY**

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### **AWARE SUPPORT GROUP MEETINGS**

**Aware Depression Support Group meets:**

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

Aware Support Groups are free to attend, no referral necessary.

**www.aware.ie.**

## FOR SALE

### **Ed 24 FOR SALE**

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### **Ed 23 9210**

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### **Ed 24 8702**

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## ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



### *This Weeks Guide To The Must See Episodes Of Your Favourite Soaps*

#### Corrie

Monday's double bill of Coronation Street sees crazed Jenny kidnap Jack. But as she teeters on the edge of a high raise building, will Kevin get there in time to divert disaster?

**SPOILER:** Fizz Snape returns to the street in Friday's episodes and she finds herself in an ugly situation.

#### Eastenders

Thursday's episode of Eastenders sees Shirley, Buster and Dean deal with some shock revelations could they be related to Shabnam's secret daughter?

**SPOILER:** A sizzling affair is set to kick off between Stacy and Kush but will they really betray Shabnam?

#### Emmerdale

Cain is hot demand in the dales as Joanie the grandmother of his secret son Kyle makes a shock return. While dealing with that drama, Cain will also lock lips with Chrissie. But who catches them out?

**SPOILER:** Charity is hiding a big secret and she finally confides it in Debbie. Could Charity be pregnant?

#### Fair City

There are some big moments coming up in Carraigstown as a possible reunion could be on the cards for Paul and Niamh. Meanwhile Dolores slips into a coma.

**SPOILER:** Tommy is set to make a shock return but will the locals welcome him back? It seems Bob and Jane won't and soon hatch plan to get rid of him while Damien and Caomihe embrace the Dillion bad boys' comeback.

## Citizens Information

### Know Your Rights: BACK TO SCHOOL CLOTHING AND FOOTWEAR ALLOWANCE

JUNE 2015

#### QUESTION

I am getting Jobseeker's Allowance and my oldest child is starting school this year. Is there a payment to help with the costs of children going to school?

#### ANSWER

The Back to School Clothing and Footwear Allowance (BTSCFA) helps you meet the cost of uniforms and footwear for children going to school. Your children must be aged between 4 and 22 on or before 30 September 2015. If they are aged between 18 and 22 they must be in full-time second-level education in a recognised school or college.

To qualify you must be getting a social welfare payment or taking part in a training, employment or adult education scheme. In general, you must be getting an Increase for a Qualified Child with your payment. People getting Family Income Supplement and the new Back to Work Family Dividend can qualify for BTSCFA. Also, your total family income must be below a certain level for your family size. The Allowance is €100 for eligible children aged between 4 and 11 and €200 for those aged between 12 and 22.

The scheme is open from 1 June to 30 September 2015. The Department of Social Protection pays BTSCFA automatically to many customers. This means that they do not have to apply for the payment. If you qualify automatically, you should get a letter stating when and how your Allowance will be paid. If you do not get an automatic payment you must apply for the Allowance. If any of your children are aged 18 or over you must apply for the Allowance for them and supply evidence that they are in second-level education (even if automatic payments have issued for other children in the family).

Application forms are available from June 2015 in all local social welfare offices and Intreo centres, and on the Department's website, [welfare.ie](http://welfare.ie). When a decision has been made on your application you will get a letter informing you of this and whether the Allowance has been awarded. If your application has been successful, you will also be told when and where you can collect the payment. If the Allowance is refused you can ask for a review of the decision.

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

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

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



## HOW INTELLIGENT IS YOUR BODY?

Body intelligence (or BQ) reflects what you know about your body, how you feel about it, and take care of it. Your body is constantly telling you things; are you listening to the signals or ignoring them? Are you eating energy-giving or energy-draining foods on a daily basis? Are you getting enough rest? Do you exercise and take care of your body? Body Intelligence matters because it affects every single thing you do and experience in your life. How your body feels impacts and determines your feelings, thoughts, self-confidence, state of mind, and energy level.

Body Confidence Coaching tip - At least once a day, listen to the messages your body is sending you about your health. Actively monitor these signals instead of going on autopilot. The easiest way to do this is to regularly become aware of your energy levels. What brings you down, lifts you up, what makes you feel lethargic, what makes you feel energized and excited? When you love and look after your body your entire experience of your life changes. Clarity, confidence and calmness are the natural by-products of a body that is loved and listened to!

For details of one to one personal coaching sessions please contact me or visit my Facebook page & "LIKE" to receive daily inspirations!

066 9766374 | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)





## SouthWest Counselling Centre

# EXAM DE-STRESS

Now that exam time is nearing a close, no doubt students and family alike are heaving a sigh of relief. With more free time available this can be a good time to do those things that you have wanted to do all year but sacrificed due to study. It can be a good time to take up some physical activity or hobby, visit places of interest or spend time with friends and family. Most importantly use this time now to rejuvenate as it can pass by sooner than you think. This can also be an ideal time to volunteer some of your time contributing to a cause that you feel passionate about. It is important also to get some distance from the exam results. You can't do anything now to influence the outcome so try to divert your attention away from worrying.

Whilst the arrival of summer can herald a new lease of life for most people, for others the end of exams can be somewhat different. You may find that the problems that you were able to put to the side during school term now need to be addressed. This can be a good time to talk to someone about these issues. Now that you have more free time to spend on you why not use this opportunity to begin to look after yourself.

### FOR PARENTS

For many parents the challenge of finding activities for your children over the summer months can be a difficult one. Some suggestions include

- Involve them in the solution. Let your child contribute to the plans being made for the summer months.
- Trips to visit Grandparents or a favourite Aunt/Uncle can be very enjoyable – especially for younger children.
- Summer camps can be a great way to help make your summer go more smoothly and provide some fun memories for your children.
- Give them something to look forward to – this may be a holiday or a special event.
- Sporting events, concerts, drama productions, a movie, a picnic in the park, a fishing excursion, camping, hiking, a treasure hunt, bowling, a trip to the museum or an art exhibition are all activities you can enjoy together.
- Be nice to yourself – so you in turn have energy for your children.
- Teenagers may want to spend more time with their friends – which is completely normal. Although your teen may not initiate time spent with you – s/he still needs that. It is up to you to find ways to spend time together. Try to create activities that you can share with your teen – it doesn't really matter what you do, as long as you are spending time together.

**SouthWest Counselling Centre Killarney** provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com. To make an appointment call **064 6636416**. SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision. Please support us at **The Kerry Emergency Charity Cycle on June 13th**. Registration is €30 and is payable on the day. The Cycle is followed by a BBQ.

For more information see [www.kerryemscycle.com](http://www.kerryemscycle.com)

## Health Matters....

With Dr. Michael Moloney

### POLYCYSTIC OVARY SYNDROME 1

Polycystic ovary syndrome (PCOS), formerly known as the Stein-Leventhal syndrome, is a condition where at least two of the following occur, and often all three: • At least 12 tiny cysts (follicles) develop in your ovaries. • The balance of hormones that you make in the ovaries is altered. In particular, your ovaries make more than normal of the male hormone testosterone. • You do not ovulate each month. Some women do not ovulate at all and so may not have a period.

Therefore, it is possible to have polycystic ovaries without the other typical symptoms that are part of the syndrome. It is also possible to have PCOS without multiple cysts in the ovary.

**HOW COMMON IS POLYCYSTIC OVARY SYNDROME?** PCOS is common-it is thought that around 1 in 10 women have PCOS - that is, they have at least 2 out of the 3 factors above.

**WHAT CAUSES POLYCYSTIC OVARY SYNDROME?** The exact cause is not totally clear. Several factors probably play a part. These include the following: **INSULIN:** Insulin is a chemical (hormone) that controls your blood sugar level. Insulin acts mainly on fat and muscle cells, causing them to take in sugar (glucose) when your blood sugar level rises. Another effect of insulin is to act on the ovaries to cause them to produce the male hormone testosterone. Women with PCOS have what is called insulin resistance. This means that cells in the body are resistant to the effect of insulin. More insulin is then produced to try to keep the blood sugar normal. This raised level of insulin in the bloodstream is thought to be the main underlying reason why PCOS develops. It causes the ovaries to make too much testosterone which interferes with the normal function of the ovaries. This causes problems with ovulation - hence, period problems and reduced fertility. It is this increased testosterone level in the blood that causes excess hair growth on the body and thinning of the scalp hair. Increased insulin also contributes towards weight gain.

**HEREDITARY FACTORS:** PCOS is not strictly inherited from parents to children, but it may run in some families.

**WEIGHT:** Being overweight or obese is not the underlying cause of PCOS. However, if you are overweight or obese, excess fat can make insulin resistance worse.

**WHAT ARE THE SYMPTOMS AND PROBLEMS OF POLYCYSTIC OVARY SYNDROME?** Symptoms that occur if you do not ovulate:

Period problems- occur in about 7 in 10 women with PCOS. You may have irregular or light periods, or no periods at all.

• Infertility - you need to ovulate to become pregnant. You may not ovulate each month, and some women with PCOS do not ovulate at all. PCOS is one of the most common causes of not being able to get pregnant (infertility).

**SYMPTOMS THAT CAN OCCUR IF YOU MAKE TOO MUCH MALE HORMONE TESTOSTERONE:**

• Excess hair growth (hirsutism) occurs in more than half of women with PCOS. It is mainly on the face, lower tummy (abdomen), and chest. This is the only symptom in some cases.

• Acne, which may persist beyond the normal teenage years.

• Thinning of scalp hair (similar to male pattern baldness) occurs in some cases. **PCOS:** Possible long-term problems of polycystic ovary syndrome. If you have PCOS, over time you have an increased risk of developing type 2 diabetes, diabetes in pregnancy, a high cholesterol level, and possibly high blood pressure. For example, about 1 in 5-10 women with PCOS develop diabetes at some point. These problems in turn may also increase your risk of having a stroke and heart disease in later life. Other possible problems in pregnancy include more chance of having your baby prematurely and of having pre-eclampsia (high blood pressure in pregnancy).



**Dr. Michael Moloney,**  
MB, BCh, BAO, BMedSci MMedSci, DOWH, MICGP  
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## IS YOUR DOG AFRAID OF THUNDER STORMS?

A lot of dogs are completely terrified of thunderstorms, and, because they can sense the change in the barometric pressure, they often sense a storm approaching before you do. Some dogs become extremely anxious during severe weather, and resort to destructive behaviours like chewing, pacing, excessively panting, and barking.

\*Establish a safe area where your dog can go to when he's feeling uncomfortable during the storm. A kennel with the door open or a small, comfortable room would work well. Ideally it will be a small area that blocks out light and noise. Think of it as your pet's personal storm bunker. He will know that he can go there whenever he is uncomfortable with the weather and that he will be safe.

\*Dogs can become frightened very easily during thunderstorms, and have been known to run away in panic after hearing the booming thunder and seeing the lightning. Don't give your dog the ability to escape by making sure all doors and windows are closed. As always, make sure your dog has up-to-date tags at all times, in case he does find a way to escape during the storm.

\*Although the name would suggest that it is only intended for thunderstorms, the Thundershirt actually helps to calm a number of different anxieties in dogs. By applying a gentle pressure to your dog, similar to swaddling an infant, the Thundershirt works to calm them down and reduce their anxiety. They can be bought over the internet if not available in your area.

\*Making more of an effort to soothe, cuddle, and coddle your pet may do more damage than good. They will pick up on the fact that you think something is wrong and will start to get anxious. You should simply be a calm and strong force that they can go to for support. Note: You should obviously never punish your pet for being obsessive or clingy during the storm. This is not a bad behaviour that they are doing on purpose. Be supportive, but not overly obsessive to their needs.

\*Try to distract them from the scary noises and lights outside by getting them interested

in a different activity. Play a game with them, throw a ball, or break out a new toy. If you do this enough, they may develop a positive association with storms because it means more attention from you!

\*Dogs can and will pick up on your nervous energy if you are showing any. Try to remain calm and collected during the storm and it will help your dog calm down too. Talk to them in a happy and calm voice, and laugh whenever you can.

## S-OIL'S 'HERE' BALLOON CAMPAIGN TO SAVE OIL:

South Korea's capital – Seoul – has some of the highest petrol consumption in the world. Car use is increasing (approx a car for every 2.5 people), petrol costs rising, and parking spaces scarce.

Everyday a Seoul driver wanders 500 meters to find a parking space. Which means 500m x 30 days = 15km a month or approximately 1 litre of petrol.

What if people could be told there was a parking space right here? With HERE balloons, S-Oil did exactly that. They set up a bright yellow balloon with the word here printed on it in each space. When a car drives into a parking space the car nudges the balloon tether and the balloon is lowered out of sight, and rises again when the car leaves. Drivers could see the colourful balloons from far away and spot empty spaces. Quick parking means saving time and saving oil.

In just one day, 700 cars used 23 litres less oil. Over a whole year, they saved much more. S-Oil had engaged with people: now they knew it was a company that cared about saving oil.

## QUOTE FOR THIS WEEK:

"Do not take life too seriously. You will never get out of it alive" - Elbert Hubbard

## ANSWER TO LAST WEEKS RIDDLE:

A farmer returns from the market, where he bought a goat, a cabbage and a wolf. On the way home he must cross a river. His boat

is small and won't fit more than one of his purchases. He cannot leave the goat alone with the cabbage (because the goat would eat it), nor he can leave the goat alone with the wolf (because the goat would be eaten). How can the farmer get everything on the other side in this river crossing puzzle?

Take the goat to the other side. Go back, take cabbage, unload it on the other side where you load the goat, go back and unload it. Take the wolf to the other side where you unload it. Go back for the goat.

## ON THIS DATE – JUNE 12TH

1215 - King John and his barons sealed the Magna Carta - a statement of English liberties - at Runnymede, Surrey.

1809 - The sale of Parliamentary seats banned in England.

1829 - London's Metropolitan Police force founded by Sir Robert Peel.

1873 - Susan B Anthony fined \$100 for voting in the US President Election.

1892 - Macadamia nuts first planted in Hawaii.

1910 - Father's Day celebrated in the US for first time \*

1938 - Italy beat Hungary in soccer's 3rd World Cup at Paris

1968 - US Supreme Court bans racial discrimination in sale and rental of housing

1978 - Garfield comic strip launched.

2003 - Legendary Oscar-winning actor, Gregory Peck, passed away at his home in Los Angeles

\*Scholars believe that the origin of Father's Day is not a new phenomenon, as many believe it to be. Rather they claim that the tradition of Father's Day can be traced in the ruins of Babylon. They have recorded that a young boy called Elmesu carved a Father's Day message on a card made out of clay nearly 4,000 years ago. Elmesu wished his Babylonian father good health and a long life.

In more recent times on July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honour of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA (The Young Men's Christian Association), shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on July 19, 1910. Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged

state governments to observe Father's Day. However, many men continued to disdain the day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself.

## RIDDLE FOR THIS WEEK:

In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower—everything was pink! What colour were the stairs? Answer next week.

## TONGUE TWISTER:

The sixth sheik's sixth sheep's sick.

## INNOCENT WOLF KILLED AFTER VISITORS BREAK ZOO RULES:

A wolf has been killed due to repeated human error at one state's zoo and people are outraged.

The incident began late last month at Menominee Park Zoo, a small public zoo in Oshkosh, Wisconsin, when a worker left a gate to an off-limits area of the zoo open. Several visitors took advantage of the open gate to slip into the staff-only area and get up close to the zoo's wolf pack.

While one mother was busy snapping pictures of the captive animals, her four-year-old son approached the enclosure and stuck his fingers through the chain-link fence. A curious 12-year-old wolf named Rebel wandered up and nipped the child's hand.

The child suffered four small puncture wounds, which were easily patched up after the incident. But when the Wisconsin Division of Public Health became involved, things got much worse for Rebel, who was the alpha of his four-wolf sibling pack.

The Division of Public Health (DPH) considered Rebel a rabies threat because the rabies vaccine hasn't been proven effective in wolves. The operations manager for the Wolf Conservation Centre, said that the vaccine hasn't been studied because no one wants to kill the requisite number of wolves to research it, but that all evidence points to the vaccine working. Rebel was up-to-date on his rabies shots through 2018.

Despite the zoo's protestations, the DPH let the parents decide whether to give their child preventative rabies shots. If they didn't want to, Rebel would be killed so he could be tested. The parents chose to kill him. Rebel tested negative.

## TESTING HUMAN URINE IN ORDER TO REPLACE CHEMICAL FERTILISERS:

In 2012 The Rich Earth Institute (REI) in Brattleboro, Vermont, collected 600 gallons of

urine from friends and neighbours. The next year, the organization brought in about 3,000 gallons from 170 human volunteers.

Rich Earth hopes to double that amount this year to a round 6,000 gallons — enough to fill a third of an average American swimming pool. Urine contains nitrogen, phosphorus and potassium — essential plant nutrients that are usually mined from the earth and from the air for agricultural use.

One farmer that volunteered a few hay fields for the initial stages of the project in 2012 spread a urine solution over the crop from a horse-drawn applicator and, at harvest time, observed that urine-treated fields were twice as productive as unfertilized fields. The success earned Rich Earth a \$10,000 SARE grant from the USDA to expand the trials at Fair Wind in 2013. This year, urine will go to three farms for collaborative trials.

Across the Atlantic, studies have long established urine as a powerful fertiliser. A study conducted by the Stockholm Water Company in the late 1990s diverted urine from four housing projects to a grain farmer outside the city using urine-diverting toilets, which the Swedes have reliably engineered. The scientists concluded not only that urine could replace quick-acting mineral fertilisers, but also calculated that one Northern European adult pees enough plant nutrients to grow 50 to 100% of the food requirement for another person. Other successful trials have taken place in China and Mexico, though none as detailed as the Swedish one.

Urine is actually sterile when it exits the body, save for rare cases of a bladder infection or salmonella poisoning. REI has nevertheless developed two strategies for eliminating the risk of pathogens, either by solar pasteurisation or long-term storage in a warm greenhouse. Both have proven effective.

Traces of pharmaceuticals that end up in urine are a real concern for Rich Earth and the EPA has granted Rich Earth funding to conduct a study of traces of drugs in urine with the help of the University of Michigan and SUNY Buffalo.

## SCHOOL FIRES CAFETERIA WORKER WHO GAVE CRYING FIRST GRADER FREE LUNCH:

It's tough for children to pay attention in math or English class when their stomachs are growling. So last week when Della Curry, the former kitchen manager at an elementary school in suburban Denver, was confronted with a first-grade student who was crying because she didn't have money for lunch, Ms. Curry did what anyone with a compassionate heart would do: She gave the child a meal for free. Now the humanitarian action has cost Curry her job.


The Cherry Creek School District released a statement clarifying that just because children are hungry doesn't mean a school has to feed them.

"The law does not require the school district to provide the meal to children who have forgotten their lunch money, that is a district decision. According to our practice, we provide hot meals to students the first three times they forget their lunch money and charge their parents' accounts. The fourth time, we provide a cheese sandwich and milk," the district said in its statement.

Ms. Curry had previously provided the cheese sandwich and milk to hungry children; the healthy fruits or vegetables served to other children aren't included in that meal. Children often were still hungry after eating the cheese sandwich, so Ms. Curry frequently just bought a full lunch for the children with her own money.

A report released in January from the Southern Education Foundation revealed that for the first time in 50 years, a majority of students enrolled in America's public schools are eligible for free and reduced-price lunch. According to the U.S. Department of Education, in 2013 a full 21 percent of school-age children in the United States were living below the poverty line of \$23,550 for a family of four. That's a 6% increase since 2000.





## A WORD OF VICTORY

Welcome back dear reader in Scripture we see both positive and negative fear. The positive – the fear of the Lord is the beginning of wisdom (Proverbs 9:10). This type of fear will keep us in check from running wild in the world without restraint, violating God's rules and commandments as though they do not matter. The fear of God is a reverential fear - understanding that what God said is evil should be evil in our eyes also and what God says is good is for our good. We should have a clear distinction between the two so that we can reject the wrong and follow the right. When we do what is right according to God's Word the enemy will find it difficult to attack us with sicknesses etc.. because God's hand of protection will be over us. The negative type of fear is demonic in origin – it is the type of fear that caused Job in the Bible to lose everything – his family and his possessions because he always had a fear that this would happen to him – he said himself "what I feared most has come upon me" (Job 3:25). When we read the book of Job it's clear to see that it was not God but the Devil who attacked him. God had blessed Job abundantly with his children and great wealth. Job's wife and his friends were angry at what happened and counselled Job to curse God and die. But later on when Job realised what had really happened he repented and God blessed him with twice as much as he had before (Job chapter 42). Fear of sicknesses, losing a job or a loved one, fear of failure are all fears common today but they will bring the same results as happened to Job. God tells us to 'FEAR NOT'. We need to learn to trust Him (Proverbs 3:5-7). If you have a query on Scripture or any prayer need please call **064-6622950** or email [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net). More next week...

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

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THIS WEEK FAILTE IRELAND'S BUSINESS TOURISM TEAM MEET IN IRELAND ARE ROLLING OUT A NUMBER OF MICE (MEETINGS, INCENTIVE, CONFERENCE, EVENTS) TRAINING PROGRAMMES THAT WILL HELP KERRY BUSINESS PROVIDERS TO MAXIMISE THE OPPORTUNITIES AVAILABLE IN BUSINESS TOURISM. BUSINESS TOURISM IS BIG BUSINESS FOR IRELAND, WORTH OVER €576M TO THE ECONOMY WITH BUSINESS TOURISTS WORTH 2-3 TIMES MORE THAN AN AVERAGE LEISURE TOURIST. AT THE WORKSHOP WERE FROM LEFT, JACINTA PRENDERGAST, AGHADOE HEIGHTS HOTEL, MARY HARTNETT, O'DONOGHUE-RING HOTEL, CARAGH CURRAN, FAILTE IRELAND AND MICHELLE MURPHY, KERRY CONVENTION BUREAU. PHOTO: VALERIE O'SULLIVAN



NESSA GALVIN PICTURED FEEDING THE DUCKS AT ROSS CASTLE



MAYOR JOHN JOE CULLOTY PICTURED WITH FIRST HOLY COMMUNION CHILDREN CLIONA DOOLAN & ELLIE FINNegan AT THE OFFICIAL OPENING OF KILCUMMIN PARK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## 17th Anniversary



Sacred Heart of Jesus  
have mercy on the soul of  
**MARY LENIHAN**

Knockreagh, Scartaglen,

Killarney, Co. Kerry

who died on the

8th June 1998

Rest In Peace

*Fold her O Jesus in Thine arms  
and let her henceforth be  
a messenger of love between  
our human hearts and Thee.*

*Sadly missed from Micheal,  
Bridie and Family*

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **J.N.**

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **J.N.**

## NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle. Pray, whether you believe or not.

Publish on the 9th day.

"May the Sacred Heart of Jesus be praised, adored, glorified and loved today and always. Your request will be granted no matter how impossible it may seem.

Publication must be promised.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## NOVENA TO THE SACRED HEART

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

## NOVENA TO THE SACRED HEART

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

## PRECIOUS MOTHER OF JESUS

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

## PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.)

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **J.K.O.C.**

## THE MIRACLE PRAYER

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

(State your intention)

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say 9 Hail Mary's for 9 day's with a lighted candle. Pray whether you believe it or not. Publish on the 9th day. "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and always. Request will be granted no matter how impossible it may seem. Publication must be promised.

## NOVENA TO THE HOLY SPIRIT

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

## NOVENA TO THE SACRED HEART

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

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

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

Amen.

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

Never know to fail. Must promise publication of prayer. **L.C.**

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **M.D>**

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