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HOME SWEET HOME FOR THE BROSNAN FAMILY

Almost five months after the Perth crash that claimed the life of their family friend and left them with multiple injuries, the Brosnan Family from Port Road are finally home.

Much to the delight of their extended family and friends Marguerite and Ger Brosnan and their daughter Karen arrived home last Saturday to a large group of well wishers.

The family were involved in a horrific crash in Perth in January while on a family holiday to visit their daughters Karen and Claire. They all sustained horrific injuries with Ger being hospitalised for 8 weeks with head and spinal injuries and Marguerite being hospitalised for 14 weeks with multiple fractures. Karen sustained facial and spinal injuries in the crash in which their family friend Marty Roberts lost his life.

The family have received huge support from home and in Australia over the past few months. Numerous fundraisers have been held to help the family get their lives back on track and give them time to fully recover from their ordeal.



THERE WERE JOYOUS AND EMOTIONAL SCENES IN KILLARNEY AT THE WEEKEND WHEN GERARD, MARGUERITE AND KAREN BROSNAN ARRIVED HOME FROM PERTH AUSTRALIA AFTER SPENDING FIVE MONTHS RECOVERING FROM A SERIOUS CAR CRASH WHICH CLAIMED THE LIFE OF THE DRIVER. FAMILY, FRIENDS AND NEIGHBOURS WERE ON HAND TO GREET THE POPULAR FAMILY WHO WERE ALSO ACCOMPANIED FROM AUSTRALIA BY THEIR DAUGHTER CLAIRE. PICTURE BY DON MACMONAGLE.

UP TO 5,000 WALK FROM DARKNESS INTO LIGHT



SOME OF THE 5,000 WALKERS WHO PARTICIPATED IN NATHAN'S WALK - DARKNESS INTO LIGHT. PICTURES MAREK HAJDASZ

"Overwhelming" is what the organisers of the Darkness into Light walk said following the event which took place in the early hours of last

Saturday morning.

Marie and Denis Carroll have been behind Nathan's Walk - for the last four years after their

14 year old son lost his life to suicide.

This year up to 5,000 walkers left the grounds of the Racecourse on Ross Road for the 5k walk which raises awareness of suicide and self harm.

"We were absolutely delighted with the turnout", Marie told the Killarney Outlook. Everyone taking part in the event wore the yellow Pieta House t-shirt and to honour Nathan, his name was spelt out in candles at the racecourse just before the event began.

Marie and Denis would like to thank Michael Lucey and the directors of the Racecourse for the facilities on the morning of the walk, along with Brendan Fuller who acted as MC.

"We want to send out our heartfelt thanks to everyone who took part in the walk and to everyone who helped out in any way", said Denis.

The event was filmed by Irish TV and will be shown at a later date.



DENIS AND MARIE CARROLL PICTURED WITH NORA O'CARROLL, NICOLE ENGLISH AND KRISTINE O'CARROLL JUST BEFORE THE WALK COMMENCED.



MAYOR JOHN JOE CULLOTY AND HIS WIFE MARY AT THE WALK.

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- **Chicken Caesar Salad** €7.95
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JULETTE CROWNED KERRY ROSE

25 year old Juliette Culloty from Kilcummin has been crowned 2015 Kerry Rose at a gala function in Ballyroe House Hotel last Saturday night.

The daughter of Pdraig and Margaret Culloty, Juliette is hoping to use her position as Kerry Rose to highlight cancer awareness in young people.

Having been diagnosed with a rare form of cervical cancer just one year ago, Juliette, who is now cancer free has pledged to encourage all young people and girls in particular to be vigilant when it comes to their health. The 25 year old Social Care graduate is looking forward to her year as Kerry Rose and all it entails.



THE 2015 KERRY ROSE JULETTE CULLOTY KILCUMMIN GIVES A WAVE TO THE AUDIENCE AFTER SHE WAS SELECTED TO REPRESENT KERRY IN THE 2015 ROSE OF TRALEE AT BALLYROE HEIGHTS HOTEL, TRALEE ON SATURDAY NIGHT.

PICTURED LEFT: THE 2015 ROSE OF TRALEE JULETTE CULLOTY MEETS UP WITH HER FAMILY AFTER IT WAS ANNOUNCED AT THE KERRY ROSE SELECTION 2015 IN BALLYROE HEIGHTS HOTEL, TRALEE ON SATURDAY NIGHT.

KILLARNEY FACES AT THE MAY RACES



PICTURED AT THE MAY MEETING OF KILLARNEY RACES, DES O'CONNOR REPRESENTING SPONSORS OUTLOOK PUBLICATIONS, AND PRESENTING CHARLES BYRNES WITH THE WINNING TROPHIE. L-R FRANK BARRY (BREEDER), DES O'CONNOR (KILLARNEY OUTLOOK), CHARLES BYRNES (TRAINER OF WINNING HORSE LEAVE AT DAWN), AND JOHN BUCKLEY (KILLARNEY RACE COURSE). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE MAY MEETING OF KILLARNEY RACES WERE THE BRADYS L-R ALANNAH, ALAN & CIAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE MAY MEETING OF KILLARNEY RACES WERE NIAL KELLEHER, KELLY ANN MCSWEENEY AND HER DAD TONY MCSWEENEY. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING THE MAY MEETING OF THE KILLARNEY RACES WERE L-R COLM FOLEY, FIONA O'CONNOR, OLLIE FAVIER, KEVIN BREEN, SIOBHAN FAVIER, MICHAEL MOYNIHAN AND IN FRONT GRACIE MAI FAVIER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE MAY MEETING OF THE KILLARNEY RACES WERE L-R RUTH ALLEN, MAURICE O'DONOGHUE, NIAMH O'DONOGHUE AND IN FRONT MUIRIS O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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This Weeks Gardening Tips

1. Plant up Tubs, containers and hanging baskets for a blaze of colour throughout the summer
2. Tie in Sweet Peas, using soft twine. removing tendrils and side shoots will result in longer stemmed flowers
3. Its that time of the year again to erect supports to your Delphiniums, Peonies etc that are prone to collapse.
4. Earth up Potatoes and promptly plant any still remaining.
5. Plant Vegetables now, Cabbage, Lettuce, Leek, Tomatoes Cucumbers, Squash etc.

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LILY RECEIVES HONORARY AWARD



PICTURED (LEFT TO RIGHT): PHILIP IRWIN, ASTI PRESIDENT, LILY CRONIN, ASTI KERRY BRANCH AND PAT KING, ASTI GENERAL SECRETARY.

Killarney school teacher, Lily Cronin, from Muckross who recently retired as a teacher from Mercy Secondary School, Mounthawk in Tralee has received ASTI Honorary Life Membership in recognition of her exceptional service to the union.

Lily has over the last 30 years given loyal and active service including as branch chairperson, a member of the ASTI Education Committee, a member of the ASTI Central Executive, and a Standing Committee representative. Lily also served as Honorary National Organiser. She is currently the Chairperson of the ASTI

Teaching Council Advisory Committee and the ASTI representative on the National Council for Curriculum and Assessment (NCCA) Biology Committee.

Honorary Life Membership is given to ASTI members who have displayed outstanding leadership qualities and vision as trade union activists.

Lily was presented with ASTI Honorary Life Membership at a special awards ceremony in Dublin.

GO TRESPASS – GO FURTHER



KILLARNEY OUTLET CENTRE MANAGER PAUL SHERRY, RIGHT, WITH TRESPASS MANAGER PAT HORGAN, LEFT, AND STAFF MEMBER DIARMAID GRIFFIN, CENTRE, AFTER THE OUTDOOR CLOTHING AND ACCESSORIES BRAND TRESPASS OPENED A NEW STORE IN KILLARNEY OUTLET CENTRE AT THE WEEKEND.
PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

Trespass, the new store at the Killarney Outlet Centre, is fast becoming the 'go-to' place for all your outdoor gear.

Trespass can fit you out in our latest waterproof jackets, suggest a range of accessories from walking boots to rucksacks, and our knowledgeable staff can introduce you to a wealth of fashion and performance clothing suited to you and your family, whether your hiking trails or camping at festivals.

From waterproof jackets, walking boots, skiwear and active wear, Trespass is a one-stop-shop for outdoor clothing and equipment.

Trespass are celebrating the opening of their Trespass store at Killarney Outlet Centre with a fantastic 50% Off most Stock*, and of course a wonderful selection of clothing and accessories that won't break the bank. Make sure you drop in and see them.

Just because the weather hasn't been great - its not an excuse to put family activities on hold.

LADY RESCUED ON CARRAUNTOOHIL

A lady in her 20's was airlifted to Kerry General Hospital on Saturday evening last after getting into difficulties when descending Carrauntoohil via the Devils Ladder. Kerry Mountain Rescue Team was called out to rescue the female walker on Carrauntoohil who had reported experiencing medical difficulties on the mountain. The lady, who is living locally, had climbed the mountain with a group. Members of KMRT treated the lady for her injuries at the scene and transferred her by stretcher to the bottom of the Devil's Ladder. The Shannon-based Irish Coast Guard helicopter also took part in the rescue and airlifted the walker from the Hag's Glen at around 9pm. The lady was transferred to Kerry General Hospital where she was treated for her injuries, which were not life threatening. Around 20 members of KMRT were involved in the rescue.

YOUTH PASTORAL MINISTRY AWARDS NIGHT

The Youth Pastoral Ministry Awards Ceremony for twenty three adult participants from parishes across the diocese will be held on Friday 15th May in the KDYS Youth Centre, Fair Hill, Killarney. Youth Ministry is an initiative of the Diocese of Kerry and Bishop Ray Browne will present certificates to those who have completed the course. As parishes reach out to engage with young people, the need for trained adult leaders is ever present. This course has developed the confidence and competence of leaders to deliver effective ministry with youth. It also nurtures the personal and spiritual growth of leaders for ministry in today's Church.

Youth Pastoral Ministry is the response of the Christian community to the needs of young people, and the sharing of the unique gifts of youth with the larger community. Youth Pastoral Ministry is more than programmes and youth events. At the heart of ministry with young people is the presence of caring, supportive relationships where youth experience the Good News. Enabling the gifts of young people will make a real difference in Church, society and the world at large. This course equips leaders to reach out and undertake this key role with young people.

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FANTASTIC NIGHT FOR BOOK LAUNCH

Dr Crokes marked the centenary celebration of the publication of the first ever coaching book on Gaelic football by Dick Fitzgerald, 'How to play Gaelic football', one of its most famous clubmen, with a special night in the club house on Friday May 8. Dick won 5 All Ireland medals with Kerry, captaining them in 1913 and again in 1914.

Canon Tomás Ó Luanaigh author of Dick's biography, 'King in a Kingdom of Kings' outlined in his speech how relevant much of the coaching skills put forward by Fitzgerald are today 100 years on, with all the modern coaching techniques. Pat O'Shea, Munster coaching officer, an ardent Crokes man and a very successful Kerry team manager which brought the Sam Maguire home to Kerry agreed with these sentiments when probed by Mícheál Ó Muircheartaigh adding that Fitzgerald had laid out the type of player most suitable and the abilities required for



PICTURED AT DR CROKES CLUB HOUSE TO CELEBRATE THE CENTENARY OF THE PUBLICATION OF DICK FITZGERALD'S BOOK "HOW TO PLAY GAELIC FOOTBALL" WERE (FRONT ROW) RTE'S MÍCHEÁL Ó MUIRCHEARTAIGH HOLDING AN ORIGINAL COPY OF THE BOOK WITH COLM COOPER. (BACK ROW) L-R DER BROSNAN, EAMON FITZGERALD & DENIS COLEMAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT DR CROKES CLUB HOUSE TO CELEBRATE THE CENTENARY OF THE PUBLICATION OF DICK FITZGERALD'S BOOK "HOW TO PLAY GAELIC FOOTBALL" RTE'S MÍCHEÁL Ó MUIRCHEARTAIGH WITH COLM 'GOOCH' COOPER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

each position 1 to 15.

RTE's Mícheál Ó Muircheartaigh elicited some telling responses when he interviewed on stage the 5 Croke senior players and the 2 minor players who won All Ireland medals in 2014. The large audience also contributed handsomely in the open forum.

Topical issues discussed included the Kerry team management's decision to continue to train behind closed doors in the Fitzgerald Stadium, the passion of Billy Morgan when meeting Kerry, what goes through a captain's mind in preparing a victory speech, youngsters growing up in Kerry and their idols, the unlikely

possibility of the Fitzgerald Stadium for a big rugby game, and the favourite playing positions of Kieran O'Leary, Fionn Fitzgerald, Johnny Buckley, Daithí Casey and Colm Cooper. These and many more issues were presented by the inimitable Fear a' Tí, Mícheál Ó Muircheartaigh.

Historical footage from the RTE archives, the first ever recorded for the GAA, including Dick Fitzgerald playing proved a real winner with the audience.



DR CROKES PLAYERS WHO WERE ALSO KERRY SENIOR & MINOR ALL IRELAND CHAMPS IN 2014 PICTURED AT THE CENTENARY CELEBRATION OF THE PUBLICATION OF DICK FITZGERALD'S BOOK 'HOW TO PLAY GAELIC FOOTBALL' FIRST PUBLISHED IN 1914. L-R; FIONN FITZGERALD, KIERAN O'LEARY, JOHNNY BUCKLEY, DATHAI CASEY, COLM GOOCH COOPER, JORDAN KIELY & MICHAEL BURNS. PHOTO BY MARY O'NEILL.



DR CROKES PLAYERS WHO WON ALL IRELAND SENIOR TITLES WITH KERRY IN 2014, PICTURED WITH MÍCHEÁL Ó MUIRCHEARTAIGH & MARY O'NEILL (A COUSIN OF DICK FITZGERALD'S) AT THE CENTENARY CELEBRATION OF THE PUBLICATION OF 'HOW TO PLAY GAELIC FOOTBALL' BY DICK FITZGERALD. L-R; JOHNNY BUCKLEY, COLM GOOCH COOPER, MARY O'NEILL, MÍCHEÁL Ó MUIRCHEARTAIGH, FIONN FITZGERALD, DATHÍ CASEY, MISSING FROM PIC IS KIERAN O'LEARY. PHOTO BY MARTINA LEE.

ROSIE MEETS HER HERO

Popular Killarney schoolteacher and musician Rosie Healy met one of her heroes on Saturday night last when none other than Liverpool legend Ian Rush turned up at The Plaza Hotel where Rosie and her husband Derry were performing.

Much to Rosie's delight Ian came up on stage and sang the Streets of New York with the couple before heading off to a number of hostleries in the town including the Speak Easy where he enjoyed a few quiet pints with the locals.

PICTURED RIGHT: ROSIE AND IAN AT THE PLAZA



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REF 754 (BER Pending)



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REF 749 **BER D1**



SHADOW LANDS, MILLEEN, KILCUMMIN

Guide Price €235,000

3 Bedroom Bungalow (1,500 sq ft) on circa 0.5 acre site. Detached garage with electricity. Oil Fired Central Heating. Only 7 miles to Killarney Town Centre.

REF 507 **BER C3**



3 THE REEKS, GORTACOLLOPA, FOSSA

Guide Price €285,000

4 Bedroom Bungalow (1,600 sq ft) on circa 0.7 acre site. Large garden shed with electricity. Zoned heating system. Fully alarmed. Oil fired central heating.

REF 753 **BER C3**



KEEL, CASTLEMAINE

Guide Price €290,000

4 Bedroom Detached Home on approx 0.5 acre site with mountain views. Concrete first floor & all block internal walls. Fully Alarmed. Oil Fired Central Heating.

REF 734 **BER B3**

BERNARD CELEBRATES BRIDGE 50TH



THE 72ND ANNUAL SOUTH OF IRELAND BRIDGE CONGRESS AT THE LAKE HOTEL KILLARNEY WELCOMED MANCHESTER NATIVE BERNARD GOLDENFIELD, CENTRE, WHO IS ATTENDING THE KILLARNEY CONGRESS FOR THE 50TH YEAR. SEATED FROM LEFT ARE FEARGHAL O'BOYLE, PRESIDENT CBAI, PHYLLIS O'REGAN, (CONGRESS OFFICER), BERNARD GOLDENFIELD, MARY HARMON (CONGRESS OFFICER) AND MAYOR OF KILLARNEY JOHN JOE CULLOTY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

Bridge players descended on the Lake Hotel in Killarney last weekend for the 72nd annual South of Ireland Bridge Congress which will run until Sunday May 17th. It is well established as one of Ireland's longest and leading bridge tournaments attracting some of the country's best players as well as players from other countries who all congregate to test their knowledge and skills in the many competitions held. Running for nine days, the congress is unique as it allows visiting players and partners to enjoy Killarney's sights

and activities without missing any bridge.

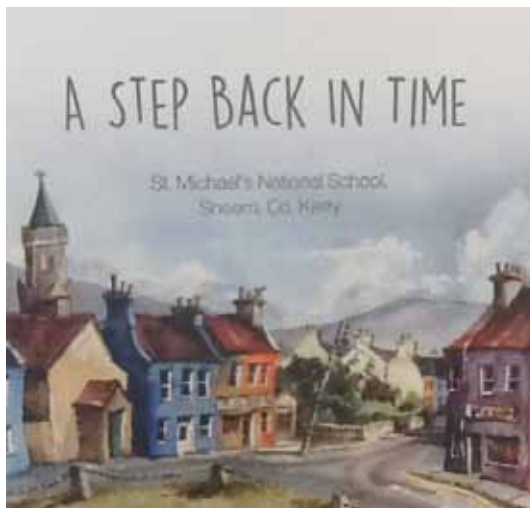
A highlight of the congress this year was a special reception at the official opening for Manchester native Bernard Goldenfield, who is attending the Killarney congress for the 50th year. Fearghal O'Boyle, President CBAI, Mayor of Killarney John Joe Culloty, and local Killarney officers Phyllis O'Regan and Mary Harmon were delighted to welcome Bernard to Killarney as Honorary President.

'A STEP BACK IN TIME'

A Step Back in Time, a book designed and written by pupils of Sneem NS was launched in the Sneem Hotel last night, Thursday May 14th.

What started out as a History Project by the pupils of 4th, 5th and 6th Class of St. Michael's National School in Sneem with their teacher Mike Hussey has now become a beautiful new book. The children have dedicated the book to times gone by.

They have documented many of the old traditions, customs and ways of life of the past and in the process have learned to appreciate just how much life has changed.



MIRACULOUS ESCAPE AT KILLARNEY SHOP

A young shop assistant escaped serious injury when an Opel Corsa, driven by a tourist crashed through the front of a Polish grocery store on Park Road on Monday evening. The assistant was sitting at the till when the car came through the

window covering the place in shattered glass. Both the assistant and the driver of the car, a German national in his 60's were transferred to Kerry General Hospital and the shop remains closed.

HUMPY 100 CYCLE

The Leisure Cycle season is in full swing with many clubs and societies holding events. One that continues to be amongst the most popular is the Killorglin Cycling Club's Humpy 100.

The Humpy 100 takes place this Sunday, May 17th and is a set of 3 cycle tours over the scenic mountains and valleys of South Kerry. With the experience of the Killorglin Cycling Club, including the yearly organising of the Ras Mumhan Humphy 100 riders know that this is organised to almost professional standards.

The event begins with sign-on at the Killorglin Community College from 8.30am to 9.45am and then cycling gets underway at 10am. The cost is €20 and riders are expected back between 1.30pm and 3.15pm.

The three routes are 130km, 100km and 60km and it is important to note that this is not a race but a sportif and the event is based around cut-off times. Riders arriving at certain locations and outside of the time limits will be directed to the shorter routes. The Broom Wagon will adhere to these times. Lead cars and motorcycles accompany the event with marshalls also covering key junctions and there will be full medical cover and food and water stops along the roads. Hot foods and refreshments will be provided to all participants at the end of the event.

The 130km route includes Ballaghbeama, Sneem, Molls Gap, the Black Valley and Beaufort while the 100km route takes in much of the same roads but omits the Sneem section. The 60km route heads towards Glencar and onto Beaufort and Killorglin. All routes start and finish at the Killorglin Community Centre.

The Humphy 100 is ideal preparation for the Ring of Kerry and anyone who can manage the 130km route within the time envelope is more than capable of completing the Ring.



MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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

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

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

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1 LAHARD COTTAGES, BEAUFORT, KILLARNEY

Stunning end semi-detached house well-located in the highly popular and scenic Beaufort area. The property was recently refurbished to include new cream and walnut fitted kitchen with breakfast bar and integrated electrical appliances. The "herring bone" brick façade, stove fireplace and recessed lighting further enhances the attractiveness of the property. The high efficiency zoned gas heating system and gas fire and stone fireplace in the sitting room further adds to the character of the property. Private landscaped gardens with an array of trees and shrubs, an enchanting "Secret Garden" leading to a stream enhances the charm and tranquillity of the property. **FEATURING:** spacious sitting room, open plan kitchen/living room/dining room, utility room with fitted units, 3 bedrooms, main bathroom with Jacuzzi bath, large storage shed with workshop at rear. Property can be sold fully furnished, suitable for first time buyer.



€175,000

ROCKFIELD, FAHA KILLARNEY

Stunningly finished and located bungalow with breath-taking views of the Gap of Dunloe in an area of natural beauty and scenery located just 8 miles from the popular tourist town of Killarney. The bungalow internally is finished to an excellent standard with solid wood featuring porcelain tiling and good choice of colours and furnishings throughout. The adjoining sun lounge /dining room has splendid mountain views and further enhances the attractiveness of this fine property. **FEATURING:** spacious sitting room, large family style kitchen, dining room/living room, stove fireplace, adjoining conservatory/dining room, utility room, 4 spacious bedrooms (one ensuite), main bathroom, landscaped gardens and lawns. The ideal family residence located just 10 minutes drive from Killarney town.



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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Keel, Castlemaine. 4 Bedroom Dormer Bungalow (2,500 sq ft) standing on circa 0.5 acre site surrounded by breathtaking country side views with the backdrop of the Slieve Mish Mountains. Concrete first floor and all block internal walls. Oak shaker style internal doors.

Agent: ● Property Partners Gallivan & its4rent.ie ● +353 64 6634177 ● www.gallivaniireland.com ● www.propertypartners.ie

Guide Price: €290,000 ● REF 734 ● Ber Rating B3

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

STEAM TRAIN ROLLS INTO TOWN

Train spotters and enthusiasts braved the wind and rain to welcome No 461 into Killarney Railway Station on Sunday afternoon last.

The train was part of the Annual Irish Railway Heritage Weekend which is organised by The Railway Preservation Society of Ireland. Their work includes the preservation of steam locomotives and other rolling stock built from 1850 to the present day.

The train spent 1 hour and 20 minutes at the platform much to the delight of the crowds who showed up on the day.

At 16.30 hours the No 461 rolled out of Killarney on its journey back to Mallow.

PICTURED BELOW: CROWDS BRAVE THE WIND AND RAIN TO GREET THE STEAM TRAIN ON SUNDAY. PICTURE: NEIL DINEEN.



OLD MEETS NEW.... THE MODERN COMMUTER TRAIN ON TRACK ALONGSIDE NO. 461 STEAM TRAIN WHICH ARRIVED IN KILLARNEY ON SUNDAY AFTERNOON LAST. PICTURE: SHEILA CARROLL.

TREK THE REEKS AT YOUR OWN PACE IN ONE AMAZING DAY

Killarney's Ultimate High Peaks Challenge, is aimed at all mountain enthusiasts, and will see participants trek over 25 km of stunning, wild, rugged mountain terrain on 14 of Ireland's highest summits, traversing the Gap of Dunloe and the magnificent and dramatic MacGillycuddy's Reeks, Ireland's highest Mountain Range, with a total height gain of over 2450 meters. This is the pinnacle of all mountain adventures, this exhilarating one day challenge takes place on Saturday, 11th July, 2015. Participants will be expected to self navigate along a pre planned marshalled route in terrain that Lonely planet described the route as 'a must do on everyone's bucket list'.

The Killarney Ultimate High Peaks Challenge is organised and run by Mountain enthusiasts FOR Mountain enthusiasts. Organiser, Piaras Kelly of KerryClimbing.ie, is a guiding and adventure activity provider based in Kerry. Piaras and his team have an intimate knowledge of the Kerry Mountains and surrounds they bring an exceptional amount of skills and experience in the organising of this unique event.



The date of this event is July 11th and the website is www.killarneypeakschallenge.com and registration is now open.

You can be in with a chance to Win 2 VIP entries to the Ultimate Peaks Challenge: Name 14 of the MacGillycuddy's Reeks Peaks and combined Height of all. The lucky Competitor

ROMANCE BLOSSOMS ON HIGH STREET

Congratulations to Killarney couple Grainne O'Sullivan and Anto Cronin who announced their engagement at the weekend.

Dancing queen Grainne who is a daughter of Andy and Kathleen O'Sullivan from Ballaugh owns Who's 4Shoes on High Street with her sister Maria and Anto, a teacher at CBS The Green is the son of Tommy and Cait Cronin from Cronin's Butchers on High Street. The couple celebrated their good news in Dublin before catching up with family and friends at McSweeney's on Sunday night.

With lots of wedding planning on the cards- the couple are looking forward to a fun packed year.



ANTO CRONIN AND GRAINNE O'SULLIVAN WHO ANNOUNCED THEIR ENGAGEMENT AT THE WEEKEND.

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Rare opportunity to purchase four bedroom charming cottage, at Port Road, with exceptionally large rear garden. The property boasts charm and character in a most desirable location, adjacent to Killarney National Park, Deenagh River Walk and is located just short stroll to town centre.



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LAKE HOTEL TAKE GOLD AT AWARDS



FROM LEFT TO RIGHT: GABRIELA MALINOWSKA, JOANNA JARNOT, MONIKA JAROSZ, MARTA WOJTKIEWICZ, GRAZYNA SYC, RENATA KULPA, AGNIESZKA KAPRAL, GEMMA DECAVO, PETER VEDEL, KINGA PASIECZNA, LAUREN ELBEL.

The accommodation team at The Lake Hotel has been celebrating recently having achieved a 'Gold Award' from the Irish Accommodation Services Institute (IASI). The Institute comprehensively assesses an extensive number of hotels across the country for its annual awards and has stated that The Lake Hotel 'has achieved excellence in Accommodation Services as set out by the IASI'. This department is led by Manager Agnes

Kapral who is delighted with this recognition and Managing Director Tony Huggard who said 'It is great to see our team in Accommodation being celebrated for their consistent hard work, without which The Lake Hotel would not be as well regarded as it is today. We are very pleased that the IASI sees this also and has rewarded the team with another Gold Award'.

DERMOT CELEBRATES 25 YEARS ON RADIO KERRY

Popular Country Music DJ Dermot Moriarty is celebrating 25 years presenting "Sounds Country" on Radio Kerry this year and to mark the occasion Dermot is having a gala celebration dance at the Gleneagle Hotel on Saturday night May 23rd.

A who's who of Country Music will take to the stage on the night for a four hour show which will feature music from PJ Murrihy, Eddie Lee and James Kelliher, Patrick O'Sullivan, Michael Collins, Kevin Prendergast, Michael O'Brien and Philomena McGovern, Catriona O'Donovan and Michael Buckley and of course the man himself Dermot Moriarty.

Dermot's career began in the early 1980's when Killarney Auctioneer John O'Sullivan asked him to present a spot on "Killarney Radio" - It was then that Dermot knew he was going to have a long association with radio.

He went on to present Country & Western shows on Rocky 103 and set up South West Radio with his brothers Pat and Mike.

His career with Radio Kerry began on 1990 when



DERMOT MORIARTY PICTURED WITH HIS WIFE RITA AND COUNTRY AND WESTERN STAR GEORGE JONES.

joined the team to present "Sounds Country" and throughout the 25 years he has met some Country & Western greats like George Jones, Tammy Wynette, Kenny Rogers, Glen Campbell and Nancy Griffiths.

It promises to be a brilliant night full of great music and lots of spot prizes on the door. Tickets are €15 and can be purchased on the night. Doors open at 8pm.

AMAZING DEALS AT DALYS

Daly's SuperValu are celebrating their 20th year with SuperValu by hosting a huge sale today, Friday May 15th and tomorrow Saturday 16th.

Lots of their favourites will be half price on the day and if you spend a minimum of €20 in store and scan your real rewards card you can be in with a chance of winning €2000 worth of shopping vouchers. Radio Kerry will be on site today, Friday when Francis Jones will broadcast his 11-1pm show live from the store. Its all happening at Daly's!!

DON'T FORGET FAYRE DAY

St. Brendan's College are hosting a Fayre Day this Sunday from 1pm to 4pm.

There will be lots on offer including a sale of pre-loved handbags, jerseys, books, football boots and uniforms.

A gourmet Barbeque will be available with live bands and a DJ along with a Bonny Baby Competition.

Sports enthusiasts won't be disappointed as the finals of the Doyle Cup and the Beckett O'Connor Cups will be held.

Dare devils will be invited to try the climbing and music fans will be in with a chance to win tickets to see Ed Sheeran along with weekend breaks.

TOM JONES IS COMING TO TOWN



The legendary Tom Jones is set to rock the INEC on Friday June 19th.

MCD and the INEC are thrilled to announce the date.

His irresistible show traverses musical eras

and genres, cuts across class divides and appeals to young and old, male and female, mainstream and cutting edge. He has always been about the power of the song, the power of the voice. This is a unique opportunity for music fans to experience one of the most iconic voices of all time, perform hits from his vast catalogue, in an intimate theatre setting. Tickets from €59.50 (including booking fee) go on sale this Monday at 9am INEC Box Office 064 6671555 www.inec.ie

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K-FEST SET TO ROCK KILLORGLIN

With a packed programme of events, venues across Killorglin are preparing themselves for the annual K-Fest Music and the Arts Festival. Artworks from emerging local, national and overseas artists will be showcased at 25 unique venues throughout Killorglin for the four-day festival, which runs from Friday May 29th to Monday 1st June.

Festival organisers said this year's expanded K-Fest programme would feature something for everyone.

Many of Killorglin's vacant buildings, all with their own unique history, will be transformed into centres of creative expression showcasing the work of more than 140 artists.

De constructed rock and pop music, local poets, pop-up drama, children's stories, limericks, recitations, singing, even a celebration of the Year of the Goat – everyone is catered for.

Music is at the heart of the festival, with more than 30 bands performing – including some of Ireland's best new talent.

K-Fest will also supply a jam-packed family programme containing lots of entertainment and creative workshops for children and their families to enjoy, celebrating nature and all things magical.

K-Fest aims to force contemporary art practice out of its comfort zone, and place it in an



'KATE KENNELLY, KERRY COUNTY COUNCIL, CLÍODHNA FOLEY, SOL Y SOMBRA AND BRENDAN GRIFFIN, TD, AT THE K-FEST 2015 LAUNCH ON FRIDAY NIGHT'. PICTURE: NOEL GARVEY.

environment where it can be questioned, queried, admired, and appreciated, giving the community greater knowledge of - and appreciation for - the arts.

For further information about K-Fest, go to: <http://www.kfest.ie/>



'KIDS ENJOYING K-FEST 2014'. PICTURE: MICHAEL G KENNY.

TIME CAPSULE BURIED TO CELEBRATE PARTNERSHIP



MARKING THE OCCASION WAS BRIAN MCCARTHY, LEFT, CHAIRMAN, FEXCO, CHATTING WITH DICK SPRING, DIRECTOR, FEXCO, SIMON HARRIS TD, MINISTER OF STATE FOR THE DEPARTMENT OF FINANCE, AND RAINER SURETH, CEO OF CONCARDIS. PHOTO: VALERIE O'SULLIVAN.

Foreign exchange specialist FEXCO held a celebratory event to mark its 10-year partnership with cashless payment specialist

ConCardis.

FEXCO and ConCardis formed the partnership in 2005 to provide Dynamic Currency Conversion

(DCC) to ConCardis customers. A decade on, more than 10,000 ConCardis merchants in seven European countries now offer DCC as a direct result of the partnership.

The event, held on Tuesday May 12th in Killorglin, saw FEXCO and ConCardis coming together to mark this milestone by burying a time capsule in the grounds of FEXCO's head office, where it will remain until 2025. This event is a true reflection of FEXCO's strong partnership competencies and provides a great opportunity to gather together key executives from both organisations.

The event was attended by Simon Harris TD, Minister of State for the Department of Finance, as well as members from both FEXCO's head office and ConCardis Frankfurt.



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NEW LOOK FOR ABBEY CROSS



PICTURED AT ABBEY CROSS, CLLR MICHAEL GLEESON WHO HAS ALLOTTED HIS FUNDING OF €5,950 TO GIVE MUCKCROSS CROSS A LONG OVER DUE CLEAN UP AND FACE LIFT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Abbey Cross in Muckross is set for a facelift thanks to Cllr. Michael Gleeson. Cllr Gleeson has decided to allocate €5,950 from his councillor's allocation for works in a bid to enhance the area. "The Abbey Cross is a vital junction in the very heart of scenic Muckross and Killarney. Its appearance and safety are therefore of vital importance. For too long it has been subject to ponding that presented problems for all road users", Cllr Gleeson told the Killarney Outlook.

"The nearby embankment often appears dishevelled and unattractive due to the presence of weeds and briars. I am therefore pleased to allocate € 5,950 from my councillor's allocation to the Cross and I hope that the work when completed will result in a more attractive and safer junction, he added. Cllr Gleeson has also allocated €4,600 for the removal of a ditch and the improvement of sight distance at Knockalibade, Kilcummin."

FUNDING AVAILABLE UNDER RESPITE CARE GRANT AND NATIONAL LOTTERY GRANT SCHEME

Senator Marie Moloney welcomed that the HSE has been allocated National Lottery Funding for distribution to community based groups and voluntary organisations under the terms of a Respite Care Grant and a National Lottery Grant Scheme.

These grants are separate to the Department's grants which are now closed. Applications are invited from groups and organisations involved in the provision of Health and Personal Social Services for once off funding for viable projects not requiring major capital funding, which can be completed within a reasonable time frame.

The closing date for the receipt of applications is Friday May 29th 2015. The forms can be downloaded from <http://www.hse.ie/eng/services/Campaigns/lottoqrants.363717.shortcut.html> and must be returned by the deadline.

SUMMER SPA EVENING AT THE PARK



PICTURED AT THE KILLARNEY PARK SPA ELEMIS BIOTEC FACIAL DEMONSTRATION AND TERRACE BARBQUE ON WEDNESDAY WERE FROM LEFT, MARY DOYLE, AILEEN DOYLE AND CARINA O'KEEFFE FROM KILLARNEY WITH FIONA MACKESSEY OF ELEMIS DEMONSTRATING THE FACIAL TREATMENT. PHOTO: DON MACMONAGLE.

Jessica Doyle (Spa Manager) and the Spa team at the Killarney Park Hotel, welcomed their regular guests to introduce them to a demonstration on the new and exclusive Elemis Biotec Facial at a Summer Spa evening at the hotel on Wednesday night.

Guests had the opportunity to acquaint themselves with The Spa's exclusive and fabulous Biotec machine from Elemis. Recently launched at The Spa, 'we are proud to be the

only Spa in Kerry, Cork, Limerick and Clare that uses this revolutionary product' as Jessica outlined. Fiona MacKessy (Elemis Specialist), revealed a new generation of facials whilst demonstrating its workings and the immediate, visible, long lasting results of this Elemis product. The melodies of the guitarist freely maneuvered around the new Terrace as guests sipped on the new Summer Coolers e.g. Sangria before they made their way upstairs to The Spa.

For the occasion, Head Chef, Odran Lucey, and his team prepared an array of attractive BBQ items including Mini Lamb Koftas, Beef Burger Sliders, Tiger Prawn & Pineapple Kebabs to name but a few. Guests were also in with a chance of winning an Elemis Biotec Facial. Olivia Fitzgerald was the lucky winner of this sought after prize. Some people made a night of it, as the new Terrace provided the ideal setting for refreshing coolers and grilled kebabs. A relaxed and unforgettable evening was had by all.



HEAD CHEF ODRAN LUCEY PICTURED ON THE NEW TERRACE AREA AT THE KILLARNEY PARK HOTEL. PHOTO: DON MACMONAGLE.



PICTURED AT THE KILLARNEY PARK SPA ELEMIS BIOTEC FACIAL DEMONSTRATION AND TERRACE BARBQUE WERE FROM LEFT, MARY FULLER, PATRICK HUGHES, FOOD & BEVERAGE MANAGER, AND TRISH MCENERY, KILLARNEY. PHOTO: DON MACMONAGLE.



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AHERNS PHARMACY SUPPORTING THE IRISH HEART FOUNDATIONS HAPPY HEART CAMPAIGN.....



For the month of May, Aherns Pharmacy is delighted to offer free Blood Pressure Checks as part of the Irish Heart Foundations drive to raise awareness of the importance of controlling your blood pressure.

As well as this, Aherns are also offering 25% off top quality Blood Pressure Monitors. It is advised that a person diagnosed with high blood pressure should regularly carry out Home Blood Pressure Monitoring (HBPM) using a clinically validated Blood Pressure Monitor and bring the measurements with them when being reviewed by their doctor.

SO WHAT IS HIGH BLOOD PRESSURE (HYPERTENSION)?

It is the main cause of stroke and heart disease.

WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?

There are few, if any, symptoms associated with high blood pressure, and the only way you can find out if you have high blood pressure is by having it measured.

HOW CAN BLOOD PRESSURE BE MEASURED?

Your blood pressure measurement is a combination of two readings: systolic & diastolic blood pressure. Systolic blood pressure is the pressure when the heart contracts. Diastolic blood pressure is the lowest pressure when the heart is relaxing.

WHY SHOULD I BOTHER TO HAVE MY BLOOD PRESSURE MEASURED?

High blood pressure causes silent damage to the blood vessels and the heart. If untreated, this damage progresses over time and may result in stroke or heart attack.

CAN STROKE AND HEART ATTACK BE PREVENTED?

The answer is YES! The reason doctors want to detect people with high blood pressure is that it is now well established that if high blood pressure is brought down to normal levels, the damage to the cardiovascular system is halted and may even be reversed, and therefore stroke and heart attack can be prevented, or at least postponed.



High Blood Pressure can be controlled by medications but it is also important that individuals with high blood pressure take appropriate lifestyle measures such as:

- 1) Healthy Eating, especially low salt intake
- 2) Weight Control
- 3) Regular Moderate Exercise

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Communions



HEATHER O'SHEA TAHILLA, SNEEM WHO MADE HER FIRST HOLY COMMUNION IN ST. PATRICK'S CHURCH TAHILLA. PHOTO: LISA O'SHEA.



ELIZABETH O'SHEA, CLEENEY, KILLARNEY WHO MADE HER FIRST HOLY COMMUNION IN ST MARY'S CATHEDRAL, KILLARNEY ON SATURDAY, WITH HER IS HER DAD MICHAEL AND SISTER MARION O'SHEA. PHOTO: VALERIE O'SULLIVAN.



CIARA O'SULLIVAN DAUGHTER OF DES AND KAREN O'SULLIVAN, GLEBE LANE, KILLARNEY PICTURED WITH HER SISTER KATIE ON HER FIRST HOLY COMMUNION ON SATURDAY LAST.



RIAN BROSAN, FIRIES NS, PICTURED AT HIS HOME ON HIS COMMUNION DAY WITH HIS FAMILY L-R MUM NOREEN, JACK, CIAN, MILLIE, DAD TIM & CONOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MICHAELA MOYNIHAN, KNOCKNAGREE NS, PICTURED ON HER COMMUNION DAY WITH HER FAMILY IN TUREENCAHILL. BACK ROW L-R NANA BETTY, MUM NOIRIN, BABY DANIELLE, DAD PADDY & GRANDAD CHRISTY. FRONT ROW L-R BROTHER JER, MICHAELA AND HER SISTER BETHANY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE O'CONNOR COUSINS FROM BARRADUFF & KNOCKANES NATIONAL SCHOOLS, PICTURED AT THE BREHON HOTEL ON THEIR COMMUNION DAY. FROM TOP TO BOTTOM CIAN O'CONNOR, TWINS AOIFE & JAMES O'CONNOR AND KATE O'CONNOR-DENNEHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AOIBHE COGHAN, WHO MADE HER FIRST HOLY COMMUNION IN PRINCE OF PEACE CHURCH, FOSSA, KILLARNEY, ON SATURDAY WITH HER PARENTS, MICHAEL AND SHELLEY AND BROTHER RUAIRI COGHAN. PHOTO: VALERIE O'SULLIVAN



BRAYDEN SLATTERY WITH HIS PARENTS PADRAIG AND MARIA, AND BROTHER EATHAN AT HIS COMMUNION RECENTLY. PIC BRENDAN SLATTERY

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OUTLOOK FASHION TIP:

CONSIDER THE WEAR AND CARE

Before you buy, try to gauge how a piece might hold up after a few washings. And don't shell out for clothes you can't, or won't, take care of. If you know you'll never hand-wash that embellished sweater or fancy bra, walk away.

DIET TIP CHEW SUGARLESS GUM

The next time you want to grab a fattening snack, reach for some sugar-free gum instead. Chewing some types of gum gives you fresh breath and can also help manage hunger, control snack cravings, and aid in weight loss. (Keep in mind, however, that excess sorbitol, a sugar alcohol sometimes used in low calorie gums, can have an laxative effect in some people.) Although gum might make you eat less, it doesn't mean you can stop eating right. A good diet and exercise are still important.



Beauty Tip

Cream & Cleanser

Apply cream or cleanser by lightly pressing upward—never down. The delicate skin sags easily enough in time.

CATHRIONA'S ROHAN COMES TO TRALEE HAIR SALON



CATHRIONA ROHAN will open her new premises on Mary Street next Tuesday on 19th May. Kerry's leading Mobile Wedding Hairdresser, Cathriona provides her services all over Munster at the moment and will now base operations in Tralee.


At Cathriona's they take the hassle out of the most important day of your life. They travel to any location of your choice and create unique wedding

styles for your special occasion. Premier award winning hair stylist Cathriona Rohan has also worked with leading fashion events nationwide, appeared in national tabloids and glossy magazines, she has also worked on TV.

Cathriona Rohan began hairdressing in 1989 and has since worked in many prestigious

salons. In 2003 she decided to branch out on her own and opened Cathriona's Hair Salon, Castlegregory. Since then she has established a great reputation focusing on a high level of customer care and dedication to excellence. Cathriona takes time to personally get to know each of her customers and specifically tailors to their individual needs.

Cathriona's celebrated 10 years in business in 2013, and to mark the momentous occasion, she revamped the salon. Completely redesigned it now expertly balances a stylish vintage chic with a warm and welcoming atmosphere, making it a favourite both locally and countywide. Cathriona's continues to offer a wide variety of treatments including L'Oréal, Inoa, Alfa Parf and Wella colour and Joico conditioning for hair care treatments. Cathriona's also specialises in cuts and the very popular Great Lengths Hair Extensions. One of the key successes to Cathriona's is her in depth knowledge of the wedding industry. Her staff specialises in bridal hairstyles, as well as offering a comprehensive range of services for men and women, including free consultations.




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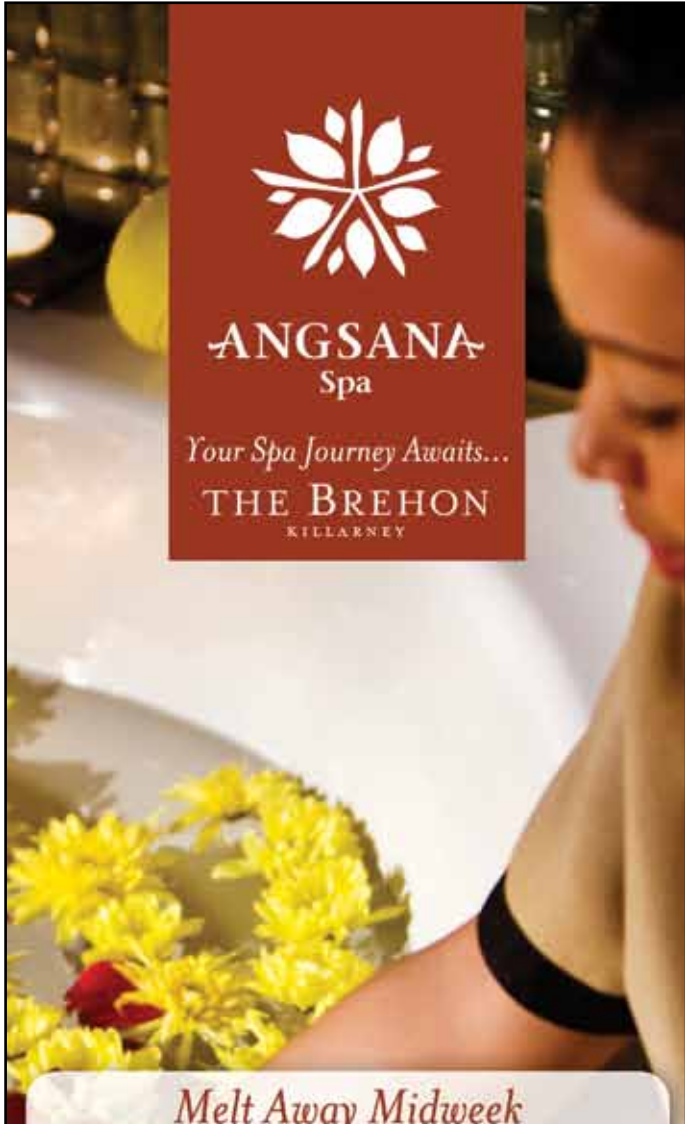
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Certified Life/Wellbeing and Business Coach
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Medical studies can now confirm several links between **gum disease** and other serious illnesses.

Research has linked gum disease to **Heart Disease, Diabetes, Premature Birth, Arthritis and Dementia!!**

Gum Disease, which is a bacterial infection of the gums, can increase the risk of **Heart Attack & Stroke**.

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

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



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Kerry ETB Training Centre



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

Food Preparation and Cooking Course (ET20D) - Tralee.

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

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

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

Radio Broadcasting Foundation (ET41Z) - Tralee.

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

Outdoor Activity Instructor Traineeship (ETS64).

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

Legal Administration Traineeship (ETS07) - Tralee Training Centre.

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

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

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

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24th August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Java Associate Course (ET0R7) - Tralee.

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

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

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

Digital Media Production Course (TRY18).

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

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

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

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Their Special Day

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



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MARRIED IN KINNITTY PARISH CHURCH
RECEPTION GLASSON COUNTRY HOUSE HOTEL.
THE COUPLE WILL RESIDE IN DUBLIN.

PHOTO: DON CURRY/
WWW.DONKPHOTOGRAPHY.COM



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TWO WHITE DOVES AFTER THEIR MARRIAGE
CEREMONY, THE COUPLE WERE MARRIED
IN MUCKROSS CHURCH AND HELD THEIR
RECEPTION IN THE MUCKROSS PARK HOTEL.

PHOTO MICHEÁL O SULLIVAN PHOTOGRAPHY
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1.0 TDCI Black



2011 Skoda Octavia

1.8 TDI Elegance, one owner Full History



2011 Ford Focus

1.6 TDCI Zetec Alloys, Fogs, Full Ford History



11 Seat Leon

White, 90kms One Owner FSH



11 VW Golf

1.6 TDI

DIESEL CARS

- 141 Ford Focus 1.6 TDCI - Choice
- 141 Ford Focus 1.6 tdc1 zetec only 6kms
- 12 Hyundai IX 20 1.4 CRDI 69 kms
- 12 Ford Mondeo 2ltr TDCI
- 12 Hyundai i30 1.6 TDCI
- 12 Ford Focus 1.6 TDCI Black
- 11 Ford Focus 1.6 TDCI, 44k
- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H

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

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

- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Renault Megane Full Leather
- 05 Suzuki Liana NCT Tested
- 03 Toyota Avensis Alloys, Fogs, As New
- COMMERCIAL
- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch
- 09 Peugeot Bipper



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HAZARDS OF SUMMER DRIVING

SAFETY ADVICE FOR DRIVING DURING GOOD WEATHER!

The good weather does not always mean good driving conditions as the sunshine can melt the road surface making it extremely slippery. Also, rain at the end of a long dry spell can mix with dust, oil and rubber, producing a road surface like an ice rink.

DRIVING TIPS FOR SUMMER MOTERING

Servicing: A full service is necessary at least one full week before a long journey.

Last Minute Checks: Engine, oil, brake and clutch fluids, battery electrolyte, tyre pressure and the windscreen washer reservoir should be rechecked just before the journey Starts.

Spare Kit: Delays caused by minor faults can be reduced by taking a small spares kit comprising of a fan belt, radiator hoses, bulbs, points, a condenser, pair of spark plugs and a roll of insulating tape.

Balance: The load should be balanced, that is, heavy articles should be placed as near to the centre of the car as possible. Heavy articles must never be concentrated on one side of the vehicle, neither must luggage impede the drivers vision or prevent seat belts from being used.

Inside The Car: Loose or heavy items in the passenger compartment can move under braking or cornering - this can distract the driver or jam against the control.



Outside The Car: Roof racks must be firmly and loaded with as low a profile as possible to minimise the wind resistance and maintain stability. Also, make sure every-thing carried on the roof rack is securely tied down.

Care In The Country: Many city drivers feel free driving in the country - less restricted, however, you must remember, care and attention is still needed at all times - there may just be a herd of cows around the next corner!

Farm animals must be treated with patience. Drivers meeting them should slow down well in advance and leave as much space as possible between the car and the herd. Fast driving past a horse and rider can also be dangerous - it may cause the horse and rider to shy and throw its rider. They should be overtaken very slowly, with as much space as possible between it and its rider.

CYCLE SAFETY

WITH TRAINING FOR THE RING OF KERRY IN FULL SWING THIS WEEK WE LOOK AT CYCLE SAFETY.

Cycling is a common means of transport in Ireland. It's popular for several reasons: it's great exercise, it's cheap and it cuts down on travel time, especially during rush-hour.

But cyclists are also a vulnerable category of road user. Every year there are several cycling fatalities on Irish roads and countless collisions involving cyclists.

As a cyclist, you can reduce your risk of death or injury by following some simple advice:

- Never cycle in the dark without adequate lighting - white for front, red for rear.
- Always wear luminous clothing such as hi-vis vests, florescent armbands and reflective belts so that other road users can see you.
- Wear a helmet.
- Make sure you keep to the left. Always look behind and give the proper signal before

moving off, changing lanes or making a turn.

- Follow the rules of the road, never run traffic lights or weave unpredictably in and out of traffic.
- Maintain your bike properly - in particular, your brakes should work properly and your tyres should be inflated to the right pressure and be in good condition.
- Respect other road users - don't get into shouting matches with motorists; stop at pedestrian crossings; don't cycle on the footpath.
- Watch your speed, especially when cycling on busy streets and going downhill.
- Steer well clear of left-turning trucks: let them turn before you move ahead.

Cycling for children

Using a bike for the first time and learning to ride has been a rite of passage for generations of Irish children. Cycling is fun and sociable and, like swimming, a life-skill that stands to

children in later years.

Yet, like many activities, cycling carries an element of risk. Parents play an important role in minimising the risk by giving them proper guidance and instruction at an early age to ensure that basic safety rules are absorbed while young.

Do's and don'ts of safe cycling for children

Do ensure they:

- Cycle a bike matched to their height and experience.
- Wear a safety helmet.
- Use lights in dark or dusky conditions.

Don't allow them to:

- Cycle on public roads unsupervised (if under 12).
- Wear loosely-worn scarves or other clothing that could get caught in the wheels or chain-set.
- Take unnecessary risks.



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DEREK TWOMEY LEGION ACCEPTS THE TIM LENIHAN MEMORIAL CUP FROM JOHNNY BROSAN.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

2015 EAST KERRY JUNIOR LEAGUE – FINALS

DR CROKES 1-13 RATHMORE 1-09

Dr Crokes retained the James Doyle Memorial Cup on winning the East Region Division 1 League final against Rathmore last week, in Spa. Dr Crokes started strongly, and notched 1-03 without reply the first 8 minutes, Keith O'Leary, with a goal and a point, Gavin Tucker and Bryan O'Shea a point a piece. Rathmore opened their account with a Tom Kelleher point on the ninth minute but Dr Crokes pulled further ahead with 2 Gavin Tucker points. Rathmore's Mark T Reen reduced the margin to 4 points on fifteenth minute, when he found the Dr Crokes net after a goalmouth scramble. However, Dr Crokes pulled further ahead with three unanswered points from play, (Bryan O'Shea, Gavin Tucker (f) and Keith O'Leary). Half time score: Dr Crokes 1-08 Rathmore 1-01. It was tit for tat in the third quarter. Dr Crokes, Keith O'Leary with a point. Rathmore replied with 2 points (Stephen Lehane and Mark T Reen). Cian O'Neill and Bryan O'Shea pointed for Dr Crokes, Mark T Reen replied for Rathmore, and Dr Crokes led 1-11 to 1-05 going into the last quarter. Rathmore dominated the middle area of the field in the last quarter and reduced the margin to 2 points, 1-11 to 1-09, with 2 minutes of normal time remaining, Mark T Reen (2) and Stephen Lehane (3) on target. However, Dr Crokes dominated the middle area for the remainder of the game and notched up two points in the closing minutes, the first by Bryan O'Shea and the second from the boot of Jason O'Sullivan. Final score: Dr Crokes 1-13 Rathmore 1-09. Referee: Brendan Brosnan (Glenflesk).

Joan and Jimmy Doyle presented the James Doyle Memorial Cup to Dr Crokes Captain,

Keith O'Leary.

LEGION 2-14 SPA 1-07: Legion claimed the East Region Division 2 Junior League title last week, in Fossa. Two opening points from Jamie Spillane was Spa's reward for a bright ten minute start. However, Legion racked up seven points from captain Derek Twomey, Aidan Slattery, Donal Lyne and Andy O'Regan, in the following twenty five minutes. Spa created scoring chances in this period but were playing into a gusting wind which made point taking difficult. Midway through the half, a Spa free rebounded into the hands of Aidan Slattery and Legion moved the ball quickly to their forward division where Derek Twomey converted. A Jamie Spillane pointed free saw Scott O'Mahony reply with a goal for Legion. Another Spillane free brought the half to a close. Legion 1-7 Spa 0-4.

Legion points from Alan Moriarty and Donal Lyne were cancelled by Tim Hussey and Padraig Courtney as Spa had now upped their work rate. Twelve minutes into the half Conor Gleeson raised a green flag following a goalmouth scramble - 1-9 to 1-6 in Legions favour. The Legion response was swift. Derek Twomey pointed a free. Then came the killer blow - a Legion goal increasing the lead 2-10 to 1-6 for Legion, with ten minutes left. Four further points from Aidan Slattery, Derek Twomey and David McCarthy sealed the win as Jamie Spillane got a final consolation point from a free. Final score: Legion 2-14 Spa 1-7.

East Kerry Vice Chairman Johnny Brosnan presented the Tim Lenihan Memorial Cup to Legion Captain Derek Twomey. Referee Jim O'Connor (Scartaglen).

O'DONOGHUE CUP DRAW: The draws for the O'Donoghue Cup, Fr Galvin Cup and O'Sullivan Cup, East Kerry Championships, 2015, will be held on Thursday 21st May at 8.30pm in the Gleneagle Hotel. Club Chairpersons,

Secretaries, PRO's and East Kerry Delegates are invited to attend.

PRESENTATION OF MEDALS:

East Kerry Coiste na nÓg is holding the presentation of 2014 County Championship Medals to the East Kerry U16 and U14 teams on Friday evening, 15th May, starting at 9.15pm in Fitzgerald Stadium.

PRIMARY SCHOOLS BOYS SKILLS

COMPETITION: The East Kerry/Kenmare Primary Schools boy's skills competition took place, East Kerry in Dr Crokes grounds and Kenmare District in Kenmare grounds. The teams consisted of three players and showed excellent skill levels during the event with all players delivering fantastic performances.

Presentation Monastery NS won the East Kerry team event (Tom Doyle, Neil O'Shea and Christian Casey). Lawrence O'Donoghue Loreto NS in the individual category. In Kenmare, Sneem NS (Ruari Burns, Ciaran O'Sullivan and Jack Riney) tied with Kilgarvan Central NS, (Eugene O'Sullivan, Ronan Foley and Tomas

Creedon). Thanks to PJ Reidy for his assistance in organising the events. Primary School teachers continue to give valuable support in marking sheets on the day. St Brendans College students continue to provide a great amount of time to support this worthy competition.

CONGRATULATIONS: Congratulations to players from East Kerry clubs, on the St Pats, secondary school Castleisland, who won the Munster U16 ½ Bobby Buckley football final: Shane O'Donoghue (Jack Daly (captain), Luke Fitzgerald (Carrow), Jason Cronin, Patrick O'Connor, Kieran O'Donoghue, Kieran Enright (Cordal), Joshua Kerin, Edward Horan, Sean Horan, Shay Walsh (Scartaglen).

LISTRY

WEEKLY LOTTO RESULTS: Winning Numbers 10, 22, 24, 25. Jackpot €3,500. Not Won. Jackpot next week Sunday 17th May €3,650.

SENIOR COUNTY LEAGUE RESULT: Listry played at home v Keel last Sunday, 10th May. It was great to see such a big crowd of supporters from both sides on a very wet day. At half time the score was Listry 0-2 Keel 0-4. Keel were 5 points ahead 17 minutes into the second half until Listry came back with a goal 7 minutes later. This was followed up by a point by Listry a minute later. A few minutes later Keel came back with a point. Final Score Listry 1-03 Keel 0-8

SENIOR COUNTY LEAGUE: Our Seniors will be playing Skelligs Rangers on 16th May at 2pm. Venue Skelligs Rangers. Please come along and show your support.

KERRY MINORS SEMI FINAL: Congratulations to Ronan Buckley Listry and the Kerry Minors who beat Cork in the Munster Gaa Minor Football Championship on



Wednesday.

U14S: Our U14s had a good win over Fossa in their county league semi-final on Wednesday night last. They now face Kilcummin in the final next Friday night May 15th at 7:30 in Fossa. Please come along and support the team. We wish the team and management the best of luck in the final.

U12S: Our U12s had a good win in round 5 of the county league at home to Scartaglin on Sunday evening on a scoreline of 3:13 to 1:09. This was their last game in the first phase of the competition. They will have a break for a week prior to the commencement of phase two.

U10S: U10s have training on Friday night from 6.15pm to 7.15pm (note change of time due to U14 Final).

U8S: Training continues on Friday night also but at the slightly earlier time of 6:15pm due to U14 final.

U6S: Train on Friday evening from 6:15pm to 7:15pm (note slight change of time).

Please support all our Juvenile teams when and where you can.

DR CROKES NOTES

DICK FITZGERALD – 100 YEARS ON:

Friday night last was a fantastic occasion for all who attended our night to commemorate the centenary of the publication of Dick Fitzgerald's book. John C O'Shea provided us with some fabulous archive video footage of Dick Fitzgerald. Fr Tom gave us a great insight into Dick's book on How to Play Gaelic Football and Micheal O Muircheartaigh entertained us with his own style of interviewing Dr Crokes' Kerry players from 2014 not to mention the nuggets he added in every so often.

Many thanks to all who helped to make the night a success and a special mention goes to Eamonn Fitzgerald who was the driving force behind the idea. Hopefully we will be able to do something similar in the near future.

TIDY TOWNS – DR CROKES

CONTRIBUTION: On Thursday last a group of volunteers showed up to tidy up the club grounds and its surrounds. Thanks to Noel for providing the gloves, bags and litter pickers. An hour and a half later, we had removed a significant amount of rubbish from the area. Well done to all concerned for your time and effort.

DIV 4 COUNTY LEAGUE

DR CROKES 0-8 LISPOLE 1-8: Played in constant rain in weather more associated to winter both teams served up a very entertaining game. Dr Crokes started brightly kicking the first two scores of the game. Lispolle began to take control particularly around the middle third. Points were traded until the most important score of the game, a fisted goal for Lispolle. Lispolle led at the short whistle by one point 1-3 to 0-5. The second half was very



PRESENTATION: JAMES DOYLE MEMORIAL CUP BY JOAN & JIMMY DOYLE, TO KEITH O'LEARY DR CROKES CAPTAIN WINNERS EAST REGION Div 1 JUNIOR LEAGUE WITH TIM RYAN EKB CHAIRMAN.

keenly contested with big hits from both teams. The Crokes pressed hard all the way through the second half. Looking for that elusive goal, unfortunately it never arrived. Lispolle held on for a deserved win on the score line of 1-8 to 0-8.

JUVENILE ACADEMY: Our U8s boys commenced their go games in Kilcummin last Tuesday night and played 3 matches v Kilcummin and Spa and great fun was had by all!! A special invitation to all young girls aged 5 to 10 to join the Crokes in May and June and see the benefits of regular exercise and healthy living while making friends and playing gaelic football games in a fun filled atmosphere!!!

OUR GAA JOURNAL: The newly-launched club GAA Journal is available on Saturday mornings at the academy training or from the club shop. It is a great way of recording those magnificent memories of the children's years as an underage member of Dr Crokes.

UNDER 12: The u12 black team played a very strong Austin stacks recently and played decent football in the first half but were six points down at half time. In the second half Stacks with a very strong wind assisting them pushed on and knocked up the scores to win easy in the end. While overall it was a poor performance, a few players tried hard to the final whistle which was great to see. The amber team had another great win beating Stacks 5-12 to 5-06. It was a brilliant team effort from the goalie to the full forward line with all the players showing their skills learned at training. Training continues every Thursday at 6.30pm and new players are very welcome.

UNDER 14: Our Under 14s have a week off this week and will return to action the following week as they begin preparations for the second half of their season.

HURLING: On the hurling front we are in the middle of a free period, designed to facilitate our young players as they study for Third Level and Senior Certificate examinations. However, training continues. For the next few weeks

we do circuits on Mondays at 7.00pm, on Wednesdays we do field training at 7.30pm and on Sunday nights at 7.00pm. Our Junior footballers play on Friday nights and the hurling management encourages any of our players who can do so to get involved with the footballers. It will be a great way to improve fitness levels as well as helping us to integrate more meaningfully in our club.

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

LADIES FOOTBALL: Our U14 girls game vs Scartaglin was called off due to the recent bad weather. We would like to wish our midfielder Julie Delaney a speedy recovery from a broken wrist she suffered recently in a non-football related accident. Hope to see you back in the Black and Amber again soon Julie.

LOTTO: Draw took place in Tatler Jack Bar on Sunday last. Numbers drawn 7 9 13 15. There was no winner of the jackpot of €6,600. Ten players matched 3 numbers and won €40 each. Next week's jackpot is €6,900. Draw will take place in the Tatler Jack on Sunday 17th May 2015.

SYMPATHIES: Our thoughts and prayers are with the family and friends of Diarmaid Treacy, Kathleen Prendergast (cousin of Fr Tom) and Nora Walsh (mother of Sean Walsh, former Chairman Kerry GAA) who passed away last week.

CONGRATS: Best wishes to Senior team player Brian Looney and his fiancée Gina on their recent engagement.

BEAUFORT GAA NOTES

LOTTO: Next draw for jackpot of €4,400 will be in Inn Between on Sunday, 17th May. Tickets are available from usual sellers, bars and shops.

U10S: Are at present taking part in the Mid-Kerry Blitz on each Monday evening around the clubs. Beaufort hosted it on Monday last



and Laune Rangers will host it on Monday next. They also hosted John Mitchels in very wet conditions on Sunday morning last but this didn't deter the players.

U12S: Sponsored by Maurice Foley Decoraating played Gneeveguilla in Gneeveguilla Sunday evening and came away with a 4 point win. 2 goals by Caolan Ireland and 3 fine points by Donnacha Crowley and a good performance from Kieran Dennehy in the mid-field area settled the issue. Final score: Beaufort 3 – 10 Gneeveguilla 3 – 6.

U12 GIRLS: Sponsored by Anthony Foley Decorating played a very exciting game in Scartaglin Tuesday evening and very unlucky to lose by a point despite 3 goals from Holly Clifford.

U14S: Sponsored by Sean Coffey of Kate Kearney's Cottage had a facile win over Spa in Beaufort on Wednesday evening to qualify for the Final of the Division 3 County League. They now play Dingle in Annascual on Thursday evening next at 7.30pm.

U14 GIRLS: Sponsored by Beaufort Drama Group continued their winning ways in Beaufort on Sunday evening when they defeated Kerin O'Rahillys on a score-line of 1-10 to 1-2, the goal coming from Leanne Hayes.

BEAUFORT SENIORS: Sponsored by Maurice Foley of MF Decorating hosted An Ghaeltacht in Round 4 of the County League on Sunday and came out winners on a score-line of 2-9 to 1-7, the goals coming from Fergal Hallissey in the 1st half and Kevin O'Brien in the 2nd half thus remaining unbeaten in Division 3 of the County League to date.

THANKS: To everybody who collected Topaz tokens for the Club. The first draw for cash prizes will be drawn on Friday, 15th May.

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

GOLF CLASSIC: For our Golf enthuaists

Beaufort GAA will host a Golf Classic in Beaufort Golf Course on Friday, May 29th. Entry Fee is €150 for a team. Tee Box sponsorship is also available. Contact Colm Kelly at 087-6737414 to book a Tee time or for further information.

MILLTOWN LISTY LADIES FOOTBALL

WELL DONE: To Ciara Murphy in the Kerry u 16 team who had victory in the Munster Final against Cork on Saturday last.

U 12 TEAM: Had a good win over Laune Rangers last week on a score line of 3 goals 4 points to 4 goals and 3 points. This was great play by our girls who were down by 2 goals and 4 points at half time. Well done to each player and to their mentors.

BAG PACKING FUND RAISER: Takes place this Saturday May 16 in Tralee anyone who would like to help out can contact Ann Marie on 086 1956094

ELECTRIC IRELAND MUNSTER MINOR FOOTBALL CHAMPIONSHIP SEMI FINAL MASSIVE WIN FOR KERRY



THE KERRY MINOR TEAM WHO DEFEATED CORK IN THE ELECTRIC IRELAND MUNSTER MINOR FOOTBALL CHAMPIONSHIP SEMI-FINAL 2015 AT AUSTIN STACK PARK, TRALEE ON WEDNESDAY EVENING. PIC JOE HANLEY.

KERRY 0-16 CORK 1-12 (AET)

Where does one start when describing this extra time thriller between these age old rivals at Austin Stack Park Tralee? In a game that bristled with some fine individual performances on both sides, we were treated to some superb scores and while at the end of over 80 minutes of play the laurels rested with this new Kerry outfit, a very game Cork side lost nothing in defeat. Straight from the throw-in Kerry lost centre forward Bryan Sweeney to a shoulder injury to be replaced by Ronan Buckley and Kerry with the aid of the wind, despite going a point behind in that opening minute quickly settled with Conor Geaney proving a handful for the Cork defence. Geaney pointed two frees after fouls on himself and Ronan Buckley and Mark O'Connor put Kerry 4 to 2 ahead by the 11th minute. However, Cork's straight running was causing trouble for the Kerry defence and Stephen Sherlock capitalised with two points after a Daniel Ó Duínín score to put Cork 5 points to 4 ahead at the end of the first quarter.

With Jason Foley doing some heroic work in the Kerry square and Mark O'Connor to the fore around the centre, Kerry then scored three on the trot from Gavin White, Sean O'Shea and a Geaney free, after a fine catch by Brian Ó Seanachain, and after the two Stephens – Leonard for Cork from a free and O'Sullivan for Kerry – pointed in quick succession, O'Sullivan's shot for goal was saved at the expense of a "45" which goalkeeper Billy Courtney confidently pointed. Leonard with another free, left just two points between the sides at the break, 9 to 7 for Kerry with wind advantage to come for Cork. Kerry had a lot of possession on the restart which they did not convert into scores and a fine point from Ó Duínín left just the minimum between the sides. However, pointed frees from Geaney and Cormac Linnane saw Kerry three points to the good and in control by the 13th minute of the half. Kerry dominated possession for the next ten minutes but could not transfer that possession into scores and that left the door open for Cork who finished strong with points from Duínín, a Leonard free

and Shane Kingston to tie the scores by the 55th minute and with exhaustion setting in, neither side came close to snatching a winner in the remaining time as the sides finished on level terms, 0-11 each at the end of normal time. Kerry regrouped at the break, used the bench well and after Sean O'Shea and Cathal O'Rourke exchanged points, the Kingdom took control of the game with points from Graham O'Sullivan, and two from Conor Geaney to leave Kerry 15 points to 12 ahead at the break. Wind assisted, Cork missed a few scoring chances on the resumption but with Kerry failing to get the insurance score at the other end that would surely have ended the match, Cork struck for a goal from Ó Duínín in the 6th minute of the final 10 to tie the scores once again. Kerry kept piling forward however in search of a winner and after Conor Geaney was off target Spa substitute Michael Foley was at the end of a fine move to rifle over the winner much to the delight of the large Kerry contingent in the 4,438 attendance. So Kerry march on to a Munster final meeting with Tipperary (who defeated Clare in the other semi final by 0-16 to 2-9) on July 5th while Cork's season t is over for another year. Scorers: Kerry: Conor Geaney (0-4 frees)0-6, Sean O'Shea 0-2, Stephen O'Sullivan, Cormac Linnane (free), Mark O'Connor, Billy Courtney ("45"), Gavin White, Graham O'Sullivan, Ronan Buckley and Michael Foley 0-1 each. Subs: Kerry: Ronan Buckley for Sweeney, Michael Foley for Stephen O'Sullivan, Dara O'Shea for Breen, Andrew Barry for Foley, Darren Casey for Buckley, Graham O'Sullivan for White, Tom O'Sullivan for Barry, Stephen O'Sullivan for Casey, Mike Breen for O'Brien, Brandon Barrett for O'Shea.



ROWING TO RIO

The Monika Dukaraska Blog. The story of a Professional Athlete



International rowing season for senior athletes consists of five major events a year, that is the World Cup 1, World Cup 2, World Cup 3, European Rowing Championships and the World Rowing Championships, which incorporate the Olympic Qualification Regatta this year. Considering the amount of training we are doing, that is training two to three times a day for approximately 338 days a year, it is not a lot. These regattas however attract the fastest and the strongest rowers in the world and it takes a lot of endurance, strength and anaerobic (speed) training over several years to prepare for these events and compete against the best. Some nations also prioritise some events over others depending on the cost, venue, timeframe of the event and their crews. This weekend I have followed the World Cup 1 regatta which was held in Bled in Slovenia. Due to the European Rowing Championships being only three weeks away, some nations did not compete, including Ireland. However, it was good to see some racing and assess the competition with The Netherlands taking gold in the Women's Pair event.

We are now entering the anaerobic phase of our training. This means only one thing – sprint work and side by side racing. The specific race preparation (reproducing the race, training at a race pace or above the race pace) aims to acclimatise us and get us comfortable (as much as that's possible) with the feeling of a 'burn' which we experience in our legs and lungs during the race. By doing so, we are preparing ourselves for hitting the wall but instead of giving up, we will be able to keep going through it. On a weekly basis we are doing around five speed sessions ranging from short flat out sprints to long side by side races at a race pace or above. A race pace means the average number of strokes per minute that a crew maintains during a race. It is around 34 to 36 strokes per minute for the Women's Pair.

Entries for the European Championships are not yet known but I would expect to see all of the top pairs in Europe including the 2014 World Champions – Great Britain. Having recovered from the previous weeks work, I'm ready to push the limits once again, fighting for every second and every stroke



COUNTY LEAGUE FINALS THIS WEEKEND

It is a busy week on the domestic front with finals in the Rhyno Quality Feeds County League Division 1 and Division 2.

On Saturday afternoon, Rhyno Quality Feeds Senior League Division 1 Final will take place on 3.30pm in Fossa between Southern Gaels and Inbhear Sceine.

The Rhyno Quality Feeds County

League Division 2 Final will take place on Saturday at 6pm in Caherslee, Tralee between Corca Dhuibhne and Finuge St Senans. The North Kerry side will probably line out without county star Louise Galvin. The West Kerry side include Louise Ni Mhuirheartaigh, Ciara Murphy and Eilish Kavanagh among their ranks.



MEMBERS OF THE KERRY LADIES U16 FOOTBALL TEAM CELEBRATE THEIR MUNSTER FINAL VICTORY OVER CORK

RANGLES BROS NISSAN DEALERS NEW CHAMPIONSHIP SPONSOR

Kerry ladies are delighted to announce that Randles Bros Nissan Dealers Killarney and Tralee are the new sponsors of the Senior, Intermediate and Junior Championships for 2015. The draws took place as follows: Senior Championship Quarter final Dr Crokes/Kilcummin play Inbhear Sceine Gaels, Southern Gaels host Laune Rangers, Scartaglin take on Spa/Rathmore and Castleisland Desmonds have a bye. Quarter Finals are down for July 25th with semi finals on Aug 15th or 22nd.

The Senior Club Championship sees Castleisland Desmonds play Southern Gaels on June 21st in a preliminary, and the winner plays Scartaglin in the Semi Final. In the other Semi Final Laune Rangers play Inbhear Sceine Gaels. Semi Finals down for June 28th and the finals on July 17th.

Intermediate Champions Listowel

Emmetts will play Rathmore on June 21st, with the winner playing Na Gaeil in the final on June 28th.

In the Junior A Championship Dr Crokes play Kilcummin, Abbeydorney host John Mitchels in Quarter Finals with Corca Dhuibhne and Austin Stacks having byes. Quarter Finals on June 28, with semi finals on July 18/19th.

Junior B Championship quarter finals on June 28th sees Dromid home to Clounmacon/Moyvane, Spa host Finuge St Senans, Milltown/Listry take on Causeway and Furies play Annascaul/Castlegregory. Semi finals weekend July 18/19th.

Finally Junior C Championship on June 28th, Currow play Beale, Fossa take on Legion and the winners will join Glenflesk and Dingle in the Semi finals on July 18/19th.



KILLARNEY SWIMMING CLUB NOTES

CONGRATULATIONS: To all our swimmers who took part in the grade "C" gala in Askeaton. This was the last "C" gala of the current season and the last opportunity for some of our swimmers to shine – and shine they certainly did! With medals galore, "B" qualification times in every category and Personal Best times all around, it was a magnificent display of just how far these young swimmers have progressed in one season. Well done to all.

UNDER 11 GIRLS: A great display by Clodagh Carroll who not only won her gold in the 50 metres breaststroke but also the silver medal in the 50 metres backstroke.

UNDER 11 BOYS: A powerful performance by Ethan O'Neill produced a gold in the 100 metres freestyle, gold in the 50 metres butterfly and yet another gold 100 metres Individual Medley. Nathaniel Doncel also turned on the style winning a bronze medal in the 50 metres butterfly and also a bronze medal in the 100 metres Individual Medley.

UNDER 13 GIRLS: Once again Imogen O'Connor dismissed the opposition with some very talented moves, seizing gold in the 100 metres freestyle and another gold in the 50 metres backstroke. Particular praise goes to Elizabeth McGuire who not only achieved her "B" times, in this her first season in our club, but also took the gold medal in the 100 metres Individual Medley. Just to show the strength of the club in this age group, Aisling White hoovered up the gold in the 50 metres breaststroke while Mairead Egan won the silver medal in the 100 metres freestyle.

UNDER 13 BOYS: In a display unlikely to be seen again this side of Rio, Paul O'Leary won a gold medal in the 100 metres freestyle, another gold in the 50 metres backstroke, yet another gold in the 100 metres Individual Medley and then a silver in the 50 metres breaststroke. Nice one, Paul!

UNDER 15 GIRLS: Courtney O'Sullivan went about her business very calmly indeed, taking silver in the 100 metres Individual Medley and bronze medals in both the 100 metres freestyle and the 50 metres backstroke. Meanwhile, MaryClare McCarthy won a beautiful silver medal in the 50 metres freestyle. Well done, MaryClare!

UNDER 15 BOYS: Connor Griffin looked very comfortable as he won gold in the 50 metres freestyle.

Thanks to our coaches, Kristian O'Donovan and Cathal O'Brien, who were giants of support on the day. Thanks also to all parents who travelled to Askeaton, especially those who took part in the timekeeping.

CYCLING NEWS

LEIGH SHOWS THE WAY!: The opening round of the Kerry Cycling Clubs Summer League saw 93 riders in total take to the circuit devised by

Killorglin Cycling Club, this season's first host club. The League awards points for the first 6 riders home in descending order of 10, 7, 5, 4,3,2 with all other riders who take part getting one point.

54 riders entered the senior category and following the handicapper decisions a very tight race ensued. The seniors completed 6 laps of the 6 mile circuit. While a number of riders tried to get away early it was not until the final two laps that the shape of the race began to emerge.

KILLARNEY DUO TO THE FORE: Killarney Cycling Clubs Leigh Hewerdine and Conor Kissane broke clear and in the end it was Leigh who took the victory in a sprint finish. They has 15 seconds to spare over the next group with Rob Culloty from the Chain Gang finishing in 3rd.

The hosts club's Michael O'Shea was fourth followed by Donal Kelliher from Siabh Luachra in 5th and Kenneth Leahy taking 6th spot and the two points.

BROTHERS SPLIT IN U12'S: Many of the u12's are racing for the first time and they show great enthusiasm over their lap. In the end brothers Patrick and Shane Galvin from Killarney CC took 1st and 3rd respectively. They were split by Aona O'Shea of Killorglin CC.

O'Leary Stone Kanturk riders filled the next two places with Thomas Gould in 4th and Ronan Leahy in 5th. Killarney CC's Lorcan Daly rounded out the top 6.

TOM'S CLASS IN U14'S: Irish National Champion, and winner of the League at u12's last season Tom Moriarty, O'Leary Stone, Kanturk, was in a class of his own at u14's. He was uncatchable and took maximum points in a stand out performance. Kingdom's Ciaran Coggins did well to keep Moriarty in his sights and also pulled away from the chasers. These were led over the line by Tom O'Connor (O'Leary Stone Kanturk) in 3rd, Oisín O'Connor from Killarney CC in 4th with two iBike riders, Sean Barrett and Eoin Maloney in 4th and 6th.

BLAKE AWAY WIN IN 16'S: Eoin Blake (Killarney CC) just managed to get away in the closing stages of a very tight u16 competition. He held off Kingdom's David Fitzgerald and his clubmate Fergal Murphy to take maximum points. Kanturk's Thomas Dore was 4th with two Sliabh Luachra riders Liam O'Riordan and Sean Sheehan in 5th and 6th.

NEXT UP IN THE LEAGUE: The next round of the Summer League will be hosted by the Killarney CC and takes place on May 28th.

KERRY TIME TRIAL LEAGUE GETS UNDERWAY: Organised and run by Peter White the first of 6 Time Trials got underway Thursday, May 14th. It will run fortnightly until July 30th, where one round will be a team TT, and up to 40 riders are set to take part each week.

The route will take the riders from the Ballycarthy Roundabout (adjacent to the Earl of Desmond) to Castleisland and back. Sign on this Thursday night is from 6.30pm to 7.30pm with the first rider away at 7.15pm and all

categories catered for.

HUMPY 100: The Humpy 100 Leisure Cycle, organised by the Killorglin Cycling Club, takes place on May 17th with routes covering 60km, 100km and 130km. Sign on is a 9am with an entry fee of €20. The event will have full back up with after event refreshments and shower facilities available.

SPA MUCKROSS AC

It has been a busy few weeks on the athletics front with many of the competitions taking place at the moment - the annual Gneeveguilla sports took place in An Ríocht track on Sunday April 26th and the following are the medal winners - U9 boys 50m, 200m and Long Jump Mark Daly 2nd, U10 300m - 3rd Oisín Lynch, U11 Long Jump 2nd Oisín Lynch, U12 600m - 3rd Cian Lynch, U12 Shot 1st Cormac Rowe and 2nd Jack Maguire and the U13 boys relay were 2nd. Next up was the Kerry Colleges athletics finals on 28th April - **RESULTS AS FOLLOWS** - Minor Girls High Jump - 1st Elizabeth Stack, 2nd Ciara Kennelly, Long Jump 3rd Kate Murphy all from Pres Killarney. Junior Boys 100m 3rd Peter O'Sullivan, St Brendans College, Inter Boys Shot - 1st Padraig Burke, ISK and Senior Boys High and Long Jump - 1st Dylan O'Sullivan. In the South and North Munsters on May 6th and 8th, Dion Marcos was 3rd in the Inter Boys 400m, Sarah Leahy 1st in the Inter girls 100m, Christine Cooper 1st in the Inter Girls 300m, Ruth Courtney 2nd in the Minor girls Shot, with Ciara Kennelly and Elizabeth Stack 5th and 6th respectively in the Junior girls High Jump with both girls eligible to compete in this event again next year. Best of luck to all the Killarney athletes in the Munster Colleges in CIT on May 16th.

We will be giving a full report on the County Championships in next weeks report.

RATHMORE/ GNEEVEGUILLA COMMUNITY GAMES

GYMNASTICS: Well done to all those who represented Rathmore / Gneeveguilla in the gymnastics competition on Sunday May 10th, wonderful routines displayed by the entrants from this area resulting in three gold and one silver medal coming to the area. In the U9 competition Grace Murphy and Emma Shields performed. Both girls had an excellent performance, Grace was placed first in the competition thus receiving her gold medal. Next up in the U11 category was Katie Shields and Caoimhe Guerin Crowley. Again both girls did very well in their routine, Caoimhe got placed 1st in this category, thus receiving her gold medal. In the U13 girls Maura O'Keeffe performed, being no stranger to this competition Maura was placed first, adding another gold medal to her collection. Fionn Murphy represented this area in the U11 boys, again an excellent performance from Fionn, Fionn was placed 2nd in his category



and received a silver medal. Grace, Caoimhe and Maura will now go forward to represent Rathmore / Gneeveguilla and Kerry in the National Finals in August. Congratulations and well done to all competitors and parents and Mariea Sheehy their coach.

FUTSAL U15 BOYS: On Sunday May 10th our U15 Futsal team along with coaches Mike Kelly and Mike Dineen travelled to Duagh to take part in this competition. Getting off to a great start with a win over Ballyheigue. Next they met a strong Kenmare team, a very exciting game from start to finish, the game could have gone either way until the final whistle, at that time it was Kenmare's game beating Rathmore / Gneeveguilla on a scoreline of 4 - 3, Rathmore / Gneeveguilla thus advanced to the 3rd / 4th place playoffs, meeting Rock Street / Caherslee. Another exciting game with Rathmore / Gneeveguilla advancing victorious on a scoreline of 4- 3, thus receiving bronze medals. Team members were Sean Clifford, Anthony Darmody, James Darmody, Alan Dineen, Cian Dineen, Sean Kennedy, Nicholas Lawlor and Ian O' Connor. Well done to the boys and coaches Mike Kelly and Mike Dineen for training the team for this competition.

CROSS COUNTRY & MIDDLE DISTANCE RACES: This competition will be held on Sunday next May 17th in Beaufort. Jack O' Leary, Delia Foley, Donal Daly and Christian Horgan will be the competitors from this area. Best of luck to all competitors.

ATHLETICS: Our local athletics event was held on Friday evening last in Riocht. Congratulation to all those who have qualified to take part in the county competition to be held on the weekend of June 20th and 21st.

SPAMUCKROSSCOMMUNITY GAMES

U14 GIRLS FOOTBALL: Well done to our U14 girls football team who competed in the County competition on Monday 4th May. Their first game was to a stronger Kenmare team, but the girls remained positive, and emerged victorious in their next game against Ballyduff. A great day was had by all, and many thanks to their trainers Donal O'Doherty, Tim O'Connor and Des Spillane. Thanks also to all the other volunteers that ensured the smooth running of this event.

LOCAL COMPETITION: We held our local competition on Thursday May 7th. Well done to all the boys and girls that competed and for those that qualified, you are now through to the County competition in Castleisland on Saturday June 20th and Sunday June 21st. Training will take place in the coming weeks.

REGISTRATION: Anyone that qualified for the County competition should have attended registration on Monday 11th May, as per the note received at the local competition. Please contact our Secretary Margaret O'Sullivan on 087 6735782 (after 1.30pm) in the first instance,

if you have not registered already. Community Games is a separate organisation to local GAA and Athletics clubs, so even if your child is already registered with other clubs, you will still need to register with Spa Muckross Community Games for the County competitions.

UPCOMING EVENTS: (closing date for entries is Thursday 21st May): **CYCLING** - 2km individual event open to boys and girls U12 (over 10) and U14 (over 12). It is taking place on Friday 29th May at 7pm in Tralee Sports Complex.

MARATHON - 7km team event open to boys and girls U16 (over 14). It is taking place on Tuesday 30th June at Currow Village. The first 4 individuals to cross the finish line will form a team to represent Kerry in the National Finals in Athlone in August.

LONG PUCK - individual event open to boys U12 (over 10) and girls U14 (over 12). It is taking place on Tuesday 16th June in Abbeydorney.

NOTE: Anyone residing in the Spa Muckross Community Games area can compete in these events, regardless of what school or other clubs you are involved in outside of Community Games - all that matters is that your primary residence is within the Spa Muckross area (as laid down by Community Games rules).

Check out our Facebook page, www.kerrycommunitygames.ie and www.communitygames.ie for full details on all events.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 8/05/2014, numbers drawn were 1, 4, 11 and 26. Sellers prize Tom Joe O' Donoghue, €50Y/T prize to Seamus Murphy Milltown, €50 to Denny Keane Quarry Bridge, €40 each to Michael O'Connor Mount Scartaglin, Mary O'Donoghue Upper Coom, John Murphy Caherbarnagh. Bonus not won numbers drawn were 9, 16, 17 and 27. Next week's jackpot €9,800 plus €1,000 bonus.

COUNTY TRACK & FIELD CHAMPIONSHIPS: The juvenile championships we held on the weekend of Saturday 9th and Sunday May 10th with the Masters competition being held on the Sunday. **MASTER WINNERS ARE AS FOLLOWS:** Ladies relay - 1st Annette O' Brien, Jennifer Walsh, Catherine O'Sullivan - Moynihan and Brid Stack. Annette O' Brien 1st in 100m, long jump and shot. Jennifer Walsh 1st in shot, 3rd in 100m and long jump. Catherine O'Sullivan Moynihan 1st in 100m. Brid Stack 1st in 100m, Shelia O' Donoghue 1st in 100m, Long jump & shot. Eileen O'Riordan 2nd in shot. **JUNIOR RESULTS AS FOLLOWS:** Mel O'Callaghan 1st in 100m and 1st in 200m, Tomas O'Neill 1st in 800m & discus. **JUVENILE RESULTS:** Jack Greaney 1st U13 hurdles, Jack O' Leary 1st in 600m, 3rd in 200m u13, Francis Cronin 1st in 800m U15, Delia Foley 2nd in 600m U11, Ciara Casey 3rd in Turbo Javelin U11, Donal Daly 3rd in 200m, Sinead Warren 1st in

Hammer, 2nd in discus U16, Lauren Kennelly 1st in High Jump, U14 boys won the county board shield Jack Walsh, Donal Daly, Shane Warren and Jack O'Leary.

SUMMER MILE SERIES: Once again we are running our popular mile series, the 2015 dates are as follows: Wednesday July 22nd Barraduff, 29th July - Fossa, August 5th Knocknagree & August 12th Gneeveguilla followed by the prize giving.

SCHOOL SPORTS: The school sports competition was held on Tuesday last May 5th in Knocknagree GAA Grounds. Thanks to Knocknagree GAA committee for allowing us the use of their facilities.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS

U15 CLBB SEMI-FINAL TOP FOUR FINALS

KILLARNEY COUGARS 30

FR MATHEWS CORK 42

Cougars completed their season in the Cork league on Friday last with a Semi final meeting with Fr Mathews at the Parochial Hall Cork. Cougars turned in a very strong first half performance to lead throughout 21-16 with great baskets by Kate Maher, Megan O'Donnell and Erica McGlynn. The home side responded strongly in the second half to take the lead 28-27 with Cougars missing great opportunities to increase their lead. The home side had great momentum in the final quarter with Cougars unable to respond on the score board again missing chances as the home side clinching a place in the final with Glanmire. Overall Cougars enjoyed a good season in the Cork league with 22 games against teams from Cork, Limerick and Waterford providing great experience. Best for Cougars on the night Kate Maher, Megan O'Donnell and Erica McGlynn.

U15/16 TKDC FINAL

KILLARNEY COUGARS 42

CHORCA DHUIBHNE 30: SUPER SEVENS

FINALS NIGHT 2015: The Annual National Schools Super Sevens running over the past three weeks concludes greta games between the 40 teams and 100 games with the Girls & Boys Finals concluding on Monday next Monday May 18th. This years final will see Gneeveguilla, Meentogues, Athea, Holy Cross Mercy, Fossa, Holy Family Rathmore, Nohoval, O'Brennan, Cullina, Knockaderry and Raheen National Schools all involved in the concluding finals night. Games are scheduled for the Presentation Gym. All support is welcome. Fixtures schedule and times is available on the web schoolsUPERSEVENSbasketball.com

SUMMER BASKETBALL CAMPS: The countdown to the annual Team Kerry Summer Camps is on. This years Camp will be held in the Killarney Community College in August running from, August 3rd to August 7th. Limited places available, further details go to www.teamkerry.com

SCHOOLBOY/GIRL SOCCER TROPHIES AND SHIELDS IN CLUBS CABINETS:

JOHN MURPHY 12'S: 12's Shield Final: Park B 1-0 Killarney Celtic C

12'S GIRLS CUP FINAL: Listowel Celtic 3 - 1 Killarney Celtic

12'S BOYS CUP FINAL: St Brendan's Park 0-3 Killarney Celtic.

John Joe Naughton 13's:

13'S SHIELD FINAL: Ballyheigue 2-6 Killarney Athletic

13's Cup Final: Killorglin 0-4 Park

TUCKER KELLY 16'S:

16'S SHIELD FINAL: Fenit 6-0 Park A

16'S CUP FINAL: Tralee Dynamos 1-3 Killarney Celtic

MUNSTER WFAI U14 FINAL:

Killarney Celtic 4-0 Tulla United

LEAGUE RESULTS:

JK SPORTS 12 PREMIER: Killarney Celtic 4-2 Listowel Celtic

Camp Juniors 0-2 Park A

DIVISION 1: Killarney Athletic 0-3 Mastergeeha

DIVISION 2: Park B 4-0 Tralee Dynamos B

DALY'S SUPERVALU 13 PREMIER: Killarney Celtic 7-0 Camp Juniors.

Park A 3-0 Tralee Dynamos

DIVISION 1: Killarney Athletic 5-1 Killorglin

FOUNDATION SPORTS 14 PREMIER: Killorglin 1-3 Killarney Celtic

DIVISION 1: Camp Juniors 4-3 Mastergeeha

DIVISION 2: Listowel Celtic B 3-0 Park B

KILLARNEY PLAZA 15 DIVISION 1: Park B 3-0 Killarney Athletic

TRALEE TROPHY WORLD 16 DIVISION 1:

Fenit 2-2 Killarney Athletic

REPORTS:

AOIFE STAR'S FOR LISTOWEL CELTIC:

Listowel Celtic and Killarney Celtic's 12's girls put on a great display in the 12 Girls Cup final in the worst of the conditions. The game was in the melting pot until well into the second half. Listowel Celtic scored the only goal of the first half through Aoife Horgan. Aoife, who was named Player of the Match, put her side 2-0 up early in the second period and Ciara Large made it 3-0 a few minutes later.

Credit to the Killarney Celtic girls as they never gave up and pulled a goal back through Caoimhe O'Shea but it was to be Listowel Celtic's day.

DANIELS DAY: A trick by Man of the Match Daniel Owkute saw Killarney Celtic retain the John Murphy 12's Cup as they defeated The Park 3-0. Celtic controlled the game and Cain McMahon, Ronan Coffey and Owkute all went close but a combination of Park keeper Sean Broderick and his defence kept Celtic at bay. In a day that was difficult for keeper Killarney Celtic's net minder Kealon O'Brien showed great hands when called upon, especially from a John O'Connor effort.

Celtic got the breakthrough on the 18th minute when Cian Doe did very well to force a corner and when Kieran Dennehy swung this

in Owkute rose highest to head the ball home. Five minutes into the second half and the same combination made it 2-0 with Owkute lashing the ball home from outside the box to give the Park keeper no chance. Celtic continued to press and only for a superb Sean McGrath clearance off the line the Park could have fallen further behind. The Tralee boys kept pressing to get back into the game and were caught on the break. Ronan Coffey played in Owkute and he slipped the ball under the advancing keeper to wrap up the win. Members of the Murphy family were on hand to present the Cup to Killarney Celtic and the Man of the Match trophy to Daniel Owkute.

ATHLETIC'S BLITZ BALLYHEIGUE IN 13'S

SHIELD: Killarney Athletic's great experience saw them explode out of the block against a Ballyheigue side who are only two years back in the League. Two early goals from Owen Benson and Damien Switzer put Athletic on the front foot. Benson then made it 3-0 from the penalty spot and by halftime Benson had completed his hat trick to leave Athletic 4-0 up at the break.

Into the second half and Switzer completed his hat trick but credit to Ballyheigue they never gave up. Their keeper Devon Burns (who was named Man of the Match) made some great saves and with 15 minutes to go they got their reward when the excellent Thomas O'Connor cracked a free kick off the crossbar and Jordan Goggin was quickest to react. 5 minutes later and they got another when David O'Mahony volleyed home. But Athletic certainly deserved their win to send their big crowd of supporters home happy.

Come from behind Celtic take 16's Cup home: With Tralee Dynamos and Killarney Celtic both still in contention for the League title a win here would be the first leg of a coveted double. These sides have faced each other on many occasions over their Schoolboy career without their ever being much between them in this final played on the excellent Listowel Celtic pitch.

With the Tucker Kelly Cup up for grabs and Celtic looking to retain it it was Tralee Dynamos that started the brightest. They got the opening goal when Dillon Robinson rose unmarked at the back post to head a free kick home.

Robert Osbourne then made a very good save from Eoin McElligott to keep his side in the game. Killarney Celtic levelled matters in the 18th minute. Simon Driaghi made a great save to keep out a Michael Potts effort. It fell to David Clifford who effort came back off the post and Cian Casey was on hand to knock the ball home.

5 minutes later Celtic were in front. David Clifford played in Mark Harnett who showed great composure to be the keeper. Indeed only for another great Driaghi save Harnett would have a second as the keeper clawed a goal-bound header out from under the crossbar.

The next goal would be vital and it was Celtic who got it 10 minutes into the second half. A Cian Gammell effort after a Celtic corner was cleared off the line but Michael Potts was quickest to react to make it 3-1.

Dynamos kept trying and after Celtic lost a

man to a second yellow card Dillon Robinson had two close efforts and then he hit the butt of the post with the last effort of the game. The Dynamos keeper was named man of the match and the Tucker Kelly Cup was presented to Killarney Celtic captain Mark Harnett by Mary and members of the Kelly family.

MUNSTER WFAI 14'S SHIELD FINAL:

Killarney Celtic 14's Girls won the Munster Cup last season and this season's squad brought home the Shield following a 4-0 win over Tulla United in Charleville.

Kate Murphy opened the scoring from a Hannah Clifford cross and following on 5 minutes later Ciara Randles, who also had a goal disallowed, made it 2-0. Killarney Celtic's 3rd early in the from Anna Clifford ensured victory and the same player made it 4-0 in the 68th minute to wrap up the win.

Clare tournament success Kennedy Cup squad: The Kennedy Cup squad continued their preparation for the June tournament by taking part in the Clare tournament. In their first game they drew 0-0 with Limerick Desmonds before defeating Clare 1-0 thanks to a Chris Kane goal. Next up on the first day, where the games at 40 minutes in duration, was a clash with South Tipperary and here Kerry dug deep and recorded a 3-1 win. Patrick D'Arcy, Mike Lenihan and Caolan Ryan were the scorers.

Onto the Sunday and Kerry had two full games and in the first they had a very good 1-0 win over Waterford with Sebastian Vasu on the mark.

In their final game Kerry and Athlone drew 3 all to wrap up a long but successful weekend. Darragh O'Donoghue, Caolan Ryan and Patrick D'Arcy were the Kerry scorers in this game.

Overall it was 3 wins and 2 draws for the Kennedy Cup panel which sets them up nicely for the rest of the build-up to June 8th.

LEAGUE REPORTS AS END OF SEASON

LOOMS: There were a number of important League games played in mid-week as we come down to the last few games in most Divisions.

JK SPORTS 12 PREMIER: Killarney Celtic kept up their pursuit of Killorglin with a 4-2 win over Listowel Celtic A. William Shine, Ronan Coffey and 2 from Daniel Owkute gave Killarney Celtic the points. Sean Stackpoole and Thomas O'Connor replied for Listowel Celtic.

The Park defeated Camp Juniors 2-0 thanks to goals from Leon Callaghan and Cianan Cooney.

12'S DIVISION 2: Leaders Park B took a big step towards the title with a 4-0 win over second placed Dynamos B. David Callaghan, Matt Healy and JJ Murphy 2 got the goals.

DALY'S SUPERVALU 13 PREMIER: Killarney Celtic were too strong for Camp Juniors, who to be fair had a few decisions go against them that could have changed the score-line. Celtic's goals came from Niall McGillicuddy, James Darmody, Cian Dineen, Ian O'Connor, Ruairi Doyle, Evan Looney and James McCarthy gave them all three points as they continue to battle it out for the title.

The Park are also in the race for the Division and they added three points thanks to a 3-0 win

over Tralee Dynamos.

DIVISION 1: Second placed Killorglin suffered their first loss of the season as they were beaten 5-1 by League leaders Killarney Athletic. Robert O'Shea 2, Damien Switzer 2 and Eoghan Mulvanney gave Athletic the points with Gar Hassett replying for Killorglin.

FOUNDATION SPORTS 14 PREMIER: Killarney Celtic went top on their own following a 3-1 away win at Killorglin. Patrick D'Arcy, Darragh Lyne and Caolan Ryan got the Celtic goals with Gar Hassett replying for Killorglin.

FOUNDATION SPORTS 14 DIVISION 1: In a cracking game between Camp Juniors and Mastergeeha the home side went 4-0 up thanks to goals from Jack Farrell 2, Killian Falvey and Colm Moriarty. Mastergeeha hit back with a Dylan Murphy hat-trick but just couldn't find the equaliser.

KILLARNEY PLAZA 15 DIVISION 1: Second placed Park B closed the gap on leaders Castleisland with a 3-0 win over Killarney Athletic.

TRALEE TROPHY WORLD 16 DIVISION 1: The game between Fenit and Killarney Athletic ended in a 2-2 draw.

16 DIVISION 2: Listowel Celtic B took the three points here on a 3-0 score-line versus Iveragh United.

MASTERGEEHA FC

U11 CUP FINAL Mastergeeha u11s will play The Park in this year's cup final in Mounthawk Park, Tralee on Friday 15th May at 7.15 pm. All support welcome.

U14 CAMP 4 MASTERGEEHA 3 Mastergeeha played the league winners away on Saturday morning. In this game the home side started well and were three up at the break. In the second half the boys played much better but went a further goal down early on. However after this Mastergeeha were the better side and Dylan Murphy got two goals back to close the gap. In the 50th minute Dylan completed his hat trick when he scored with a free kick. After this Mastergeeha created some good chances with Philip O Leary, Dylan Murphy forcing good saves from the goalkeeper and Patrick Brosnan just shooting wide from the edge of the box. In the end the boys could not score the equaliser their play deserved but all tried their best and could not be faulted for effort.

U18 MASTERGEEHA 3 DINGLE 0

Mastergeeha qualified for the qualified for the semi-final of the cup with a good home on Saturday afternoon. In the opening quarter Mastergeeha took the lead early on when the visiting defender deflected in a cross by Tommy Sheehan. After this Mastergeeha pushed forward and Sean Twomey scored with a good finish. In the second half Mastergeeha defended well and created some chances with Donal Moynihan unlucky not to score in the 60th minute with the Dingle goalkeeper making an excellent save. Mastergeeha scored their third shortly after when Cian Jenkins



KERRY SOCCER REFEREES WITH THEIR NEW SPONSORED JERSEYS BY VISION NETWORKS FROM KILLARNEY IN MOUNTHANK PARK ON MONDAY NIGHT

finished well following a corner.

SENIORS PREMIER B BALLYMAC 1 MASTERGEEHA 3. Mastergeeha qualified for the league final and gained promotion with a good performance away on Sunday afternoon. The seniors got off to a good start when Chris Egan scored early on. Just before the break Mastergeeha doubled their advantage when Damien Breen scored after a good pass by Colm Lenihan. In the second half Mastergeeha defended well and scored in the break when Damien Breen scored again after Tony Brosnan played him through. In the final quarter the home side got the consolation but Mastergeeha continued to play the better soccer with Ricky Fleming hitting the crossbar in the closing stages. All played well in a deserved win.

MASTERGEEHA F.C. LOTTO There was no winner on Friday 24th April. Numbers drawn were 4, 8, 10 & 18. Consolation prizes were €100 Kay Murphy, Muckross, Killarney. €60 Raymond Moriarty, c/o J Cronin. €30 Liam O'Brien, Deerpark, Killarney. €30 Tom Teahan, Buddihans, Kilcummin. €30 Eileen Nagle, 18Allmans Tce., Killarney Draw will take place in The Village Inn Kilcummin every Friday night. Jackpot now €2700.

MEK UNITED FC:

MEK - END OF SEASON: On Saturday, the 16th of May next, our last academy session for the season will take place. A fun filled and action packed day ahead for all our players. We plan to have a Mini Blitz at each age group and finish our season with fun!

All family and parents are welcome for the finale of what has been an amazingly successful and historic first season for our club. We would ask that parents may bring some baked goods or treats so we can have a party on the day following our mini blitz. Or even if some parents could give us some assistance on the day, we would really be grateful. We have the use of the Fossa Community Hall for the day so regardless of the weather, a great day will be had by all! We will have a small prize for everyone who

takes part. We would encourage all players who registered to come along, regardless of how many sessions they have done, to have fun and to enjoy the day.

We must say that this season has been an absolutely huge success for MEK. We only had our very first training session on the 28th of February! With 90 children from Faha, Beaufort and Fossa registering, it has been amazing to see so many kids making new friends and really enjoy their soccer week in week out. The coaches have done a fantastic job with guiding the kids and the season has been a truly amazing success. Let's finish this season with a great end of season!

For further details contact Pa (087) 7943220 or Liam (087) 4145662. Follow us on Facebook for further updates.

KILLARNEY CELTIC NOTES

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

BARNARDOS TOURNAMENT A huge thank you to everyone who helped to make the Barnardos Tournament a huge success today at Celtic Park. Playing conditions were awful, but all the volunteers, workers, participants, and generous donors nonetheless made for a great day for the young players. This, at the end of the day, is what it is always about, and Killarney Celtic are hugely proud to be a part of this great Tournament for a fantastic cause.

RESULTS

RESERVE CUP REPLAY: Killarney Celtic 4 Classic FC 0

This was a win built as much on great defence as attack, typified by goalkeeper Roy Kelliher only having one save to make and that in the final minute - mind you, that was some save! Well marshalled by Brian Spillane and Conor Murphy in particular, Celtic took the game to Classic right from the start. Paudie Clifford teed up Stephen McCarthy to put us 1-0 up. Classic,

a very good footballing team themselves, dominated possession for the second quarter but struggled to penetrate a well organised defence, while we had good chances by Vlad Sirotiak, Billy Goulding, and Paudie Clifford. Celtic opened the second half brightly and a flowing team move was neatly slotted into the bottom corner by Paudie Clifford to make it 2-0. He almost got another before Stephen McCarthy made it three after a great pass from Vlad Sirotiak and Stephen claimed his hat-trick after heading home a perfectly struck Joe Hurley corner. Classic kept going all the way to the finish and deserve great credit for their resolve and their sportsmanship in a cracking game, but there was no way back for them. Best for a Celtic side who had heroes in every sector of the pitch were Billy Goulding and Stephen McCarthy.

U16 CUP CHAMPIONS! Killarney Celtic 3 Tralee Dynamos 1. The Tucker Kelly Cup, named after the founder of Fenit Samphires and huge contributor to Kerry soccer, will be residing in Celtic Park after a fantastic performance by the team. We needed Robert Osborne to make a great save before Cian Casey opened the scoring, with Mark Harnett and Michael Potts clinching a great win against a very good Dynamos side. The game was hosted superbly by Listowel Celtic in Pat Kennedy Park.

FINAL: Killarney Celtic 4 Tulla United 0

Tulla United proved the opposition in the Munster Plate Final, superbly hosted by Charleville, and Celtic were crowned champions after a tough game against the Clare side. Anna Clifford teed up Kate Murphy for a neat tap-in after two minutes, Ciara Randles had a great long distance shot disallowed because another player was in an offside position on 23 minutes. Undeterred, she hit an equally brilliant strike straight to the net two minutes later and this one counted. Celtic led by 2-0 at the break. Kate Murphy's precision pass opened it up for Anna Clifford early in the second half and she produced a beautiful finish and Anna produced a great run and brilliant strike for her fourth - it got a slight deflection, but that rocket was always goalbound. Anna Clifford was named Player of the Tournament, while star midfielder

Maude Kelly and Jillian Courtney were magnificent in the final, but this day belonged to the whole team - every sub got a run and played a big role today as well - and to the wonderful management and supporters. Well done to all, including hosts Charleville and our gallant Tulla opposition, they were also a great credit to their clubs.

CONGRATULATIONS to Ronan Coffey, Daniel Okwute, and Tom Doyle on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES

U15 PREMIER: Killarney Celtic away to Tralee Dynamos, Saturday, 11.45am

U12 PREMIER: Killarney Celtic at home to Killorglin, Saturday, 11.45am

LOTTO RESULTS: Numbers drawn 2, 3, 12, 24. No winner, Next week's jackpot €4200, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

KILLARNEY ATHLETIC A.F.C.

NOTES

FIXTURES

KERRY SCHOOLBOYS/GIRLS LEAGUE

Saturday 16th May 2015

JK SPORTS UNDER 12 DIVISION 1

Mastergeeha v Killarney Athletic 10.30am

KILLARNEY PLAZA UNDER 15 DIVISION 1

Killorglin v Killarney Athletic 12.30pm

ANNUAL GENERAL MEETING Annual General Meeting Thursday 28th May at 8.00pm in Scott's Hotel

MOTIONS & NOMINATIONS must be sent in by 21st May to sec@killarneyathletic.com. All new members welcome. It is very important for all Parents and Members attend the AGM.

CONDOLENCES Death of Monica Harrington R.I.P. The Club was very saddened to learn of the sudden and unexpected death of Monica Harrington on Thursday the 7th of May. Monica was the wife of Dan Harrington, the man who founded the Club back in 1965. Monica was a regular supporter of the first Killarney Athletic teams and as they travelled to the many venues in the West Limerick area when the Club played in the Desmond League from 1966 to 1969.

Dan and Monica have lived in England since 1969 when Dan left the gardai to join the English police force and the couple has resided in Huddersfield where she passed away. They were keen caravanning people and regularly toured all parts of England, Scotland, Wales and Northern Ireland taking in the Republic and Killarney to renew old acquaintances and familiar haunts in their travels. They were also scheduled to return for the Clubs 50th Gala Night in September next, a journey now Dan will make on his own for the first time. Monica (nee Lyons) was originally from West Cork and still have family in Cork, her final remains will be laid to rest there in the coming weeks. May she rest in peace.

Anyone wishing to send a card or message to Dan can contact Mike O'Sullivan at 0872727173.

RESULTS

UNDER 13 SHIELD

UNDER 13 ARE SHIELD CHAMPIONS:

Our under 13 boys were crowned Shield champions on Friday night in Tralee against a gallant Ballyheigue side. Athletic stormed into a 3-0 lead after just 15 minutes and what a fifteen minutes it was with some outstanding combination plays between all team members. Ballyheigue could not handle the blistering pace of our striker Damien Switzer and indeed Damien was rewarded for all his hard work with a wonderful hat-trick. In fact it was a night of hat-tricks with the impressive Owen Benson netting a hat-trick also. Overall it was a real team effort on the night from a very talented bunch of lads who are really developing into a very good side. Earlier in the week Athletic also had a huge win against Killorglin who are table toppers with us, they won that game 5-1 and with 2 games left and 2 wins will capture the league for these boys. Again some great performances by Athletic and once again Damien Switzer netted 2 more goals to bring his weeks tally to 5 goals, also Robert O'Shea scored 2 goals on the night with one very spectacular volley to the roof of the net, Eoghan Mulvaney completed the scoring on that night. It was some week for the BOYS IN BLUE, so well done and hopefully they can complete the double in the next couple of weeks.



MICHEÁL Ó MUIRCHEARTAIGH, COLM GOOCH COOPER, MOSSY KIELY & JORDAN KIELY AT DICK FITZ EVENT IN DR CROKES CLUBHOUSE. PIC MARY O'NEILL.



CIAN AND OISÍN LYNCH SPA MUCKROSS WHO TOOK HOME NUMEROUS MEDALS AT THE COUNTY ATHLETICS CHAMPIONSHIPS AT AN RIOCHT AT THE WEEKEND.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 10TH MAY, 18 HOLE STABLEFORD, Winner Pat Doyle (23) 39 pts. Overall runner up, Dan O'Connell (22) 38 pts.

Overall 3rd place Peter McGrath (22) 34 pts.
RESULTS: 3 PERSON MIXED SCRAMBLE PLAYED ON TUESDAY 5TH MAY best net return, Peter McGrath, John O'Halloran and Steve Shine.

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

Scramble competition continue each Tuesday at 6.30pm. Open to Ladies and Gents. Come along for an enjoyable evening of Golf.

KILLORGLIN GOLF CLUB

MENS COMPETITION:

RESULTS OF KILLORGLIN GOLF CLUB MENS COMPETITION 10/05/2015

1st John McCarthy H/Cap (5) 36 pts.

2nd Michael Ladden H/Cap (15) 36 pts.

3rd Pat Sheahan H/Cap(19) 36 pts.

NEXT WEEKEND: Frank Maxi McMahon Trophy sponsored by A.I.B.

KILLARNEY GOLF CLUB

LADIES: Lady Captain Patsy Hanley's Charity day which was held on Wednesday May 6th was a great success and a sum of €4600 was raised for Killarney Hospice.

THE RESULTS OF THE COMPETITION WERE AS FOLLOWS:

1st. Rose Beamish, Eileen Healy, Margaret Walsh, Ber O'Shea 97 pts.

2nd Ailish Mulcahy, Christine Carroll, Noreen Buckley, Breeda Duggan 95 pts.

3rd Nuala Meade, Kay Meade, Ailish Nagle, Pat O'Grady 94 pts.

4th Maura Fitzgerald, Mary Leacy, Geraldine Collins, Jane Dwyer 92 pts.

Our Exchange day with Tralee Golf Club on Sunday May 10th was sensibly cancelled due to bad weather.

Next Competition Sunday 17th May, Hayes Cup sponsored by Kerry Phone Centre, singles, stroke, Mahonys point.

BEAUFORT GOLF CLUB

MEN'S RESULTS

2ND/3RD MAY 2015 - STROKE - SPONSORED BY GOLF PRO MARK HEINEMANN.

1st Joe McMahon (13) 64 Nett.

2nd Donal Carroll (21) 67 Nett.

3rd Brendan J Fitzgerald (12) 68 Nett.

9TH/10TH MAY - 2ND RD GOTY - SPONSORED BY QUIRKE QUARRIES

1st Shane O'Sullivan (7) 71 Nett.

2nd Keith Cummins (10) 74 Nett.

3rd Tony O'Sullivan (20) 76 Nett.

FORTHCOMING EVENTS: 17th May - Swap Day with Ceann Sibéal - Sponsored by Pat Gill, West Lodge Hotel. Members Ring Beaufort Golf Club to book your tee time.

Open Fridays from 10th April to 2nd October 2015. Open to Ladies and Gents - Single Stableford Entry Fee €20. Ring Clubhouse on

064-6644440 to book a tee time.

ROSS GOLF CLUB

GENTS CLUB

RESULTS: We held a very successful club Open Day on May 3rd and 4th which was kindly sponsored by the Dunloe Lodge.

We had a large turnout of golfers on both days and the scoring was very keen. The following lead the way:-

1. Jordanas Jonikaitis 42 pts.

2. Ivo O'Sullivan 40 pts.

3. Virginus Jonikaitis 38 pts.

4. Seamus McCarthy 38pts.

CLUB FOURBALL CHAMPIONSHIP:

Anyone interested in participating in this competition must add their name to the entry sheet as soon as possible as the draw for this competition will be made on Sunday May 31st

RING OF KERRY GOLF CLUB

9TH / 10TH MAY RESULTS SINGLES STROKE PLAY

1st Thomas O'Driscoll (8) 67.

2nd Daniel Daly (15) 69.

3rd Jonathon Goodall (28) 77.

CONGRATULATIONS: To the Ring of Kerry team for winning through to West Munster Final of the Jimmy Bruen Shield.

They now face Ballybunion in the final.

UP COMING EVENTS: May 16th / 17th May Tony O'Connell Memorial Trophy sponsored by Brendan Breslin.

This is a 2-Person OPEN Team Event.

Tuesday 19th May - OPEN Singles Stableford

Visitors €25

Please book by calling 064 66 42000

ROSS GOLF CLUB

LADIES:

UPCOMING FIXTURES: Sunday 17th May Captain Denis Cronin's Day to the Ladies usual Tee Times available. Open Day Wednesday 20th May contact the Clubhouse for available Tee Times.

DEERPARK PITCH & PUTT NOTES

The weekly fourball competition commenced on last Tuesday evening and the results of the

OPEN FRIDAYS
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Two Ball Scramble are as follows

1st Johnny O'Brien and Michael O'Connor.

2nd Kieran Fitzpatrick and Stephen McCarthy.

SENIORS OUTING AT GLENEAGLE: A total of 17 players from GlenEagle, Castleisland and Deerpark turned out for the Seniors Outing at GlenEagle on last Wednesday.

RESULT: 1st John Murphy (Deerpark) and Dan Callaghan (Castleisland), 2nd Sean Ashe (GlenEagle) and Ger Casey (Deerpark).

Next Seniors Outing will be at Deerpark on June 3rd 10-30am and this year's annual Seniors Outing will be to Newmarket on September 2nd 10am.

REGISTRATION CARDS: Club members who have not received their membership cards are advised that they can collect same at the Clubhouse shop which is now open on weekday evenings and from noon at weekends

KILLORGLIN GOLF CLUB

LADIES: LADY CAPTAIN PHIL ANNE FOLEY'S CHARITY WEEKEND IN AID OF THE CORK/ KERRY HEALTH LINK BUS. 18 Hole Stableford sponsored by R. Boyle & Sons:

1. Kathleen Cronin (25) 34 pts. 2. Maura O'Boyle (27) 33 pts. 3. Eibhlín McCarthy (8) 31 pts.

FIXTURE: 18 Hole Stableford sponsored by Gallys Bar and Restaurant can be played Saturday 16th, Sunday 17th or Tuesday 19th May. Arrange. Last cards must be in by 9pm on Tuesday only.

12 Hole re-entry sponsored by Junior Officer Emma Daly continues for the month of May.

PREPARE AND PLAN WHEN THINNING TO REALISE TIMBER VALUE

IFA Farm Forestry Chairman, Michael Fleming from Gneveguilla has advised farmers to prepare and plan before they start thinning. "There is too much money at stake to not familiarise yourself with what is involved with thinning, it is important to get some understanding of the products that will be harvested and the value of these products."

He said, unfortunately we do hear of farmers that are not getting a fair price for their timber or who are offered a good price only to find that their forest was over-thinned, reducing the long-term return from the crop. He stressed that this is rare and that there are a lot of reputable operators working in the sector.

"The best way to protect yourself is to know the value of your timber before you sell, do not accept the first offer, talk to a neighbour that has sold timber recently, get as much advice as possible in order to protect your investment", said Mr. Fleming.

Thinning is one of the most powerful management tools available to farmers to increase the value of the crop. Mr. Fleming said there is money to be made in first thinnings but stressed that the primary aim is to improve the quality of the remaining trees and

focus the growth on the trees that will produce the best sawlog.

"I would strongly recommend that farmers put in inspection paths, so they can access their forests to accurately gauge how the trees are growing. It will also make the forest more attractive to potential buyers", said Mr. Fleming.

Another way farmers can take greater control over the sale of their timber is to know the value of what they are selling. IFA has a new members' service Forest Assessor that will measure and predict the quantities of products that can be achieved so that farmers know the value of their crop.



IFA FARM FORESTRY CHAIRMAN, MICHAEL FLEMING

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Also Reduction sale of 20 dairy cows FR and Montbeliard some spring calves the remainder on the point of calving.

FRIDAY 22nd OF MAY: Clearance sale 10 SS cows with LM calf at foot. Some PB Short horn & BB cross & AA. Also in sale PB registered LM Bull 3 year old.

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KENMARE MACRA'S NOVELTY ACT CAST WHO WERE RUNNERS UP IN THE NATIONAL TALENT COMPETITION



SUPREME CHAMPION: TIMMY KIRBY, 7TH LEFT, DUAGH, WITH HIS CHAMPION FRIESIAN, OVERALL WINNER AT THE KINGDOM COUNTY FAIR, ON SUNDAY ALSO LAUNCHING THE KERRY FRIESIAN BREEDERS ANNUAL HERDS COMPETITION SPONSORED BY DAIRYMASTER, ALSO INCLUDED IS LIAM BREEN, REGIONAL REPRESENTATIVE DAIRYMASTER.




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KILCUMMIN NEWS

PÁIRC PHOBAIL: Bishop Ray Browne will bless and officially open Páirc Phobail between the Church and the Post-Office at 12 noon on Sunday May 31st. It will be an afternoon of celebration for all parishioners with music and refreshments as well as activities for the children.

CONFIRMATION 2015: Congratulations to our 35 young people who were confirmed recently. Our hope is that the celebration of Confirmation will be a memorable one for them and that they will draw courage and guidance from the gifts of the Holy Spirit as they begin their adolescent years.

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

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

INVITATION TO SWEDEN: Kilcummin Comhaltas Branch has been invited to send

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

CALLING ALL MUSICIANS: Calling all musicians from Kilcummin and beyond. Our final monthly music session before our summer break will take place on Sunday 24th May in Kilcummin Recreational Hall from 2.30 to 5pm. Newcomers are very welcome! Refreshments will be provided at approx. 3.30pm for all. More info on kerrycomhaltas.ie or call Mike McGurl 087-666-2707 or Mags Connolly 087-696-1681. We look forward to seeing you all there!

COMMUNITY GAMES: The annual Kilcummin Community Games Athletics finals will be held in the GAA pitch on Monday evening May 18th commencing at 7.00pm sharp. Sprint and distance races will be held for both boys and girls from U8 at U16 and of course we will have our usual Tiny Tots and Moms and Dads races to complete the evening. The first four in each race will go through to the county finals at An Riocht trach in Castleisland on June 20th /21st. All children resident in Kilcummin parish are welcome to complete.

JUVENILE GAA

THE U8: The blitz series continues in Kilcummin on Tuesday 19th May. Players should meet at 6.15pm.

U14: Kilcummin's under 14 boys qualified for this year's county league final after a good display on Wednesday 6th May against Knock/Brosna. Kilcummin got off to a great start and took control with aid of a couple of goals and

never looked back. All players performed well with Paul O'Shea especially to the fore. We wish the lads all the best in the final which has been fixed for Friday 15th May at 7.30pm. A venue for the game against Keel/Listry has yet to be confirmed.

CONGRATULATIONS: Congratulations to Laura Teahan and Kate Maher on winning Munster with Kerry on Saturday 9th May in Castletownroche. The final score was Cork 1-6 to Kerry's 3-12.

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

THE KERRY FACTOR: Would you like to win €5,000 for your club and showcase your talent! The Kerry Cultural Centre, in conjunction with Trend House Events are organising 'The Kerry Factor - The Ultimate Battle of the Clubs', a county wide talent competition for vocal and instrumental performances in any musical genre. Clubs are invited to enter an act or acts who will perform in a Regional final in their locality. Three acts will go forward from each of four regional finals to a grand final in a major venue in either Tralee or Killarney, from which the overall winner will be selected. If anybody is interested in representing the club they should contact Niamh on 0894583207

KILCUMMIN GAA LOTTO: There was no winner on Sunday April 26th. Numbers drawn were 4, 8, 21, 24. Next Draw Sunday, May 24th. Jackpot now €3,500.

FOSSA NEWS

FOSSA GAA: LOTTO: 10th May 2015

Numbers drawn were 1, 2, 6, 22. There was no Jackpot winner and next weeks Jackpot will be €10,500.

U-12 BOYS: Both the U-12 boys teams won on Sunday evening against Spa with the Red team winning 5-15 to 0-10 and the Black team winning 5-31 to 1-05.

U-14 GIRLS: The U-14 girls had a great win over Castleisland Desmonds in the County league on Sunday evening on a scoreline of 5-11 to 4-07.

SENIORS: The senior team had a great win away to Churchill in the County League on Saturday evening. This was a crucial result as it gets us back in the hunt for promotion, especially with the way results went elsewhere in the Division this weekend. It was a complete team performance, playing with the aid of the wind in the first half, Fossa lead at half time

2-09 to 0-2. In the second half they continued to keep Churchill at bay, the O'Sullivan brothers marshaled the defence superbly, Mikey Cronin and Lorcan Daly were excellent at midfield and controlled it throughout which meant that the forwards had a plentiful supply of ball. This allowed the brilliant Paudie Clifford to score a hat trick and was ably assisted by Chris Myers, Tadgh O'Shea, Kevin O'Sullivan and Kenneth Clifford. Special mention must go to Donald O' Sullivan, our returned Aussie, who contributed 2 points! Churchill got their goal from the penalty spot a few minutes from the end and really the game was over as a contest at that stage. Final score Fossa 4-10 Churchill 1-10.

CHURCH GATE COLLECTION: "Councillor Michael Gleeson wishes to inform that the annual Church gate collection for South Kerry Independent Alliance will take place in Fossa on the 16th and 17th of May. Your generosity is

greatly appreciated."

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

SYMPATHY: Sympathy is extended to Margaret Moriarty, Fossa Cross on the death of her sister in law Christine Ui Mhurchu of Furies. May she rest in peace.

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

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RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

SLIABH LUACHRA COMHALTAS: Time to spring clean, we will be holding a clothes collection fundraiser, drop off between 8 and 9pm on Tuesday 19th of May and again until 11am on Wednesday 20th of May to Gneeveguilla G.A.A. Hall. All types of clothes, curtains, linen, towels, shoes in pairs accepted, the only exception is pillows and cushions.

WELL DONE: To all of our dancers at the recent Spraoi na nOg competitions in Killarney, you did yourselves, parents and your branch proud. Keep up the good work!!

FLEADH CHEOIL NA MUMHAN 2016: Kerry County Board CCE, invites you to attend the inaugural meeting of Fleadh Cheoil na Mumhan 2016 in The Shanchaí, 24 The Square, Listowel, Co. Kerry on Monday the 18th of May 2015 at 8pm. The Fleadh Cheoil na Mumhan 2016 Executive Committee will be elected at this meeting.

RATHMORE COUNTY COUNCIL: Land owners, walkers, road users, gardeners, builders, anglers etc. Please be aware of the invasive species, Japanese Knotweed. It has been found between Gneeveguilla and Rathmore, along the main road west of Shrone cross and also East of presbytery view. Japanese Knotweed is non-native, invasive species, poses a huge environment and economic threat. It spreads rapidly, particularly damage along watercourses, roadsides, damage buildings roads and hard surfaces, damage flood risk. For more information contact any member of Rathmore community council,

DESTINATION KERRY FORUM: The Destination Kerry Tourism Forum, Kerry county council Tourism unit and Fáilte Ireland on the preparation of a Tourism Strategy and Action plan for Co. Kerry that should help to drive tourism development in the county over the next five years (2016 to 2020) a meeting held on Thursday last May 7th. At Teach Iasgain Rathmore, it was attended by John Griffin tourism officer with Kerry county council, Declan Murphy, of Fáilte Ireland, Joan McCarthy, and Joan Cronin, both of Kerry county council the purpose of the meeting was to provide an overview of the proposed strategy and obtain public input to the Tourism Strategy for Kerry. Kerry county council believes that the tourism industry in the county can grow significantly, but this will require commitment to a common

agreed vision and coordinated effort by all the communities and organisations involved in tourism in Kerry, sliabh Luachra has great history and cults like moving bog in Gneeveguilla, the city of Shrone in month May, Shrone Lake, & Caherbanagh Lake many more etc. For further information or to make submission before 30th June 2015, please contact the tourism unit of Kerry county council at
Email: tourismoffice@kerrycoco.ie
Phone: 0667183591/7183581.

FIRST HOLY COMMUNION: First Holy Communion for Shrone N.S and Hollymount N.S. will take place on Saturday 16th May 2015. In Our Lady of Perpetual Succour Catholic Church, Shrone. At 11.00am. All Parishioners and member of the Community are welcome to attend.

EAST KERRY MENTAL HEALTH ASSOCIATION: Will hold a coffee morning with cake and plant sale on Tuesday 26th May 10am to 12pm in Teach Mhuire church Place. Please support. Thanks!

ANNUAL SHEILA MOYNIHAN MEMORIAL CHARITY WALK: In aid of Kerry Hospices will take place in Rathmore on Sunday 31st May 2015 at 12.30pm. Sponsorship card available or a donation of your choice on the day. Your support would be gratefully appreciated.

RATHMORE COMMUNITY MARKET: Every Saturday 11-4pm at community centre. More stalls welcome contact Tony 0831588404.

SYMPATHY: To the families, relatives and friends of the following who died recently. Patrick Carmody, Banard, Gneeveguilla, Rev, Father Daniel C Cronin, Connecticut U.S.A and late of Reaboy, Gneeveguilla, Denis (Denny) Moriarty, Coom, Gneeveguilla. May they rest in peace.

ROSARY FOR MONTH OF MAY: At the Grotto. Tureenahill nightly 8pm. Sunday evenings at 7.30pm. Leam: nightly 8pm. Grotto near Holy Family N.S. Nightly 8.30pm. Mass on Monday May 18th at 7.30pm. Shinnagh Cross: Monday - Friday 7pm. For Month May.

IRD DUHAHOW: Have arranged a public information meeting on the 28th May in Rathmore Community Centre at 8pm to discuss LEADER plans for Rathmore and Shrone communities. Also at Teach Fáilte Gneeveguilla

a meeting will be held on Thursday 21st May at 8pm for Gneeveguilla/ Tureenahill.

WALK WITH US IN THE FOOTSTEPS OF JOAN HERLIHY:

Walk 1: mangerton mountain (3-4 hours) Registration at 10am start: 11am from mangerton Car park. Appropriate footwear required)

Walk 2: Muckcross & Dinis (1-2 hours) registration at 12pm. Start: 1pm The old school house Muckcross Car park. On Saturday May 30th 2015. Proceeds in aid of Oncology Day unit Kerry general hospital. Voluntary contributions will be collected on the day. Meet afterwards at 4pm in the Torc Hotel, Lisavigeen Mallow road. Refreshment and entertainment for the evening Batty O'Sullivan. Music by Rosie and Derry Healy and Jimmy Doyle and Friends. For further information contact: Dave: 0876297514. & Paul: 0857504477.

RATHMORE LADIES FOOTBALL: Rathmore played Newmarket in The Bridget Dineen Tournament last Saturday morning and ran out convincing winners on a scoreline of Rathmore 7- 8 Newmarket 0-5. Rathmore got off to a very good start with a goal inside the first few min's and lead from there on. Great credit must go to both teams as the game was played in poor conditions as it rained throughout. The Bridget Dineen Tournament will resume after the Exams.

RATHMORE U16S: Are due to play Austin Stacks early next week in a re-scheduled game that was meant to be played last week. There is then a break due to the upcoming exams and with Rathmore back in Action again on July 2nd away to Southern Gaels.

CONGRATULATIONS: To Aoife O'Callaghan, Laoise Coughlan and Brid Ryan on winning the U16A championship with Kerry last weekend against Cork.

THE ANNUAL RUN, JOG OR WALK: Will take place on 12th July, more details later.

THE SENIOR GIRLS: Are playing the Div 1 B League Final against Laune Rangers next weekend.

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,

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We hope to see everyone back in Listry Community Centre for next month Social Action day Tuesday 26th May 2015. We are also planning a day trip to Blarney and Dripsey (Cork) on Tuesday June

30th-please note this date in your Diary.

CHIROPODIST. The next chiropodist day will be changing to a Wednesday 3rd June. Enquirers to Paula at 087 6606585.

WEEKLY LOTTO: Jackpot €3,500.

Winning numbers: 10, 22, 24, 25.

Was not won. Next weeks Jackpot €3,650.

IF YOU HAVE A STORY...

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

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



Corrie's Explosive Week Of Drama Monday May 25th to Friday May 29th

Coronation Street is set for biggest ever week as Tracy and Tony's affair is exposed as well as their plan to take over the Rovers, Steve and Michelle's wedding ends in disaster for Liz and the Victoria Court apartments are ripped apart by a huge fire with rumours suggesting that Kal Nazir and Maddie Heath will be killed off in the blaze. Tracy Barlow will once again be angered by Carla Connor when she steps in and buys Liz's share of the Rovers meaning that Tracy's plan to take over the boozer has been ruined. With revenge in mind, Tracy and Carla are set for one hell of a show down. But before that Tracy makes sure to ruin Tony's happiness also by announcing her affair with him and their joint plans to take over the Rovers at Steve and Michelle's wedding reception. *Don't Miss A Minute Of All The Action!*

"That's His Goal"

Shayne Ward, winner of the X Factor is joining the cast of Coronation Street this summer as a distant cousin of Michelle Connor. Aidan Connor who will get hearts all a flutter upon his arrival is also tipped to clash with Robert Preston, who is the ex-husband of Tracy Barlow.

"An Emotional Return"

In other casting news, Bev Unwin played by Susie Blake will be returning to the soap for several episodes as she joins the Barlow family as part of Deirdre's emotional exit storyline.

Citizens Information

Know Your Rights: PARENTAL LEAVE

MAY 2015

QUESTION

What is parental leave? Can both parents take it?

ANSWER

Each parent of an eligible child may take up to 18 weeks parental leave. In most cases an eligible child is under eight. However if your child has a disability or a long-term illness, you can take parental leave up to the child's 16th birthday. If you adopt a child between the ages of six and eight, you can take leave on behalf of that child up to two years after the date of the adoption order. (Your contract of employment may also provide for an extended age limit.)

The 18 weeks per child may be taken in one continuous period or in two separate blocks of a minimum of six weeks. There must be a gap of at least 10 weeks between the two periods of parental leave per child. However, if your employer agrees you can separate your leave into periods of days or even hours.

Taking parental leave does not affect your other employment rights. Apart from the loss of pay and pension contributions, your position remains as if no parental leave had been taken. This means, for example that time spent on parental leave can be used to accumulate your annual leave entitlement. A public holiday that falls while you are on parental leave and on a day when you would normally be working is added to your period of leave.

When you return to work after taking parental leave, you are entitled to ask for a change in your work pattern or working hours for a set period. Your employer must consider your request but is not obliged to grant it.

Both parents have an equal separate entitlement to parental leave. Unless you and your partner work for the same employer, you can only claim your own parental leave entitlement (up to 18 weeks per child). If you both work for the same employer, and your employer agrees, you may transfer 14 weeks of your parental leave entitlement to each other.

Further information is available from the Citizens Information Centre below.

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

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



ASK YOURSELF THE MIRACLE QUESTION!

What would it be like if you woke up one morning and a miracle had happened – your life had become exactly as you wanted it to be? Take a moment to ask yourself the following questions and write down your answers.

1. How would you know that the miracle had taken place?
2. What would you see?
3. What would you hear?
4. What would you feel inside?
5. What changes would have happened in your career/job/home life, relationships, finances, health etc

The "Miracle" question asks you to project all of your senses and awareness into what would be present if you were living your very best life. It's a great exercise as it hones in all of the most important things in your life and shines the light on what may need to change! As a life coach I see everyday miracles with the people I work with. It's a miracle when someone has a change in perception or changes a habit that has been with them for twenty or thirty years. It's a miracle when someone can forgive or let go of their old "story" and begin to create a new one! I never get tired of seeing the expression on someone's face when they have a breakthrough moment of realization and freedom about their lives. Simply miraculous!

BACK BY POPULAR DEMAND - MY NEW LIFE CLASS on Wednesday May 27th at The Meadowlands Hotel, Tralee at 7.30 – 9.30pm. (€15.00 payable on the night). If you feel it's time to make that change I would love your company on what promises to be an amazing and enlightening evening! Please reserve your place ASAP!

066 9766374 | life_coachingunlimited@yahoo.ie



SCOIL PHOBAIL ARE CHAMPS

Scoil Phobail Sliabh Luachra, Rathmore secondary school have triumphed at the Munster football blitz.

The school attended the annual First-Year Munster Girls Football blitz on the 6th May and came home having been crowned champions. 40 schools were in attendance with 4 Divisions and 10 schools in each.

SPSL fielded many talented 1st year girls entering two teams, therefore two different divisions and brought home a plaque and medals for both teams.

they played Ennis and Ard Scoil na Deise in the two finals. Other teams they encountered and won against were; Thurles Pres and Carrigaline.



THE VICTORIOUS SCOIL PHOBAIL SLIABH LUACHRA TEAM.

The complete squad; Paulina Gruska, Andrea Houlihan, Megan O' Keefe, Michelle Brosnan, Shauna Fleming, Ava Kelleher, Niamh Finnegan, Grainne O' Sullivan, Ava Harty, Lauren O' Leary, Chloe Fitzgerald, Elaine Nagle, Shannon Lucey, Katie Buckley, Eimear O' Donoghue, Ciara Murphy and Martyna Stanny.

Coach(es) Ms Vaughan(PE Teacher), Catherine Daly (5th year) and Michelle Murphy (5th year)

MIGRAINE SUPPORT FOR LEAVING CERT STUDENTS

Help is available for students who suffer from migraine but the May 25th deadline is fast approaching. Schools may apply to the State Examinations Commission to seek Reasonable Accommodations for migraine suffering students in the 2016 Leaving Certificate examinations.

The school must apply on behalf of the student using a form available on www.migraine.ie or www.examinations.ie. Detailed medical evidence is also required.

For more information telephone the Migraine Helpline on 1850-200-378 or contact the State Examinations Commission.



KERRY GIRLS CONTINUE TO MAKE WAVES

Three Kerry girls continued to make waves in the world of science last week. Janine O'Connor (Fossa, Killarney), Ursula Earley (Tralee), and Lorraine Nash (Lyreacrompane) - all transition year students at Gaelcholaiste Chiarrai - previously caused a stir by winning an award at the Young Scientist Exhibition in Dublin in January with their project on wave energy.

"Our goal is to focus as much wave energy as possible away from the shoreline and to harvest that energy to generate electricity," Janine said. "So far our small scale tests have been very positive," said Ursula. "Far more electricity being generated than expected," added Lorraine.

Last week the girls took their idea one step further by lifting the coveted Sustainable Energy Award at the Scifest (south west region) Exhibition which was held in the IT, Tralee. The project now goes forward to compete for a place in the national finals which will be held in Dublin in November.

MINI SCIENTIST COMPETITION LAUNCHED

This week Intel Ireland has launched the Mini Scientist competition for 2015.

The Intel Mini Scientist Exhibition is a competition for Primary school students in which they develop science related projects which are then exhibited at fairs held within their own schools. Winning projects selected

at this school level exhibition then go on to take part in the Mini Scientist Regional finals before the culmination of the program in a National Grand Final event. As part of the school exhibitions Intel employees will visit the participating schools as judges.

Want to Get Involved?

The Mini Scientist is open to schools all across Ireland and there is no minimum number of students required for a school to participate. If you would like to register your school to take part in Mini Scientist 2015 please visit www.miniscientist.ie and use the link provided to register your interest in the competition.



YOUNG SCIENCE ENTHUSIASTISTS HELPING TO LAUNCH THE INTEL MINI SCIENTIST 2015



EXAM STRESS

As you study this week - don't forget to include regular breaks and to take care of yourself during the exam preparation. It is important that you are in good mental and physical condition for the exam. As there isn't enough time to go over everything, you must decide what is most important for the exam.

A small amount of stress can be good so if you feel a little anxious before an exam do not worry about it. It may even improve your performance. However, too much mental or physical strain can be detrimental to your performance so try not to become too anxious about the exams and find ways of coping with your anxiety. Keep a positive attitude about the exams and stop yourself if you find yourself thinking or saying negative things such as 'I am no good at exams.' Avoid staying up too late if you can help it and aim to get a good night's sleep. Eat well now to build your energy, but avoid heavy foods that can make you drowsy.

WHAT DOES YOUR TEENAGER WANT AT THIS TIME?

The last thing young people want is to be questioned about study. This can create even more anxiety and close off any further conversation. Young people want the respect and responsibility to manage their own study, their social life and the balance between the two. However, they also need and want your help at times – but usually when they request it and on their terms. Throw into the mix however, that young people would also like their parents to 'intuit' that they need some support – and would like their parents to reach out at these times of difficulty too. So be prepared to lend your support when you see worry, despair or struggle.

If your teen seems to be procrastinating, disorganised or spending too much time online this can often signal that they don't know where to start – so be sure to offer some concrete help. Anger and irritability, whilst to be expected at this time, can also be symptoms of not coping – so be sure to respond calmly and not take it personally.

Your practical support at this time will also be greatly welcomed. Make sure your teen has a comfortable place to study. You can help them to organise their study space, so it's not too cluttered. Ask them if there are any subjects that they need particular support with – and assist them in whatever way you can. There are numerous online resources that you can check out yourself.

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

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

Please support us at **THE RING OF BEARA CYCLE ON 23RD MAY 2015**. Contact the Centre for application forms and sponsorship cards. For more information see www.ringofbearacyclekenmare.com

Health Matters....

With Dr. Michael O'Doherty

MALARIA

CONTINUED ...

MAKING DIAGNOSIS:

The only certain way of confirming the diagnosis of malaria is to find the parasite on examination of the patient's blood. Many Laboratories are quiet inexperienced in identifying tropical diseases and so delay or a misdiagnosis sometimes occurs. In patients with a history of exposure and suggestive clinical symptoms it may be necessary to commence treatment on a presumptive basis before the final results are through. This is often the safest course of action. Remember that following any at-risk travel Fever = Malaria until it is proven otherwise.

PROTECTION AGAINST MALARIA:

It is essential that all travellers recognise that none of the malaria prophylactic tablets are perfect. Each of the drugs used have problems – either with a case of compliance or side effects of varying severity. Avoiding Mosquitoes remains counterstone of protection against malaria. In most cases the mosquitoes which transmit malaria tend to bite during the evening hours once the intensity of the sun has lessened. At these times (between dusk and dawn) it is essential that traveller cover up well and use adequate insect repellent. **AVOID INSECT BITES.**

TAKING MALARIA TABLETS:

1. Start before travel as guided by your health advisor (with some tablets you should start three weeks before).
2. Take the tablets absolutely regularly, preferably with or after a meal.
3. It is extremely important to continue to take them for four weeks after you have returned to cover the incubation period of the disease. Atovaquone/proguanil (malarone) requires only 7 days post –travel.

All Travel vaccines can be given at Killarney Medical centre.

The Centre can be contacted on 064-6620628.



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



PICTURED AT THE HEIGHTS HOTEL FOR THE HOTELS WEDDING FAIR WERE DENIS GRIFFIN & GRACE McNAMARA WHO HAD JUST BOOKED THEIR WEDDING AT THE HOTEL, WITH WEDDING COORDINATORS SANDRA MASSON (LEFT) AND NOREEN O'LEARY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE HEIGHTS HOTEL FOR THE HOTELS WEDDING FAIR WERE NEWLY ENGAGED COUPLE JOE DOODY & AMANDA GRIFFIN WITH WEDDING COORDINATOR NOREEN O'LEARY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CONGRATS TO BRENDA AND THADIE O'CONNOR WHO ARE CELEBRATING THEIR BIRTHDAYS WITH ZEROS. BEST WISHES FROM FAMILY AND FRIENDS. PHOTO: SEAMUS HEALY.



PICTURED AT THE INTERNATIONAL HOTEL FOR THE MULCHINOCK FAMILY CHEQUE PRESENTATION, RAISING EQUAL AMOUNTS OF €587.36 THROUGH CHARITY EVENTS IN THE UK & IRELAND FOR MS KILLARNEY & THE IRISH CANCER SOCIETY KILLARNEY WERE BACK ROW L-R EUGENE O'SULLIVAN, CON MULCHINOCK, RICHARD MULCHINOCK & TIM MORIARTY. FRONT ROW L-R KARNE LEANE, KATHRINA BREEN (ICS), MARY O'CONNOR (MS) AND ELISHA LEANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE PRESENTATION OF A PAINTING OF JAMES O'DONOGHUE BY ARTIST TARA O'CONNOR TO MICHAEL O'DONOGHUE OF O'DONOGHUE RING HOTELS WERE SHAUN KEANE AND JAMES O'DONOGHUE WITH LAURA O'SULLIVAN, JODIE SHEEHAN AND SARA SHEEHAN.



KEVIN SHEEHAN CELEBRATING HIS 30TH BIRTHDAY IN SHEAS BAR KILLORGLIN, 9TH MAY WITH FAMILY AND FRIENDS-PICTURE BY MARIE KENNEDY



PICTURED AT THE LAUNCH OF 'BE A 10 MILE HERO' AT THE KILLARNEY SPORTS & LEISURE CENTRE WHICH WILL TAKE PLACE ON 26TH SEPT WERE FRONT ROW L-R AOIFE, CATHAL & SEAN COFFEY, CENTRA SPONSOR JOHN BOWLER, TRICEL SPONSOR MIKE STACK, ORGANISERS SEAN O'SULLIVAN & JERRY GRIFFIN AND AT THE BACK L-R TRAINERS AISLING GRIFFIN & CHRIS LYNCH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY PLAZA HOTEL, HELEN COURTNEY-POWER (CENTRE IN PURPLE) WITH HER HUSBAND MARK POWER, KEEL, CASTLEMAINE CELEBRATING HER 40TH BIRTHDAY WITH FRIENDS AND FAMILY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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

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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.**

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Ed 20 8573 FOR SALE

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Ed 20 9171 FOR SALE

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Ed 20 9170 FOR SALE

02 Red 3 door Ford Focus, 82,000 miles, 1.4 Petrol, NCT Jan/16. Tax 7/15. Ford alloys, new tyres, 3 rear windows tinted. Driving 100% €2,100 open to reasonable offers.

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9158 Ed 20 FOR RENT

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8597 Ed 20 WANTED

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Call Michael: 087 6738210

9163 Ed 21 TO LET

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IS YOUR CHILD AS SAFE AS YOU THINK?

In the United States a man set out on a social experiment to determine if and when children on playgrounds would talk to strangers. After receiving the parents' permission, he would approach a child on the playground with a puppy. He would then offer to show them more puppies, and when they eagerly expressed interest, he would lead them away. As the children are individually led away, the camera cuts to the faces of the mothers. They all register horror at the prospect that their children would so easily agree to being led away by a stranger, especially after the parents had expressed confidence that the children would not agree to go as they had all told their children over and over again not to talk or go anywhere with strangers. The experiment shines a light on several things. It displays in vivid detail how easily and quickly young children may be lured away from their parents. It should also give pause to parents over whether they truly know how their children would react in such a scenario. This is not to say that the playground has to be anything other than a wonderful place to bring children. Being aware of what's going on while at the playground is the key to a safe and happy experience. That way, children can remember in later years the playground being a place of true fun and excitement, but the old advice that you should never take your eyes off a child for a second is still true today.

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

Continued from last week:

- Open cabinets holding cleaners and degreasers are potential poisoning hazards.
- Accessible rubbish bins. Rancid food and splintering bones can cause poisoning, sickness or intestinal injury.
- Plastic wraps if swallowed, can create a choking hazard or lodge in the intestines.
- Foods and beverages containing xylitol and alcohol (like sugar-free chocolate, sugarless sweets and biscuits and gum). These additives have been known to sometimes cause fatal toxicity in cats.

ANSWER TO LAST WEEKS RIDDLE:

What has a single eye but cannot see?
Answer, A Needle.

ON THIS DATE - MAY 15TH

- 1532 - A gathering of English church officials officially accepted the authority of King Henry VIII in all issues.
- 1625 - 16 rebellious farmers hanged in Upper Austria.
- 1718 - James Puckle, a London lawyer,

patented the world's first machine gun.

1730 - Charles Townshend departs from the British government after disagreeing with the Prime Minister, intending to return home and improve his estates. The innovations he made played a key role in the Agricultural Revolution, earning him the nickname 'Turnip Townshend'.

1740 - Death of Ephraim Chambers, British encyclopaedist.

1793 - Diego Marn Aguilera flew a glider for 'about 360 meters', at a height of 5-6 meters, during one of the first attempted flights.

1829 - Elected to the office of minister of Parliament for Co. Clare by recently enfranchised Catholics, Daniel O'Connell presented himself at the bar of the House of Commons, but was asked to withdraw for refusing to take the Oath of Supremacy.

1867 - Eoin MacNeill, Gaelic scholar and co-founder of the Gaelic League, born in Glenarm, Co. Antrim.

1907 - Toronto Ontario, plumbers went on a strike that lasted four-months.

1957 - Britain tested its first hydrogen bomb over Christmas Island in the Pacific, following the US and USSR.

QUOTE:

"While most of the things you've worried about have never happened, it's a different story with the things you haven't worried about. They are the ones that happen" - Ruth Rendell

RUTH RENDELL, CRIME WRITER HAS DIED AT THE AGE OF 85

Baroness Rendell, the creator of Inspector Wexford and author of more than 60 novels, had been admitted to hospital after a serious stroke in January and died in London on May 2nd. Ms. Rendell was born Ruth Barbara Grasemann in 1930, in South Woodford, London. Her parents were teachers. Her mother, Ebba Kruse, was born in Sweden and brought up in Denmark; her father, Arthur Grasemann, was English. As a result of spending Christmas and other holidays in Scandinavia, Ms. Rendell learned Swedish and Danish and was educated at the County High School for Girls in Loughton, Essex. Ruth Grasemann met her husband to be, Don Rendell when she was working as a newswriter. They married when she was 20, and in 1953 had a son, Simon. The couple divorced in 1975 but remarried two years later. Don Rendell died in 1999 from prostate cancer. Ms. Rendell's novels included the Inspector Wexford crime series and the psychological thrillers she wrote as Barbara Vine. Her debut, *From Doon with Death*, introduced the world to Wexford in 1964. Ms. Rendell landed her £75 publishing deal with Hutchinson after around a decade of life as a mother and housewife; she had been a journalist on the *Chigwell Times*, but resigned after it emerged that her report of a local tennis club dinner had been written without

attending the event, meaning she missed the death of the after-dinner speaker during his speech. Her novels, cover topics from racism to domestic violence.

Ms. Rendell's death closely followed that of fellow crime writer PD James, her good friend and political opponent in the House of Lords. Baroness Rendell received many awards, including the Silver, Gold, and Cartier Diamond Daggers from the Crime Writers' Association, three Edgars from the Mystery Writers of America, The Arts Council National Book Awards, and The Sunday Times Literary Award, and, as a Labour life peer, helped pass a law preventing girls being sent abroad for female genital mutilation. She was also a patron of the charity Kids for Kids which helps children in rural areas of Darfur.

TONGUE TWISTER AND RIDDLE FOR THIS WEEK

If Stu chews shoes, should Stu choose the shoes he chews?

What word describes a woman who does not have all her fingers on one hand?

CARING FOR SENIOR DOGS



As your dog ages, many of his basic needs, from diet to exercise, will begin to change. While each dog reaches "seniorhood" at a different age, most canines become seniors between 7 and 10 years old. It's important to know your dog's age, so you know when he becomes a senior. If your dog does not respond to your commands, don't automatically assume he is being wilful or disobedient. If he is becoming hard of hearing, you may just need to speak a little more loudly or start using hand signals. At this stage in your dog's life, don't try to teach him any new tricks. You should spend time doing the activities that make you both happy. Dogs are very good at hiding their health problems and as an owner, it's your responsibility to keep an eye on your dog to ensure that you are adjusting his routine to match changes in his body and immune system that make him less able to cope with physical and environmental stresses. Routine examinations, preventive medicine and adjustments to your dog's lifestyle can help your dog stay healthy even as the years creep up. Along with being more watchful over your senior dog's health, it's crucial that you

keep up with routine preventive care such as parasite prevention, dental care, vaccinations, and nutritional management. As your dog's immune system weakens the importance of routine basic care only increases.

Create a comfortable environment for your aging best friend with easy access to food, supportive bedding, and fresh water whenever he needs it. In addition, plenty of regular attention and affection is good for morale, both yours and your senior dog's.

Older dogs can't regulate their body temperature as well as they could in their younger days. It is important to keep your dog warm, dry, and indoors when he's not out getting his exercise. Senior canines are also more sensitive to heat and humidity, so protect them from conditions in which they may overheat. If your dog has arthritis, he may prefer a ramp instead of walking up the stairs, extra blankets on his bed, or even a new bed designed to promote orthopaedic health.

If your dog suffers from vision loss, it's a good idea to ease his anxiety by keeping floors clear of clutter and always placing his food and water pans in the same place. It can also be a good idea to have a different scent in each room, for example the smell of lemon in the kitchen so your dog will have no problem locating the kitchen, the scent of pine in the sitting room etc.

HOW NOT TO SPREAD INVASIVE PESTS

When hungry insects decide to travel to new areas, they can devastate crops and trees and upset native ecosystems. And we humans often inadvertently provide transportation for these hungry pests.

Invasive pests are insects or other organisms that have moved beyond their natural habitat into a new environment where they have no natural enemies to keep them in check. If they're allowed to establish themselves, they can become a threat to native plant and animal species, water systems, and human health.

They're small, quiet, and crafty enough to travel undetected by

- hitching a ride on our vehicles, clothing, and outdoor gear;
- hiding on plants or animals as we transport them from one environment to another;
- coming in on commercial shipments of food, plants, or just about anything else.

After camping or hiking, wash your outdoor gear carefully. That includes RVs, dirt bikes, lawn furniture, and tents. Insects (or their eggs) may even be hiding out on your tires and wheel wells. Remove seeds and other plant parts, too.

Don't transport fruits, vegetables, or plants out of quarantined areas unless they're properly inspected. Be sure to declare these items when crossing customs.

Invasive pests love to hide in firewood, so don't move firewood from one place to another. Buy locally whenever possible.

Buy only certified, pest-free nursery items whenever possible. Buy plants from a reputable source and avoid using invasive plant species!

Don't bring or mail fresh plants or produce into or out of the country unless cleared by customs.

Cooperate with quarantine's - Observe agricultural restrictions and work with authorities.

Clean lawn furniture before moving.

Declare all agricultural items during international travel.

ALARMING NUMBER OF PARENTS GIVE MOBILE DEVICES TO BABIES IN THE US

Don't be surprised if baby's first word is "iPhone" or "tablet" instead of "Mama" or "Dada." A surprisingly high number of infants are spending time in front of screens long before they can talk or walk.

More than one-third of parents admitted that their child has "touched or scrolled a screen" before their first birthday, according to a study presented at the Paediatric Academic Society recently. The research team questioned 370 families in a Philadelphia neighbourhood paediatric clinic about their children's interaction with TVs, tablets, and smartphones. The families spanned different demographics but had one major thing in common: multiple ways to view media. Almost all of the families polled had TVs, 83% had tablets, and 77% had smartphones. Some babies were looking at the screen for as long as 30 minutes.

As the babies get older, the amount of screen time goes up: 26% of two-year-olds spend at least an hour each day using mobile media. That percentage jumps to more than one-third by the age of four.

While an infant might get some amusement out of gazing at a screen, parents also benefit. Most reported handing over their smartphone or tablet while trying to get something done: 73% of parents allowed screen time when doing household chores, and 60% did so while running errands.

Handing over the phone or tablet might seem like a harmless way to entertain a baby, but it goes against American Academy of Paediatrics guidelines. The AAP recommends that children under the age of two find entertainment outside of the digital world. At a time when a child's brain is rapidly developing, real human interaction is far more beneficial and critical than staring at an iPhone.

CHINA TRIES OUT LOGGING BAN IN NORTHEASTERN PROVINCE


China's Heilongjiang province, which borders Russia to its north and east, contains 18.5

million hectares of state forest - more natural forest than any other province in the country. However, since the mid-twentieth century, Heilongjiang has had over 600 million cubic meters of timber extracted from its woodlands. Now, China is trying out a complete ban on commercial logging in the province's state-owned forests. Heilongjiang is where much of China's timber comes from. Forestry experts predict that this trial ban will not only allow forests to regenerate hence, replenishing timber supplies, but will also push the industry to focus on improved forest management. To ensure that the ban is enforced and implemented over its intended time frame, the central Chinese government has allocated 2.35 billion yuan per year to cover forestry workers' living costs between 2014 and 2020, according to the State Forestry Administration and some loggers who have been laid off due to the ban, will become forest rangers and learn how to manage forests because the vast numbers of young and semi-mature trees in these districts need management. Others will be encouraged to become involved in alternative industries like tourism, growing blueberries, ginseng, edible mushrooms and flowers. If the ban succeeds, it could be extended throughout northeastern China and Inner Mongolia.

From 2001 through 2012, Heilongjiang lost over 470,000 hectares of tree cover representing more than 2.5 percent of its forested area, according to data from Global Forest Watch (GFW). Heilongjiang's state-owned forests are at the centre of China's forestry industry, and help stabilize the climate of northeastern China and secure the country's grain supply, with the fertile black soils and major river basins in this region making it an important rice producer. The forests protect soils and agricultural fields by maintaining natural water supplies and moderating strong winds.

Some of the most commercially valuable timber comes from trees like the Korean pine, camphor, and the Amur cork tree among others, which are found in Heilongjiang. The timber from Korean pine trees is so sought after in the commercial market that selective logging of the species in neighbouring Russia has already contributed to the conversion of mixed boreal forests to secondary forests of oak and birch.

But it's not just the timber industry that finds the Korean pine appealing. It is also the favorite habitat of the famous Siberian or Amur tiger (*Panthera tigris altaica*). With an estimated wild population of only a few hundred individuals, Siberian tigers are relegated to a relatively small area of forest along the Russian-China border. Secondary forests are poor habitat for the endangered Siberian tiger because oak and birch forests don't support as many herbivores as Korean pine habitat does, which can reduce the food supply for the rare big cat.



A WORD OF VICTORY

Welcome back dear reader on May 22nd next our government wants the population to vote yes in the referendum on marriage. The outcome of this referendum will have a profound effect on everyone. We were all brought up believing that marriage as God instituted it was between one man and one woman to procreate children who would then become His sons and daughters. If this vote was taken thirty years ago there would be no doubt on the outcome - it would have been a deafening 'No'. What has happened to the conscience of our people? I recommend you vote God's way (see Acts 5:29). Do not be afraid or intimidated by the anti-Christian sentiments being expressed. Jesus was not Catholic, Protestant, Muslim or Hindu - He just gave His life that all humanity would call on Him and be saved from the power of Satan so that His Holy Spirit could guide us to do what is right. Let us pray 'Lord, let your will be done on earth as it is in Heaven'. Be informed friend - look up God's Word for yourself.

If you have a query on Scripture or any prayer need please call **064-6622950** or email wordofvictory@eircom.net. More next week...

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PAUL MAGUIR RIP A TRIBUTE

By John Kelly



THE SPA TEAM WHICH WON THE CO. MINOR LEAGUE IN 1975. FRONT ROW FROM LEFT: KEVIN CRONIN, SEAN KELLEHER, SEAN CRONIN, NEIL DOHERTY (CAPT), DAN O'SULLIVAN, WILLIE CAHILL, DAN O'LEARY, BACK ROW (L TO R) TIMMY J O'SULLIVAN (TRAINER), MICHAEL O'LEARY, PAT CRONIN, DERRY O'MAHONY, ADRIAN RYAN, PAUL MAGUIRE, JOHN F. O'CONNOR, BILLY TANGNEY AND JOHN CAHILL.

Paul Maguire RIP Sadly missed in Spa /Muckcross

The sad news filtered through on Saturday May 9th of the untimely death of Paul Maguire late of Muckcross in a tragic road accident in England. In his youth Paul was a skilful footballer playing in all grades from U-12 to U-21 with Spa.

During those years he made many lasting friendships with his many playing colleagues in

the club and around his native Muckcross and despite living abroad he remained in contact with many of them. Prior to this tragic accident he had plans to return for a class reunion in Killarney and hoped to meet up with many of his former friends arounds Spa and Killarney. Sympathy is extended to the members of his family.

May he Rest in Peace.

PASTORAL STATEMENT

By Bishop Ray Browne

'Marriage is important - Reflect before you change it'

(Title of the Pastoral Statement of the Irish Catholic Bishops' Conference December 2014). A marriage (made up of man and woman) is not the same as the union of two people of the same sex. To distinguish is not to discriminate but to respect differences... (Pope Francis, as Archbishop of Buenos Aires, in an April 2010 Pastoral Letter). Married love is a unique form of love between a man and woman which has special benefit for the whole of society. To seek to redefine the nature of marriage would be to undermine it as the fundamental building block of our society. (Pastoral Statement of the Irish Catholic Bishops' Conference December 2014). We cannot support an amendment to the Constitution which redefines marriage and effectively places the union of two men, or two women, on a par with the marriage relationship between a husband and wife which is open to the procreation of children. (Statement from the March 2015 Spring General Meeting of the Irish Catholic Bishops' Conference)

To interfere with the definition of marriage is not a simple or a trivial matter. (Archbishop Eamon Martin, Armagh Diocese, 2 May 2015)

In these final weeks leading up to the Referendum at all times we should speak a language that is kind and gentle and we should remember the God-given human dignity of every person irrespective of their sexual orientation or their position and views on how we should vote. "The future of humanity passes by way of marriage and family". This phrase has its origins in words spoken by Pope John Paul II. Is there anything more vital to the wellbeing of society than 'marriage and family'? The union of two of the same sex is fundamentally different from marriage and should develop independently under a different name. In recent years our country already has introduced 'Civil Partnership'. Many people are concerned that the incidence of marriage breakdown is high in Ireland. It is common wisdom that here, as in many other western countries, marriage is under great pressure from so many aspects of modern life. We have a grave responsibility not to adopt policies that could further

seriously undermine it. I believe that the Christian perspective is to encourage a 'No' vote in this Referendum. I genuinely believe that a 'Yes' vote will change the definition of marriage and that within a generation or two it could hugely further undermine the stability of marriage in Ireland. People are realising that all sides should acknowledge that this Referendum is proposing a very major change to the State's definition of marriage as implied in the Constitution. If the Referendum is passed what will be the new State and Constitutional definition of marriage? What is the current State definition of marriage? Is marriage the biggest decision a person makes in her/his lifetime? It has enormous lifelong implications. Is it not essential that the State has a clear definition of it? I will try to give you some idea of what I have in mind. Up to recent decades society worldwide and also Irish society defined marriage as between a man and a woman. I believe that it has huge implications to now change this definition to state that it can be between two women or two men. Up to recent decades society has also said that 'couples exchange the right to have children where possible' as part of their marriage vows. In the current debate many commentators and campaigners are saying that 'openness to children' is not an actual part of marriage. If the Referendum is passed there will be very strong arguments that children are not part of the Constitution's implied definition of marriage. These are two major changes if they become part of the definition of marriage in our Constitution. 'Between a man and a woman', 'openness to children', along with 'a lifelong, loving sharing of their whole lives' are the three most important elements of marriage. I believe that all campaigning groups and media bear a responsibility to have all aspects and implications of this proposed constitutional change fully explained and understood. It is important that everyone who votes be aware of the full implications of the proposed change to our Irish Constitution. This can be done in a spirit that respects and honours every person and their personal viewpoint.

Bishop Ray Browne
Diocese of Kerry

Acknowledgement & 1st Anniversary



In loving memory of PAUDIE GLEESON

Mountrodger, Mausrouir,
Gneeveguilla, Rathmore
who died on the
23rd May 2014
Rest In Peace

On the first anniversary of Paudie's death, his wife Agnes, and all the family would like to thank most sincerely all those who sympathised with us on our sad loss. We thank all who visited the house, attended the rosary, the wake, removal, funeral Mass, burial and the month's mind Mass. For all those who sent Mass cards, enrolments, floral tributes, phone calls and messages of support. Thank you, to all of those who travelled such long distances to be with us.

Thank you to South Doc, the ambulance service, the doctors and staff in A/E Kerry General Hospital for the care they gave Paudie and his family in his final hours. They couldn't have done more. Thank you Fr Martin Spillane, chaplain of Kerry General Hospital, for your help in our time of great need. Thank you, Dr Anthony McDonnell for your comforting visit to us.

We are especially grateful and a special thanks to our friends, good neighbours, extended family members, who helped prepare the house, food and refreshments for the days of the rosary, wake and removal. Thanks to Sean and the Buckley family for their kindness shown. Thank you to the stewards and neighbours who helped direct traffic and provide parking. All who brought food and refreshments and all who helped in serving food and refreshments a sincere thank you.

Thank you Fr Kevin McNamara, Fr Pat O'Donnell, Fr Martin Spillane and Fr Jim Sheehy for praying with us, preparing and celebrating the funeral Mass and the prayers at the graveside. Thank you to Donie our sacristan, Sean O'Mahoney undertaker, and his son Daniel for their help, professionalism and kindness. Thank you to the gravediggers who prepared Paudie's final resting place.

Special thanks to Fossa/Two Mile, Glenflesk, Kilcummin, Killarney and Sliabh Luachra CCE groups that formed a guard of honour. A special thanks to all the musicians and singers that joined in to make the funeral Mass so special for us and to all of you that joined at the graveside for a tune.

Thank you to Mike and Valerie Doyle, Marian Cronin, musicians, singers and dancers in joining together in giving Paudie such a great send off. To all of you please accept our sincere appreciation and gratitude. The holy sacrifice of the mass has been sheered for your intentions.

Lovingly remembered by your wife Agnes, daughters Katie, Eileen, Siobhan, Aggie and Sarah, sons Dave, Paudie and Tom, daughters-in-law and sons-in-law and your 22 grandchildren.

Anniversary Mass will be held on Saturday night May 23rd at 7.30pm in Gneeveguilla Church.

2ND ANNIVERSARY



In Loving Memory of

JOHN O'SULLIVAN DARCY

**Upper Lissivigeen, Killarney,
who died on May 16th, 2013.**

Each of us in our own way
Have special thoughts of you this
day.

In God's care you rest above
In our hearts you rest with love.

Will those who think of him today
A little prayer to Jesus say.

Always loved and remembered
by your wife Cait, your sons John,
Jimmy, Brendan, Kieran, Brian and
Kevin, daughters Riona, Miriam,
Claire, and Deirdre, and their
families.

**Anniversary Mass in St. Marys
Cathedral on Sunday,
May 24th, at 12 noon.**

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. **K.G.**

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.

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.C.**

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.

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. **J.S.**

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.

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.
L.B.W.

NOVENA TO THE SACRED HEART

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

PRECIOUS MOTHER OF JESUS

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

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. **A.C.**



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