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KILLARNEY Outlook

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PICTURE: MARIE CARROLL-O'SULLIVAN

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HEREDITARY 14 135 minutes 7 DAYS 8:45	SHOW DOGS PG 100 minutes SAT/SUN 12:10 2:10 4:10
BOOK CLUB 13A 100 minutes 7 DAYS 6:40 9:00	AVENGERS: INFINITY WAR 12A 160 minutes SAT/SUN 2:00
SOLO: A STAR WARS STORY 12A 135 minutes FRI-SUN 6:20 8:45	SHERLOCK GNOMES 8 90 minutes SAT/SUN 12:15 2:15 4:15
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A



As we welcome the Prince of Wales and The Duchess of Cornwall to the town, we have a busy magazine for you this week. There were celebrations at a local primary school, two Kerry women bared all in a good cause and Riverdance is returning to the INEC. A Killarney chef has signed a major TV deal, young people in the county are set for a day of creativity and the 4th of July celebrations have been launched. So sit back, relax and enjoy this week's Killarney Outlook – Out first every Friday!

Aisling Crosbie
Editor

Kerry women bare all for world breaking record

Two Kerry women were among over 2,000 women who bared all at a Wicklow beach on Saturday, setting a new world record for the largest skinny dip and raising thousands of euros for a children's cancer charity.

Jacqui Tagney from Listry and Lisa Ragosa from Kenmare were among 2,505 women who spent at least five minutes in the chilly waters of secluded Magheramore beach, Co. Wicklow to set the new Guinness World Record.

"It was one of the most emotional experiences I have ever done", Lisa told the Killarney Outlook.

"I met some amazing strong women and the oldest dipper was 85 years old - It didn't matter what you looked like, everyone had scars some you could see some you couldn't, there was one lady just out of treatment last week wrapped up in cling film to protect her dressings so they didn't get infected", Lisa added.

"I was a first time dipper and didn't know what to expect, I travelled up with my two cousins who also participated", Jacqui told the Killarney Outlook.

"It was a very emotional experience, lots of tears and laughter. I met some of the most amazing strong



women everyone bearing their own scars. It was an truly amazing experience - one I will definitely be doing again next year", Jacqui added.

The event raised €290,000 for the Irish cancer charity Aoibheann's Pink Tie, which was set up in 2010 after Irishman Jimmy Norman's 8-year-old daughter Aoibheann died from cancer, prompting the men at her funeral to wear pink ties because that was the girl's favourite colour.

Saturday's skinny dip smashed the three-year-old record of 786 people taking the plunge in Perth, Western Australia, at an event to promote positive body images.

The organizer of Saturday's event, Dee Featherstone from Dublin, launched the first "Strip and Dip" fundraising skinny dip in 2013.

Killarney set to welcome The Prince of Wales and The Duchess of Cornwall



The Prince of Wales and The Duchess of Cornwall are spending today in Kerry as part of their trip to Ireland. The Royal couple will visit Derrynane House, the ancestral home of 19th century Irish Statesman Daniel O'Connell and will then travel to Tralee to watch a performance at Siamse Tire Irish National Folk Theatre. Later, The Prince and The Duchess will attend a garden party at Killarney House where Their Royal Highnesses will be presented with the Order of Innisfallen, which recognises outstanding contributions to the local economy by people from outside Kerry.

Prior to their visit to Killarney the couple visited Northern Ireland, where they undertook a range of engagements.

Made at the request of the British Government, Their Royal Highnesses' visit to Ireland will highlight the essential partnership and friendship between the two Nations, as well as the deep connections between their people. This is the fourth visit Their Royal Highnesses have made to Ireland in as many years, and offers a further opportunity to celebrate the enduring nature of the relationship.

Their Royal Highnesses began the two-day visit to Ireland in Cork where they were greeted with a civic reception at City Hall, hosted by the Lord Mayor.

The Prince of Wales and The Duchess of Cornwall jointly visited the English Market in Cork City, which was previously visited by Her Majesty The Queen in 2011.

The Tánaiste (Deputy Prime Minister) Simon Coveney accompanied Their Royal Highnesses in Cork and joined them for a dinner to celebrate connections between the UK and Ireland.

The Prince of Wales visited University College Cork and the National Maritime College of Ireland, while The Duchess of Cornwall visited a Cork refuge, which serves women and children who have suffered domestic violence, a cause that Her Royal Highness has worked to highlight in the UK and overseas.

The Duchess will also visit the Irish National Guide Dogs Training Centre.





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Ciara Griffin, Captain of the Womens Irish Rugby Team (centre) with Liam Murphy, Killarney Rugby Club pictured at at Club in Aghadoe with members for the launch of "Sponsor a Sod" to help raise funds for Killarney RFC.

PICTURE: MARIE CARROLL-O'SULLIVAN



Killarney RFC launch 'Sponsor a sod' fundraiser

Killarney RFC launched their Sponsor-a-Sod campaign last Tuesday at Aghadoe with the help of Ireland Ladies captain Ciara Griffin. The club is actively seeking sponsors for each virtual square metre of their main pitch to support the development of improved drainage on their main and minis pitches.

Funds raised will enable us to start the works immediately to ensure we have good and safe playing surfaces come September.

The Sponsor A Sod campaign will also supplement the Sports Capital Grant funding received from the Government. Each square metre costs €25, or Sponsor 5 for €100. Everyone who opts to sponsor 5 or more sods will go into a draw for super prizes including tickets for one of Ireland's Autumn Internationals, which feature World champions New Zealand this November!

You can sponsor a virtual sod online at <https://www.krfc.club/sponsor-a-sod/> Tickets are available to purchase from any club member and we would appeal to all club members, supporters, players, parents etc to support this vital fundraiser.

Ciara Griffin, Captain of the Women's Irish Rugby Team, pictured at Killarney Rugby Club for the launch of Sponsor A Sod Fundraiser for the club with brother & sister Sean & Isabella O'Leary. PICTURE: MARIE CARROLL-O'SULLIVAN

Killarney Celebrity Chef gets Prime Time TV Show

Millions of homes around the world will to welcome the culinary skills and zany personality of Killarney restaurateur, Paul Treyvaud as his nine-part cooking and travel series has been snapped up by Amazon Prime.

The lively and engaging series, featuring Paul cooking on his travels around Ireland, caught the eye of the world's biggest streaming platform and a deal was brokered with Flame Distribution, who represent the Killarney businessman.

Paul, who runs Treyvaud's Restaurant with his brother Mark, also recently signed up with Big Handsome Media who are acting as his Irish distribution company for a new Treyvaud's Kitchen series, which he has just finished filming.

Treyvaud's Travels is all about unique characters and stunning locations that don't normally get the attention they deserve and it features some cracking recipes and a whole load of fun.

"The emphasis is on having a

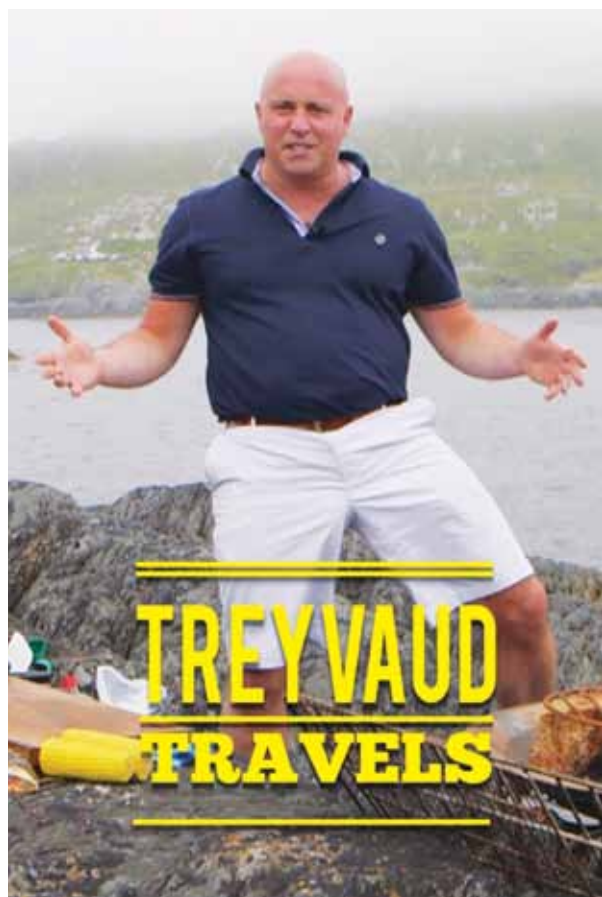
laugh when perfecting simple cooking techniques," said Paul Treyvaud.

"People are sick of nonsense on the screens and just want a cooking series that delivers on its promise," he added.

Paul has received great support and encouragement from Minister of State for Transport, Tourism and Sport, Brendan Griffin, who put him in touch with Tourism Ireland boss, Niall Gibbons, in relation to possible promotional opportunities in the US and Paul will be conducting a global marketing campaign with the support of Tourism Ireland to promote Treyvaud's Travels.

Amazon Prime is beamed into 90 million homes in America alone.

The Treyvaud's Travels series features spectacular footage of Killarney, including fabulous panoramic views from the top of Cardiac Hill and Muckross House and Gardens, as Treyvaud is bringing it all back home in one episode of his fun-filled culinary tour of Ireland.





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BREAKING NEWS

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VENUES:

- Jul 2nd to 6th - Cullina NS, Beaufort
- Jul 9th to 13th - Faha NS
- Jul 16th to 20th - St Olivers NS Killarney
- Jul 23rd to 27th - Mercy Holy Cross Killarney
- Aug 7th to 10th - Fossa NS (4 day camp)*

9.30am to 2pm daily

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Killarney to celebrate creative day out for young people

A national day of creativity for Children is set to take place in Killarney on Saturday, June 23rd. Cruinniú na nÓg programme will celebrate youthful creativity and is just one of many programmes taking place all over Ireland on that day.

As the national day of creativity for children and young people, the programme in Kerry will enthuse young people of all ages and families throughout the day and everyone is welcome. Organised by Creative Ireland Kerry, all events are free and the full county programme is available on www.creativeireland.ie/cruinniu but if you are planning on staying in Killarney here is the listing to help you plan your Cruinniú!

The Killarney programme opens with Mandela Art Workshops between 11.00am and 2.00pm organised by South West Counselling and Kerry Diocesan Youth Service. Participants can work in groups creating highly ornate circular art pieces and bookings can be made through info@southwestcounselling.ie. A Wild At heart-Build Your Own Beast Events offers a morning games workshop to young people where creative writing and imagination are used to explore and invent wild and mythical creatures. The workshop has been organised by Writer in Residence Annemarie Ní Churráin and Filmmaker in Residence Mieke Vanmechelen. The event takes place at the Schoolhouse at Muckross House and will draw upon language exercises to support children in the discovery of poetry, storytelling and filmmaking. Advance booking is



Kerry's young actors preparing for Cruinniú on Saturday June 23rd next.

through filmmaker@kerrycoco.ie

The afternoon fun continues at a Sing Together Youth Choral performance which takes place at Kerry Diocesan Youth Service in Fairhill Killarney from 1.00 to 2.00pm. It promises a showcase of vocal ability with unique message songs composed after 1970. They will also lead the audience in a sing-along to open and close the show. Meanwhile at Killarney House Wild Things takes place from 2.00 to 5.00pm. Visitors are invited to attend The Creation Station for an afternoon of WildArts and Explorations. No booking is required but parents must stay with their children. From 2.00 to 3.00pm Adventures In Science takes place at Killarney Library. It encourages young people to think out loud and discover science concepts at their fingertips.

All events for Cruinniú na nÓg are free

and run from 11.00 to 5.00pm. Brochures and posters are being distributed across the county this week and the events are listed on www.creativeireland.ie/cruinniu with updates provided on Facebook and Twitter through @KerryCoArts and via @creativeirl #mycruinniu

Co-ordinated by the Arts Office at Kerry County Council with support from Creative Ireland, the day is set as an annual celebration nationally from this year onwards. "It is a great opportunity for our young people to get creative and meet new people. Communities and organisations across the county are set to take part and it is also a chance to connect and celebrate our individual creativity", stated Kate Kennelly, the Creative Ireland Kerry Co-ordinator and Arts Officer at Kerry County Council.



Muckross House Makes Top Ten in Ireland's Top Visitor Attractions

Muckross House has been named Number 9 in Ireland's Top Visitor Attraction in Fáilte Ireland's annual list of Ireland's most popular visitor attractions.

The list, which was published this week shows that almost all our key attractions - many of which have received Fáilte Ireland funding and support in the past - enjoyed another bumper year for visitors in 2017. Topping the list of 'free to enter' attractions, the National Gallery of Ireland surpassed the 1m visitor mark for the first time, experiencing an impressive

41% growth. This was particularly helped by the reopening of its permanent collection halfway through the year, as well as hosting two major exhibitions of Caravaggio and Vermeer. The most popular fee-charging attraction remains the Guinness Storehouse, with a total of 1,711,281 visitors through its doors, up 64,000 on the previous year. The Cliffs of Moher and Dublin Zoo came in second and third place in the same category. Kerry's Muckross House, Gardens and Traditional Farm was in 9th place in this category, with 552,923 visitors.

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July Summer Camps



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Significant funding approved for Two Mile Community National School for refurbishment work

What a great year for Two Mile Community National School! Wednesday 30th August 2017

marked a very significant day as Kerry ETB opened the doors of the Two Mile Community National School. The Two Mile Community National School is the only multi denominational school in the Killarney area. Mr. Brendan Griffin TD, Minister of State at the Department of Transport, Tourism and Sport officiated at the launch. One year on, and we gather here once more with Minister Griffin as he announces that, as well as getting sanction to engage an additional teacher for the 2018/2019 academic year because of the increasing enrolment numbers, the Department of Education and Skills have also awarded Two Mile Community National School a grant of over €200,000 to update and refurbish the school. This vital funding will be used to replace the windows and doors, insulate the roof and walls, upgrade the heating distribution system and refurbish the electrical system among other things.

The Two Mile Community National School serves the needs of the local and wider community and fully celebrates diversity.

As well as its unique multid denominational ethos, having Kerry ETB as its patron is significant in what the school has to offer. Kerry ETB is a locally based state agency and is already the patron of 8 post primary schools and two Post Leaving Certificate Colleges in Kerry. The ETB provides key administrative, IT, HR, Capital Buildings and many other supports to its schools. This ensures that the staff of the school are not tied up with administrative issues and are free to focus on excellence in teaching and learning.

Speaking at the announcement, Mr. Brendan Griffin TD, Minister of State at the Department of Transport, Tourism and Sport said "This is a very



Pictured at the announcement of funding and an extra teacher at Two Mile School are from left: Catherine Barry, Principal of Two Mile Community National School, Mr. Brendan Griffin TD, Minister of State at the Department of Transport, Tourism and Sport Ann O Dwyer, Director of Schools, Kerry ETB Pádraig Ó Donnabháin, Chairperson on the School Board of Management

PICTURE: DES O'CONNOR

positive progress in such a short time. It is hugely encouraging and a great symbol of a rural community fighting back to secure a future for the school."

"We are delighted to be included under the Additional Accommodation Scheme for refurbishment works. Two Mile Community National School is a focal point in the local Community and has gone from strength to strength in the last year, thanks to the hard work and commitment of the school community", Catherine Barry, Principal of Two Mile Community National School said.

Ann O'Dwyer, Director of Schools, Kerry ETB also welcomed the Department of Education and Skills recent refurbishment grant for the Two Mile Community National School in Killarney. "This will build on the remedial works carried out last summer and will address the much needed insulation, replacement of windows and doors, floor covering and general refurbishment. Kerry ETB together with the Two Mile CNS Board of Management and staff look back on a very successful year. Enrolments continue to grow, parents have been

hugely positive about the quality of quality of teaching and learning, student care and extracurricular opportunities in the school as well as the commitment to parental and community involvement. The provision of the preschool Little Explorers on site has also been a huge asset to the school. The Parents Council have also joined the Kerry ETB Parents Forum and are now aware of and availing of the opportunities for training and support for parents in ETB schools such as Parenting Courses, ICT Courses etc", she said.

Also speaking at the announcement, Pádraig Ó Donnabháin, Chairperson on the School Board of Management, said "Two Mile Community National School, founded last year, has progressed very successfully. The Board of Management has every confidence that the school has a bright future. The pupils have applied themselves willingly and they have benefited from their studies. Parents have supported school activities and participated in school affairs wonderfully. Táimíd dóchasach go rachaidh an scoil ar agaidh le Neart is Cur le Chéile."

Tesco Communi-Tea party takes place tomorrow

Tesco Ireland Communi-Tea parties will take place tomorrow at stores in Co. Kerry on Saturday 16th June from 12pm-4pm. The popular community event returns as donations to over 320 local causes in the county reach almost

€80,000 to date. Across Ireland, Tesco has supported 11,000 community projects donating over €3 million through the Tesco Community Fund.

The Communi-Tea parties are a great opportunity for all those that have benefited

from the Community Fund; including Kerry's schools, sports clubs, animal shelters, local charities and many more, to call into their local store and enjoy a cup of tea with friends and neighbours. Customers and those who would like to find

out more about the Tesco Community Fund and how they can get involved are also encouraged to call into one of the 4 stores in Kerry and learn more from local community groups, charities and Tesco staff.

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For over two decades, nothing has carried the energy, the sensuality and the spectacle of Riverdance the international Irish Dancing phenomenon. Having played over 11,500 performances to over 25 million people throughout 47 countries, the stage spectacular Riverdance comes to the INEC Killarney for a limited run September 12th – 16th

On the 30th of April 1994 as the interval act of the Eurovision Song Contest, a worldwide audience of over 300 million saw the birth of Riverdance. The

7-minute performance earned a standing ovation from the 4000-strong audience. This, ahead of its time dance piece was then developed into a full stage show by producer Moya Doherty, composer Bill Whelan and Director John McColgan.

With its fusion of Irish and International music and dance, Riverdance broke all box office records during its world premières in Dublin, London and New York and continued to set new records in packed theatres and arenas throughout the world.

Staying true to its roots, Riverdance returns to Killarney with a rejuvenated show this Summer. Featuring the unbelievable talent of the Riverdance Lead Dancers, the Riverdance Irish Dance Troupe, the live Riverdance Band and International artists from Russia, Spain and the USA the show is guaranteed to mesmerise audiences of all ages and culture.

The smash hit show will commence its run in the INEC, Killarney on September 12th

Celebrations as Meentogues N.S. secure Third Place at NUI Galway

There was huge celebrations when it was announced that pupils from Meentogues National School in Headford, Killarney were third place winners for their randomised clinical trial, How much can teachers influence us? The pupils investigated how much teachers influence pupils and found that having a teacher in the room does indeed influence a pupil's choice. The win was part of the recent Schools Teaching Awareness of Randomised Trials (START) Competition, which took place at NUI Galway.

The START competition, now in its third year, is run annually by the Health Research Board - Trials Methodology Research Network (HRB-TMRN) based at NUI Galway. The programme is designed to increase young children's understanding and awareness of randomised clinical trials and educate pupils about why we need ran-



Meentogues National School, Headford, Killarney were 3rd place winners at the 2018 Schools Teaching Awareness of Randomised Trials (START) Competition in NUI Galway. Pictured left-right: Teacher, Denise O'Connor, Simon Meehan, BT Young Scientist Winner 2018, pupils Lainey Harty and Delia Foley, along with BT Young Scientist Runner-Up Winners 2018, Darragh Twomey, Neil O'Leary and Andrew Heffernan. Photo: Aengus McMahon.

domised trials to improve healthcare nationally and globally. Due to the quality of the entries, the judges were unable to pick a stand-alone third place winner and a joint

third place was announced. Pupils from St. Michael's National School, Castlepollard, Co. Westmeath won joint third place for their clinical trial, Can ten minutes of daily exercise increase students'

fitness? They evaluated if ten minutes of daily exercise increased the pupils' fitness and found a slight effect but not enough to be conclusive about this result.



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Kerry youths lead the way in KDYS Building Futures Campagin

1 12 inspirational young people from across Kerry have developed over 60 social action projects as part of the KDYS Building Futures campaign.

These projects have made a huge difference to their local communities in the last year.

The wide range of projects and events were created and developed by young leaders as part of the KDYS Youth Participation Training. The Young Leaders were acknowledged and celebrated at a special night in Killarney, where they were presented with certs and their fantastic contributions were showcased.

The Youth Participation Training equips young people with a set of critical skills which will last them a lifetime, skills including; leadership, negotiation, budgeting, project management and teamwork, communication and presentation skills. In addition the training provided a platform for young people to make a positive contribution to their local community by organising events and projects. From north to south Kerry young people involved this year contributed over 4,500 hours of their time to make their community a better place for everyone!

Speaking on the night, Tim O Donoghue, CEO said "Giving young people a voice and the opportunity to make a positive contribution is what youth participation is all about. Despite all the challenges facing young people today KDYS is committed to Building Futures for all young people and the communities where they live. This is a great example of what results from providing young people with the spaces, skills and opportunities to create change. Through our partnership with the Ring of Kerry Charity Cycle we are



The annual KDYS Building Futures awards ceremony was held recently in Killarney & students heard incredibly inspirational words from Ian O Connell, pictured centre. **PHOTOGRAPH: SALLY MACMONAGLE**

hoping to extend opportunities and programmes such as this to even more young people. We are asking everybody to get behind #teamKDYDS this year so that we can make this a reality". People can help by signing up to cycle, sponsor a KDYS cyclist or volunteer with the KDYS to help out in the Ring of Kerry event.

KDYS has an exciting vision for young people in Kerry. A future where all young people can realise their potential, a future where young people can learn the skills needed for their lives today, and to ensure

a healthy and successful future. The range of supports provided by KDYS to young people focus on helping young people with; active and healthy living, personal development, arts and creativity, eating well and nutrition, helping transition from primary to secondary school, mentoring, preparing for the workplace of tomorrow, team building and leadership, mental and spiritual wellbeing, being resilient and dealing with anxiety, digital and online safety, learning skills for future employment.



Photographed at the KDYS Building Futures Awards night in Killarney were Darren Stack, Bishop Ray Browne, Fiona Quirke & Saoirse Sheehy. **PHOTOGRAPH: SALLY MACMONAGLE**



Photographed at The Lily of Killarney in The Gleneagle Hotel on Friday night were Shane Murphy, Carmel O'Leary representing Gleeson's Dentist, Siobhan Loftus & Humphrey O'Leary. **PHOTO: SALLY MACMONAGLE**



Photographed at The Lily of Killarney in The Gleneagle Hotel on Friday night were Clodagh Nagle, Four Star, Eve Dowling, Lorna Furey & Niamh Murphy. **PHOTO: SALLY MACMONAGLE**

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Killarney School chosen to participate in Pilot Scheme



Faha National School is among five schools in Kerry chosen to participate in pilot Creative Schools scheme from September 2018

Chosen from over 400 applicants, schools chosen to take part in the programme include primary schools, secondary schools, Youthreach centres, special schools, DEIS schools, co-educational schools, rural, urban, single-sex and Irish-language medium schools. Work will begin in September 2018 and run through to the end of the school year in 2019.

In their application, schools had to explain how their participation would support learning and development in the arts and creativity, their capacity to engage as a school and their plans for ensuring that children and young people play an active role in developing, implementing and evaluating their work as a Creative School. Through the programme, the Arts Council is engaging with children and young people across the country enabling their creativity and linking them in with the arts and creative infrastructure in their locality and nationally.

On hearing the news Gerry Fitzgerald of Faha N.S said: "This programme will enable us to increase the professional manner in which the Arts are delivered in our school.

It will also further develop the existing culture of embracing the arts and promote creativity in our school. It will help build pride, self-esteem and aid personal development for all involved."

Fybough National School in Castlemaine were also chosen and Principal Catherine Ní Mhuircheartaigh said: "We see this as a remarkable opportunity for our students to engage in the arts in a new and exciting way.

We are eager to create a space in which children can express themselves creatively. We want to breathe new life into the arts in our school and this opportunity opens doors to endless possibilities."

Schools selected for the pilot will be provided with a package of support which includes funding and expertise from a Creative Associate to enable them to explore the potential impact of the arts and creativity on school life. With the support of their Creative Associate, schools will develop a Creative School plan and design a unique programme that responds to the needs and priorities of their school.

This process will support children and young people to challenge themselves in new ways, to gain in confidence and to take a more active role in learning.

Other Kerry schools include Pobalscoil Inbhear Sceine in Kenmare, Presentation Primary School in Tralee and Scoil Eoin Balloonagh in Tralee.

Roscommon Rose to lead choral concert for Kerry cancer charity

THIS year's Roscommon Rose, Eimear Reynolds, will be visiting Kerry a little earlier than her fellow Roses this year as she heads up the 75-member Roscommon Solstice Choir at a fundraising concert at Killarney Cathedral on Sunday, June 17. Eimear - the choir's musical director and soloist - will lead the choir in what promises to be a stunning evening of song in aid of cancer support charity, Recovery Haven Kerry.

A total of 75 members of the Roscommon choir are expected to visit Killarney for the performance, which has been awarded 2018 European Year of Cultural Heritage status by The Heritage Council. The Roscommon Solstice Choir is a voluntary choral group which provides an outlet for people to come together in harmony to sing, socialise and to raise money for charitable causes.

The origins of the choir are in the Year of the Gathering initiative of 2013, when a huge choir of singers from all over Roscommon was formed to perform three special concerts.

Due to the success of the initial venture, the choir was formed on a permanent basis and renamed Roscommon Solstice Choir and continues to tour extensively at home and abroad.

Speaking about the upcoming concert in Killarney, Recovery Haven PR & Marketing officer, Marisa Reidy, said that everyone at the charity is absolutely thrilled to join forces with the choir for what promises to be a magical evening of song.

"The reputation of the Roscommon Solstice precedes them and we are so excited to see just how wonderful they are, complemented of course by the amazing surroundings of Killarney Cathedral," she said. "We are so grateful to the choir for choosing Recovery Haven as the beneficiary of the concert, as well as everyone else who facilitated this exciting event."

Tickets for the event are €10 and are available from Recovery Haven Kerry or at the cathedral on the night. The concert will get underway at 7.30pm, with doors open at 7pm.



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Executive five bedroom (3 en-suite) family home, on landscaped site with south westerly rear garden. Ideal family residence only 10 minutes from Killarney, off the Milltown Road, close to Faha National School. The property has separate kitchen cum dining, diningroom and sittingroom, with three ground floor bedrooms, (1 en-suite) and two first floor bedrooms, (both en-suites). Property is in excellent condition, with oak fitted kitchen, integrated appliances and quality tiling.



Price Region: €295,000
BER B3

LISSIVIGEEN, KILLARNEY, CO. KERRY

Large seven bedroom detached dormer style family home with feature stone to front, which is set on landscaped 0.75 acre site in quiet location, just off Cork Road, only minutes from Killarney town centre. Accommodation includes on the ground floor entrance hall, sittingroom, kitchen cum diningroom, utility room, shower room, two bedrooms (one with walk in wardrobe and two with ensuite). On the first floor there are five bedrooms, (one with walk in wardrobe and one with en suite) and bathroom. Externally there is a large detached garage. The property has views towards McGillicuddy Reeks.




Price Region: €345,000
BER C2

Retail Butchers sought for large unit in Killarney Shopping Arcade (Tesco) 1,050 sq ft

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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Celebrate Stars and Stripes This 4th of July in Killarney

Killarney town is set for a major transformation this coming July as America's most significant national holiday is taking over the town. Killarney's annual 4th of July Independence Day festival is set to be a celebration of all things American! Festivities on Wednesday July 4th include The Big Parade, An out-door cinema, choir singing, a street party, swing dancing, and lots more fun for both young and old, all located in the beautiful scenic town of Killarney.

The celebrations will commence at 3pm with the raising of the American flag by the Mayor of Killarney & Chamber President at Killarney town hall. Following that the town will transformed into a carnival atmosphere of fun and entertainment.

Street BBQs, Brass bands, Cheerleaders, Disney characters will be on hand to keep everyone entertained from 3pm – 7pm.

The Highlight of the Day is The Big parade which will commence at 7pm from the outlet centre Car park, and this will bring the streets of Killarney to life.

Following the big parade there will be a



From left, John Aherne, Kerry County Council, Paul O'Neill, President of Killarney Chamber of Tourism and Commerce, Mike Moynihan, Heineken Ireland, Ollie Favier, Killarney 4th July Festival, Diarmuid Leen, Killarney 4th July Festival, Dermot Healy, Killarney 4th July Festival, Eileen O'Donoghue, Killarney Municipal District Officer and Kieran O'Halloran, Killarney Municipal District Engineer. **PHOTO: VALERIE O'SULLIVAN**

screening of "Dirty Dancing" in an out-door screen on the grounds of Killarney House. This is a Free Ticket event and places must be booked online and it is an alcohol free event.

And of course no 4th of July Celebration would be complete without a spectacular fireworks display which will round off

the evening at 11.15 pm and light up the night sky over Killarney.

The Fourth of July is the most significant national holiday in the United States and given Killarney's unique relationship with America through the years is now an annual event in the town.

Limited Spaces Remaining for the ŠKODA Ring of Kerry Charity Cycle

The countdown is on There are limited spaces remaining for The Ring of Kerry Charity Cycle, which will take place on Saturday, 7th July 2018. The cycle, which this year celebrates 35 years as Ireland's largest one-day charity fundraising event, is expected to see 10,000 recreational cyclists take part.

Over the past 35 years, the cycle has raised almost €15 million for 150 charity organisations, through the annual support of partici-

pating cyclists and volunteers. Aside from some essential costs to run the 180km Ring of Kerry Charity Cycle, all funds raised go directly to carefully selected charity organisations.

To date, funds raised from The Ring of Kerry Charity Cycle have benefited many support services, such as Down Syndrome Ireland, Enable Ireland, the Irish Kidney Association, Breakthrough Cancer Research, the Kerry Hospice Foundation, Pieta House, St Joseph's Home in Killorglin, and many more.

To celebrate ŠKODA and Liam Lynch Motors sixth consecutive year partnering with the Ring of Kerry Charity Cycle, they have announced some special activities to support cyclists before and after the infamous 180km cycle.

On the evening of Friday, 6th July, at the cyclist registration event, ŠKODA and Liam Lynch Motors will have two courtesy bike mechanics on stand-by, for any last minute repairs that participants may require, to ensure that participants' bikes are readily prepared for the 180km challenge. In addition to that, ŠKODA will have an array of high quality cycling apparel for sale, including shorts, jerseys and rain gear at a special discount rate. After completing the trek, ŠKODA and Liam Lynch Motors will offer participants courtesy massages, via six specialist sports massage therapists, who will be on hand to take care of any post-cycle strains and aches.

Speaking about the Ring of Kerry Charity Cycle, Liam Lynch of Liam Lynch Motors said: "We have a great tradition of welcoming guests to our wonderful county and we'll be doing just that, as thousands descend on Kerry, for this event, in July. As a special thank you to all event participants, we are delighted to offer some additional services, to make the challenge a little easier and we look forward to welcoming those taking part, to our showroom."



Pictured at the launch of the ŠKODA Ring of Kerry Charity Cycle was (l-r), Liam Lynch and Cathal Walshe, Liam Lynch Motors, John Rice, Ring of Kerry and Raymond Leddy, Head of Marketing at ŠKODA Ireland.



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THROUGH THE KEYHOLE....

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• BER Details BER: D2

Address: Knockaninane West, Kilcummin, Killarney, Kerry. Well presented 4 bedroom bungalow (1331 sq ft) standing on in excess of 0.33 acre site with front boundary walls and a gated entrance. Features include south facing rear garden, garage with electricity, oil fired central heating, double glazed woodgrain PVC windows, solid fuel stove & countryside views. Area is serviced by Kilcummin National School and Anablatha National School. Only 8.5km from Killarney town centre. Ideal first time buyer / family home.

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Price Region: €215,000 BER: D2 1331

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



Last years hardy set dancers settled on a storm set at the first bridge at the Gap of Dunloe, the rain and gail force winds failed to dampen the spirits for the very worthy cause - 'Buy a Bus' campaign, -The charity Kerry Parents and Friends, which has played an enormous role in the lives of families in Kerry, living with intellectual difficulties. The evening was led by Agnes Rooney, the driving force behind the campaign, in conjunction with Killarney Walking Festivals charity evening. The Group raised over €860 in just an hour. Sean Coffey of Kate Kearney's Cottage, very generously dished out lovely baskets of hot food for the wet walkers. PHOTO:VALERIE O'SULLIVAN

Killarney Walking Festival Charity Sun 'SET' on Strickeen & Celebration of The MacGillycuddy's Reeks

This year's Charity Walk - a Sun 'SET' on Strickeen, on Friday 22nd June, 2018, will be in aid of 'Bus Fund' Kerry Parents and Friends. The charity Kerry Parents and Friends has played an enormous role in the lives of families in Kerry, living with intellectual difficulties. The 'Bus Fund' is the initiative of Agnes Rooney, Her sister Mairead - cared for full-time by Agnes since their mother's passing in 2015 - has Down's syndrome, and has been helped by the group for decades. Agnes herself admits she'd be lost without the association's assistance, which has led to her ongoing attempt to raise €60,000 to purchase a wheelchair-accessible bus for the charity. To date the present fleet of 17 buses are deteriorating with no funding for replacement. Agnes says "These buses take Mairead and her friends to work, home, hospital appointments, social training, respite and holidays. They travel all over Kerry and truly support them and their fami-



Agnes Rooney, Her Sister Mairead, Bus Driver Mike Gallagher, Avril and James Rooney. PHOTO:VALERIE O'SULLIVAN

lies in ways that the greater community may not understand."

The Charity walk departs Kate Kearney's Cottage at the entrance to the Gap of Dunloe, at 7.30pm. Walkers will be asked to dance an entire Kerry Polka on the summit, just bring a tin whistle and a bodhrán. The 'Buy a Bus' campaign is also one of the beneficiaries of the Ring of Kerry Charity Cycle this

year, Agnes is actively seeking Cyclists to register for the 'Buy a bus' charity on the Ring of Kerry Website. Included in the picture is Agnes Rooney, Her Sister Mairead, Bus Driver Mike Gallagher, Avril and James Rooney.

The Reeks Experience Gathering 2018 - This years Walking festival takes place from Saturday 23rd June -Sunday 24th June 2018. Celebrating Ireland's Highest Mountain Range, the MacGillycuddy's Reeks. Iconic treks include, Carrauntoohil, the exhilarating Coomloughra Horse Shoe, vertical ridges not for the faint hearted on the Eastern Reeks. Purple and Tomies Mountain, Cronin's Loop Heritage Walk with Historian Tomás O'Sullivan. Event Director is John O'Sullivan, Reeks Guiding Company. The Base Camp for this years Walking Festival is Kate Kearney's Cottage, Gap of Dunloe. Bookings: www.killarneywalkingfestival.ie

New Transitional Course for 1st Year Secondary Level

Castleisland Tuition Centre is for the first time running an intensive one week

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for the standard required in secondary school.

Starting secondary school can be quite daunting for many students and this preparatory course will help to reduce the fear of the unknown and greatly improve their confidence

levels thereby giving them a head start.

Two course options are available to 1st year students. Course one will focus on Maths and English whilst Course two will focus on Maths and Irish. In Maths children will be introduced to sets (set notation, subsets, vein diagrams, union and intersection 0.

In English, media studies, broadsheets, tabloids, social media and advertising) will be addressed along With an introduction to secondary level poetry and drama.

The Irish part of the course will concentrate on poetry and stories, grammar, listening to Irish conversation, speaking Irish and comprehension pieces. For further details on these courses please contact Castleisland Tuition Centre at 066-7142899 office hours or 087-7994739



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REF: 1077

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BER D1

Coolmagort, Beaufort

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REF: 1175

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BER B3

52 Woodlawn Park, Killarney

5/6 Bedroom semi-detached property (approx 1,500 sq ft) located in a quiet mature residential area just off the popular Woodlawn Road, 10 minutes walk to Killarney Town Centre. South facing onto a large green area, extended & modernised throughout. Includes a ground floor bedroom. Must be viewed!
REF: 781

GUIDE PRICE €265,000

FOR SALE


BER G

17 Rock Road, Killarney

Three Bed Detached Bungalow on approx 0.2 acre site with side entrance on the Rock Road within minutes walk of the town centre. The property has potential to be extended for additional space out the back if required. This Bungalow has a rural feeling whilst being extremely convenient to Killarney Town Centre.
REF: 1157

GUIDE PRICE €280,000

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BER B3

38 Pairc Chuimin, Kilcummin

3 Bedroom terrace (approx 1,240 sq ft) home with private south facing garden in an exclusive development of 84 luxury modern homes in the heart of Kilcummin village, just 5km to Killarney Town Centre. OFCH & Double glazed pvc windows. Ideal first time buyer or investment property.
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John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
Working with Cllr John Joe Culloty 087-1308000 cllrjcculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

For advice and representation please feel free to call into the office or clinics
Office: 064 66 94199/083 8541447
Email: john.brassil@oireachtas.ie John mobile: 087 2362330



Michael Healy-Rae TD

Tel: 064 66 85782 / 087-2461678
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every Saturday at 3.00pm

Castleisland Clinic: River Island Hotel
Last Friday of every month at 7.00pm
Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm
Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm
Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

Other Clinics held throughout the Constituency on a regular basis and advertised locally

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The relief is limited to the cost of the policy up to a maximum of €1,000 per adult and €500 per child. A child is considered to be a person under 21 years of age, whether or not they are in full-time education as long as a child premium has been paid for them. For individuals 21 years of age and over, you can now claim relief at the amount set for adults, even if they are getting a child premium.

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Discover the Magic of Kerry this Summer at the Manor West Food and Craft Fair

A celebration of Kerry's vibrant food and craft scene will take place at Manor West Shopping Centre and Retail Park on Saturday, 23rd June from 11am to 5pm, where some of Kerry's finest food producers and craftspeople will showcase all the

county has to offer.

A diverse mix of local entrepreneurs will be exhibiting their products throughout the day, with delicious locally-made produce and beautiful handmade creations for those looking for unique gifts and treats. Manor West

invites families and friends to come along to enjoy the unique atmosphere and have fun as they support their local community.

This year, to further support local Kerry businesses, Manor West has launched the Manor West Food and Craft Fair Awards in association with the Kerry Local Enterprise Office (LEO), which offers the producers involved an opportunity to be recognised for their excellence and entrepreneurship and win a fantastic prize. Manor West is inviting the public to come along to the Summer Fair to experience all the wonderful artisan products and vote for their favourite stall, as well as through social media on the Manor West Facebook page.

As well as delicious food and masterfully created crafts, the fair will be jam packed with fun for the kids with balloon modellers, face painters, and fun characters as well as Tony the Magician. Radio Kerry will be there throughout the day to chat with the food producers and craftspeople, as well as playing great music and taking requests from visitors to the centre who will have an opportunity to win special spot prizes! For more information on Manor West Shopping Centre and Retail Park and upcoming events please visit www.manorwest.ie or follow them on Facebook and Twitter.



Colleen O'Connor from the Kilcummin Gourmet Kitchen with Tina Curtin from Tralee enjoying the wonderful atmosphere as they support their local community at Manor West Shopping Centre and Retail Park "Spring Food and Craft Fair" in Tralee, Co Kerry. **PICTURE: DOMNICK WALSH**

Busy times for KCC Artists in Residence

Kerry County Council's artists in residence have been very busy over the last few months.

Filmmaker-in-residence Mieke Vanmechelen has connected with a number of special groups of secondary students, each with their own vision and unique approach. A short film produced with CBS The Green called 'Change The Future' was selected for the first heat of the Fresh Film Festival on March 6th in Limerick. In Killarney Community College the students worked on a project is to make a film dealing with issues affecting teenagers and young adults today. The students worked hard on scripts and storylines and there will be a screening of the film as part of Cruinniú na nÓg at The School House in Muckcross at 2pm on June 23rd. Presentation Secondary School Castleisland and Saint Patrick's Secondary



Annemarie Ni Churreáin at Killorglin Community College.

School Castleisland came together to present a short film inspired by the idea of place and identity. They aimed to highlight the value of culture through dance, music, the Irish language and their interest in sport. Mieke has also worked with The Tralee Art Group - the group are working on a collaborative project with staff and visitors of Baile Mhuire Day Care Centre. The works

created during this time will be exhibited at Baile Mhuire following an opening reception on June 14th.

Writer-in-residence Annemarie Ni Churreáin is continuing her work throughout the county with individuals and groups, providing workshops, mentoring and manuscript consultation to writers at all levels. Most recently she has worked with writers in Dingle, at the Sliabh Luachra Group in Castleisland and at Killarney Library. In May Annemarie delivered a number of creative writing workshops as part of the Bealtaine Festival 2018 programme at Killorglin Library, Tralee Library and Castleisland Library. On the 26th July she will be hosting one-to-one mentoring sessions at Dingle Library. Each session will last 35 minutes, all levels of experience are welcome. After the mentoring sessions, there will be a reading at

Dingle Bookshop at 7.40pm on 26th July.

Composer-in-residence Ian Wilson has been visiting schools around Kerry bringing music to primary school students in Caherdaniel NS, Faha NS, Scoil Íosagáin in Ballybunion and Clogher NS. Ian's intention with the schools projects is to give students the opportunity for creative experiences in music - this includes improvised music-making and song-writing, and themes have centred on environmental issues, nature, and the individual localities. Another strand of the residency involves songwriting workshops, meeting with songwriters in the county. Ian is happy to meet with musicians of all levels of experience and can be contacted on composer@kerrycoco.ie. Kerry County Council's artists in residence are co-funded by The Arts Council.

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KILLARNEY TOWN TALK



CAOIMHE SPILLANE

Don't forget this Sunday June 17th is Father's Day, so happy Father's Day to all the dads! Reminder that the Inisfallen Mass takes place today, Friday 15th, at 6.30pm on Inisfallen Island, with boats leaving regularly from Ross Castle from 4.30pm. The Fleadh Cheoil Chiarraí 2018 takes place in

Milltown 20th - 24th June. Another reminder! the Roscommon Solstice Choir will perform in concert at the Cathedral this Sunday, June 17th at 7:30pm. I hope everyone has a lovely weekend. To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

ROYAL ITINERY IN KILLARNEY

Prince Charles and Camilla will be in Killarney today to visit Muckross House and Gardens before



SINGER AND VOCAL COACH LISA CURRAN PICTURED AT HER 30TH BIRTHDAY PARTY RECENTLY

they attend a garden party at Killarney House this afternoon where they will be inducted into the Order of Innisfallen, which will be awarded in recognition of the contribution of the British people to the tourism industry in Killarney. The presentation will be made by Mayor of Killarney, Cllr Niall Kelleher, and the President of Killarney Chamber of Tourism and Commerce, Paul O'Neill. Hopefully the sun shines for the royal visit!

FOLK MUSIC GIG

Live Music with Duncan Cameron Saturday June 30th at pm at Killarney Mountain Lodge. Duncan Cameron creates fresh and detailed folk music. His compositions and adaptations of old songs in both French and English reveal the depth and contrast of emotions in lyrics as well as instrumental music. To that end, his arrangements and compositions draw not only from Celtic roots but also classical music, funk, and other popular styles.

KILLARNEY SINGER TO RECORD NEW ALBUM

Killarney's own Classical Crossover singer Grace Foley is thrilled to announce that she is recording her new E.P. this summer. The E.P. will be recorded in Dublin and will be co-produced by pianist and producer Brian O'Connor and the Irish trumpet star, Niall O Sullivan. This E.P. will allow Grace to attract people to her style of music which she describes as 'the warm and darker side to Classical Crossover Music'. Grace plans to launch the E.P. later this year and cannot wait to share it with the people of Killarney who so warmly received her debut album, 'Home To Kerry'.

7-A-SIDE BLITZ

There will be a GAA 7-a-side football blitz taking place in memory of Mike Tagney at Beaufort GAA pitch on Saturday September 8th. Mike was an avid GAA fan and so they invite teams to register (Registration opens after 23rd June) to enter in the charity tournament which is in aid of GA Ward and CF in Unit in CUH and for Autism Kerry. Players and non players alike are invited to come along and join them to celebrate their beloved Mike at this family fun day. Prize giving, refreshments, music and entertainment will take place later that evening.

CHEF COLLAB

Chef Collab, is a project aimed at giving young chefs a platform to showcase their skills, learn from others and make contacts within the industry. The idea is to bring together groups of four chefs, working at the same level, to cook a four-course meal for industry peers at a pop-up restaurant. The first event, was held at Courtney's Bar in Killarney on May 28th, and was a huge success. It will be followed by a second event at the same venue on Monday, June 25th, at 8.30pm. Chefs de partie will be taking over the kitchen on that night, and all four of them have worked in Killarney at some stage of their career. They are James O'Sullivan (L'Ecrivain) on starters; Jason Nolan (Gregar's Castle) fish; Jordan O'Donoghue (The Europe Hotel) main course; Dan Moynihan (Danu at The Brehon) dessert. The pop-up is open to the public as well as those involved in the industry and tickets for €25 can be booked by emailing thekerrychefcollab@gmail.com.

TALES VS TUNES TOUR

This event will take place in Courtney's Bar, Killarney (entry from 20:00, show 20:30). Entry is free and suggested donation is €5. Tales Vs. Tunes is a competition between musicians and spoken word artists to finally determine which is superior - Music or spoken word! In this context, spoken word covers prose, poetry and comedy. Each performer gets the same 2 words and they must create a brand new piece which use these words in some capacity. Musicians and spoken word artists are then paired off in a versus format in the live show, with the winner being decided by public vote. The words for the show are 'cute' and 'creepy'. Performers can do anything they want with the words. The aim is to use the words in as creative a way as possible and win a point for your team! Most pieces average 3-5 minutes but only an upper time limit of 10 minutes applies. Confirmed acts are Cinzia Loi, Seamus O'Brollachain, PM Spunk, Daniel Cosgrove, Emmet O'Brien Poetry, Natasha Helen Crudden- Writer, Chelsea Cleary Devoy, Kasey's Scribbles, David Halpin, Barry Currian and Tom Lucey.

VOLUNTEERS NEEDED

The Irish Wheelchair Association (IWA) is looking for volunteers that can spare 2 hours on Friday the 6th and Saturday the 7th of July to bag pack in their local Tesco Store in Killarney. Volunteers will be bag packing in Tesco Stores nationwide as part of IWA's National Bag Pack Collection. All funds raised during the bag pack collections will be immediately invested into the range of essential services IWA provides to people with disabilities in their own homes and local communities. IWA invites all local people to get involved by filling out a registration form at www.iwa.ie/tesco or by contacting Holly Johnson, IWA Community Fundraising officer (holly.johnson@iwa.ie/ 087 2159482)

BARRADUFF CYCLE

The 7th Annual Barraduff National School Resource Cycle takes place on Sunday, June 17th, 2018. Registration takes place on Saturday 16th June from 19:00 - 21:00 and from 7:30 am on the morning of the cycle (Adults €20, Students €15). Each person competing in the cycle must register and sign the registration form sign themselves before the cycle commences. Following the usual route from Barraduff to Kilgarvan and on to Kenmare, up the famous hill to Molls Gap, then sweeping down to Killarney and rolling home to a great welcome in Barraduff once more.

FR KIERAN SILVER JUBLIEE

Fr Kieran O'Brien will celebrate 25 years of ministry as a priest in the Diocese of Kerry. It is most fitting that he celebrates it here in Killarney Parish as he was ordained in St Mary's Cathedral on June 13th 1993, and he has spent 12 years, nearly half his priesthood, in Killarney, as a curate from 1993 to 1999 and as Administrator from 2012 to now. To mark this great milestone in his life and priesthood, Fr Kieran will celebrate Mass on Friday June 22nd at 6.15pm in the Cathedral with parishioners, family and friends, and there will be refreshments afterwards in St Brendan's College. You are all most welcome to join in celebration and thanksgiving with him.

5K FUN RUN/WALK

Faha National School are hosting their fundraising 5k Fun Run/Walk on Sunday 17th June, registration will take place at 11am, and the Fun Run begins at 12 noon. The starting point will be the Castlerosse Hotel car park and the route will take in the National Park before returning to the start point.



A GROUP FROM LISSIVIGEEN BEFORE TAKING A GUIDED TOUR OF THE OLD DISTILLERY IN MIDLETON LAST THURSDAY. THE DISTILLERY WHOSE ORIGINS GO BACK TO 1825 WAS A LEAP THROUGH HISTORY AND AN ENJOYABLE EXPERIENCE AS ONE ADMIRERED THE OLD KILNS, MILLS, MALTINGS AND WATER WHEEL. LATER ON THE BUS TRIPPERS ORGANISED BY LISSIVIGEEN COMMUNITY ALERT AND O'CALLAGHANS COACHES VISITED SPIKE ISLAND.

HB FUN DAY

Dinis Tea Rooms are hosting a HB Icecream Fun Day for Down Syndrome Ireland on Sunday 17th June from 1:30-4pm. They will put the fun into fundraising by hosting an ice cream party and all money raised will go towards providing educational tools and support for teachers and parents across Ireland, ensuring the best education journey for children with Down Syndrome. Please support.

YOGA FOR FOCUS IRELAND

Nave Yoga are hosting a yoga class outdoors to raise funds for Focus Ireland, who help prevent families, young people and individuals from having to experience homelessness. Join them for a yoga class at the stunning Killarney House and Gardens on Saturday 16th June at 10am. This class is suitable for beginners as well as experienced yogis. Minimum required donation for the class is €5 per person with all proceeds going to Focus Ireland. Class must be booked via their website at www.naveyoga.com or else contact them on 0872601624. Please bring your yoga mat, water, sunscreen and weather appropriate clothing.

4TH JULY FILM

Killarney 4th of July Celebrations have announced that the outdoor film this year will be Dirty Dancing. It will be screened at Killarney House from 10pm on the 4th of July on their amazing big screen. This is a Free Event. Fire works will take place at 11.15 pm

KILLARNEY ATHLETIC GOLF CLASSIC

Killarney Athletic A.F.C. Will host a Golf Classic on Friday June 29th at Mahoney's Point as they are hoping to raise funds for a new AstroTurf training pitch and training centre development. The addition of an all-weather pitch will be a huge

benefit to the club and the town of Killarney. The Golf Classic. All support is greatly appreciated.

POP SINGER IN TOWN

Pop royalty, Una Healy, of the Saturdays fame, will be bringing her tour -Voice Inside Of Me- to the INEC tonight Friday June 15th. Una weaves folk, pop and rock melodies into echoes of the country music she grew up with in Ireland. She found fame as one fifth of girl band The Saturdays and they sold over 5 million records worldwide and racked up 13 Top 10 singles and 5 Top 10 albums in just 6 years. The band also embarked on 4 nationwide headline tours and starred in 3 primetime TV series.

Killarney Toning & Beauty have announced their involvement in the Brows for Barnados Campaign. From June 15-24 inclusive they'll be donating 20% of the cost of each eyebrow treatment to Barnados. Funds raised will help provide early years and family support services to vulnerable children in communities throughout Ireland. To book your appointment call 064 66 32966

CLIMB TO REMEMBER'

Kerry founded 'Climb to Remember' on Sunday, June 24th to remember loved ones and support The Mercy Hospital Foundation. The 7th annual, Kerry founded, charity 'Climb to Remember' to the summit of Carrauntoohil takes place a little later than normal this year, on Sunday, June 24th. The popular hike will see people from all over Munster rise to the challenge of climbing Ireland's highest peak in memory of a loved one, with funds raised going towards The Mercy Hospital Foundation's various appeals.

EDUCATION OUTLOOK

There is still a lot to play for as the State Exams enter the final week



(By Billy Ryle)

As the state exams approach the end of the second week, many candidates have reached or are close to the end of the road. The optional subjects now take centre stage. As the number of candidates taking these subjects is considerably less than the number taking the compulsory subjects some exam centres will close early. Candidates from these centres will be relocated to a different centre for the remainder of the exam. The number of candidates in the school environment will also continue to decrease, so it's important for candidates who still have a job of work to do, not to feel left behind or become impatient to get over the finish line.

Normally in the final week, candidates will have one or two subjects from a standard seven left to do. However, it's not unknown for students to take an eight or even a ninth subject to complete a particular vocational grouping such as Business, Economics and Accounting. So there is still a lot to play for. There are grades and points to be earned.

Candidates must guard against exam fatigue in week three. The buzz of the early days is gone. There is less foot fall around the exam centres. Your remaining subjects are likely to be spaced out. These subjects have to be faced. They must be given priority between now and Friday week. Keep a lid on your impatience and stay in exam mode. You need to be as motivated, focussed and energetic during week three as you were on the first exam day.

Eight of the thirteen exam days will have passed by tomorrow, Friday evening. There are ten more subject sessions in the remaining five days. The number of candidates taking these final week subjects will be much less than in the earlier days of the exam. However, candidates concerned must defer any post exam celebrations. In sporting parlance, as Sir Alex Ferguson has so often reminded us, the game ends only with the final whistle. How right he is! Defeat has often been snatched from the jaws of victory by one untimely lapse in concentration.

The weekend provides an opportunity to recharge the batteries and to plan for next week. Enjoy some exercise and fresh air to prepare for the third week. A good work out will help you to sleep soundly, to build up stamina and endurance and to maintain your concentration for the last lap. Enjoy a few good nights' rest so that your mind and body are fully alert for the remaining papers. Organise your revision sessions for daylight hours. Don't burn the mid-night oil but go to bed early. Go over the tips and predictions for your remaining subjects. Resist the temptation to spend endless hours cramming course material. Scan your notes on the eve of any remaining paper so that the key concepts are fresh in your mind.

Maintain your disciplined and organised approach over the remaining days. Avoid late night socialising with those who have finished the exam. Keep your distance from alcohol as you'll need a clear head and lots of energy for the task ahead. Eat well as good nutrition is important in week

three to avoid energy loss. Keep your fluid levels high to avoid dehydration.

Candidates have performed very well during the past fortnight. Keep up the good work and bring your exam to a successful conclusion next week. Use your free days wisely. Stay positive and be confident in your ability to do well in next week's papers. Take it subject by subject and bring the curtain down on a stellar performance.

After the State Exams, applicants to the Central Applications Office (CAO) turn their attention to the CAO "Change of Mind" Form, which must be submitted by Sunday, 1st July. Next week, I'll explain how to use that facility to your best advantage.

Checklist

- ✓ The optional subjects are now centre stage in the state exams
- ✓ Use the remaining non-exam days for revision
- ✓ Candidates who have papers in week three must guard against exam fatigue
- ✓ Keep a lid on your impatience and stay in exam mode
- ✓ Remain as motivated, focussed and energetic as you were on 6th June
- ✓ Prepare a plan of work for the final week's papers
- ✓ An exercise programme will help you to sleep soundly
- ✓ Organise your revision sessions for daylight hours
- ✓ Don't burn the mid-night oil but go to bed early
- ✓ Resist the temptation to spend endless hours cramming course material
- ✓ Eat well in week three to avoid energy loss
- ü Keep your fluid levels high to avoid dehydration
- ✓ Stay positive and be confident in your ability to do well
- ✓ CAO "Change of Mind" Form closes at 5.15pm on Sunday, 1st July

Billy Ryle is a Career Guidance Counsellor and freelance writer

A large group of parents and children from Gaelscoil Faithleann Killarney, stepped it out last Sunday June 10th, for a Family Fun walk in the Killarney national park. Starting at the Castlerosse carpark, the happy crew did a circular route via the Demesne, with the aim of socialising with fellow parents and also raising funds for a charity chosen by some of the children, the Irish Society for the Prevention of Cruelty to Animals (ISPCA).



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DRIVERS URGED TO BE AWARE OF CYCLISTS AND TO GIVE THEM THE SPACE TO RIDE SAFE

The Road Safety Authority (RSA), Cyclist.ie the Irish Cycling Advocacy Network, Department of Transport Tourism and Sport, and An Garda Síochána are urging drivers to be aware of cyclists and to give them the space to ride safe when overtaking. Cyclists are also being reminded to follow the Rules of the Road. All road users need to be aware there will be an increase in the number of cyclists on the road over this period, drivers in particular are asked to treat them with



respect and to share the road safely - not only during the upcoming National Bike Week, but every day of the year.

The organisations have

three important pieces of advice for drivers.

- Give cyclists the space to ride safe when overtaking them. (1 metre in speed zones under 80km/h and

1.5 metres in zones over 80km/h). Cyclists can be thrown off course by sudden gusts of wind or when having to avoid uneven road surfaces.

- Check mirrors regularly. Remember a cyclist could be in your blind spot, look carefully before making your manoeuvre.

- If you or passengers are getting out of the vehicle make sure you check for passing cyclists before opening the door.

Calling All Kerry Clubs... chance to win €35,000

Clubs, projects and individuals in Kerry who have benefitted from National Lottery Good Cause funding have been invited to enter an exciting new national competition with the chance of winning a total of €35,000.

The new National Lottery Good Causes Awards, launched this week, are aimed at honouring the inspiring work and achievements of thousands of projects, clubs and individuals in Kerry and all over Ireland.

The significant new Awards initiative, which will have seven categories, will recognise the incredible difference that National Lottery-funded projects have made to communities in recent years. The Awards will involve County and Regional Finals culminating in a

Gala Awards Final Dinner which will be held in Dublin on November 3rd. Entries are now open for the Kerry County Competition in all categories.

Nearly 30 cent in every €1 spent on National Lottery games – or over €619,000 per day – goes back to Good Causes all over the country in the areas of Sports, Arts, Culture, Heritage, Community, Health, Youth and the Irish Language. Last year alone more than €226 million was raised by players of National Lottery games for such Good Causes.

Individuals, community projects and organisations in Kerry who received Good Causes funding in the years 2014, 2015 and 2016 are eligible to apply. Applications for the Awards are now open and people can enter and check eligi-

bility at www.lottery.ie/good-causes-awards.

The Awards will have seven categories, with County and Regional finals leading up to the Gala Awards Dinner on Saturday 3rd November.

The six categories are:

- Sport
- Health and Well Being
- Arts/Culture
- Heritage
- Community
- Youth Affairs.

Irish Language (Special award to be announced at the Awards final)

Each category winner will receive €10,000 and the overall Good Cause of the Year will receive an additional €25,000.



Letter to the EDITOR

Dear Editor,

For many years in the late 1900's and early 2000's Kerry County Council undertook many Local Improvement Schemes whereby local residents on private roads made a percentage contribution to the Council for surface dressing of their road. This Scheme transformed the lives of many rural dwellers as it allowed them to have safe and decent roads leading to their homes.

Sadly the Scheme was abandoned for a number of years and many rural



dwellers were condemned to travelling potholed bóithríns of very poor quality. Happily common sense has returned and the Scheme has been reintroduced. Following a

recent advertisement by Kerry County Council for applications for the new scheme, 675 new applications were received. As there were 126 applications existing from the previous scheme there are now over 800 applications awaiting assessment by Council. It is hoped that the assessment will be completed by early 2019.

If there is to be any realistic hope of this large number of roads being completed with a reasonable length of time it is imperative that government would annually over the

next 3 to 4 years make a worthwhile sum available for this important work.

There is much talk about rural regeneration and making life in the country more acceptable to people. The speedy implementation of the Local Improvement Scheme would be a great boost to many and an encouragement to continue to reside in their inherited place.

Mo Bhuiochas leat.
Councillor Michael Gleeson

ŠKODA offering great new deals to Kerry car buyers

Zero Reasons not to make the 'Simply Clever' choice with ŠKODA at Liam Lynch Škoda



Good news for Kerry car buyers! From now until June 30th, customers can avail of 0% PCP Finance and up to €2,000 finance deposit contribution on selected models at Liam Lynch Škoda. It is also now easier than ever to upgrade your old car to a brand new ŠKODA, thanks to the ŠKODA Scrappage scheme.

Under this scheme, Liam Lynch Škoda will maximise the value of trade-in models, saving Kerry car buyers thousands on their new ŠKODA. In addition, for the duration of this offer, the ŠKODA Scrappage scheme can be combined with PCP / HP finance at just 3.9%APR, allowing customers to remove older, less efficient cars from the road and replace them with brand new ultra-efficient ŠKODA models.

Liam Lynch of Liam Lynch Škoda, said: "We are delighted to be launching our two great 182 Offers; ŠKODA Scrappage and 0% finance. We have some really superb offers available for Kerry motorists this June and we're looking forward to welcoming lots of new and familiar faces to our showroom. If you're looking for great value then pop down and test drive one of our cars at any time over the course of the next two weeks – you won't be disappointed!"

These offers must end June 30th so call into Liam Lynch Škoda, in Farranfore, Co. Kerry today. 0% APR finance will be offered across a range of ŠKODA models, including the Fabia, Rapid, Octavia, & Superb.

For further information on ŠKODA and their fantastic open event offers visit www.skoda.ie.



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45th Lily of Killarney 2018

CARMEL IS CROWNED 45th lily OF KILLARNEY



Committee and judges: Denise Gleeson, Karen Byrne, Carmel O'Leary, Sheila Curtin and Sheila Cronin. Back: Dawn Ryan, Jake Carter, Kerry Holland, Evelyn Murphy, Margaruite Brosnan, Marie O'Keeffe, Claire O'Mahony and Breda Hickey.



Family Album.... Carmel's family pictured at the Lily of Killarney. Back row L-R: Joanne McCarthy, Mary and Humphrey O'Leary, Denise McCarthy, Siobhan Loftus, Dan McCarthy, Geannette Harrington, Kevin O'Leary. Front row L-R: Shane Murphy, Carmel O'Leary and Mairead McCarthy. **PICTURE: ANNE HOLLAND**



Shane Murphy pictured with the Lily of Killarney Carmel O'Leary after her win on Friday night. **PICTURE: ANNE HOLLAND**

Carmel O'Leary has been crowned the 45th Lily of Killarney at the gala event in The Gleneagle Hotel on Friday night last.

Carmel wowed the judges, Jake Carter and Karen Byrne who won RTE Dancing with the Stars, along with former Limerick Rose, Dawn Ryan to capture the coveted title at the sold out event which is organised by the hard working Ladies committee of Spa Gaa Club. Carmel, who is a dental nurse, was sponsored by Gleeson's Dental Surgery. Jim and Catherine Gleeson received the winning sponsor trophy from Liadh Tobin on behalf of Killarney Medals and Trophies.

The winning Lily received various fantastic prizes including the Healy Cronin Perpetual Trophy and €500 cash prize from Con Stack and Tricel. A 2-night break in London and will attend The Kerry/London Reunion 2018 sponsored by Noel O'Sullivan, A hamper of luxurious hair products sponsored by The Pat O'Neill Style Suite, An electrical gift sponsored by Mike O'Leary and a bouquet of flowers sponsored by White Heather.

Carmel will attend many functions during her reign, including The Killarney Regatta, The Bonny Baby Competition, The 4th of July Festival, The Killarney Races, Christmas in Killarney Parade, The St. Patrick's Day Parade and many more!

"We are delighted to have the continued support again this year of Killarney Credit union who are our main sponsor, as well as our Media Partner Killarney Outlook", Geraldine O'Neill, Chairperson of the Committee told the Killarney Outlook.

"A special mention must go to Jill Duggan, Killarney Toning Tables for her very generous package to all our 33 Lily contestants. A sincere thank you is extended to all the Lily of Killarney Sponsors who are vital to the running of the event.

Additional sponsorship was presented by the following: Killarney Toning Tables, C&C Lifting, Park Rd Pharmacy, Quirke's Quarry, Killarney Stonecast, O'Carroll Engineering, O'Connor / O'Donoghue Solicitors, Adams Jewellers, O'Sullivan's Pharmacy, Evaluation Hair Salon, TSB Bank, Kerry Tool Hire, Sheahan's Centra, Muckcross Rd, Killarney Medals & Trophies, The Brehon Hotel, The Gleneagle Hotel, Scarlett Boutique, The Killarney Park Hotel, Victoria House Hotel, Cahernane Hotel, Kilkenny Ormonde Hotel, Cllr. John Joe Culloty, McSweeney Arms Hotel and No. 52 High Street.

The MC on the night was the dapper Ray O'Sullivan who entertained the large crowd. The Ladies Committee once again organised a wonderful night lead by Chairperson Geraldine O'Neill, Sheila Curtin, Sheila Cronin, Breda Hickey, Claire O'Mahony, Margaruite Cronin, Marie O'Keeffe, Denise Gleeson, Evelyn Spillane and Kerry Holland. Well done to all involved.

45th Lily of Killarney 2018



Mary T. Moynihan
2017 Lily presenting
Carmel O'Leary
with the 2018 sash.



Melanie Unger, Laura Fitzgerald
representing The Dunloe and
Noreen Cronin. **PHOTOGRAPH:**
SALLY MACMONAGLE



Laura Sheahan, Killarney Hair Studio, Olivia O'Riordan, National Tile, Clodagh Murphy, Celtic Steps,
Catherine Daly, O'Donoghue Rings. **PHOTOGRAPH: SALLY MACMONAGLE**



Carmel O'Leary, representing, Lily of
Killarney Winner pictured at the Killarney
Outlook for her exclusive interview
with Editor Aisling Crosbie.
Picture: Marie Carroll-O'Sullivan



Judges: Karen Byrne, Jake Carter and Dawn Ryan.



Aisling Howe, Elaine Kelliher
Mackenzie Keane. **PHOTOGRAPH:**
SALLY MACMONAGLE



Nial, Liz, Emily, Dylan & Nicole O'Riordan from
Gneeveguilla. **PHOTOGRAPH: SALLY MACMONAGLE**

Killarney Outlook Editor **Aisling Crosbie**
met 2018 Lily of Killarney **Carmel O'Leary**
this week for a chat about her new title

What does it mean to you being crowned the Lily of Killarney 2018?

It is a huge achievement to win the Lily Of Killarney. I am representative of this wonderful town and people. I am honoured to be chosen to do this and look forward to showcasing what Killarney has to offer.

What was your first thought when you heard your name being announced?

I was not expecting my name to be called out but when it did I thought 'oh wait, that's me!'. To be honest I was standing there waiting to clap for the girl that won until it dawned on me that I was clapping for myself!

Are you looking forward to your year as Lily of Killarney and what do you think the highlights will be?

I am beyond excited for the year ahead. There are plenty of things to attend to as Killarney always has something going on! I'm looking forward to the races, parades, meeting people and exploring more of this lovely town.

What are your favourite interests?

I have been Irish Dancing since I was 3 and I am now training to do my teachers exams in the near future. I also love taking photographs, farming and dogs!

What three words describe you?

Bubbly, kind and ambitious

What is your greatest accomplishment?

I became a World Champion in Irish Dancing in 2006 with my team of 8.

Why did you choose your current career?

I had Invisalign when I was in fifth year and I decided to do work experience at my dentist after it. I loved every minute of it so I decided to do Dental Nursing in Trinity College Dublin.

Would you like to take time out from your career to travel?

I love travelling and exploring new places but I think if I was to travel I wouldn't go for more than 3 months, I'd miss my dog Shep too much!

Who is your biggest role model?

My biggest role model is my nan. She is the kindest and strongest person I know and at her happiest when surrounded by family. When I grow up I want to be just like her!



Champagne celebrations as Carmel O'Leary celebrates with her sponsor Jim
Gleeson. **PICTURE: ANNE HOLLAND**

Good health

is one of life's greatest blessings...

Shimra Health & Wellness Centre

opened its door on 18th April 2017 by Health Therapist Siobhán Dwyer. Shimra's name has a very special meaning, not only does it honour the memory of her partner Ed Duggan, which is the meaning of his name as Guardian/protector translated into Hebrew 'Safe Place' and creating a healing and wellness space for everyone with some amazing therapies & therapists to gently guide you back to health.

"I love working with other therapist's and I've learnt over the years that a team approach is often needed to help activate someone's own self healing mechanisms. To be able to support and help each other as our aim is to provide the best possible treatments to our client's. Our focus has and always will be our clients Health and Wellbeing., Siobhán told the Killarney Outlook. Siobhán Dwyer Health Therapist started her own business in 2014, specialising in Reflexology, Reiki Energy Healing and now Old Irish Healing.

Reflexology is a natural Chinese healing therapy and is the practice of applying precise hand and finger pressure to specific points on the feet to stimulate the body's own healing system. These points correspond to specific organs and systems in the body which are mapped on your feet.

Benefit's: Boost your Immune System, Calm and Balance your body, mind and spirit, De-Stress, Improve Sleep, Ease Pain, Health issues/ concerns, Fertility, Pre-conception, Digestive Issues, Low Energy, Pre-conception programme, Anxiety, Boosting Immune system, Helping speed up Healing and Recovery in body etc.

Shimra Health & Wellness Centre is recognised by all All Major Health Insurance Providers. Reiki is based on natural Healing modality with the intention of using energy to support the body's natural healing abilities. Reiki originated in Japan with the meaning of universal life force energy. The technique is based on the principle that the therapist can channel energy to the client by means of light touch or hands above the body, to then activate the natural healing processes of the client's body and restore physical and emotional well-being. Old Irish Healing is an energy Healing Therapy developed by David Lynch Portmagee to help restore your body's systems and organs to full health by activating your body's own healing abilities.

Siobhán can be contacted
on: 087 9665881



Cottage Herbalist

was founded by Aleksandra Brudzińska in 2016, starting with producing herbal cosmetics – completely handmade in Ireland, made with Irish herbs. Cottage Herbalist has in offer creams and soaps for every skin type, massage oils, lip balms and more. "I am a qualified, insured and registered Holistic Therapist, registered with Complementary Medical Association and certified by the IAHT (International Alliance of Holistic Therapists). I



offer treatments of Hopi Ear Candling, Concha Ear Candling, Navel Candling and Slavic Holistic Therapies, but also natural beauty consultations, one to one and group workshops including Natural Cosmetic Making, Food Fermentation and Natural House Cleaning. I grew up in a family of healers, inheriting my knowledge from my Mother and Grandmother. My goal is to share the knowledge of healthy living and to help people through holistic therapies, workshops and education. I love creating a community of people who choose healthy, natural lifestyle together. I deeply believe that we all deserve the best of what Nature has to offer", Aleksandra told the Killarney Outlook
Aleksandra can be contacted
on: 086 2347356.

KALA Massage Therapy

offers a range of the following treatments by a qualified Lomi Lomi advanced practitioner Marta Czernik "I started my "Lomi Adventure" 3 years ago and I am so grateful to have had the opportunity to learn this beautiful healing body work", Marta told the Killarney Outlook. Treatments provided by Marta include: Lomi Lomi Holistic Massage, Hawaiian Hot Stone



Massage, Back/Neck & Shoulders Massage, Indian Head Massage, Aromatouch technique massage.

Full body Lomi Lomi Nui Massage: A head to toe massage. Rhythmic movement on the neck, back, lower back, shoulders and legs when lying on facing down as well as when lying facing up.

Back, Neck & Shoulder Massage: A deep pressure massage which concentrates on relieving stress and tension in the back.

Indian Head Massage: The specialised technique incorporates the massage of neck, head, shoulders and face focusing on pressure points to relieve headaches reduce stress and tension to completely relax body, mind and spirit.

Hot stone therapy Massage Achieves deeper states of relaxation.

Marta can be contacted on 087 1361621



SHIMPA HEALTH & WELLNESS CENTRE

is situated on the 1st Floor 41/42 High Street Killarney over Petit Delice French Bakery
[Facebook.com/Shimra-Health-Wellness-Centre](https://www.facebook.com/Shimra-Health-Wellness-Centre)



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- Mental Health Wellbeing & Anxiety
- Rebalance Your Health, Boost Immune System
- Release Tension, De-stress, Relaxation & more

Call Siobhán: 087 966 5881

Kala
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- Indian head massage
- Full body & facial massage
- Back, neck & shoulders massage
- Hot stone & Aromatouch massage

Call Marta: 087 136 1621

Cottage Herbalist

- Hopi & Concha Ear Candling
- Slavic Holistic Therapies
- Handmade Herbal Cosmetics
- Natural beauty care consultations & workshops

Call Aleksandra: 086 234 7356

1st Floor 41/42 High Street, Killarney, Co. Kerry
(above French Café Petit Délice)
facebook.com/Shimra-Health-Wellness-Centre

GARDENING OUTLOOK

with **John O'Sullivan**

LOOKING AFTER YOUR HEDGES

Hedges are an attractive and functional part of any garden. A common mistake is to leave the hedge grow too much before pruning or cutting it, especially if you want a formal hedge as this needs attention from the day you plant it.

You can prune new deciduous hedges when they are dormant in the Winter, while newly planted evergreen hedges need to be planted in the Springtime. Established hedges need to be pruned annually to keep them in shape but before you start pruning any evergreen hedge, always check to see if there are birds nesting.

Lastly, remember when you plant a hedge - its up to you how tall or wide you want it go grow - you can keep it to the shape you require by regular pruning and cutting.

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

Dul Chun Cinn

Dyslexic Child-Centred Summer Camp

Health & Well-Being Summer Camp
Collis Sandes House, Tralee, Co. Kerry

Specialised summer camp for children with Dyslexia aged 7-12 years.

The camp will focus on the health and well-being of each individual child. Centred around self-esteem & confidence building activities, help with anxiety, understanding dyslexia, oral language activities, and comprehension and memory strategies as well as diet and exercise.

Activities are based on the Primary School Curriculum by Primary School Teachers. The medium of fun through P.E., I.T., Art, Cookery, Outdoor Learning and Science.

Course 1 - Mon 2nd - Fri 13th July
Course 2 - Mon 16th - Fri 27th July
Course 3 - Weds 8th - Weds 22nd Aug

10.00am - 2.00pm
(Early drop-off available on request)

Please visit our website to understand more about our specific course and our skilled practitioners.
www.dulchuncinn.ie or phone 083 3482500

www.dulchuncinn.ie

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SLOW DOWN, TO GET MORE DONE

I'm reading a book at the moment and it's all about calming the stressors in our life to get more productivity, reduce stress and stop sweating the small stuff (which incidentally is part of the name of the book). But I thought it was very interesting concept about us all rushing around like headless chickens making lots of mistakes, dropping stuff, forgetting stuff and making a mess of a job we are doing because we are multitasking with 5 other things!!!! Sounds familiar right? Happens us all, I know it happens me a lot more than I would like to think! Lol

Well believe it or not our workouts can sometimes be like this. I often have a client rushing in the door mad for action, stressed But ready for a workout..... only to find they are like speedy Gonzales ... doing it all wrong and at serious risk of injuring themselves. It's like they are running away from the workout rather than embracing and enjoying it, half the time they aren't even in the room their head is elsewhere thinking of something that happened that day. Instead of getting the most out of their workouts or class they may as well not be there as the stress levels are so high the brain may not even register the workout has been done, and the main muscle groups may not have been even used to their correct potential causing already tight muscles to be recruited and at risk of injury and discomfort after.

MORE TIPS NEXT WEEK...

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Contact Sara **087-2922851**

www.killarney massagetherapycentre.ie





RUN KILLARNEY | 28th July 2018

Only 6 weeks to go until this year's Gleneagle Run Killarney on 28th July.

We have a great weekend lined up. With a 10K and half marathon route, there is a distance for everyone. Make Run Killarney your summer goal for 2018. My name's Chris Grayson and I've taken part in this great event for a number of years which is one of the best road races in the Country, if not the world. **Registration is filling up fast**, so I would advise everyone to register soon to guarantee your place. You can register online www.runkillarney.com, by post or in person by calling into O'Sullivan's Outdoor Shop, New St. Killarney. Follow my column over the next few of weeks for all the latest news, advice and tips to help you prepare for Run Killarney.

General Training Tips from Chris Grayson, experienced - marathon runner and pacemaker.

Training can definitely be fun if you plan and focus on your goals. Remember we are here to help you make every step count. Here's some tips on how to go about getting fit for your event:

- 1. Register for an event.** By registering for an event, it gives you a target date to train towards and allows you to become focused on training.
- 2. Pick a training plan.** That suits you (check out runkillarney.com for some samples).
- 3. Pace yourself.** Gradually increase mileage to avoid injuries. The general rule of thumb is don't increase mileage by more than 10% each week.
- 4. Join a running group.** Running groups are a great way to stay motivated, meet new like-minded people, improve your running performance and get useful training tips.
- 5. Introduce cross training.** Complement your training with swimming, cycling, yoga or Pilates to optimise your strength, flexibility and level of fitness.
- 6. Rest and listen to your body.** Rest plays an important to any training regime as your body needs time to recover and repair after the vigorous training. Usually incorporate a few rest days in your week especially after a long or hard run.
- 7. Keep it interesting.** We are spoilt here in Kerry with trails, mountains, wonderful beaches, stunning scenery and beautiful quiet boreens to run on. It's good to mix up running with varied terrains, hills and softer surfaces to lessen the impact of constantly running on the roads.
- 8. Get the right gear.** Best bit of advice I was given was to invest in a good pair of runners as these will be taking all the impact of this wonderful sport. It's also great to look and feel good!
- 9. Stay healthy.** Start as you mean to go on by building a solid base for training. Make sure you are well hydrated and eat a nicely balanced diet and get lots of fabulous sleep!!!!

**PLACES ARE FILLING UP FAST
MAKE SURE TO REGISTER ONLINE
WWW.RUNKILLARNEY.COM**


Astrid Longhurst
Life & Body Confidence Coach



THOUGHTS THAT HEAL, THOUGHTS THAT HARM

Every single thought you think has an effect on the way that you feel. When you are stressed your thoughts are full of fear, anxiety and worry. The body responds to these thoughts as if you are in great danger and releases the stress hormones of cortisol and adrenaline which course through your body. If the stress is short lived then the body can return to its natural state quickly. However, for many people today, they are consistently thinking stress related thoughts and are constantly in a state of low-grade stress and anxiety. On the flip side of this, when you choose to think thoughts that are happier, full of gratitude, appreciation and love, your body chemistry also responds. However, this time your body is in a more relaxed and peaceful state as these thoughts activate the parasympathetic nervous system, which is the "rest and digest" system. The most empowering thing to know is that we can literally create a healing state within our bodies by directing our thinking into more loving, joyful and grateful thoughts.

Life Coaching tip

Set your day up for feeling great by thinking of the most positive things about the day ahead first thing in the morning. Even if you have a challenging day in front of you tell yourself that you will just do your best and that you are resourceful and able to cope. Make this positive self-talk a habit every morning and notice the difference this makes in your life.

I am running an energy medicine healing circle on Wednesday June 27 at the Killarney Court hotel at 7.30pm to 9.00pm. The cost is 15.00. Spaces are limited so please let me know asap if you would like to book a place.

066 9766374 | life_coachingunlimited@yahoo.ie



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RATHMORE/GNEEVEGUILLA

by Michael O'Mahony

GNEEVEGUILLA GAA CLUB: There was one winner of last week's Lotto. Congratulations to Donie O'Connor from the Village who won the €6,000.

SYMPATHY: To John & Brendan O'Connor, Nohoval Lower Rathmore on the death of their brother Dan O'Connor, whose funeral took place in Knocknagree. May Dan rest in peace

CEMETERY MASSES:

Monday 18th June – Kilquane Wednesday 20th June – Nohoval

Monday 16th July - Behinaugh Thursday 19th July – Old Chapel

UPCOMING MASS: Mass on Token Fire Mountain takes place on Thursday . 21st June at 7.30pm

KERRY DIOCESE HELPING FINANCE WMF

2018: The final and fourth collection to help finance the World Meeting of Families will be taken up at all Masses on this weekend of Sunday June 17th

. Your generous support will be greatly appreciated.

RECENT COLLECTION: The recent collection for Millstreet Hospital Fund which was held on Saturday June 2nd in Knocknagree came to €534.19. Thank you for your generosity.

RATHMORE SOCIALACTION GROUP

Dance Night In Teach Iosagain Sunday 24th June 8.30pm to 10.30pm Music: Seamus Healy Adm: €10

NEWS FROM ROM DANNY HEALY RAE: This is the last week for making submissions to the Draft Killarney Municipal District Local Area Plan 2018-2024.

Any interested people in the Rathmore, Gneeveguilla, Barraduff and other surrounding areas should look up the draft plan located in the Town Hall or online. Submissions should be made in writing and addressed to:- Senior Planner, Planning Policy Unit, Planning Department, Kerry County Council, County Buildings, Rathass, Tralee and marked: 'Draft Killarney Municipal District Local Area Plan'. Submissions will also be accepted by email to the following email address only: planpolicy@kerrycoco.ie The closing date for submissions is 15 June 2018.

WEDDING BELLS Congratulations to Daniel Ryan Shinnagh Rathmore who married Karen Cahill Kiskeam on Friday last. and also to Patricia Fleming Tureencahill and David Campbell knocknagree married saturday last. we wish them all happy Long life together.

NOTES

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

LISTRY NOTES

LISTRY SOCIAL COMMITTEE:

We wish to advise Seniors in the Listry / Milltown Parish and surrounding areas that we are organising a day trip to Fota Wildlife Park on



Photographed at the inaugural Irish Post Music Awards which were held in the INEC Killarney and broadcast live on TG4 on Thursday night were Sandy & Michael Stack from Beaufort. **PICTURE: SALLY MACMONAGLE.**

Tuesday June 26th-Bus leaving Listry Community Centre at 10am approx. Anybody wishing to travel on this trip should contact any of the following Committee members immediately- Mary 0872187204, Breda 0877442694 or Joan 0867944494 to book a seat. The small bus will start collecting at approx. 9 am that morning and follow the usual route. We look forward to meeting you all again on the day.

LISTRY MEALS ON WHEELS:

Looking for volunteering drivers for about hr every three weeks.

GNEEVEGUILLA CAMP

Campa Ógras Ghníomh go Leith

An Ógras Summer Camp will take place at Gneeveguilla GAA Hall from 9-13

July. This will give children aged 7 to 12 an opportunity to practise their Irish through sport, games, art and music and will also include a trip to the Gaeltacht. Cost €55 for first child and €50 for second.

Numbers limited. Further details from Risteárd Ó Fuaráin on 087 2194992.

FOSSA NOTES

LOTTO

10th June 2018

Numbers drawn were 3, 8, 9, 13. There was no jackpot winner and the consolation winners were Declan Tagney, Glenflesk, Adrian O'Connell, c/o Mick Clifford, David O'Donoghue, Gortaguillane Muckross, Tommy Galvin, c/o Kaynes Bar and PJ O'Sullivan, c/o Kaynes Bar. Next weeks jackpot will be €4,050.

SENIORS

Fossa had an easy win over Ballylongford on Sunday in the County League. Cian O'Shea opened the scoring with a point in the first minute, further scores from Paudie Clifford, Donald O'Sullivan and Tadhg O'Shea left Fossa in front by four points after 15 minutes. In the 17th minute Fossa struck for their first goal after Paudie Clifford won a kickout and careered through the Ballylongford defence before offloading to Tadhg O'Shea who finished to the net. Fossa kept up the pressure and lead at half time 1-09 to 0-03. Cian O'Shea again opened the second half scoring with a point before Paudie

Clifford used all his timing and experience to score Fossa's second goal and put the game beyond Ballylongford. Fossa continued to play with purpose and discipline and with goals from Chris Myers, Tadhg O'Shea and Lorcan Daly they finished easy winners on a score of 5-19 to 0-08. Fossa will be happy with the win, it was great to see Dara Rice back after exams and to have Daniel O'Keefe back after injury, again it was a workmanlike performance where everyone played their part and hopefully they can bring this level of performance into next weekend's game away to Tarbert which is a huge game in terms of league placing and the prospect of gaining promotion at the end of the season.

ENROLLMENT

TWO MILE COMMUNITY NATIONAL SCHOOL are currently enrolling for all classes for September 2018. Contact 064 6633018 or email principal@twomilecns.ie

SPA NOTES

45TH LILY OF KILLARNEY

Congratulations to Carmel O Leary who was announced Lily of Killarney 2018 to a sold out event in the Gleneagle. Carmel is a dental nurse and was sponsored by Gleeson's Dental Surgery. Jim and Catherine Gleeson received the winning sponsor trophy from Liadh Tobin on behalf of Killarney Medals and Trophies. Carmel was chosen by celebrity judges Jake Carter and Karen Byrne who won RTE Dancing with the Stars, along with former Limerick Rose, Dawn Ryan. The winning Lily received various fantastic prizes including the Healy Cronin Perpetual Trophy and €500 cash prize from Con Stack and Tricel. A 2-night break in London and will attend The Kerry/London Reunion 2018 sponsored by NOEL O SULLIVAN. A hamper of luxurious hair products sponsored by THE PAT O NEILL STYLE SUITE. An electrical gift sponsored by MIKE O LEARY. A bouquet of flowers sponsored by A WHITE HEATHER. Carmel will attend many functions during her reign, including The Killarney Regatta, The Bonny Baby Competition, The 4th of July Festival, The Killarney Races, Christmas in Killarney Parade, The St. Patricks Day Parade and many more! We are delighted to have the continued support again this year of

Killarney Credit union who are our main sponsor, as well as our Media Partner Killarney Outlook. A special mention to Jill Duggan, Killarney Toning Tables for her very generous package to all our 33 Lily contestants. A sincere thank you is extended to ALL our LILY SPONSORS, as without you we could not have this event. Additional sponsorship was presented by the following: Killarney Toning Tables, C&C Lifting, Park Rd Pharmacy, Quirke's Quarry, Killarney Stonecast, O'Carroll Engineering, O'Connor / O'Donoghue Solicitors, Adams Jewellers, O' Sullivan's Pharmacy, Evalution Hair Salon, TSB Bank, Kerry Tool Hire, Sheahan's Centra, Muckross Rd, Killarney Medals & Trophies, The Brehon Hotel, The Gleneagle Hotel, Scarlett Boutique, The Killarney Park Hotel, Victoria House Hotel, Cahernane Hotel, Kilkenny Ormonde Hotel, Cllr. John Joe Culloty, McSweeney Arms Hotel and No. 52 High Street. The MC on the night was the dapper Ray O Sullivan who entertained the large crowd. The Ladies Committee once again organised a wonderful night lead by Chairperson Geraldine O'Neill, Sheila Curtin, Sheila Cronin, Breda Hickey, Claire O Mahony, Margaruite Cronin, Marie O Keeffe, Denise Gleeson, Evelyn Spillane and Kerry Holland. Well done to all involved.

CO LEAGUE DIV 1 RD 6. SPA 2-10 TEMPLENOE 0-17

Despite the cliché that goals win games, unfortunately this wasn't the case when Spa suffered their first loss of the county league for this season. Losing by the narrowest of margins and at home was a double disappointment. Nevertheless, Spa were just unlucky on the day and both teams entertained the large attendance. Templenoe were first to on the scoreboard with great points. Spa were quick to reply with scores from Michael O Donoghue and Evan Cronin. Dan O Donoghue in unfamiliar position of wing forward kicked a perfect pass to Evan Cronin who passed to the awaiting Ryan O Carroll, to score the first goal of the match. Templenoe's reply was squashed by a terrific save by goalie James Devane from the ever dangerous Brian Crowley. Points exchanged between both teams bringing the sides level at half time: Spa 1-6 Templenoe 0-9. Second half resumed with a free awarded to Spa and Niall McCarthy slotted over at his ease. Game was starting to see both sides giving away frees. Michael O Donoghue was replaced by a blood sub but quickly was back on the field in flying form. Our goalie James Devane was superb and kept Spa in the game with great saves. Visitors started to pull away with scores from Killian Spillane and the sharpshooter Brian Crowley. Spa not one to give up, found the back of the net with another great goal by Ryan O Carroll bringing the sides level par once again. Excitement was building and possession was crucial by both sides at this stage with ten minutes to go in normal time. Yet again James Devane pulled off another great save. We ran out of time to level the game but overall a great display by Dan O Donoghue, David Spillane, Evan Cronin, Mike Stam O Donoghue and man of the match James Devane.

Spa Team: 1. James Devane 2. Eric O Donoghue 3. Eoin Fitzgerald 4. Eoin Cronin 5. Paudie O



Photographed at the inaugural Irish Post Music Awards which were held in the INEC Killarney and broadcast live on TG4 on Thursday night were Claire Kiely & Noreen Kiely. PICTURE: SALLY MACMONAGLE.

Donoghue 6. Shane Lynch 7. David Spillane 8. Michael O Donoghue 9. Hugh O Donoghue 10. Dan O Donoghue 11. Niall McCarthy 12. Mike McCarthy 13. Shane Fenton 14. Evan Cronin 15. Ryan O Carroll Subs used: Brian Devane, Andy Fitzgerald and Cormac Cronin

EAST KERRY JUNIOR

Spa 1-14 Rathmore 1-10

Spa had a great win over a very impressive Rathmore side. We had a great mixture of youth and experience to pull off this win. Great saves by Conor Kerins who was outstanding between the posts. Scorers: Alfie Giles 0-1, Conor Gleeson 1-1, Paul Cahill 0-2, Darren O Connor 0-1, Corey Doyle 0-3, Mike Shannon 0-1, Mikey Moynihan 0-1, John Falvey 0-1 and Andy Fitzgerald 0-3.

CLOTHES COLLECTION

Please drop off your used (any condition) but clean clothes, shoes etc to the clubhouse. Further info contact Anne Holland 0857780883.

LOTTO

No jackpot winner in the Heights. Numbers drawn 6,8,18,23. Lucky dip winners were Niall O'Sullivan Ballaugh (monthly draw for annual ticketholders). Seanie Kelliher. Jerry Cronin c/o Mick O'Connell. Fintan Lawlor, Muckcross. Ann Mac, Tiernaboul. Next week's draw in the Oaks will be for €4,500.

IAN O CONNELL TRUST

Anyone looking for sponsorship cards for the Ian O'Connell Trust for the Ring of Kerry Charity Cycle pls contact Deirdre on 0876332773.

VOLUNTEERS needed for the Ring of Kerry Charity Cycle on Saturday July 7th - Medical Volunteers needed to help out on the day and also sweepers with small bus/minivan needed to pick up cyclists and/or bikes along the route and return to Killarney! Anyone available to help please contact Deirdre on 0876332773 or contact the RoK Committee!

SPA GAA CLUB GOLF CLASSIC

Will be held on Friday 20th July 2018 at O'Mahony's Point, Killarney. Teams of four €240 or tee-boxes sponsorship €100. To enter a team, book tee times or sponsor a Tee Box pls contact Billy Morris (0868579248); Mary Cronin (0876898146); Seanie Kelliher (0876298613); Andrew Garnett (0861911263)

KILCUMMIN NEWS

CEMETERY MASSES: Holy Cross Cemetery on Wednesday 4th July & Old Kilcummin Cemetery on Wednesday 1st August.

SOUTH KERRY PARKINSONS MEETING

Next meeting on Monday June 18th at 7 o'clock at the meeting room at the rear of the Church of the Resurrection, Park Road. For information call Connie Doolan at 087 - 9579214.

KILCUMMIN DRAFT PLAN

A draft plan for Kilcummin Village & Environs can now be downloaded on the Kerry County Council Website by going to kerrycoco.ie - & click on the link 'draft Killarney MD LAP 2018 - 2024'. Alternatively copies are available from the Rural Development Office @ €2.00. Submissions can be made in writing and addressed to; Senior Planner, Planning Policy Unit, Planning Dept., Kerry County Council Buildings, Rathass, Tralee & marked 'Draft Killarney Municipal District Local Area Plan' or online by Friday June 15th.

KILCUMMIN LOOKING GOOD

A big thank you to all the people who have made such a big effort in cleaning up their areas. Bags are still available from the Rural Dev. Office. The adjudicators from the tidy towns competition will be visiting Kilcummin in the next month so we would encourage everybody to make a big effort in cleaning and tidying up the area. Bags, when full, can be returned to the Rural Dev. Office. If you are unable to do so, please contact the Rural Dev. Office or Kilcummin Looking Good. Míle Buíochas.

MASTERGEEHA FC FAI SUMMER CAMP

Places for the FAI summer camp which will be hosted in Kilbrean Park from July 2nd - July 6th can now be booked through the FAI summer schools website. Please book early to avoid disappointment at <https://camps.fai.ie/summer-soccer-schools/>

MASTERGEEHA FC LOTTO

There was no winner on Friday 8th June, 2018. Numbers drawn were 2, 15, 21, 22. Consolation prizes were €100 Sally Millis, c/o Ian Millis. €30 Diarmuid Healy, Klub Bar, Kilcummin. €30 Sally Millis, c/o Ian Millis, Kilcummin. €30 Conor O'Brien, Gneeveguilla. Jackpot now €7,600.

GLENFLESK NOTES

GLENFLESK SENIORS (SPONSERED BY O'BRIENS TOPOIL AND THE KERRYWAY)

Our Senior team had a fantastic win away to Dromid Pearses on Sunday last in Rd 6 of the Co. League. An Alan Murphy goal mid way through the second half put us 6 points clear and we looked to be on the way to victory but Dromid Pearses came back strong and a goal approaching full time had them level. In the second minute of injury time Lee O Donoghue was given a chance with a free which he duly converted capping a fine display from him. The win leaves us in 4th place in the table with 6 points.

FT Glenflesk 2 10 Dromid 1 12

GLENFLESK JUNIORS (SPONSERED BY O'BRIENS TOPOIL AND THE KERRYWAY)

Our Junior team played a game in the East Kerry League and the Co. Junior league this week and came away with wins against Legion in East Kerry and Beaufort in the Co. League. Stephen Lacey was in great form in both games scoring 4 goals over the 2 games. We have 4 points from our 3 games in the Co. League with 2 games and we'll need another 2 points to make the semi final.

GLENFLESK LOTTO

No winner of the lotto which took place in The Kerry way on 5/6/18 Jackpot - €3600 Numbers were 7 21 22 26

1. Debra Daly Kilquane Headford Seller O'donoghue's shop

2. Aoife Newman Carrigtohill co cork

3. John Kelleher Curreal

4. Seamus Cooper Rathmore

The next draw will take place in John Dans Bar on 18/06/18 and the Jackpot is 3800 euro

GLENFLESK COMHALTAS

Fleadh Cheoil Chiarrai will take place in Miltown from 21st to 24th June 2018. All entries to Margaret Creedon before 5th May 2018. 087 2706390

BARRADUFF COMMUNITY FIELD

Barraduff Community Field June 300 Club Winners, Congratulations to all winners

1st €500 Seamus & Anne Marie O'Connor Knockanes.

2nd €100 Florence Prendiville Cordal Castleisland.

3rd €100 Grainne O'Driscoll Lysgerrig Kenmare.

4th €100 John & Tadhg Scannell Raheen.

5th €100 Seamus Long Upper Barraduff.

Next Draw Sunday July 1st Kerry Way.

Many Thanks for everyone who supported us and best of luck in next Draw.

RAHEEN NS

Congratulations to Sean & Kathleen O'Sullivan who had the winning lotto no 16 on Saturday the 9th of June.

DANCE NIGHT AT THE TEACH IOSAGAIN

Music by Seamus Healy at the Teach Iosagain on June 24th from 8 30pm to 10 30pm in aid of the SAG. €10 entry, every one welcome

SYMPATHY

It is with great sadness that the local Community of Glenflesk/Barraduff has learned about the death of Michael O'Shea, Old Bridge, Headford and formerly of Castlegregory.

Michael lived in the local Community for the past

number of years and was a very kind, generous and caring person who always went out of his way to help others.

Michael will be remembered for the generous contribution of his time and expertise in the development of Barraduff Community Field, Glenflesk G.A.A. Pitch and Knockanes School Astroturf. Ar dheis Dé go a anam

CONTACT: We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or pro.glenflesk.kerry@gaa.ie.

Free Defibrillator & CPR Course as Renault of funding from Gary O'Leary Memorial walk. there are a Limited number of places available for This 4 hours Certificate Course.

Course to run in July in Rathmore contact by ph or text Denis 087-6245071 or Brian 087-25336808.

Retirement night for our principal of Holy Family national Rathmore Diarmuid McCarthey, in Teach Iosagain Rathmore on Friday 22nd June at 7pm.

all welcome

KILCUMMIN COMHALTAS

Kilcummin Comhaltas would like to wish all of our competitors and indeed all competitors involved in the County Fleadh, which will be held in Milltown from 21st - 24th June the very best of luck. No doubt it will be a great event, show casing the rich talent that exists in Irish music, song & dance in the county of Kerry.

St Mary of The Angels Call for Support

The annual Ring of Kerry Charity Cycle is fast approaching, taking place on Saturday 7th July. St Mary of the Angels are one of the beneficiaries looking for your support. They are hoping to raise much needed funds from this year's charity cycle in order to help them continue to make a life-changing difference for people in need in our community. Funds raised will help towards the creation of private bedroom accommodation for 8 people and sustaining their work and services into the future. The parents support group for St Mary of the Angels along with members of staff and management are cycling or volunteering for the Ring Of Kerry Cycle and they are hoping for more people to join them. They are extremely grateful for the support that St Mary of the Angels has received over the last 50 years. Whether you're cycling to raise funds, get fit or have fun, they would greatly appreciate your support. If you would like to support them please register to cycle in the event or sponsor someone you know who is cycling in support of St. Mary of the Angels. You can still register to cycle by logging on to www.ringofkerrycycle.ie and clicking on the 'Register Now' button. Complete your registration. You will be asked to select the charity that you are completing the cycle for. They would be grateful if you would select 'Disability Sector' and then choose 'St Mary of the Angels' from the drop down list. For more information visit their website www.savestmaryoftheangels.com



The combined group of the parents support group for St Mary of the Angels with members of staff and management of St Mary of the Angels who are cycling or volunteering for the Ring Of Kerry Cycle 2018.

TIPS TO HELP AN ARTHRITIC DOG

NEXT FRIDAY IS DOG FRIENDLY IRELAND DAY:

The first ever national 'Dog Friendly Ireland Day' is taking place on the 22nd of June 2018!

Dogs Trust Ireland are asking establishments of all types, from restaurants, hotels, workplaces to public transport, across the country to allow dogs access their premises for this one day in a bid to help make Ireland more Dog Friendly! They are encouraging dog owners to visit their local Dog Friendly establishments on the day, take photos and tell the world all about it!

If you would like to celebrate Dog Friendly Ireland Day and allow dogs on to your premises for the day or you want arrange a day trip with your furry friend to visit your local Dog Friendly spots, please register to take part at www.dogstrust.ie

The Dog Friendly Ireland campaign launched last year with Dog Trusts entry in to Bloom. Since then the charity has seen the demand for Dog Friendly services increase, demonstrated by a hugely successful Bring your Dog to Work Day last year, changes to legislation making it easier for dogs to enter food serving establishments with their owners, and recently, numerous Dog Friendly cinema screenings in the Lighthouse cinema in Dublin selling out in seconds.

Research indicates that there are many benefits to incorporating your furry best friend into a part of your everyday life. Dogs provide an additional source of social support for employees who take their dogs to work and increased social support has been associated with lower levels of depression and better job performance. In addition, Pet ownership has been associated with a number of positive health outcomes, including increased survival one-year after a heart attack fewer doctor visits, less loneliness and greater social and emotional closeness and support. Dogs trust conducted a survey after Bring Your Dog To Work Day last year and found that 98% of respondents said they enjoyed having their dog in work with them for the day and 95% said their colleagues also enjoyed having a dog present on the day.

DO YOU RENT YOUR HOME?

As a renter, it's tempting to feel helpless when it comes to eco-friendly home upgrades. But that's far from the truth. There are many small tweaks you can make around your rented home to make your energy bill lower, your carbon footprint smaller, and the world a little greener.

Pursuing a greener living situation should start with your apartment search. The U.S. Energy Information Administration reports that households in buildings with five or more units use about half the energy as other types of homes. As a renter, that gives you a huge automatic advantage.

Here are some areas to focus on during your green apartment transformation:

*A quarter of home energy usage is "idle load electricity," which means wasted energy that your electronics are drawing while not in use. Plug your electronics into a power strip so you can easily turn everything off at once — and at the source — to stop the slow, steady power suck.



*Trade your normal bulbs for CFL or LED light bulbs. Incandescents lose up to 90% of their energy to radiated heat. LEDs, on the other hand, emit very little heat, use 75% less energy, and last 25 times longer.

*Take shorter showers, wait for a full load before turning on your washing machine, and turn off the tap while you brush your teeth. Replace your showerhead with a Water Sense showerhead that reduces water flow by up to 30%. Just keep your old showerhead and reinstall it when you move out. *Don't buy more food than you can eat, and prioritise your meal planning by looking at which ingredients will go bad first.

DID YOU KNOW?

The adorable Koala joins the Kangaroo on the list of Australia's endangered animals. In fact, scientists believe if serious measures aren't taken immediately, the Koala may become extinct during our lifetime.

In just a four year span, from 2012 to 2016, 5,000 innocent Koalas lost their lives because of deforestation. Urban development plays a big part in the problem, but most of the tragedy has been happening in Queensland's countryside. This is where massive deforestation occurs for agricultural and mining purposes. In turn, this destroys the Koala's main food source, eucalyptus. According to the Australian Koala Foundation, "Since European settlement, approximately 80% of Australia's eucalypt forests has been cleared. Of the remaining 20% almost none is protected and most of it is on privately-owned land."

QUOTE:

"Claiming for ourselves liberty of conscience, liberty to worship, we shall see to it that every other individual enjoys the same right" – James Larkin.

ON THIS DATE - JUNE 15TH:

1844 - Charles Goodyear, American chemist received a patent for vulcanisation of rubber.

1919 - John Alcock and Arthur Whitten Brown landed at Clifden, Co. Galway and completed the first non-stop trans-Atlantic flight

1929 - Vatican City (approx 110 acres which includes most of the area of St. Peter's Square)

became a sovereign independent State.

1934 - President Franklin D. Roosevelt signed an act making the National Guard part of the U.S. Army in the event of war or national emergency.

1954 - The Union of European Football Associations or UEFA was formed in Basel in Switzerland

1967 - "Black Velvet Band" by the Capitol Showband reached Number 1 in the Irish charts.

1967 - The film "The Dirty Dozen" was released by MGM.

1977 - Spain held its first free elections in four decades.

1979 - The memorial to James Larkin founder of the Irish Transport and General Workers' Union was unveiled in O'Connell Street, Dublin.

1982 - Graceland opened to the public for the first time, almost five years after the death of Elvis Presley.

RENT-A-MOURNER:

Rent-A-Mourner is a legitimate service provider in Essex, England—their service simply provides actors to attend a funeral. Not only are their people well-trained in the art of mourning, they are also generally briefed on the life and personality of the deceased so that they do not seem out of place should a conversation strike up with another attendee. Furthermore, they'll take any direction that the family of the deceased chooses to share—for example, staying clear of real attendees or mingling as friends.

It may seem strange to some, but this practice of rentable mourners is actually no new occurrence. In many parts of the world, including Africa, Asia and the Middle East, this is common practice, dating as far back as the 1800s. In some countries, in fact, this is a much-desired job that pays rather well. While not common practice in the United States, some funeral directors have observed that it is not entirely unheard of either, especially in the south. In Taiwan, the practice is so deeply entrenched in popular culture, that there is actually a famous mourner, known for her prowess at expressing grief on command, she explained that she is able to cry at every funeral because she listens to the stories around the room and connects with the grief that is surrounding her and in that way she is also affected by the death, also mourning the one who has passed.

HAVE YOU EVER HEARD OF A 'KNOCKER-UP'?

The modern worker rolls out of bed, groans, and turns off an alarm clock. But In the 19th century and well into the 20th, a human alarm clock known as a "knocker-up" would walk the streets and wake paying customers in time for work.

Whilst most 'knocker-uppers' were men and used long sticks to tap on windows Mary Anne Smith used her trusty pea shooter around London's East End in the 1930s. Every morning except Sunday she used rise at 3am to wake up local workers with the rapping, clacking sound of her peas against windows and doors. She charged sixpence a week and her nearest competition was an old man three miles away who did the same job using a fishing rod to tap on upstairs windows.

Later on, Mary Smith's daughter, also named Mary, took up the pea-blasting practice in her stead.

KILLARNEY GOLF CLUB

- MENS

CASTLEROSSE GOLF CLUB RESULTS

Competition played on Sunday 3rd June 18 Hole Stableford, 1st Place, Thomas O' Connor (19) 41 pts, Runner-up, Steve Shine (18) 40 pts, 3rd place, Mick Clifford (21) 38pts.

Competition played on Sunday 10th June 18 Hole Stableford, 1st Place, Donal O'Reilly (20) 44 pts, Runner-up, Michael Leahy (17) 38pts, 3rd place, Thomas O' Connor (18) 3pts.

FIXTURES

Captain (Ger O' Connor) prize day on this Saturday 16th June.

Mixed scramble (9 Hole Texas) played on each Tuesday 29th May best return, John O'Reilly & Donal O'Reilly.

Mixed scramble played on each Tuesday 5th June best return, Daniel Shine, Roger O'Sullivan & Kitty Grady.

Tuesday Scramble open to all golfers Ladies & Gents. Attend club house at the Castlerosse at 6.15pm.

CASTLEROSSE LADIES GOLF

Castlerosse Golf-club Lady's Competition played 7/6 to 9/6 9hole Stableford 1st place Mary O'Reilly (35) 21 pts. Runner up Erina McSweeney (36) 17pts.

KILLORGLIN GOLF CLUB

LADIES: 18 Hole Stableford sponsored by O'Sullivan's Bakery: 1. Susan Darby (36) 38 pts. 2. Kathleen Cronin (23) 37 pts. 3. Marian Healy (30) 36 pts (B9)

9 HOLE STROKE SPONSORED BY GALVINS:

1. Coral Kiely (31) 35 nett. 2. Betty Griffin (36) 36 nett. 3. Mary Conway (26) 37 nett.

Silver Swans 9 Hole Stableford 5/6/18: 1. Betty Griffin (36) 21 pts. 2. Coral Kiely (31) 20 pts.

FIXTURES: Sat 16th/Sun 17th/Tues 19th June 9 Hole Stableford Qualifier sponsored by Moriartys of Killorglin. Arrange own time and partners.

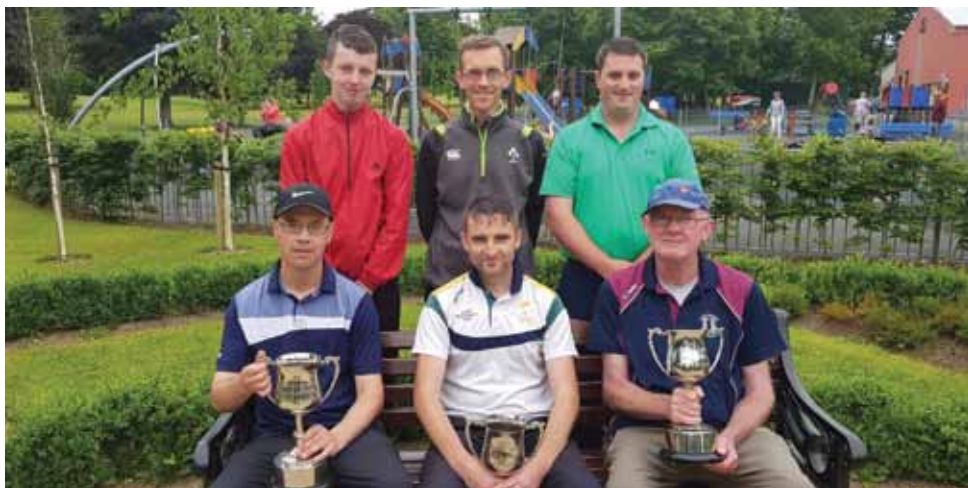
JUNIOR CLUB: Congratulations to Ellen Griffin on being elected as Girls Junior Captain 2018/2019. Enjoy your year Ellen.

EXCHANGE DAY: The Castleisland Exchange day sponsored by Kerry Photo Stores is on Sunday 24th June. Time Sheet in Pro Shop.

ROSS GC, KILLARNEY - GENTS CLUB

RESULTS

On June 2nd/3rd we held a single stableford competition sponsored by Murphy's Bar. The winners were



Pictured at the presentation of prizes for the County Pitch & Putt Strokeplay Championships last Sunday in Listowel are seated L to R: Richard Bunyan (Listowel, Intermediate Winner), Declan McCarron (Listowel, Senior Winner) and Fergus Keane (Listowel, Junior Winner). Standing L to R: Eamon Sheehy (Tralee, Intermediate Runner-Up), Tim Scannell (County Board Competition Secretary) and James Dignan (Castleisland, Senior Runner-Up). Missing from photo: Tadhg Keane (Listowel, Junior Runner-Up).

- 1...John Cuskelly (17) 41 pts.
- 2...Donie Broderick (23) 38 pts.
- 3...Michael J Casey (19) 36 pts

FIXTURES:-

Next weekend - June 16th/17th the Lady Captain - Mary McCarrick will hold her Lady Captain's Prize to the Gents Club. This will be an open single stableford competition and visitors are welcome. The timesheet is now available in the clubhouse.

KILLARNEY MEDAL & TROPHY CENTRE CLUB MATCHPLAY CHAMPIONSHIP :-

Please note that the draw has now been made for this championship and is available on the noticeboard.

PRIZEGIVING:- We held a prizegiving evening in the Clubhouse on Sunday last and this event was very well attended. There were many prizes for collection as it covered all competitions to June 1st. It was a very enjoyable social evening and good to see so many golfers and sponsors enjoying the summer evening. All members are reminded to support our sponsors at all times.

KERRY PITCH & PUTT CLUB NEWS

AN encouraging turnout of 58 players for last Sunday's County Strokeplay Championships in Listowel saw some great scoring in the senior competition and drama in the Intermediate competition with an extra 10 holes needed to decide the outcome. Richard Bunyan from the host club, Tralee's Eamon Sheehy and Deerpark's John O'Brien all tied on nine under par after the first 36 holes meaning an extra nine holes would be needed to decide the outcome.

Both Richard and Eamon shot one under for their nine holes as opposed to level for John meaning it would go to sudden death which Richard won at the 10th to bring all three titles on the day to Listowel. Declan McCarron had retained the senior title in fine scoring form by shooting 21 under par for his 36 holes which was two clear of James Dignan of Castleisland in second on 19 under par with Deerpark's Damien Fleming third on 17 under. Fergus Keane made it a clean sweep for Listowel by winning the Junior title with a score of level par as although he was joined on that score by club-mate Tadhg Keane, the latter conceded defeat to the former rather than take part in a playoff for the title.

This weekend sees the Munster Strokeplay Championships take place at the Lakeside course in Templemore, Co Tipperary with Kerry interest on both days. On Saturday morning in the Intermediate grade Deerpark trio John O'Brien, Gearoid Cronin and Kieran Fitzpatrick along with Tralee's Padraig Hobbert and Castleisland's John Clifton take part in that grade while on Saturday afternoon Tralee's Lisa O'Connor takes part in the Junior Ladies event. On Sunday morning the Junior and Senior Men play in the one 'Shotgun Start' time with Tralee's David Hobbert, the Gleneagle's Sean Ashe and Listowel's Fergus Keane the county's Junior representatives as Deerpark duo Damien Fleming and John McGrath along with Tralee's Jason O'Regan and Jason Cregan the four players from the county taking part in the senior event.

The County Board would like to wish all 13 players from the county taking part this weekend the very best of luck in Templemore.





OUTLOOK GOLF SCOREBOARD

In association with
Mark Heinemann PGA & Getgolfing.ie
087 2209663

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Clair Bowler (second from left) presenting first prize in the Mug and Bean Ladies Competition to winner Betty O'Farrell with Ciara O'Mahony 2nd, Derry McCarthy Captain (back from left) Jack Buckley President, Sinead O'Shea 3rd, Margaret O'Donoghue 4th, Winnie Ryan 5th at Killarney Golf and Fishing Club Killarney.



Sheila Crowley Lady Captain presenting first prize in the Adams Hyundai and Mazda Dealers Tralee Mixed competition to winners Mary Geaney and Dermot Roche with (left) Jack Buckley President, Derry McCarthy Captain (back from left) John and Kathleen Wall 2nd, Donie McSweeney and Amy Arthur 4th at Killarney Golf and Fishing Club on Friday.

BEAUFORT GOLF CLUB (LADIES BRANCH)

5th/10th June - Round 3 Golfer of The Year - Sponsored by Beaufort Bar

- 1st Lady Captain Aideen Ryan-Lee (35) 70 Nett
2nd Sally Cooper (21) 73 Nett
3rd Karen Spence (22) 73 Nett

FIXTURES

17th June - 3 Club Competition - Sponsored by Royal Hotel, Killarney/Hair Studio, Killorglin
17th June - Club BBQ - Ring clubhouse on 064-6644440 to book a place (BBQ starts at 4pm)
Club Fundraiser - 6th August - Single Stableford open to ladies and gents - Entry Fee €30 - Ladies Prizes sponsored by Boyles Top Line, Killorglin - Gents Prizes sponsored by Dunloe Hotel. Ring Clubhouse

to book a time.

Club Scramble every Wednesday - Meet at clubhouse at 5.45pm for 6.15 pm shotgun start.

BEAUFORT GOLF CLUB (MENS BRANCH)

10th June - 18 Hole Stroke - Sponsored by Ken O'Sullivan & Co,

Estate Agents

- 1st John Egan (23) 66 Nett
2nd Denis Brosnan (6) 68 Nett
3rd Stephen Barry (13) 71 Nett
8th June - Open Friday Sponsored by

Cliffords Groundcare

Winner: Ted Broderick (14) 39 pts

FIXTURES

17th June - 3 Club competition (18 Hole Stableford - Yellow Tees) - Sponsored by Club Golf Pro Mark Heinemann

17th June - Club BBQ - Starts at 4pm. Ring Clubhouse on 064 6644440 to book a place

Club Fundraiser - 6th August - Single Stableford open to ladies and gents - Entry Fee €30 - Gents Prizes sponsored by Dunloe Hotel - Ladies Prizes sponsored by Boyles Top Line, KillOrglin. Ring Clubhouse to book a time.

Club Scramble every Wednesday - Meet at clubhouse at 5.45pm for 6.15pm shotgun start.

Every Friday - Open Single Stableford - Sponsored by Cliffords Groundcare - open to gents and ladies - Entry Fee €25 - Ring Clubhouse on 064-6644440 to book a tee time.

KILLARNEY GOLF CLUB - LADIES

RESULTS LADIES TRALEE EXCHANGE

Kindly sponsored by Frank Foran & Safeguard Security

- 1st Irma Clifford (14) 46pts
Anne O'Leary (25)
2nd Bridie Fitzgerald (17) 44pts (bk 9) Sinead Lynch (20)
3rd Kay O'Connor (16) 44pts
Tina O'Sullivan (19)
4th Liz Kelleher (16) 42 pts
Muireann O'Farrell (19)
5th Kathleen Wall (25) 41pts
Lora Beth Malloy (29)
Congratulations to all the winners! Next weeks competition is V-Par on Killeen and is very kindly sponsored by Con & Anne O'Leary at The Laurels.

KGFC LADIES TEAMS RESULTS JUNIOR FOURSOMES

Our Junior Foursomes team managed by Mary O' Doherty and Liz Downey had a wonderful win yesterday (Saturday 9th June) against Ring of Kerry. They now face Castleisland on June 23rd in Tralee at 9.00am. The team yesterday consisted of Tina O' Sullivan and Mary Cronin, Sinead O' Shea and Breda Duggan, Kathleen Brosnan and Sheila Crowley.

NOREEN MOORE TEAM

Our Noreen Moore team managed by Katie O' Connell were narrowly defeated by Kenmare in a closely fought encounter in Ross GC.

COMMISSIONED SOLID SILVER COMMEMORATIVE MEDALLIONS

President Jack's Prize to the Ladies was won by Jane O' Dwyer with a great score of 65. As part of President Jack's First Prize to the Ladies a specially commissioned solid silver commemorative medallion was awarded to Jane as the winner.

This medallion was also awarded to Matthew Lacey as winner of the President's prize to the Men and it will also be awarded to the winner of the Captain's Prize to the Men and the Lady Captain's Prize to the Ladies. These solid silver medallions have been commissioned to mark Killarney 125.

KILLARNEY 125

As part of Killarney 125 celebrations a number of cups have been re-designated. On President's Day The Loughguitane Cup which up to this had been presented on ladies open days was presented to the lady member with the best net score between 28-36 handicap. This was won by Evelyn O Donoghue who was playing off a handicap of 32. Evelyn's mother Maureen and her late father Donal were members of KGFC.



Laura Byrne of The Sweater Shop (second from left) presenting first prize in The Sweater Shop Ladies competition to winner Alicia Burke with (left) Angela Kelliher, Sheila Crowley Lady Captain, Jack Buckley President (back from left) Sinead O'Shea 2nd, Liz Downey 3rd, Liz Kelliher 5th and Derry McCarthy Captain at Killarney Golf and Fishing Club Killarney.

PRIZEGIVING

After the Mixed competition sponsored by Adams Garage on Thursday June 7th a prize giving was held at the club. Claire Bowler of Mug and Bean and Laura Byrne of the Sweater Shop presented their prizes to the Ladies. There was a great crowd in attendance.

The next prize giving of both the Men's and the Ladies Club will occur on June 30th following the Killarney 125 Mixed Team of 4. All prizewinners will be notified in advance.

KILLARNEY 125 MIXED TEAM OF 4

The Killarney Mixed team of 4 is for members and will take place on 30th June 2018. It will be going up on the BRS system over the coming days.

DEERPARK PITCH & PUTT CLUB

County Strokeplay: No medals last Sunday in Listowel but John O'Brien missed out in a nine-hole-playoff

for the Intermediate title as Damien Fleming had the third best score in the senior grade with 17 under par. Wednesday Evening Competition: We started with a Three Ball Scramble last week which was won by Gearóid Cronin, Darragh O'Callaghan and David O'Donnell with a score of 33 1/3. Same again each Wednesday at 7pm with a fee of €4 for entry with €1 taken out each week for a Hole-In-One prize. Open to club members aged 15 or over.

Over 50's: Held in Deerpark last week the winners of the Nett were John Murphy and Mick Long from the Gleneagle while the winners of the Gross prize were Castleisland duo Denny Porter and Pat Mitchell. Sunday Morning Competitions: This Sunday with draws at 9.15am and 11.15am, open to members aged 15 or over.

Competition Changes: At a Committee Meeting on Monday night it was decided to postpone the Ricky Kelly Memorial scheduled for the weekend of July 15th until

the weekend of September 16th. The Club Mass & Danny Nolan Memorial Competition scheduled for Friday June 22nd has also been put back to a later date which will be confirmed in due course.

Munster U-16 Strokeplay: A note to all our U-16 members that names and entry fees (€5) must be received by this Sunday as entries must be with the PPUI office by next Wednesday.

Munster Gents Strokeplay: We have five players travelling to Lakeside in Templemore, Co Tipperary this weekend for the Finals of each grade. In the Intermediate on Saturday John O'Brien, Gearóid Cronin and Kieran Fitzpatrick will be taking part while on Sunday in the Senior Damien Fleming and John McGrath will be in action. Sean Ashe from the Gleneagle also competes in the Junior event on Sunday.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO:

No winner of our lotto draw 08/06/2018, numbers drawn were 6, 7, 19 & 23. Sellers prize winner Michael O' Donoghue Barradubh, €50 Y/T prize winner Denny McSweeney Kilsarcon, €50 to Malachy Scannell Clonkeen, €40 each to Jackie O' Sullivan Tureencahill, William O' Carroll Scartaglin & Eileen Flynn Tralee. Bonus not won numbers drawn were 2, 12, 23 & 27. Next week's jackpot €9,600 plus €1,000 bonus.

MUNSTER JUVENILE U9-U11

& RELAYS: Held in Riocht on Saturday last we had the following athletes competing, U9 – Aeven Vaughan, Chloe Lenihan, Sophia O'Shea, Fia Brosnan, Paddy Hickey, Patrick O' Donoghue, Jacck O' Riordan & Darragh O' Riordan. U10 – Emmett O' Connor, Neil Thompson, Dylan Ward, Adam Counihan, Fiona McGovern, Aoife O' Donovan, Kate Healy, Kate Culloty & Daniel McSweeney. U11 – Aibheann McSweeney, Rachel Hickey, Zoe Counihan, Daisy Cremin, Elaine Brosnan & Eve O' Shea.

MUNSTER SENIOR

& MASTERS: Held in Riocht on Sunday 10th, the following were results achieved: Mairead O' Neill 2nd discus, 1st WOF (new senior record), Miceal O' Neill 2nd discus, Tomas O' Neill 3rd discus snr, Paddy O' Donoghue 1st shot, 1st discus & 1st javelin O80, Robert Purcell 2nd 1500m, 2nd 3000m & 3rd 800m O45, Shelia O' Donoghue 1st shot 1st WOF, 2nd javelin, discus and javelin O50, new records set in shot & WOF. Eileen O' Riordan 1st hammer, 1st discus, 1st WOF, 2nd shot O45, new record set in WOF, Catherine O' Sullivan 1st 60m, 1st 200m, 1st long jump all new records, Norma O' Connor 2nd in 100m & 200m O40, Chryl Carmody 1st in 3000m, Michelle Knee did well in her first track race, Joan O' Sullivan 2nd in 100m & 2nd in discus O60

NATIONAL TRIATHLON:

Caroline Murphy did very well in the National Triathlon O50.

CYCLING NEWS

KENNEDY WINS IN RECORD TIME:

Newcastlewest's Paul Kennedy won Round 2 of the Time Trial League in a new record time of 25.30 taking 17 seconds off the

time of Denis Dunworth.

He also leads the table as this was his second League win in a row. Cathal Moynihan was second on the night in 26.12. Killorglin's Mike O'Shea was third, the fastest M40 rider and is now second in the League.

Suzanne O'Sullivan was the fastest lady and Patrick Galvin the quickest u16. The action this Thursday night is in the Road Race League with the Sliabh Luachra CC hosted round.

WORKMEN'S ROWING CLUB NOTES

TRAINING

Training as usual this weekend. 10am at the Boathouse and other times with texts from your coaches.

Further Great News for our Scullers!!!!

Congratulations to James Mc Carthy on being invited to U23 Trials and to Annie O'Donoghue on her provisional-selection for the Coupe de la Jeunesse, July 27th-29th in National Rowing Centre , Cork. This exciting news follows on from the selection of Ciara Browne and Ciara Moynihan for the Junior World Championships, to be held in Racice, Czech Republic from August 8-12th.

UPCOMING EVENTS

Cork Regatta 23rd & 24th June over 2km at National Rowing Centre, Iniscarra, Co. Cork.

Killarney Regatta, 1st July, O'Mahony's Point, Killarney Golf & Fishing Club.

Sneem Coastal Rowing, County Championship , Sunday 8th July.

Irish Rowing Championships 13th -15th July, National Rowing Centre. Coupe de la Jeunesse, 27th-29th July, National Rowing Centre.

Sive One-Design Regatta, Saturday 28th July, Cahersiveen.

Fenit Coastal Rowing , County Championship, 4th or 5th August, Fenit.

Junior World Championships, 8th-12th August, Czech Republic.

All-Ireland Coastal Rowing Champs, 17th-19th August, Wexford. So, what are you doing for the Summer?

EXAM TIME

Just another couple of days of examinations for our Junior scullers. Best of luck everyone!

Why not like us on facebook: 'Workmen's Rowing Club', for all

the latest photos & events. Our governing body rowingireland.ie also has up to date information on rowing news, upcoming events and results.

FARRANFORE MAINE VALLEY AC

David Kenny was in Alytus, Lithuania competing in the International race Walk Festival. Now in its 44th year, it is recognised throughout the world as an area for race walking champions. Some of the famous racers have started their sports career in the Alytus' festival. On Friday 8th David competed in the 10Km U20 race. With temperatures at over thirty degrees it was a testing race. However David did well to finish in fifth place in a time of 47:53. The winner, from Trance completed the 10K in 44:07. On the following day, things went much better for David when he finished in second place in a time of 21mins for the U20 5Km. Also last week, David was awarded The prestigious title of "Fresher of the Year" for 2018 from CIT Athletics Club. A Sports Scholarship Recipient for CIT, David was nominated for this award for not only his outstanding achievement in his first year at CIT but also for his unwavering commitment to training and the CIT Athletics Club. A special mention must also go to his coach and mentor Michael O'Connor for his continued support in Davids road to race walking success.

It was a very successful Munster Senior & Masters Track & Field Championships held on Sunday June 10th in Castleisland. Conditions were ideal with plenty of exciting competitions for all the spectators. We had a very good turnout for our club in both the Senior & Masters Categories. In the Senior category, Aidan Cahill, first Munster competition, ran a very good 800m to finish in fifth place with a time of 2:05.54. Niamh de Hora also competing in the 800m finished in 3rd place with a time of 2:18. Arthur Fitzgerald competed in the 1500m finishing in sixth place in a time of 4:33. Rossa Foley threw a new personal best for the Javelin, 46.72m to take silver, Bronze in the Discus (27.40m) & shot (8.82m). Casandra Myers competed in the Weight For Distance for the first time. She did very well to take bronze. In the Masters Casandra's mother, Eileen Myers competing in her very first



Amy Fleming representing Rathmore Gneeveguilla area who won a Gold Medal in last Friday's U14 'Cycling on Grass' Community Games County Final in Tralee. Amy will now go on to represent Kerry in the All Ireland Finals in August.

event, the Weight For Distance. Eileen who has been coached for only 4 weeks also won bronze in her age category. Plenty more to come from these girls. Sean O'Shea was our star at the masters field events. He picked up three individual medals in the O45's. Gold in the Hammer (26.75m), Discus (29.18m) & Shot (10.15m). He had a very good Discus throw. Dermot Dineen is starting to come back into form when he was second in the O40 800m and 1500m (4:37). Jerome Foley equally did well to win silver in the O50 800m & gold in the 400m (1.00.29) which is a new Munster best time. George McCarthy competed in the O45 3000m, again he ran a solid race to take silver in a seasonal best time of 9:44. Maria McCarthy competed in the O40 3000m & 1500m. She won both her races in time of 10:33 & 5:02 respectively. Mary Daly also competing in her very first Munster Track event took silver in the O40 3000m (10:40). Jim O'Shea competing in the O75 was 2nd in the 100m dash, Gold in Long Jump (3.65m) & High Jump (1.20m). Michael O'Connor won the O65 3000m Race Walk (17:59). A special thanks to our track coach Maria McCarthy who has been putting all our runners through their paces over the last ten weeks. The training has reaped dividends. Primary Schools Track & Field County finals will be held on Wednesday June 13th at 6pm sharp. Those competing from our district will be notified at school. Best of luck to everyone.

CLUB TRAINING

Juvenile training on Tuesday 6pm to 6:45pm at Farranfore GAA Grounds. This will be in preparation for the Munster Track & Field scheduled for June. This is for children born 2010 (7/8yrs) to 2004 (14yrs). €2 per session. New comers always welcome. Secondary School & Senior training on every Thursday will be at An Riocht Track, Castleisland from 7:45pm to 8:45pm. This is endurance / distance training & Field events. Last session will be June 21st. €2 club member, €4 non club member.

Athletic's Fixtures

WED 13TH JUNE

Primary School Sports, Castleisland
Sat 16th / Sun 17th June: Munster U14 to U19 T&F, Waterford RSC
Sat 23rd - Sun 24th June: County Community Games Athletics, Castleisland
Sat 23rd June: Tailteann Games T&F C'ships, Santry
Sun 24th June: National League - Round 1, Tullamore
Sat 30th June: National Junior & U/23 T&F Championships, Tullamore
Sun 1st July: National Juvenile U12 to U13 Field events, Tullamore
Sat 7th July: National "B" Juvenile T&F C'Ships, Tullamore
Sun 8th July: National League Round 2, Athlone IT
Sat 14th July: National Juvenile

T&F C'Ships Day 1, Tullamore
Sun 15th July: National Juvenile T&F C'Ships Day 2, Tullamore
Sat 21st July: Munster Juvenile "B" T&F C'Ships
Sun 22nd July: National Juvenile T&F C'Ships Day 3, Tullamore
Please contact club secretary, Mary, 085-1909509 to register for competitions in advance
See Kerry & Munster Athletics website for full fixture lists & timetable for events.

SPA MUCKROSS COMMUNITY GAMES

U10 GAELIC FOOTBALL:

The team participated in the preliminary games on Monday 4th June, and was one of four teams that qualified for the semi-finals held Friday 8th June. Congratulations to the team on coming 3rd in the final, and huge thanks to trainer Brian Looney.

JUDO: The County Judo competition was held in Lissivigeen School on Monday 4th June. Gold medals were awarded to Ciara and Kate Forde, Laura Griffin and Rory Moynihan. Those children now go forward to the National finals in University of Limerick in August. Medals were also awarded to Ali O'Donoghue (silver) and Aaron O'Connor (bronze) in their respective competitions. Well

done all.

As always, events like these can't happen without the goodwill of the host venues and many volunteers. Mile Buíochas.

KILLARNEY VALLEY ATHLETIC CLUB

Congratulations to our athletes who competed in the Munster Senior/Master T&F Championships last weekend in an Riocht Track in Castleisland. Mike Murphy received gold in the master 100m and 200m. Jordan Lee received bronze in the Senior High Jump. Ciara Kennelly received gold in the Senior High Jump. Ciara broke the Munster Senior record with her jump of 1.76. The record had been 1.70 since 1995. Also this is Ciara's 3rd time achieving the qualifying standard for the European U18 Championship in July. A Huge congratulations to Ciara!

Best of Luck to our Killarney Valley AC athletes Ciara Kennelly, Elizabeth Stack, Ruth Courtney, Jordan Lee, Sam Griffin and Alex Hennigan competing in the Munster Juvenile T&F Championships in Waterford next weekend.

Please note that Training on Thursday evenings for the younger age group is now finished. Anyone involved in Community Games

should check out their area for training. Please keep an eye on our facebook page for up to date information.

FIRIES COMMUNITY GAMES

The Athletics Co Final takes place in An Riocht on weekend 23rd & 24th June. We would like to wish all our competitors the very best of luck. Hope you all enjoy taking part & representing your area. Our competitors range in ages from U8-U16 in various events. Local athletics training continues in meantime.

FLESK VALLEY ROWING CLUB

The countdown is well and truly on, with just over 2 weeks to go to the Killarney Regatta on the 1st July. There is plenty of activity on the Valley shore. All crews under the guidance of Michael, Tadhg and Chris have been taking advantage of the recent good spell of weather and putting in plenty of effort. Hopefully the weather will hold out for a few more weeks. Keep up the good work.

Membership: any over due membership now has to be paid to Donal Kelly

Two Mile Community National School Sports Day 12th June 2018

Two Mile Community National School held their first Sports Day on Tuesday 13th June. The children from Junior Infants to 6th Class enjoyed a programme of activities including novelty races, obstacle courses and relays, with emphasis on participation and having fun. The Sports Day comes at the end of what has been a very successful first year in Two Mile CNS, thanks to the hard work and commitment of the whole school community.



Ballyhar Dynamos U16s ,Tucker Kelly Cup Finalists ,Kerry Schoolboys league 2017/18.Front Left Conor Henderson,Cian Ring,Christopher Palmer,Jason Brennan,John Power,Adam Lenihan,Craig Boyle o Sullivan.Back from left Michael Brosnan,Conor o Sullivan,James o Leary,Nathan Callaghan,Brian o Driscoll,Peter Cosgrave,Harry Byrne & Josh McCarthy. Missing from Picture are Danny Cronin & Tomas Scott. Coaches were Tony Moloney & Danny Cronin.

VITHIT SCHOOLBOY/ GIRL SOCCER

Underage season ends with wins for Inter Girls and Castleisland boys:

U14 Girls Cup Final: Inter Kenmare 5-4 Listowel Celtic:

Described by those lucky enough to be in Kilbrean Park, Mastergeeha as the game of the season this 9 goal thriller saw Inter Kenmare just get the better of Listowel Celtic 5-4 after extra time.

Listowel Celtic opened the scoring after 12 minutes when Melaine Higgins chipped the ball over the Inter defender and ran on to make no mistake. However by half time Inter were ahead thanks to two goals from the excellent Chloe Cremin. But for the first twenty minutes of the second half the North Kerry girls scored three times to lead 4-2. Higgins got her second goal and Kelly Enright scored twice to put them in a winning position with 15 minutes to go.

Credit to Inter they never gave up and dropped the heads and they hit back with two goals in two minutes in the 58th and 60 minutes thanks to Cremin and Amy Harrington to level matters at 4-4.

Both sides pushed hard for the winner but there was no further score and the game went into extra time. And here it was Chloe Cremin that became the Inter hero hitting the winner in the first period. They did need their keeper to make a great save to prevent the game going to penalties.

Senator Mark Daly who had relatives playing for Inter Kenmare presented the Player of the Match to Chloe Cremin while a delighted Inter Kenmare squad and coaches were presented with the 14 Girls Cup.

Tom Hayes 14's Final:

Castleisland 3-1 Killarney Celtic B:

This was fitting if poignant win for the Castleisland 14's side as this was the team that was looked after by the late Georgie Callaghan. The game was very tight in the first half with both defences on top and it remained score-less at the break.

Celtic took the lead 10 minutes into the second half when Callum O'Donoghue scored a cracked from distance but the lead only lasted 8 minutes when Pdraig O'Shea equalised. Castleisland then took over and hit two similar goals to take the win. Two crosses were headed home by Freddie Galway and Con O'Neill. Celtic tried to get back into the game but Castleisland keeper Conor Wilkenson made a very good save and his side took a special win. James Callaghan, a brother of Georgie presented Freddie Galway with the Player of the Match with Conor Wilkenson picking up the trophy on behalf of a delighted Castleisland squad and large crowd of supporters that were at the game played on the excellent Murt Scott Park Ballyhar pitch.

Camp Juniors end of season gala:

Camp Juniors celebrated their season with a Blitz which saw the clubs Academy out in force. Following the games which saw teams being named after World Cup qualifiers – Germany and France took the wins at u8's and u10's – the club held its Awards ceremonies with pride of place going to their u15's and u16's teams



Killarney Celtic ---- Kerry District League Premier Division Winners 2017/18

who won their Schoolboys competitions with the 15 Premier being the first won by a team from the club. The late Aodhan O'Connor was remembered with a moment's applause on the day.

KILLARNEY ATHLETIC AFC NOTES

SENIOR FIXTURES

Friday 15th June 2018

Greyhound Bar KO Cup Semi Final

Killarney Athletic v Killorglin AFC 7.45pm Venue Mounthawk Park

KILLARNEY ATHLETIC A.F.C. 7-A-SIDE SOCCER TOURNAMENT

Sponsored by Killarney Credit Union

Application forms are available from the Beech Road and Park Road branches of Killarney Credit Union and at www.killarneyathletic.com.

The entry fee for Senior Men: €200; Over 35s: €150; Ladies: €150

Under 10/12: €75 (Competition 15th + 16th July)
Under 14/16: €100.

The draw will take place on Wednesday 13th June in Scott's Bar, Killarney at 9.00pm. The closing date for entry to the underage tournaments will be announced shortly. Further information is available from www.killarneyathletic.com.

KILLARNEY ATHLETIC GOLF CLASSIC

Killarney Athletic Golf Classic is to be held on 29th June in Mahony's Point. €400.00 for a team of 4 and €100.00 for tee box. Big fundraiser for the Astro Pitch.

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

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

KILLARNEY CELTIC SOCCER NEWS

PREMIER A FINAL. KILLARNEY CELTIC 1, DINGLE BAY ROVERS 0.

A goal by Gary Keane in the 88th min was

enough to get us over the line in the Premier A Final last Friday night in Mounthawk Park. The goal sparked great scenes of jubilation as our A team regained a title last held in 2012/2013. With Dingle sitting deep we enjoyed the lions share of possession in the 1st half but failed to find any real cutting edge for most of the half. However in the last 10 mins of the half we began to apply pressure which resulted in a Cathal O Shea effort being headed off the line. Matt Keane had 2 long range shots in this period.

Right on the stroke of half time a Gary Keane corner found Chris O Leary but the header failed to find the target. Dingle came more into the game in the 2nd half and shortly after the restart a cross flashed right across our goal. In the 62nd min Danny Roche had the ball in the net but this was ruled out for offside. As the clock ticked towards the 90 we continued to attack and a Cathal O Shea cross which just eluded Peter McCarthy was put behind for a corner. Up stepped Gary Keane to fire the corner all the way into the far corner of the net and the title was back at Killarney Celtic.

Congrats to the squad, management team and all those who helped through out the year to make this title win possible. Photos of this memorable win can be viewed on our facebook page.

U14 SHIELD, KILLARNEY CELTIC B 1, CASTLEISLAND 3.

Callum O Donoghue scored our goal.

Many thanks to Inter Kenmare who travelled to play games last Saturday at u7/8/9 level. Our underage training on Saturday is now finished for the season. Thanks to all for their help since last September.

A U12 group enjoyed a trip to Pleinfeld Germany as part of the Killarney town twinning activities for 2018. Photos of the trip can be viewed on our Facebook page.

FAI Soccer camps at Killarney Celtic in July, book now at www.summersoccerschools.ie or call 1890 653 653.

For pitch bookings contact Mary on 086 6485809. Soccertots continues on Sat at 12.30 with great numbers so far.

CELTIC LOTTO

Numbers Drawn 10, 16, 20, 24. No jackpot winner. 3 receive €30. Next Jackpot €5,200.



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GNEEVEGUILLA GAA NEWS

There was one winner of last weeks lotto, congratulations to Donie O Connor from the village who won the €6,000 jackpot, numbers drawn were 5,11,19,23. Thanks to all who support our lotto next week jackpot €3,000.

Seniors are away to St Michaels Foilmore this Saturday at 7.30.

As part of our carnival weekend Trevor Smith and friends in low places, Europe's no 1 Garth Brooks tribute band will play in Gneeveguilla GAA club on 25th August at 10pm. Tickets €20 for more info contact John Murphy 086 6080563

FIRIES COISTE NA NÓG

ACADEMY UPDATE

Well Done to Firies U6, U8 and U10 boys for their terrific performance in Legion GAA last weekend. Many thanks to Legion GAA for facilitating these Go Games and we look forward to future footballing tussles with our East Kerry equivalents.

U10 BOYS

Firies Coiste na nÓg is delighted to host a series of U10 Go Games beginning on Wednesday, 13th June for three consecutive weeks in Pairc Eamonn, Farranfore. Fossa, Legion, Kilcummin along with the clubs' homestead will kick-start their endeavours each Wednesday at 6:30pm.

U12 Lee Strand County Football League

Two fine vigorous and energetic performances were given by both the Firies U12 Blues and Firies U12 Whites this evening against Na Gaeil.

Firies Blues 3-08 Na Gaeil 5-09

Firies Whites 3-09 Na Gaeil 3-07

Firies travel to Spa for next week's round on Sunday, 17th June.

U16 LEE STAND COUNTY

FOOTBALL LEAGUE

Firies U16s instigate their venture in division 2 with an away fixture on June 20th against Castlegregory. We take this opportunity to wish the boys and their coaches the very best of luck in the league.

DR. CROKES GAA CLUB

COUNTY LEAGUE DIVISION

1 - ROUND 6

Dr. Crokes 1-17; Kerins O'Rahillys 1-08

Played in Lewis Road on Saturday 9th June 2018

Despite our nine point victory this game was far from a runaway win as Kerins O'Rahillys had plenty of play but we were more economical with our shooting and three of our forwards



Firies Blue U12 team following their Lee Strand U12 League encounter last weekend.



Firies White U12 team following their Lee Strand U12 League win last weekend.

scored 1-13 between them, Tony Brosnan 0-5, Jordan Kiely 0-5 and Billy Courtney 1-3. Johnny Buckley was also a huge asset to us at midfield where he got great support from Eoin Brosnan. Credit must go also to a good defence who had to be at their best to contain a very lively Strand Road forward line.

Both teams managed only two points each in the first quarter even though neither team resorted to sweepers. It was hard to imagine that both teams would score freely in the remaining three quarters as we sent over 1-15 and our opponents 1-6. We got on top in the second quarter and a goal by Billy Courtney in the 23rd minute helped us to lead 1-7 to 0-4 at the interval.

Kerins O'Rahillys attacked strongly at the start of the second half and reduced our lead to a

point after seven minutes of the third quarter. We got on top again and eight points without reply sent us nine points ahead. Both teams scored two points each in the last seven minutes to leave us comfortable enough winners at the end.

Team & Scorers: Johnny O'Leary; John Payne; Mike Moloney; Brian Fitzgerald; Jason Lyne; Alan O'Sullivan; Shane Doolan; Johnny Buckley 0-1; Eoin Brosnan; Billy Courtney 1-3 (0-1 free); Gavin O'Shea 0-1; Brian Looney 0-2; Mark O'Shea; Tony Brosnan 0-5 (0-1 free); Jordan Kiely 0-5

SUBS: Colm Cooper; Kieran Ward; Cillian Fitzgerald

VOTE OF SYMPATHY: To the McGillicuddy family on the death of Mary McGillicuddy and condolences also to her relatives in the Casey,

Murphy, Clifford and Brosnan families.
Well done to Crokes Hurlers you participated in Feile at the weekend

Happy birthday to Liam Murphy a great club man who celebrates a special birthday.

LOTTO 2 8 9 27 jackpot E11400 not won
match 34 by e100 Draw sun 17 june JcoShea
jackpot e11700

HURLING NEWS

SOUTH KERRY IMPRESS IN JOHN WEST FEILE NA NGAEL CAMPAIGN

The South Kerry U14 Hurling Team (sponsored by Forrest Safety Solutions Ltd.) arrived safely in Oran on Friday afternoon to play their first of two games against the home side, Oran, and North Wicklow Gaels. We made a good start to the weekend, defeating the home side comfortably in the first game on a score-line of 5-10 to 0-07.

The next game was a much more challenging encounter with North Wicklow Gaels. We were leading at half time but a strong second half from the Wicklow side saw them claim victory, 0-08 to 1-02.

Following these two games, we returned to our host club, Claremorris, that evening to a huge welcome and refreshments at the GAA where our players met their host families.

On Saturday morning, we faced our host club, Claremorris, at 10:45am. A great performance saw us win 3-02 to 1-06 with goals coming from Jack Maguire, Tom Garry & Ciarán Collins with Captain Charlie Keating contributing the 2 points. As a result of our performances, we qualified for the Cup Quarter Final vs. Carrick-on-Shannon on Saturday afternoon. A last-minute venue change meant we had to travel to Sean O'Heslin's GAA, Ballinamore, Leitrim for the Quarter Final with the throw-in time put back to 3:45pm. We started the game well and led by 4 points at the half-time whistle thanks to a goal by Ciarán Collins. The second half saw an exhibition in free taking by Charlie Keating to seal another great win on a score-line of 1-07 to 0-02. This was by far our best performance of the weekend. Best wishes on a full, speedy recovery to Nathaniel Doncel who suffered a neck injury in the dying minutes of this game.

On Saturday evening, Claremorris put on another reception with refreshments, hurling and South Kerry themed cakes and fun games for the squad.

The Cup Semi-Final took place on Sunday morning, 10th June, in Leitrim Gaels GAA. The throw-in was delayed almost an hour as the curtain raiser Shield Quarter Final went into extra time, which saw our hosts, Claremorris, come out on top.

Following throw-in, The Longford Slashers came out strong, pushing to a 1-06 to 0-02 lead at half time, our 2 points coming from Charlie Keating. We started the second half better with a goal from Cormac Roe but, unfortunately, it was not meant to be - the Longford Slashers built on their first half performance to win 2-10 to 1-02.



The South Kerry U14 Hurling team receiving their sponsored jerseys from Lorraine Forrest of Forrest Safety Solutions Ltd. prior to travelling to the John West Féile na nGael 2018 in Connaught on Friday, 8th June 2018.



Spa Muckross Community Games U10 Gaelic Football team who came 3rd in the County Final held Friday 8th June.

This was a brilliant occasion for our young hurlers to experience and they did us proud in representing Kerry and progressing to the Semi-Final of the John West Féile na nGael Division 9 Cup Competition - a superb achievement. Many thanks to all our generous sponsors for making this weekend possible and to all the families and friends for their support in the run-up to this weekend and at the competition, cheering on the team from the stands. Thank you to our hosts, Claremorris, for their unrivalled hospitality over the weekend and, last but not least, a special thanks to our official match reporter, Pat O'Brien (St. Pat's, EK), for his live reports of the events as they happened over the weekend.

South Kerry U14 Squad: Sean Finnegan, David O'Leary, Ben O'Carroll, Jack O'Donoghue, Ross O'Leary, Darragh O'Connor, Michael Dennehy, Cormac Rowe, Sean Guerin, Charlie Keating, Luke Crowley, Caoilte O'Cronin, Matthew Fogarty, Hugh Walshe, Cian Twomey, Ciarán Collins, Brian O'Connor, Jack McGuire, Liam Mulhern, Sam Buckley, Nathaniel Doncel, Brandon Griffin & Diarmuid O'Connor, Tom Garry.

Management: Tim Hourigan, Denis Coffey, Donal Casey.

KILLARNEY LEGION NOTES

CO. LEAGUE DIV.1 JOHN MITCHELS 0-12 KILLARNEY LEGION 3-12

The trip to the fabulous John Mitchels complex proved to be a fruitful one as the seniors turned in a fine performance to do the double on the Tralee teams in the division. Built on a tremendous first half display and buoyed by early goals from Conor Keane and Jack O'Neill they played with purpose and at a fast pace which saw them run up a commanding 2-9 to 0-5 lead at the break. It was near on a faultless half for them with some great defending and creative running by the forwards. As was to be expected the home side started the second half in determined mode and registered 6 unanswered points to narrow the gap to just 4 pts. with 15 mins to go. The Legion needed to respond at that point and it took a lovely touch from Peter McCarthy when he slipped the neatest of passes to Conor Keane who backed himself to finish for his second goal of the game. Having steadied the ship they took control again and steered by Jamie O'Sullivan at centre forward, who once again went through his repertoire of point kicking, added three more to give them a welcome win. One of the best scores of the day came from Damien O'Sullivan

who was soundness personified all day as he broke from the back and finished a lovely team move by driving over. No doubt the forwards have put in the work as their movement and work return was of the highest calibre with Peter McCarthy outstanding throughout. A huge contributing factor to the win was the input from Colm Ó Cúiv who hardly put a foot wrong in goal hitting his targets bang on every time.

EAST KERRY JUNIOR LEAGUE

Glenflesk 1-18 Killarney Legion 2-9

Having got the better of Glenflesk the week before the juniors travelled to Barradubh to meet them a second time but this time St. Agathas came out the victors. There wasn't much in it for long periods but tiredness certainly crept in, however with several players returning to action after long lay offs and nine u20's the more football and experience gained there is every reason to be hopeful for this group.

FIXTURE

Co. League Rd.7 Killarney Legion V Dr. Crokes, Sat. 16th June at 7.30 p.m. in Derreen.

DERREEN

All team managers and trainers MUST now clear and book all their team sessions with John Culloty who has taken the post of directing field management. Due to the constant demand and huge amount of matches and activity it is vital that an orderly system be put in place, so to be sure talk to John!

GET WELL

Best wishes to senior player Padraig Lucey as he recovers from surgery and commiserations to Áine Devlin who unfortunately broke her wrist recently. Get well soon to both.

SYMPATHY

The Killarney Legion Club extends its deepest sympathy to the Delaney Family on the sad passing of Pat, R.I.P. An active and popular member of the G.A.A. Pat gave generously of his time and expertise to Killarney and East Kerry. Ar dheis Dé go raibh a Anam dílis.

LOTTO

Winning no's - 2,9,23,25. No winner. Lucky dips - (1) Aoife O Leary, Coolcorcoran, (2) Susan Murhill, Muckross, (3) Gerry O Sullivan, Caragh Restaurant, (4) Anthony Russell, St. Annes Rd. (5) Steve Dennehy, c/o Lake Hotel. Next weeks jackpot €9,300. Play online at www.legiongaa.com

MILLTOWN/ CASTLEMAINE GAA NEWS

SYMPATHY:

We extend our sympathy to the Kelliher family, Keel on the death of Bill Kelliher. Bill's son-in-law - Mike is our caretaker here in Milltown Castlemaire GAA. May Bill rest in peace.

FATHERS DAY:

We wish all the daddies in our community



The South Kerry U14 Hurling Management Team of (from left): Denis Coffey (St. Pat's, EK), Tim Hourigan (Dr. Crokes) and Donal Casey (Rathmore).

a wonderful Fathers Day. Hope you will get royal treatment on your special day. We also remember all those whose dad has died in the past year.

MILLTOWN LISTRY COMHALTAS

With only a few days left to the County Fleadh, be sure to keep your diary free for the exciting program of events. Anyone who wants to get involved and volunteer, contact us on fleadh2018@hotmail.com or talk to anyone on the committee.

FUNDRAISING LOTTO JACKPOT DRAW:

Our fundraising lotto goes to help with the running costs of our very vibrant and ever expanding club. We sincerely appreciate the continued support of our loyal and valued sellers, buyers and sponsors. Our Jackpot is now €20,000- with €300 for match 3. We also have six consolation prizes on offer. Next draw is on this Friday June 15th in O' Shea's Bar. So head out and buy that lucky ticket!

CLUBIFY:

Why not download the free 'Clubify' app on your phone and you will be kept up to date on fixtures, results and up-coming events.

All fixtures for the coming week are on Clubify

EXAMINATIONS:

As our leaving and junior cert students continue with their exams, we wish them the very best of luck. Hope all your hard work-studying over the years will pay off.

COLLEGE STUDENTS: We wish all those awaiting results of exams all the best. For those who were happy, congratulations and for those who didn't quite make the grade- there is always the option of a repeat. Remember it will be all right in the end, so if it's not all right-then it's not the end!

MILLTOWN/CASTLEMAINE

CAMP:

The above camp will take place during the week of July 9th to 13th. Further details available on the Cul Camps website.

APPROPRIATE FOOTBALL GEAR/

MOUTH GUARDS:

Can all underage team managers, trainers/coaches please ensure that all players representing Milltown /Castlemaine are dressed in club colours (Green and White socks and togs.) This is to avoid any inconvenience prior to games. We would ask parents/guardians of players to inform their children of this County Board Rule. We also wish to remind parents/guardians of the Croke Park rule-No Gum guard/No Game.

REVISED DRESSING ROOM/SIDE LINE GUIDELINES:

Please note that under age players are NOT permitted inside the dressing rooms prior to or after a SENIOR game or inside the surrounding fence wire when a senior game is ongoing.

This is to protect all parties involved. We ask parents and guardians to continually remind their children of this rule which will be strictly enforced. We appreciate your on- going support and cooperation.

EAST KERRY GAA NEWS

By Michael O'Mahony PRO

EAST KERRY

JUNIOR LEAGUE

SPA 1-14 RATHMORE 1-10

Spa had a great win over a very impressive Rathmore side Spa's Alfie Giles had the honour of scoring the first point. Rathmore replied. Conor Gleeson of the home side, scored the first and only goal of the game. Paul Cahill added to the Spa's score sheet with two along with Darren O Connor and Corey Doyle. Away team responded with Rathmore's Michael Anthony Kelleher. Spa's goal stopper Conor Kerins was outstanding. Half time score Spa 1-6 Rathmore 0-5

Rathmore players Michael Anthony Kelleher and Dean Fitzgerald were outstanding. Spa had great displays by Conor Kerins, Andy Fitzgerald and Paul Cahill.



The South Kerry U14 Hurling Team (sponsored by Forrest Safety Solutions Ltd.) with management pictured at the John West Féile na nGael Competition which took place last weekend, 8th - 10th June 2018.

Spa Scorers: Conor Gleeson 1-1, Alfie Giles 0-1, Paul Cahill 0-2, Darren O Connor 0-1, Corey Doyle 0-3, Mike Shannon 0-1, Mike Moynihan 0-1, John Falvey 0-1, and Andy Fitzgerald 0-3. Rathmore Scorers: Dean Fitzgerald 0-3, Michael Anthony Kelleher 0-5, Tadhg O Mahony 0-1, John Hickey 1-0 and Anthony Darmody 0-1. FT Glenflesk 1 18 {21} Legion 2 09{15}

EAST KERRY JÚNIOR LEAGUE

Glenflesk and legion played out a high scoring game in Rd 1 of the East Kerry junior League. Legion scored a goal mid through the first half to lead by 4 but a goal from Glenflesk corner forward Stephen Lacey cut the gap to 1 at half time.

HT LEGION 1 06 GLENFLESK 1 05

The game remained close in the second half and a goal from Michael Bernard O Donoghue gave legion a 2 point lead with 15 to play but the introduction of Glenflesk youngster Darragh Fleming who scored 5 points from play swung the game in Glenflesks favour
FT Glenflesk 1 18 Legion 2 09

EAST KERRY JUNIOR LEAGUE – R1

Scartaglen 0-14 Kilcummin 1-10 {13}
Scartaglen kicked off their League campaign with a deserved victory over Kilcummin this evening. The away side were first to raise the white flag, Tadhg Ryan with his first point of the evening inside the first minute. Scartaglen quickly settled into the game and registered the next five scores without reply. Mike Fitzgerald with the first of the scores in the 5th minute from a free. This was quickly followed by points from Thomas Fortune & Sean O'Connor from a free. Mike Fitzgerald registered his second score of the evening in the 11th minute from play. Fred Connor popped up with his first score of the evening in the 12th minute to stretch Scart's lead to 4 points. Scartaglen were very much in control at this stage but a lapse of concentration allowed Kilcummin's Tommy Brosnan to pounce on poor defending to find the back of the net.

Tadhg Ryan who was Kilcummin's danger man drew Kilcummin level soon after with

his second point of the evening. For the remainder of the half the momentum swung in Kilcummin's favour and they were to add a further two points. Tadhg Ryan with his third and Jerry Sheehan with his first of the evening just before the halftime whistle.

At halftime Kilcummin lead by two. 1-04 to 0-05.

Scartaglen began the second half brightly. Substitute Tom Boyle with his first of the evening to reduce the deficit to a single score. The game was nip and tuck at this stage with both sides cancelling out each other with scores. Tom Boyle with his second of the evening after a long ball into Mike Fitzgerald. Tom Boyle and Hugh O'Connor added further points for Scartaglen. Kilcummin midfielder John Devane & Sean Moynihan with the away sides scores. The scoreline now read 1-07 to 0-08. Donnacha Daly reduced the deficit for the home side but Tadhg Buckley restored Kilcummin's advantage to 3pts.

Scartaglen regained momentum and control. Fred Connor with his third of the evening before substitute Timmy O'Connor would pop up with the score that would give the home side a deserved victory. Credit must go to the away side who equally played their part in a most entertaining game. A great advertisement for Junior football.

Scartaglen Scorers:

Fred Connor (0-3), Mike Fitzgerald (0-3 2f), Sean O'Connor (0-2f), Thomas Fortune (0-1), Hugh O'Connor (0-1), Tom Boyle (0-3), Timmy O'Connor (0-1),

KILCUMMIN SCORERS

(0-5) Tadhg Ryan
(1-0) Tommy Brosnan
(0-2) Jerry Sheehan
(0-1) Dean Cronin
(0-1) John Devane
(0-1) Sean Moynihan

RESULT

East Kerry Junior League Gneeveguilla 1-15 {18} Dr Crokes 3-8 {17} Division 1 RD1

FIXTURES

East Kerry junior League Rd 3

División 1 first team name at home all games at 7 30p.M

Dr Crokes v Rathmore

Gneeveguilla v Spa

Division 2

Glenfesk v Scartaglen

killcummin v Killarney Legion

MINOR COUNTY CHAMPIONSHIP RD1

Mid Kerry v East kerry at Beaufort at 7pm. on 26th June. Rd 2

3th July at 7.30pm.

East Kerry v Kenmare District st Rathmore

DIVISION 1B BACK GAME

16/17June

DR. CROKES V KILLARNEY LEGION

Doubling with County League

South Kerry U14 Hurling in Feile

Unfortunately the Div 9 Cup Semi final was a step too far for South Kerry as they lost to Longford Slashers on a scoreline of 2-10 to 1-2. South Kerry scorers Cormac Howe 1-0 Charlie Keating 0-2. It's been a marvellous experience for these young men.

We thank our hosts Claremorris for a wonderful weekend.

The Munster primary school boys skills competition took place in Mallow. The winners of all county titles in the province took part on the day.

The standard was excellent with fantastic skill levels on display. Congratulations to Holy family NS Rathmore (Darragh Nagle, Fionn Murphy, Cathal O'Donoghue) on winning the Munster title with a polished team performance. Paudie Dineen (teacher) deserves great praise for working with all players during the school year. Thanks to East Kerry/Kenmare GDA Vince Cooper for his support right through the competition.

KILLARNEY CAMOGIE CLUB:

Under 14 - All Ireland Feile:

Our U14 team had the time of their lives at the All Ireland Féile 2018. The hospitality of



Killarney Camogie Club - All Ireland Feile 2018: Back- Paul O'Brien, Sarah Looney, Yasmin O'Brien, Yen Leniston, Aimee Coffey, Cliona Lynch, Geraldine Murphy, Keelyn O' Leary, Ilona Sheehan, Lisa Lenihan, Clodagh Lucey, Jessica Bell, CAMogie Association President Kathleen Woods, Ceara Moore. Front - Pat Sheehan, Anne Hickey, Heather Culloty, Alannah Houlihan, Chloe McCarthy, Aine Devlin, Eabha Lynch, Niamh Coughlan, Kathryn Ryan, Hannah Ryan, Tia McNabb.

our host club Moycullen Camogie was superb and the girls have made lasting friendships with the team. Moycullen spoilt us with the service they provided from Friday evening to Sunday morning and we could not have been taken care of any better. Thank you to all in Moycullen. On Friday evening we played two games, against Craughwell and Edendork. The girls gave 100 per cent on the pitch. Craughwell was a competitive game but Edendork was a different story where their side was just too strong for our team. On Saturday we played our

host club Moycullen in a nail biting encounter that finished with the sides level. We walked off the pitch to be met by the President of the Camogie Association, Kathleen Woods. After a few photos and a chat, we hopped on the bus again to head to Roscommon to play Crosserlough in the Shield Quarter Final. Over the weekend, our girls really showed a 'never say die' attitude, they kept fighting and trying right to the final whistle. No game showed this more than our final game against Crosserlough. Although beaten well, the tenacity and the

passion our team displayed was inspiring. It has been a tremendous experience, with an abundance of camogie played and an All Ireland quarter final appearance is a fantastic achievement for this team. A big thank you Mary Ryan and the Stack family in Tricel, to Jessica O'Connor in Vodafone and to Killarney Credit Union for their generous sponsorship and support. Best wishes to Cliona Lynch on her recovery from a knee injury sustained in the quarter final. Congratulations to Causeway, our fellow Kerry club who won the All Ireland Féile for the first time ever! Well done to trainers Ceara Moore, Paul O'Brien and Pat Sheehan and to our fantastic players Sarah Looney, Yasmin O'Brien, Yen Leniston, Aimee Coffey, Cliona Lynch, Geraldine Murphy, Keelyn O'Leary, Ilona Sheehan, Lisa Lenihan, Clodagh Lucey, Jessica Bell, Anne Hickey, Heather Culloty, Alannah Houlihan, Chloe McCarthy, Aine Devlin, Eabha Lynch, Niamh Coughlan, Kathryn Ryan, Hannah Ryan and Tia McNabb.

Under 8's and Under 10's:

Well done to all our under 8's and under 10's who took on Millstreet on Monday evening last. Some great camogie was played and we had a number of girls who made their debuts for the under 8's. Both these teams are headed to Causeway this Saturday for a blitz. Training for all age groups continues every Monday from 6.30 to 7.30 at Spa GAA. Condolences to the family and friends of the late Pat Delaney, a passionate hurling man and friend of Killarney Camogie Club through the years.



Girls delighted to get Photo and their Jerseys signed at the Kerry GAA Night of Champions at the Kingdom Greyhound Stadium on Friday night. L-R; Jack Savage, Amie O'Connell, Paula Rogers and Brendan O'Sullivan. **PICTURE: WWW.DENISWALSHPHOTOGRAPHY.COM**



Darren O'Sullivan with John Joe O'Carroll and Kieran Donaghy view the Greyhound racing Action during the Kerry GAA Night of Champions at the Kingdom Stadium on Friday night. **PICTURE: WWW.DENISWALSHPHOTOGRAPHY.COM**

L-R; Angela Callaghan with Kelly O'Sullivan, Ben and Luke O'Sullivan, Haley Callaghan and Marie Clifford at the Kerry GAA Night of Champions at the Kingdom Stadium on Friday night. **PICTURE: WWW.DENISWALSHPHOTOGRAPHY.COM**



KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO

UPCOMING INTERCOUNTY ACTION

The Kerry Senior Football Team will face Cork in the Munster Final on Saturday June 23rd in Pairc Uí Chaoimh. The game is preceded by the Minor game which involves Kerry and Clare at 4.30pm. Tickets are now on sale at the following prices - Adult Stand Pre Purchase: €35.00, Adult Terrace Pre Purchase: €25.00, Juvenile Stand & Terrace: €5.00, Student/Senior's will receive €10.00 concession with valid ID at the designated stile prior to entry. Adult prices increase by €5.00 at midnight 22nd of June. Tickets are available for purchase in the Kerry GAA store Killarney, via gaa.ie/tickets and in participating Centra and Supervalu Outlets.

Both the Kerry Senior and Minor Teams will be announced at 8pm on Friday, June 22nd on the Kerry GAA website.

The Kerry GAA Supporters Club will take coaches to the Munster Final in Cork on 23rd June. All seats must be booked by Thursday night June 21st, the times are as follows - Listowel 12 O'Clock Tralee 12.30pm and Killarney 1 O'Clock. Membership cards now available for 2018, all travelling must have a valid card to travel on coaches. For booking contact Donal O'Leary at 0647758099 John King 087 1305474 or Martin Leane 087 2452901

The Kerry U20s face Limerick in Newcastle West on Friday at 7pm. This is a new age grade competition and Kerry will be hoping to do well in the inaugural year. New rules prevent players who have played Senior Championship playing in the U20 grade so as result Seán O'Shea and David Clifford are ineligible for selection. However given the Minor success in Kerry in recent years, Jack O'Connor and his Selectors still have a very talented squad to select from. The U20 team will be announced at 1pm on Thursday on the Kerry GAA website.

The Kerry Juniors are in action in the Munster Final on Wednesday June 27th at 7.30pm. They face Cork in Austin Stack Park, Tralee.

CREDIT UNION COUNTY LEAGUE AND JUNIOR COUNTY LEAGUES

Last weekend, Round 6 went ahead in the Credit Union County Football League. The following clubs are top and bottom of their respective tables -

DIVISION 1

Dr Cokes (11 pts)
Spa (10 pts)
Dingle (2pts)
Glenbeigh/Glencar (1pt)

DIVISION 2

Desmonds (12 pts)
Austin Stacks (10 pts)
Currow and Listowel Emmets (1 pt)

DIVISION 3

Annascaul (11 pts)

Brosna (9 pts)

Keel (3 pts)

Finuge (2 pts)

DIVISION 4

Gneeveguilla (11 pts)

Firies (10 pts)

Ballylongford (2 pts)

Cromane (1 pt)

DIVISION 5A

Churchill (12 pts)

Scartaglin (8 pts) Kilgarvan (2 pt)

Knocknagoshel (0 pts)

DIVISION 5B

Duagh (10 pts)

Ballyduff (8 pts)

Tuosist (4 pts)

Dingle (0 pts)

KERRY GAA NIGHT OF CHAMPIONS

The Annual Kerry GAA Night of Champions was held last Friday night June 8th at the Kingdom Greyhound Stadium and once again featured the "Kerry GAA Supporters Club" Race of Champions, with €15,000 to the winner and an overall Prize fund of €21,000. The winner was Clonbrien Hero.

The Kerry Group Sponsored Club Sweepstake final was the important race for the clubs twinned with the six dogs who reached the final. The race was won by Srasota Black which was twinned with the South Kerry Board.

A huge thank you to the organising committee for a brilliant 'Night of Champions' and thanks also to the sponsors. The following were the prize winners on the night - Buster Prize winners: First prize: Ruth Allen Killarney, Second Prize: Coiste na nÓg Best Dressed Lady, sponsored by Diane Jeffers of The Jasmine Boutique was Kate Krby of Ardfert. Winners of The Garvey's Supervalu Hampers: Mary O'Sullivan Caherciveen, Mike Moriarty Churchill, Tom Dillon St. Senans and Tralee and Tom Holly Tarmons. Jaxon Henare won the Luxury Fur Wrap sponsored by Jasmine Boutique. Con Griffin Killarney, Bridget Purthill USA and Pat McKenna won the Kerry Jersey, football and Hurley & Sliotar respectively. Thanks to The Kerry GAA Store at The Outlet Centre in Killarney for sponsoring these prizes.

KEANE'S SUPERVALU KILLORGLIN MINOR FOOTBALL CHAMPIONSHIP 2018

The Rules & Regulations are arising from decisions taken at the County Committee meetings in January 2018 and May 2018. 13 teams shall participate in the Competition. Kerins O Rahillys and Feale Rangers will play in a Preliminary Round on Friday 22nd June.

Groups have three teams in each group, each team will play in a round robin series with the top two in each group progressing to the

Quarter Finals. Each team in the Group will play one 'home' game, one 'away' game. Extra Time will be played in the event of a draw in the Quarter Finals & Semi Finals. First drawn have home venue in Quarter Finals. Semi Finals & Final will be played at neutral venues. The draw for the Quarter Finals will be an 'open draw'. Exception - teams who played in same group to be kept apart.

Rd 1 of the Group stages will be played on Tuesday June 26th

Rd 2 of the Group stages will be played on Tues July 3rd

The Minor Football Championship 2018 fixtures are as follows -

Preliminary Rd Friday 22 June at 7pm (Extra Time if required)

Feale Rangers v Kerins O Rahillys (A) Mount-coal

Rd 1 All games Tues 26 June at 7pm

Gr 1 Shannon Rgs v South Kerry in Ballybunion

Gr 2 Mid Kerry v East Kerry in Beaufort

Gr 3 St Brendans v Dr Cokes at Na Gaeil

Gr. 4 Laune Rangers v Austin Stacks in Killorglin

Rd 2 All games Tues 3 July at 7pm

Gr 1 South Kerry v St Kierans in Caherciveen

Gr 2 East Kerry v Kenmare Dis. In Rathmore

Gr 3 Dr Cokes v West Kerry at Lewis Rd.

Gr. 4 Austin Stacks v (A) in Connolly Park

Rd 3 Date to be confirmed

Gr 1 St Kierans v Shannon Rangers in Cordal

Gr 2 Kenmare Dis. v Mid Kerry in Kenmare

Gr 3 West Kerry v St Brendans in Castlegregory

Gr. 4 (A) V Laune Rangers Venue TBC

JOB VACANCY

Comhairle na Mumhan C.L.G (Munster GAA) is now seeking applications from suitably qualified persons for the position of Games Development Administrator - Hurling, which shall be based in County Kerry. Closing date for application is 3pm on Friday, 15th June 2018. Full job details and application requirements can be found on our website www.kerrygaa.ie

KERRY LOTTO

There was no winner of the jackpot. The numbers drawn were 1, 16, 29, 32. The €50 lucky dip winners were Pat Sheehy Causeway and Seán Healy. This month's special lucky dip prize is 2 tickets to see Michel Bubl  in Croke Park.

INTER - FIRM AGM

The Inter-Firm board will be holding its AGM on Thursday June 21st in the Plaza Hotel Killarney at 9pm. The meeting is open to all interested organisations who are entering or considering entering this year's championship or any individual who may want further information on the competition.



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You will be required to take briefs from Thermohouse management and implement effective digital marketing campaigns, record crucial metrics and prepare reports based on their success.

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info@mcgroup.ie



ROLE/DUTIES:

- Website management of the Thermohouse Ireland and Thermohouse UK websites, including providing creative ideas for content marketing and website updates.
- Search Engine Optimisation (SEO) - Optimise all website content and landing pages to drive high quality and relevant site traffic.
- Keyword research e.g. MOZ.
- Run effective digital marketing campaigns to increase brand awareness, engagement and lead generation.
- Manage pay-per-click campaigns, including: AdWords, Facebook and LinkedIn.
- Research and create interesting and appealing content for websites and social media such as blog articles, case studies and thought leadership pieces.
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Citizens Information

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QUESTION

I am 17 years old and I have just finished school.
I would like to get a part-time job over the summer.
Are there restrictions on the number of hours I can work and will I get the minimum wage?

ANSWER

The maximum working week for young people aged 16 and 17 is 40 hours, and you cannot work more than 8 hours a day. If you work for more than one employer, your combined daily or weekly hours of work cannot be more than this maximum. Usually, you are only permitted to work between 6am and 10pm, but in licenced premises (pubs and restaurants) you are legally allowed to work until 11pm at weekends and during school holidays.

The national minimum wage for an experienced adult is currently €9.55 per hour. People aged under 18 are only entitled to up to 70% of the experienced adult rate This is €6.69 per hour. Your employer is free to pay you more than the minimum wage if they wish, but they are not required to do so by law. You must get a payslip from your employer. A payslip is a statement in writing from the employer that shows your total pay before tax and details of deductions from your pay.

If you get tips from customers there is nothing in law to state you are automatically entitled to these tips. However, the law does not require you to hand these tips to your employer either. Instead, it depends on the custom and practice in your workplace.

These rules are set out in the Protection of Young Persons (Employment) Act 1996. Your employer must give you the official summary of the Act, along with other details of your terms of employment, within one month of your start date. All employers with employees under 18 must display the official summary of the Act somewhere visible where it can be easily read. Your employer must also see a copy of your birth certificate, or other evidence of your age, before employing you.

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

Further information is available from the Citizens Information Service which is available 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, Caherdween 0761 07 7780

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



SouthWest Counselling Centre

EXAM STRESS SOME TIPS FOR PARENTS AND STUDENTS



FOR PARENTS

Exams are here and will be over before we know it. The best way to support your teen at this time is to make home life as calm and pleasant as you can. You may notice that although you are desperate to know how the exam went, it's wise not to launch into an inquisition – so give your teen some space.

Feeding them healthy snacks and good nutritious food will all be very welcome. Make sure they eat a good breakfast on the morning of the exam. Be sure to remind your child to take study breaks and get some fresh air to help clear the mind. After an hour or two of study, let them chill out but within reason. They need to switch off from exam student mode too. It's ok to be a couch potato at this time.

A good night's sleep is vital before an exam, so make sure your child isn't staying up late. Encourage an early night but don't let it turn into an argument. Insisting your eighteen year old goes to bed at 11pm doesn't really work, especially if he/she is not able to get to sleep and ends up tossing and turning until 4am. On the other hand it is not good either to turn a blind eye to 'gaming' until the early hours. Remind them that the brain needs at least 7 hours to absorb what they have learnt and to function well the next day. Lack of sleep can cause concentration and memory problems. Often, the study done after midnight is wasted.

FOR STUDENTS

The Psychological Society of Ireland offers some last minutes tips and advice to students how long to study. They advise students to study "regularly and briefly - rather than "cramming" at the last minute. Try to study in blocks of time which do not exceed your concentration span. For example, break up a study session into periods of about 50 minutes each." They also offer valuable advice to gain control over the exam situation as follows: "Ignore what other people do in the exam. Do not look around you in the exam-hall when the papers are handed out and do not pay any attention to students who request extra paper from the exam supervisors. Remember that it is the quality rather than quantity of the answer that attracts good marks. In any case, many "hand raisers" write on only one side of a page or perhaps skip every second line of their answer book. So, be selfish in an exam - ignore everyone else."

SouthWest Counselling Centre Killarney. 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 6636416/064 6636100

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



THE MIRACLE PRAYER

Dear Heart of Jesus, in the past I have asked you 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.

Prayers answered.

MPOS

NOVENA TO ST. ANTHONY

O Holy St. Anthony, gentlest of Saints, your love for God and Charity for His creatures made you worthy, when on earth, to possess miraculous powers.

Miracles that waited on your word, which you were ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request) the favour that I seek.

O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be held in your arms, and the gratitude of my heart will ever be yours. Promise publication.

MPOS

NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe. X

GRATEFUL THANKS

Our Lady of the Sacred Heart, Divine Mercy St Faustina, St Expedite, St Padre Pio, Our Lady of Mount Carmel, Sacred Heart of Jesus, Our Lady of Lourdes for Health favours received. X

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.

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In Honour of
St. Anthony
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A WORD OF VICTORY

Welcome back dear reader continuing on godly leadership operating in the fear of God; let's look at how it brings freedom to the oppressed. In the Bible, Nehemiah is an awesome symbol of this. Nehemiah's heart was filled with compassion for his home Jerusalem with its broken down walls due to the battering it had endured, and for its people who were crushed and suffering lack from oppression. In case you are wondering what has this to do with you - Nehemiah is a foreshadow of Jesus - He came to set captives free and to restore our brokenness. Nehemiah was anointed by God to not just feel pity for the people, but compassion. Pity says - 'I'm sorry for you, poor you', but compassion says 'I see the wrong that happened to you; now I'm reaching out to help you overcome it'. Nehemiah went before the foreign king he was enslaved to, and beseeched him to allow him travel home and restore Jerusalem's walls and dignity. God gave him favour and the king sent him, supplied with everything he needed. When Nehemiah started the work opposition ensued immediately from the enemy. The devil will always have someone on the sideline ready to oppose and ridicule anyone carrying out God's purposes. Nehemiah ignored this, and instead led the people who were in agreement with him, into organised groups that completed this incredible task in only fifty-two days. When God has anointed you to do a job He will make the way, supply the provision and protect and bless you (and those in agreement with you) through it all. That's how you know that you are on the right track. If God is not in something with you, there will be lack, turmoil, hardship and strife at every turn. Even though there was adversity and opposition, Nehemiah and the people pushed through with wisdom and unity, and accomplished this feat against all odds. He also defended the oppressed and spoke out at those who had wronged God's people, and got restoration for them. Then he had the Word of God read to all the people and explained simply to them, so they fully understood. The people wept when they heard the full Word preached to them, and repented for their sins. Then God told them to rejoice and have a celebration, and importantly, share with the needy, because they now understood His Word and were restored, blessed and secure in His Love, protected and strengthened with His Joy. Is this what you need friend? See www.wordofvictory.net for more. Continued next week....

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