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2 Outlook 20.06.14

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GRACE OF MONACO (PG) 105m Fri-Tues 6:30	MALEFICENT (PG) 105m 7 Days 6:30 8:45 Sat/Sun 12:15 2:15	A MILLION WAYS TO DIE IN THE WEST (16) 125m 7 Days 8:55 Late Show Fri 11:25	
EDGE OF TOMORROW (12A) 120m 7 Days 6:25 8:45 Sat/Sun Late Show Fri 11:25	XMEN Days of Future Past (12A) 135m Fri-Tues 8:50 11:20 Sat/Sun Late Show Fri 11:20	POSTMAN PAT (G) 90m Sat/Sun 2:15	

KIDS CINE CLUB
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BEST FOOT FORWARD FOR KILLARNEY WALKING FESTIVAL

Killarney will celebrate the ancient rite of the Summer Solstice in the first ever Killarney Walking Festival which takes place this weekend. Killarney's incredible landscape and ancient cultural heritage will be celebrated with a series of walks, talks and photography.

The Summer Festival which takes place from Friday June 20th to Sunday June 22nd, 2014, is a weekend long adventure complete with spectacular guided walks, a series of photography workshops, boat trips on the Lakes of Killarney and nightly entertainment including the Summer Solstice night of fun and traditional music.

Discover the hidden valleys, mountains, reeks, lake shores and all that is beautiful and untamed about Killarney and its world famous National Park where Druids and Na Fianna once roamed.

Former World Champion Mountain Runner John Lenihan, is giving a talk on Saturday 21st



DRUIDS JOURNEY ACROSS THE MCGILLYCUDDY REEKS BY TORCHLIGHT ON THEIR WAY TO THE ANCIENT SACRED SUMMIT, THE PAPS OF DANÚ. REINACTING THE ASCENT, DENIS O'SULLIVAN, LEFT, BRIAN COAKLEY, AND MARIE KEHOE-O'SULLIVAN. THERE THEY WILL CELEBRATE THE ANCIENT RITE OF THE SUMMER SOLSTICE IN HONOUR OF THE GODDESS DANÚ. PHOTO: VALERIE O'SULLIVAN.

June at the Gleneagle Hotel - Walking Festival Head Quarters, as part of the Solstice evening Bar B Que and traditional night.

This festival is for everyone - families, walking clubs and anyone who loves the great outdoors. The schedule of walks has something for all ages and abilities, from strenuous category three hikes to easy low level category one walks. From the challenging McGillycuddy's Reeks hike to the leisurely Tomies Wood trail, there are twelve guided walks to choose from in all. Experts John O'Sullivan, Lodge and Reeks Guiding and Ray and Mary Walsh, along with experienced, local guides will host the series of walks and treks. All of the associated maps

and trekking guides can be viewed on www.activeme.ie

This year's Signature Walk is called 'Capturing the Light' and involves climbing the ancient sacred summit, of The Paps of Danu on the border of Cork and Kerry. The Paps are associated with mythology, mysticism and majesty. The Goddess Danú represents all that is earthly fertile, abundant and protective. Depart Killarney in the dead of night in order to capture the first light of the Summer Solstice sunrise. This walk will be led by Head Druid, Tim Long and award-winning photographer Valerie O'Sullivan.

SPRAOI CHIARRAÍ CONCERTS



Spraoi Chiarraí the Killarney based Irish Traditional Music, Song & Dance performance collective is presenting the finest young local performers. They had great success over the last nine summers. They are very happy to report all sponsors are again onboard this year making this 10th year Anniversary series of Free concerts possible. The second of seven FREE Concerts is this Saturday, June 21st at St. Mary's Church of Ireland, Killarney at 8pm. A very special 10th anniversary special concert will feature sisters Marion (Accordion) & Eileen

Dineen (Piano), will open the proceedings and then Philip Crickard (Fiddle) and very special guest Samuel Kilwanuka Uganda (Vocal/ Percussion) will join Spraoi Chiarraí Producer/ Director Tim O'Shea (Guitar/Vocals/Bodhrán). Tim Sam and Philip mix African and Irish Songs and Rhythms. This is a very special treat.

Open to all, this family entertainment is sponsored this year by Killarney Arts (Town Council) Main Sponsor, Kerry County Arts Office and Killarney Chamber of Commerce (print sponsor). These FREE Concerts will take place in two venues in the town. There are 5 evenings ("In Concert"), at St. Mary's Church of Ireland opposite the (Town Hall), 2 Open Air concerts ("Trip to the Cottage") at Deenagh Lodge (opposite Killarney Cathedral), in the National Park. The concerts feature Fiddle, Irish Harp, Accordion, Flute & Whistle, Irish Uilleann Pipes, Guitar, Harmonica, Bodhrán and Vocals as well as (Irish Dancing and Irish Storytelling outdoor only). All indoor concerts are at 8pm and outdoor performances are at 2pm. This year group have also been asked to perform again for the three days of Puck Fair in August. The shows are FREE so come along, families welcome. Bigí linn.

LEARN A NEW LANGUAGE AT THE LIBRARY

The opportunity to learn a language can become a reality now that Kerry Library has introduced a new language learning service on the Kerry Library website, www.kerrylibrary.ie. Transparent Languages Online is available to Kerry Library members by clicking on the "Learn a New Language Today" logo on the Library home page. Courses can be studied at beginner and intermediate level and range from Arabic, to Chinese to English to Zulu. Irish can also be studied at beginner and intermediate level. Transparent Languages online is especially useful for people going on holidays abroad to learn a few useful phrases. Users can download the courses and phrases onto their Smart phone and learn a language on the go. The BIKI vocabulary builder is wonderful to build up words and phrases to get by in any language.

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- The winning entry will be selected by a draw made on Jan 1st 2015 in The Brehon & Angsana Spa, Killarney.

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Enjoy a soothing foot wipe
30 Minute Anne Semonin Mini Facial
60 Minute Choice of a
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30 minutes of Relaxation time
Enjoy a freshly prepared ginger tea & fruit
Main Course Lunch in The Brehon Bar with Tea or Coffee



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To avail of these offers at the weekend a €10 supplement applies

For reservations, please contact Angsana Spa the Brehon at Tel: +353 6466 23980 or Email: angsanaspa@thebrehon.com.

BUSY TIMES AT CAMERA CLUB

Killarney Camera Club members have been very busy over the past few weeks taking part in Club Outings. We spent two evenings at Ross Island capturing the Wild Garlic and Bluebells, the first was with members from Blackwater Camera Club and the second with members from Mallow Camera Club who travelled to join us on both evenings.

On the June Bank Holiday weekend Killarney Camera Club and Galway Camera Club were invited to Waterville by Michael Herrmann and South Kerry Camera Club where they had organised their first Photographic Weekend. On Friday evening an informal welcome where all members were introduced and the details of the weekend were discussed before heading to Lohar Beach to catch the amazing sunset. On Saturday morning they headed for Portmagee and on to Valentia Island where the group was divided into two, each group in turn were ferried out to Beginish Island while the other group drove to Bray Head on Valentia Island to the amazing cliffs. On Sunday a trip to the Skelligs was organised. A fantastic weekend was had by all, it was great to meet people with similar interests and to be introduced to amazing photographic locations in South Kerry. A Special thanks to Michael Herrmann and South Kerry Camera Club for organising an amazing weekend. Images of the weekend can be seen on <http://skelligphoto.blogspot.com/>



A SCENE FROM BEGINISH ISLAND OFF VALENTIA ISLAND. PICTURE MARIE KEANE.

On Thursday last, Club Members visited Muckross Abbey and the Lake Shore to get more practice on getting not good but great images. The more advanced members of the Club shared their knowledge with the newer (and not so new) members. There wasn't an amazing sunset but a very enjoyable was had by all members.

Our final meeting of the season is on June 26th, it's an Open Print Competition. Each member will enter two print images and afterwards can hang their amazing work in their home. As this is the final competition of the season tensions are running high as the results of this competition will determine who the Photographer of the Year will be!! At the moment these are the top 5 in the Unrestricted category

1	Paul Garnett	102
2	Terry MacSweeney	97
3	Marek Hajdasz	94
4	Billy Horan	85
5	Billy Dermody	84

Next season please come and check us out!! Our door is open to new members who share our passion for photography, regardless of level of experience or knowledge. Now is your chance to take up a new and very rewarding hobby. We meet every fortnight on Thursday night, at the Heights Hotel from 7.30pm in the Conference Room, First Floor.

Check our website www.killarneycameraclub.ie for more details or contact Killarney Camera Club Secretary on 877 655 561 or via secretary@killarneycameraclub.ie.

BUSY SUMMER SCHEDULE FOR THE GLENEAGLE CONCERT BAND

Festival goes throughout Kerry will be tapping their feet to the delightful sounds of The Gleneagle Concert Band this summer.

"We will be performing at all the big festivals in Kerry during the summer - The Tralee Garden Festival, Killarney's 4th of July Festival, Puck Fair and The Rose of Tralee" said Conductor Vincent Condon.

"The 4th of July Festival in Killarney will certainly be a highlight for us as we will be joined by our good friends in The Blarney Brass and Reed Band. This performance takes place on Main St and we encourage everyone to come along to hear how fantastic the big band sound really is." The band will also perform two other evening performances on Main St in Killarney on July 8 and 22.

The Gleneagle School of Music and Concert Band are currently recruiting new members for September. Children aged nine and upwards are invited to enroll and there are a limited number of instruments available free of charge on a first come first serve basis.

Established in 1981 The Gleneagle School of



PETER O'DONOGHUE A MEMBER OF GLENEAGLE CONCERT BAND WHO PERFORMED AS PART OF THE STREET ENTERTAINMENT AT THE KILLARNEY SUMMERFEST LAST YEAR. PHOTO: VALERIE O'SULLIVAN.

Music is renowned for excellence and provides a first class comprehensive and complete music education programme including one to one instrumental lessons, theory classes and various ensemble groups.

Adults with previous musical experience and former band members are also welcome to join the Senior Gleneagle Concert Band.

For further information contact Vincent on 087 2229513.



NORAH O'SHEA TAHILLA, SNEEM WHO GRADUATED WITH A PhD IN FOOD SCIENCE AND TECHNOLOGY FROM UCC LAST THURSDAY. PHOTO: LISA O'SHEA.

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48 dB - A+ energy rating



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ROSEMARY'S WEDDING DATE MADE EASIER..... THANKS TO OUTLOOK MAGAZINES

When bride to be Rosemary Walsh returned home to Kerry this week to finalise details of her wedding in November she received a welcome telephone call from Outlook Magazines. Rosemary was the lucky winner of the Outlook Magazines (Tralee Outlook, Killarney Outlook, Sliabh Luachra Outlook) 'Summer Wedding Guide' competition for a €100 Wedding Stationery voucher courtesy of Walsh Colour Print. Rosemary from Market Street, Killorglin is a nurse at Guys Hospital in London for the past four years and is due to marry Castleisland native Wiley Sheehan, a Project Manager in London, on November 29th. "I came back home this week to finalise some details for the wedding including ordering the invitations. My mum, Christina entered the competition some weeks ago. I was thrilled to win this great prize with the money saved earmarked for other

aspects of the wedding plans," said Rosemary. "I lived in Upper Main Street in Castleisland until I was 17. I am thrilled that our wedding will be celebrated by Fr. Liam O'Brien who was a priest in Castleisland when we lived there. The reception will be in the Muckross Park Hotel, Killarney. We are very excited as the time is closing in fast and still lots to be done for the big day. Wiley's mother Eileen and my parents Christina and Bill are very supportive and working hard behind the scenes while we are in London."

And the good news for all brides that entered the competition.....all entries received a 10% off voucher on all wedding stationery orders placed at Walsh Colour Print by 31/12/2014.

LOOK OUT FOR MORE WINNERS IN NEXT WEEKS OUTLOOK MAGAZINES

WINNER: CAOIMHE SCANNELL (OUTLOOK MAGAZINES) PRESENTING ROSEMARY WALSH WITH HER PRIZE AS A LUCKY WINNER OF THE OUTLOOK MAGAZINES (TRALEE OUTLOOK, KILLARNEY OUTLOOK, SLIABH LUACHRA OUTLOOK) 'SUMMER WEDDING GUIDE' COMPETITION FOR A €100 WEDDING STATIONERY VOUCHER COURTESY OF WALSH COLOUR PRINT. PIC BY OUTLOOK PICS.



NEW DOMESTIC CAMPAIGN LAUNCHES FOR WILD ATLANTIC WAY

A new campaign targeting Irish holidaymakers and encouraging them to get out and discover the wonders of the Wild Atlantic Way has been launched today by Fáilte Ireland. A 60 second ad has gone live today and will be broadcast on cinema screens across the country targeting an audience of over 1 million filmgoers. The campaign also includes print and broadcast advertising which will be accompanied by a dynamic new social media campaign.

As the campaign kicks off, two of the world's top adventure travel specialists are preparing to arrive in Ireland for a 10 day journey of discovery along the Wild Atlantic Way. Shannon Stowell and Chris Doyle from the Adventure Travel Trade Association (ATTA) will be touring the route on motorbikes showcasing all that the

Wild Atlantic Way has to offer via social media including video blogs and twitter updates. The ATTA are bringing over 650 delegates to their world summit in Killarney in October and the conference will provide a perfect opportunity to showcase Ireland to the international adventure travel trade and media.

Just this week, the route which stretches from the Inishowen Peninsula in Donegal to Kinsale in Cork was the focus for a special edition programme on RTE's Nationwide uncovering some of the treasures, culture and flavours on offer along the West Coast.

You can learn more about the Wild Atlantic Way at <http://www.discoverireland.ie/Wild-Atlantic-Way>.

LISA IS OUR WINNER



Lisa Barrett from Ballinascreena, Causeway is the lucky winner of our recent Let's Celebrate Summer Colouring Competition.

Lisa wins a guided tour of Ireland's most exciting show cave, Crag Cave for 2 adults and 3 kids. She also wins entry to Crazy Caves activity centre and The Kingdom Falconry Experience. With a Yummy Kids Meal Deal included. Well done Lisa.

HEARTBEAT – JULY – MEETING.

Our speaker this month is Lisa Brown who is a Community Resource Worker with the NCBI working for people with sight loss Lisa will talk on;

- How often people should have their eyes tested.
- How to keep your eyes healthy.
- What to do if you notice changes in your

vision.

- Common eye conditions as we age.
- NCBI – who they are and what they do.
- Question & answer session.

This is a free event and all are welcome to the Serenity Centre St. Anne's Road Killarney on Monday June 30th. at 8pm.



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- Civil Engineering
- Agricultural Engineering
- Biological & Environmental Science
- Manufacturing Engineering

New for 2014 - €80,000 STEM Scholarship Programme - DEADLINE EXTENDED

The IT, Tralee STEM School has developed, in partnership with companies in the region, a STEM Scholarship Programme for CAO applicants in the areas of food, agriculture, manufacturing, technology, civil engineering, energy and the built environment. The Scholarship Programme is worth €1,000 each year for the duration of the programme. Applications can be downloaded from www.ittralee.ie. **Closing date for applications is 27th June.** Interviews will take place on Thursday 3rd July. Also open to CAO Change of Mind applicants. Further details from the STEM School at 066 7144170.

Graduates with STEM qualifications are in demand:

Put yourself in a stronger position in today's competitive job market and choose STEM at IT, Tralee.

What STEM Employers Are Saying

"National trends clearly indicate that the STEM sector is undergoing a significant resurgence as evidenced by the recent growth of STEM related jobs. At Dairymaster we are reaching out to talented young people in the region to help them secure a viable future with a technology-based education. This Scholarship Programme initiative is an excellent collaborative effort and will yield real benefits to the graduate pool of STEM experts in the region in the coming years."

Dr. Edmund Hurry, CEO and Technical Director, Dairymaster

Thinking of a change?

It's not too late, CAO Change of Mind closing date is 5.15pm on July 1st 2014.

For further information on any of our courses contact the Admissions Office on 066 7145638 or visit: www.ittralee.ie

GNEEVEGUILLA NS FLYING THE FLAG

Tuesday, June 17th was a momentous sunny day for Gneeveguilla NS. The school has recently been awarded its first Green Flag. The process started two years ago with Green schools co-ordinator Katherine Reidy leading the process and the Green school committee included children from all classes. The 5th and 6th class children worked very diligently this year on gaining our first Junior Entrepreneur flag. The flag signifies the efforts of the children to gain real life experience of making money and is integrated with a number of curriculum areas including literacy and numeracy. The children won an additional award in Killareny as it was voted one of the best projects by children from other schools. This was a huge achievement for the children and their teacher Denise O'Connor. This year we have gained our first recognition award for being a centre of excellence for Science and Maths. We received the award for Discovery Primary Science and Maths. All classes participated in projects and we have a speaker from Knockreer house. At Christmas the infant classes went on a trip to see Santa and learn all about the flora and



AMBROSE O'DONOVAN (CENTRE BACK) PICTURED HERE WITH THE STUDENTS AND TEACHERS OF GNEEVEGUILLA NATIONAL SCHOOL TO RAISE THEIR GREEN FLAG & JUNIOR ENTREPRENEUR FLAG AND AFTERWARDS, ENJOY A PARTY OF DELIGHTS ORGANISED BY THE PARENTS AT THE SCHOOL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

fauna at that time of year. Marion McCarthy (3rd and 4th class teacher) co-ordinated the project.

Gerardine Shanahan, Principal, Gneeveguilla NS stated that these awards are a tremendous endeavour and we are very proud to have such a dedicated staff and children who have a love of learning. We are a growing school and are constantly working on new initiatives. We are delighted with our achievements both

academically and in sport and music.

Gneeveguilla football legend and captain of the 1984 centenary Kerry team Ambrose O'Donovan came to our school and raised the flags. Parents, children, teachers, Board of management members and the local community were all present on the day. Local man Richie McAuliffe was commissioned to make and erect the flagpoles for the occasion. A huge thanks to the parents association.



TYING THE KNOT ON FRIDAY 13TH JUNE, EDELE DALY & NEILUS HAYES WHO MADE A PIT STOP AT THE CAHERNANE HOTEL, WHERE EDELE'S PARENTS MIKE & KATHLEEN WERE MARRIED, BEFORE HEADING TO GREET THEIR GUESTS AT THE KILLARNEY AVENUE HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

TRAFFIC CALMING MEASURES AT DUNRINE



CLLR MICHAEL GLEESON.

Cllr. Michael Gleeson has welcomed the decision by Kerry County Council to provide Traffic Calming measures on the N.22 at Dunrine – approx 6km north of Killarney on the Tralee Road.

Cllr. Gleeson recently called for the provision through a Notice of Motion. This stretch

of roadway has been the scene of numerous accidents including 3 fatalities in recent years. Residents have for some time been expressing their concern for their welfare and for that of road users.

The proposed work will consist of kerbed islands with chevron signs.

The function of these traffic calming measures is to aid drivers in identifying the proximity and the geometry of the bend.

"It is my hope that driving on this road will be safer when the work is completed", said Cllr. Gleeson.

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A BIT ON THE SIDE
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LOCALS RAISE €51,748.04 FOR IRISH CANCER SOCIETY

Members of the Killarney South Kerry Branch of the Irish Cancer Society were delighted this week to be in a position to present Mark Mellett, Head of Fundraising for the Irish Cancer Society with a cheque for €51,748.04 proceeds from the many local fundraising events held around Daffodil Day on March 27th.

The Society held many different fundraising events including their flag day, coffee morning and the sale of their Daffodil related products at Killarney Outlook offices on High Street. All proceeds will stay in the Kerry area to aid people suffering from Cancer.



AS A RESULT OF THE MANY LOCAL FUNDRAISING EVENTS, KILLARNEY SOUTH KERRY BRANCH MADE AN IMPRESSIVE DONATION OF €51,748.04 TO THE IRISH CANCER SOCIETY. PICTURED AT THE INTERNATIONAL HOTEL WERE BACK ROW L-R TIMMY MORIARTY, MAUREEN FOGARTY, EILEEN KERNEY (MUNSTER COMMUNITY FUNDRAISING), KATHRINA BREEN & NEILY MOYNIHAN. FRONT ROW L-R EUGENE O'SULLIVAN, KATHLEEN O'SULLIVAN, MARK MELLETT (HEAD OF FUNDRAISING FOR THE IRISH CANCER SOCIETY) AND ANNE MOYNIHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MEN RESCUED ON PURPLE MOUNTAIN

Kerry Mountain Rescue Team came to the assistance of two men who got into difficulty on Purple Mountain during the week. The men who were walking in the Gap of Dunloe area, climbed Purple Mountain during the day.

While descending the mountain, they became crag fast on a steep ledge and contacted the emergency services. KMRT were on the scene at approximately 15:00 and located the men high on Purple Mountain. The team made their way to the men both of whom were uninjured but very tired and dehydrated. They were escorted to a safe winching spot where they were airlifted by the Irish Coast Guard helicopter and brought to Tralee hospital at approximately 6pm.

Kerry Mountain Rescue Team was formed in 1966 following the deaths of two climbers on the mountains of Southwest Ireland, and since then has come to the assistance of numerous climbers and walkers in distress.

Team membership is entirely voluntary and the 35 active team members come from all walks of life, but all are active and accomplished walkers and mountaineers in their own right.



SHANE COMPLETES MASSIVE CHALLENGE

Dingle man Shane Finn completed 12 marathons in 12 days last Saturday and it was all in aid of Spina Bifida and Hydrocephalus Ireland.

The 22 year old has raised something in the region of €25,000 during the grueling event, which he said was tough but enjoyable.

TOP ADVENTURE TRAVEL GURUS HIT THE WILD ATLANTIC WAY

Wild Atlantic Way Adventure to be shared online to activity enthusiasts and experts around the world

As part of Ireland's preparations to host the internationally renowned Adventure Travel World Summit this October (6th-9th in Killarney, Co. Kerry), Fáilte Ireland has arranged for two of the sector's leading authorities to get a hands-on experience of the Wild Atlantic Way which they can also share online with activity and adventure travel enthusiasts and experts around the world.

All this week, Adventure Travel Trade Association (ATTA) President, Shannon Stowell and his Executive Director, Chris Doyle will be blogging and Tweeting as they explore the Wild Atlantic Way by motorbike and engage in outdoor adventure activities along the way. Currently travelling from West Cork to Kerry, their journey will see them travel the length of the Wild Atlantic Way route, from Kinsale to the Inishowen Peninsula.

Their road-trip will be documented and promoted through social media and online channels to an audience of dedicated Adventure Travel professionals. Accompanying them will be a 2-person 'storytelling' team who will capture their experiences on video and in photographs as they travel the West Coast of Ireland.



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THE BREHON CELEBRATES ITS 10TH BIRTHDAY



STAFF AND MANAGEMENT, WITH JOHN O'DONOGHUE, MD BREHON HOTEL, BRIAN BOWLER, GENERAL MANAGER, BREHON HOTEL, OLIVIER PAPIN, MARY O'CONNELL, GREG LEJWADA CUTTING THE CAKE AT THE 10TH ANNIVERSARY CELEBRATIONS OF THE BREHON HOTEL, KILLARNEY, ON SUNDAY AFTERNOON, AT THE HOTEL. PHOTO: VALERIE O'SULLIVAN.



CONCENTRATION... TED HEALY AND HIS SON CILLIAN, AT THE 10TH ANNIVERSARY CELEBRATIONS OF THE BREHON HOTEL, KILLARNEY, ON SUNDAY AFTERNOON, AT THE HOTEL. PHOTO: VALERIE O'SULLIVAN.



MARY RYAN, LEFT AND MAURA MCCARTHY, AT THE 10TH ANNIVERSARY CELEBRATIONS OF THE BREHON HOTEL, KILLARNEY, ON SUNDAY AFTERNOON, AT THE HOTEL. PHOTO: VALERIE O'SULLIVAN.



BRIAN BOWLER, MANAGER BREHON HOTEL, KILLARNEY WITH HIS WIFE, MICHELLE AND THEIR CHILDREN, CHLOE AND NATHAN, AT THE 10TH ANNIVERSARY CELEBRATIONS OF THE BREHON HOTEL, ON SUNDAY AFTERNOON. PHOTO: VALERIE O'SULLIVAN.



KILLARNEY OUTLOOK CAPTION COMPETITION

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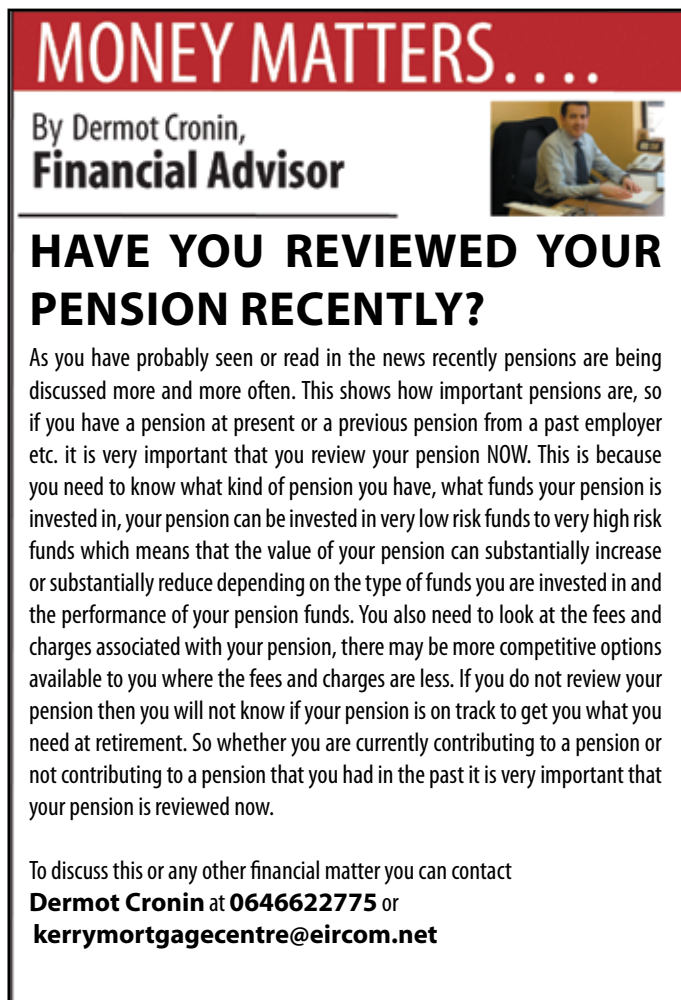


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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor

HAVE YOU REVIEWED YOUR PENSION RECENTLY?

As you have probably seen or read in the news recently pensions are being discussed more and more often. This shows how important pensions are, so if you have a pension at present or a previous pension from a past employer etc. it is very important that you review your pension NOW. This is because you need to know what kind of pension you have, what funds your pension is invested in, your pension can be invested in very low risk funds to very high risk funds which means that the value of your pension can substantially increase or substantially reduce depending on the type of funds you are invested in and the performance of your pension funds. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension then you will not know if your pension is on track to get you what you need at retirement. So whether you are currently contributing to a pension or not contributing to a pension that you had in the past it is very important that your pension is reviewed now.

To discuss this or any other financial matter you can contact
Dermot Cronin at 0646622775 or
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MERCY ORDER CELEBRATES 170 YEARS

THE remarkable contribution made by the Sisters of Mercy in the areas of education and health care is being celebrated in Killarney, Co Kerry where the order is marking its 170th anniversary. The milestone event will be marked at a special Mass in St Mary's Cathedral this Friday where Bishop of Kerry, Ray Browne, will be the principal celebrant and his immediate predecessor, Bishop Bill Murphy, will deliver the homily. The celebrations will continue throughout the afternoon at the 391-pupil Holy Cross Mercy primary school which was established by the order several decades ago. The Mercy sisters were first invited to set up a base in Killarney in the mid 1800s when the Mother Superior in Limerick accepted an invitation from the then bishop Dr Cornelius Egan. Four sisters duly arrived in the town at a time of difficult economic and social circumstances, when there was no convent, no back-up services and real community poverty. They set up home in a small house owned by Mr and Mrs Galwey on High Street and they later opened classrooms on College Street on the site currently occupied by the Arbutus Hotel. The Earl of Kenmare later donated a site where the convent and primary school now stands, on the Rock Road/New Road junction. The nuns soon established primary and secondary schools and old workhouses and a Famine hospital were developed into St Columbanus' Home for the elderly and St Anne's District Hospital, both of which are still



Sr COLETTE AND THE GREEN FLAG COMMITTEE AT THE MERCY NATIONAL SCHOOL JUST BEFORE RAISING THEIR 7TH GREEN FLAG. BACK ROW L-R KAREN O'DONOGHUE, WIKTORIA KROLL, KATELYN BARRY & ELLEN KENNEDY. MIDDLE ROW L-R LUCY O'MAHONY (COORDINATOR), MARIE WESTLAKE, JESSICA MAYE, KATE O'SULLIVAN, AISLING CROWE, LEAH O'CONNOR & SARAH McGRATH. FRONT ROW L-R LAURA O'SHEA, EIMEAR WARREN, BRAYDEN SLATTERY, Sr COLETTE, LUCAS CRONIN, EABHA STACK & SARAH O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

in operation and are now run by the HSE.

The order was soon spearheading a number of innovative community enterprises such as the Mercy Laundry which created employment for local girls and provided a top class service to the local hotel industry.

A lace and embroidery venture also became a very successful industry and Queen Victoria purchased some of the Mercy lace when she visited Killarney in 1861.

The last sister teaching at the Holy Cross Mercy primary school, assistant principal Sr Colette Dennehy, formerly retires this Friday after a long and distinguished career.

Prior to her departure, the Fossa, Killarney native had the honour of raising the school's seventh Green Flag which is the culmination of several months of hard work and dedication by the school's environmentally conscious Green Team.



HOLY CROSS MERCY SCHOOL, EDUCATING CHILDREN IN KILLARNEY FOR 170 YEARS. PRINCIPAL ELLA STACK (RIGHT) PICTURED HERE WITH Sr. COLETTE, THE LAST NUN TO RETIRE FROM THE ORDER. ELLA IS THE LAST TEACHER REMAINING TO HAVE TAUGHT IN THE OLD SCHOOL AND ALSO COMPLETED HER INITIAL TEACHING PRACTISE IN Sr COLETTE'S CLASS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

PICTURE PERFECT...

CALLING ALL BUDDING PHOTOGRAPHERS...

Killarney Outlook would like to offer you the opportunity to have your photographs published in our new weekly photography section.

If you are a keen snapper then submit your photograph to editorial@outlookmags before 5pm on Mondays.

RIGHT: THE VIEW FROM KILLORGLIN GOLF CLUB OVERLOOKING THE RIVER LAUNE. PICTURE BY TADGH AHERN.



SADS RESEARCH FUNDRAISER IN MEMORY OF SARAH MANGAN

In August 2013, the family and friends of Sarah Mangan had their world turned upside down when Sarah died suddenly aged 36 at her home in Milltown. Sarah's death came as a shock to everyone who knew her and subsequently her family discovered that she had died from the condition Sudden Adult Death Syndrome, commonly known as SADS. In Ireland, more than one person under the age of 35 dies suddenly from an undiagnosed heart condition each week. The Mater Foundation is making a direct impact in the fight against SADS and with more research and screening, advances can be made and lives can be saved. To assist the Mater Foundation a fundraising day which will include a golf classic at Killorglin Golf Club on Friday 8th August, 2014. A team will consist of 4 people with a contribution of €120 – stableford with two scores to count. Greens can also be sponsored at the cost of €50 each and any spot prizes would be greatly appreciated.

The organising committee can be contacted by email on SADS Kerry@gmail.com or by phone on 087-9200032 or 087-2214100.



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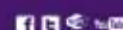
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KILLARNEY MUSICAL SOCIETY CELEBRATES IN STYLE

Killarney Musical Society are delighted to announce that they are the proud winners of two of the top awards handed out at the Gala AIMS, Association of Irish Musical Societies Ball last Saturday night. The event was hosted once again at Killarney's and Ireland's National Events Centre. The sun shone down on all the AIMS attendees showing Killarney in all it's glory. Killarney were nominated for a whopping 8 awards this year for their production of Jesus Christ Superstar and were honoured to be announced Winners in the Best Director (Oliver Hurley) and Best Musical Director (Noel Lennon) categories. They are also thrilled to announce that they received 2nd. place in the Best Overall Show in Ireland Category losing out narrowly to Kilkenny Musical Society and their production of Michael Collins the Musical, penned by the late great Bryan Flynn. We would also like to congratulate our neighbouring society, Tralee



KILLARNEY MUSICAL SOCIETY, ALL GLAMMED UP FOR THE AIMS AWARDS AT THE INEC ON SATURDAY NIGHT.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

M.S. on their win in Best Ensemble Category for their production of Whistle Down the Wind. Also congratulations to our member, Tim Landers in winning Best Comedian with Tralee's Light Opera Society. It was a fantastic achievement for all the Kerry Societies. Now they go to the drawing board at Killarney M.S. with a new committee in place under the new chairperson Maria Slattery and face the daunting task of choosing a musical to mark our 30th. year of this award winning society. If you have any suggestions please feel free to contact Killarney Musical Societies Facebook page, as they would be thrilled to hear your thoughts and suggestions.



ENJOYING THE ATMOSPHERE AT THE AIMS AWARDS AT THE INEC ON SATURDAY NIGHT WERE KILLARNEY MUSICAL SOCIETY L-R DIANE O'SULLIVAN, ORNA CLEARY O'SHEA, MARIE MOLONEY, ORLA MONKS & MICK POWER.
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GARDENING OUTLOOK



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FOCUS ON HERBACEOUS PERENNIALS

Now is the time of the year when Herbaceous Perennials come into their own having flourished in a short space of time. Herbaceous Perennials are excellent plants for your garden as they flower from early spring right through to late Autumn. Herbaceous plants can suit many different locations from shade to dry shade to full sun. They are also an excellent plant to be used as ground cover. One of the most popular are geraniums, which come in a wide range of colours – an excellent choice would be one called Johnson's Blue. Another good choice would be a plant called Anthemis, which has white or yellow daisy like flowers. Even if the flowers fade in Herbaceous Plants, don't be afraid to cut the dead flowers back or in some cases, cut the plant back – as it will grow quite quickly again. Don't forget to stake taller herbaceous plants to keep them from falling out onto the lawns and pathways and finally, a good tip for herbaceous plants is to plant them in groups rather than singly as this will give you a striking display of colour.

Next week I will focus on taking care of Hanging Baskets and Containers.

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JOHN JOE CULLOTY ELECTED CATHAOIRLEACH OF THE KILLARNEY MUNICIPAL DISTRICT

Last Friday saw the selection of Cathaoirligh in the new Kerry municipal districts. Fianna Fáil Cllr John Joe Culloty was elected Cathaoirleach of the Killarney municipal district with fellow Fianna Fáil Cllr Niall Kelliher from Rathmore appointed leas Cathaoirleach.

Fianna Fáil selected John Joe Culloty to replace Deputy Tom Fleming on Kerry County Council in March 2011. Mr. Culloty lives in Knocknaskeha is originally from the Currow parish/ Scartaglen

area. A building contractor by trade, he is deeply involved in the Rural Development Association and has been helping out with the Ring of Kerry Charity Cycle for many years.

John Joe Culloty (FF), in his first election, polled 1,683 votes and was elected on the second count in the recent Local Elections for the Killarney area. Niall Kelliher (28) was elected on the 11th count having picked up 771 first preference votes.



CLLR JOHN JOE CULLOTY.

STATEMENT FROM THE KILLARNEY LOCAL GOVERNMENT ACTION GROUP

The Killarney Local Government Action Group warmly welcomes the proposal from Mayor of Kerry, Cllr John Brassil, that the title of mayor will continue to be used in the Killarney, Listowel and Tralee municipal areas.

It is a very positive and proactive step and it is very encouraging that the new-look Kerry County Council should make such a decisive and important decision at its first meeting. It endorses the stance taken by the Killarney Local Government Action Group and we look forward to building a very solid and mutually beneficial relationship with the council going forward.

The Killarney Local Government Action Group met with the Minister for Public Expenditure and Reform, Brendan Howlin, TD, on Friday and he too endorsed the campaign to safeguard and develop services and standards in the greater Killarney area, following the implementation of the controversial Local Government Reform Act 2014.

Killarney Local Government Action Group chairman, Johnny McGuire, said: "We want to ensure that the greater Killarney area receives the support, services and involvement it deserves from the new-look Kerry County Council."

LETTER TO THE EDITOR

A Eagarthóir,

Many years ago I was privileged to visit New York with the U.C. D. Sigerson Cup winning side. Our hosts treated us with wonderful hospitality and gave us a terrible drubbing in Gaelic Park as the heat soared to 105 F. From the overall perspective of the New York people, however, the highest honour they could accord us was to bring us to visit Mayor John Lindsey in City Hall. That act spoke volumes of the esteem that American residents have for the position of Mayor.

In more recent times I have had the honour on three occasions of being first citizen of the town of Killarney. For a year and a half I had the title Chairperson/ Cathaoirleach. For another year and a half, following the introduction of the 2012 Local Government Act, I proudly bore the title, Mayor.

Killarney in particular and Kerry in general are prime tourist destinations and many thousands from abroad visit annually. Many of those visitors are formally welcomed by the first citizen of the county. Being welcomed by someone titled Chairperson has very limited significance and passes almost unnoticed. Being welcomed by the Mayor is, however, deemed a signal honour and does enormous good for the image of our county and for the tourist industry.

It is quite obvious that the Minister for the Environment, Phil Hogan, has no understanding of the importance of the title Mayor to the economic life of an area such as Kerry and that little effort has been made by our Kerry Oireachtas members to impress its significance upon him.

Through the medium of your newspaper may I, a Eagarthóir, once again call on Minister Hogan to undo this further damage to Local Government and allow for the use of the term Mayor by Kerry's recently elected first citizen. For my part it is my stated intention to continue to use that term in Kerry County Council Chamber.

Le Gach Dea Ghuí.

Michael Gleeson [Cllr]

MOLONEY WELCOMES ARRANGEMENTS FOR PAYMENT OF THE BACK TO SCHOOL ALLOWANCE



SENATOR MARIE MOLONEY.

Senator Marie Moloney has welcomed confirmation from the Minister for Social Protection, Joan Burton that the

entitlement and notifying them that payment will issue in week ending 18 July. The automated process was introduced by Minister Burton when her Department took responsibility for directly administering the payment. This arrangement has helped to reduce the number of claims not processed until after September, which puts significant pressure on parents."

"If anyone does not receive the payment automatically and who is in receipt of certain social welfare payments and is claiming for a child between the age of 4 and 18 years, 22 years if in full-time second level education, will need to complete an application form. Forms will be available in all local social welfare offices, on the Department's website (www.welfare.ie) or by texting 'Form BTSCFA' followed by their name and address to 51909. Applications can be made from Monday 16th June. As stated before, I would urge parents to submit their application forms as early as possible to receive prompt payment."

administrative arrangements for the 2014 Back to School Clothing & Footwear Allowance (BSCFA) Scheme are similar to those that applied in 2013. This year, a large proportion of BSCFA entitlements (114,300 customers and 203,100 children) will be fully automated with no application form required.

"Letters will be issued to the people concerned over the next week informing them of their



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CLODAGH O'SULLIVAN AT FITZGERALD STADIUM FOR THE KILLARNEY GARDA NATIONAL SCHOOL 7 ASIDE FOOTBALL BLITZ ALL HAPPY TO MEET COLM 'GOOCH' COOPER & AIDAN O'MAHONEY
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GERALDINE, DYLAN AND PAT FERRIS, BEAUFORT, ENJOYING THE 'BEILE LE CHEILE' CELEBRATION PARTY AT DINGLE MARINA ON SUNDAY TO CELEBRATE DINGLE BEING NAMED AS THE TOP FOODIE TOWN IN IRELAND.
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



THE BOARD OF MANAGEMENT AT ST BRIGID'S SECONDARY SCHOOL, KILLARNEY, HELD A SPECIAL EVENING TO ACKNOWLEDGE THE RETIREMENT OF THREE OF THEIR DEDICATED AND VALUED STAFF MEMBERS AT THE EUROPE HOTEL, KILLARNEY. RETIRING ARE SCHOOL PRINCIPAL MARGARET MCCORMACK, (SITTING FIRST LEFT), DEPUTY SCHOOL PRINCIPAL, MARY O'ROURKE, (SITTING RIGHT) AND MRS SHELAGH HEGARTY, TAUGHT MUSIC AND ENGLISH (CENTRE STANDING). ALSO INCLUDED WERE, BACK ROW FROM LEFT, BRIDE MANNIX, ELAINE DALY, PADRAIG CRONIN, MICHAEL LARKIN, CHAIRMAN, BORD OF MANAGEMENT, GOBNAIT O'MAHONY, MAURA MURPHY, MAUREEN DILLON-O'ROURKE, SR MIRIAM.
PHOTO: VALERIE O'SULLIVAN.



FOLLOWING ITS ACQUISITION BY THE STATE IN 1932, MUCKROSS HOUSE, KILLARNEY, FIRST OPENED TO THE PUBLIC ON THE 14 JUNE 1964. IN THAT FIRST SHORT SEASON, 19,500 VISITORS PASSED THROUGH ITS DOORS. A PUBLIC MEETING WAS HELD IN KILLARNEY IN DECEMBER 1963 TO DEBATE THE ISSUE. THERE, DR FRANK M. HILLIARD PUT FORWARD THE SUGGESTION THAT THE HOUSE SHOULD BE OPENED TO THE PUBLIC AS A FOLK MUSEUM. KILLARNEY TOURISM CO-ORDINATING COMMITTEE INCLUDED, DR FRANK M. HILLIARD, FR J. SHEAHAN, BEATRICE GROSVENOR, SEÁN O'CONNOR, ARTHUR FAIRLEY, FR CONLETH, EDMUND (NED) MYERS, THE FIRST MANAGER OF MUCKROSS HOUSE. YVONNE QUILL WAS THE FIRST PERSON TO ENTER MUCKROSS HOUSE ON THE 14TH JUNE, 1964, 50 YEARS LATER, CHAIRMAN OF THE TRUSTEES OF MUCKROSS HOUSE MICHAEL LARKIN, MARKED THE 50TH ANNIVERSARY TO THE DAY WITH YVONNE AT THE ENTRANCE TO THE HOUSE. PHOTO: VALERIE O'SULLIVAN



DR CROKES GAA CLUB GOLF SOCIETY CAPTAIN DENIS COLEMAN AND GEAROID NAGLE, THE FAILTE BAR, PRESENT FIRST PRIZE IN THE DR CROKES GOLF SOCIETY OUTING SPONSORED BY THE FAILTE AT BEAUFORT GOLF CLUB ON SATURDAY TO WINNING TEAM MEMBERS SEAMIE O'CONNOR, FRONT ON LEFT, AND JOHN KEOGH, FRONT ON RIGHT. BACK FROM LEFT ARE NOEL PARKER, MALACHY WALSH, JOHN O'LEARY, MOSSIE FOLEY, GER O'SHEA AND BRENDAN KEOGH. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



WINNERS OF DR CROKES' US OPEN GOLF CHALLENGE BEING PRESENTED WITH THEIR PRIZES.
L TO R: GER O'SHEA (CLUB CHAIRMAN), MIKE DWYER (THIRD), MALACHY WALSH (CLUB TREASURER), SEAN MCCARTHY (CHALLENGE WINNER), CHRISTY SHEEHAN (RUNNER UP), JOHN KEOGH (COMPETITION ORGANISER).

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CHOOSING A PRESCHOOL FOR YOUR CHILD

Choosing a school for your child, even a preschool, means being particular and asking a lot of questions. Start your search at least several months before you want your child to start: In some areas, families need to get on wait lists years ahead of time to get a spot at a top preschool. As you search, use the following list as a guide. A good preschool should have:

A GOOD REPUTATION: A good preschool should have a welcoming, friendly atmosphere and be known for its nurturing environment and stimulating curriculum. Try not to form a definite opinion about a school until you see it for yourself. If you don't hear many good things about a certain school, or if it doesn't feel right when you visit, keep looking. Established ground rules: It's important for a preschool to be flexible – letting you pick up and drop off your child at different times, for instance – but it should also have clearly established regulations for everything from operating hours to how to handle emergencies. That way you know the staff takes its responsibility – your child – seriously. A preschool that doesn't have an open-door policy could have something to hide. Keep looking. A great preschool will go beyond merely letting you in: It will invite you to become part of the community by encouraging you to help out with activities, go along on field trips, and so on.

A STIMULATING CURRICULUM: The best preschools have daily schedules that include plenty of time for physical activity, quiet time (including regular story time), group programs, socializing, crafts, individual activities, meals, snacks, and free time. A well-designed curriculum stimulates your child's development and makes daily life more fun. The curriculum should change over time, giving your child the chance to try something new. Look for a school with a wide range of age-appropriate toys to encourage your child's development and, as she gets older, stimulate creative, imaginative play.

A QUALIFIED, CARING STAFF: Preschool teachers should have at least two years of college and a background in early childhood development (though many states don't require this) as well as CPR and other emergency training. Good teachers will ask detailed questions about your child to help determine whether their preschool is a good match for you. Make sure the preschool has a staff large enough to give your child the attention and care he needs. Look for a preschool with staff members who are happy with their job. Clean, safe facilities: A good preschool is clean and safe. Toys and play equipment should be in good condition. The outdoor play area should be level and secure.





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HOW DO I CHOOSE THE BEST PRESCHOOL FOR MY CHILD?

Think about choosing a preschool the same way you would think about finding a new job or a new pediatrician for your child. In either situation you would expect to invest lots of time and energy in making the right decision. You would ask around and seek the advice of others. The same goes for preschool.

So much is riding on your choice. After all you want your child to spend their days in an enjoyable and nurturing environment.

- Once you zero in on a few choices based on cost, distance from your home or work, and other basic factors, call each school and see whether you can whittle down your list to a select few by asking questions.

- Find out whether the school's accredited and whether it has clear regulations; a good one should have consistent rules that it makes clear to parents so they know what to expect.

- You should also ask about the teacher-to-student ratio. A teacher, no matter how good she/he is, can't really effectively run a classroom and give the children the attention they deserve if he/she has to care for more than 10. You also might

want to ask about staff turnover, since this is a good indicator both of how happy the staff is and how happy your child will be over the long term.

- Find out the school's philosophy on educating toddlers. The fundamental principle they subscribe to may be traditional or a hybrid; it may follow the teachings and ideas of Jean Piaget, Rudolf Steiner, or Maria Montessori. Whatever its leanings, it's important that the preschool have a plan in mind for how to teach and care for its students, and that you agree with the general drift of its philosophy.

- When you have your short list, schedule visits to the schools that made the cut. You will need to meet the preschool directors in person and observe the teachers with the children. They are the ones your child will interact with most, so it's important that you find warm people with lots of experience caring for preschoolers.

- You also might ask the school for the names of some parents you could speak to — a staff that's proud of their school's success will be happy to connect you with fellow parents.

- Bring your child along for a visit. See

how he/she responds to the school and the teachers. Do they seem interested in getting to know him/her? Are the activities ones your child will enjoy? By watching how she/he reacts you'll have a better idea whether a preschool is a good fit.

- Most important, trust your instincts. A preschool may boast new books and toys, have a gleaming new building, and be affordable to boot, but if it doesn't feel right then it isn't.

- It's essential that you feel comfortable with the school's director, who runs the establishment and sets guidelines for your child and with whom you'll be interacting should issues or questions come up in the future.

- You should also feel secure and pleased with the teachers, who will be spending many hours with your child day in and day out. At its best, this will be a long and productive partnership.





BILLY O'CONNOR OF THE KERRY PHONE CENTRE SPONSOR (FIFTH FROM LEFT) PRESENTING THE HAYES CUP TO WINNER CHRISTINE CARROLL WITH (FROM LEFT) MARY COFFEY WHO ACCEPTED THE BEST GROSS PRIZE FOR NOREEN COFFEY, KAY O'CONNOR 2ND, DES HAYES, SUSAN TONG 4TH AND MAUREEN CULLOTY LADY CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



MAUREEN CULLOTY LADY CAPTAIN (CENTRE) PRESENTING FIRST PRIZE IN THE LORD KENMARE'S COLLEGE STREET KILLARNEY TO WINNER NICOLE RAINSFORD WITH (FROM LEFT) MAUREEN ROONEY 4TH, TINA O'SULLIVAN 2ND AND CAITRIONA GRIFFIN BEST GROSS AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



KILLARNEY LIONS CLUB ORGANISING COMMITTEE REVIEW ENTRIES FOR THIS SATURDAY'S MINI MARATHON. FROM LEFT: PADRAIG CRONIN, NOREEN O'SULLIVAN, JOHN O'CALLAGHAN, MICHAEL HOWARD, AND TIM O'LEARY. THE EVENT STARTS AT 10AM FROM THE PLAZA HOTEL AND THIS YEAR, THE FUNDS RAISED WILL BENEFIT THE SOUTH WEST COUNSELLING CENTRE, WHO PROVIDE PROFESSIONAL COUNSELLING TO CHILDREN, ADOLESCENTS, ADULTS & COUPLES IN KERRY.



PICTURED AT HOLY FAMILY N.S RATHMORE FAMILY FUN DAY ON SUNDAY LAST IS KERRY ROSE, RATHMORE NATIVE MARY HICKEY WITH AINE LEADER, CAHIRBANAGH RATHMORE.



RILEY JOHNSTON, ENJOYING HERSELF AT THE 10TH ANNIVERSARY CELEBRATIONS OF THE BREHON HOTEL, KILLARNEY, ON SUNDAY AFTERNOON, AT THE HOTEL. PHOTO: VALERIE O'SULLIVAN.



DANIEL AND ARTHUR, PICTURED DURING A VISIT TO ENERGIA CAHERDOWNY WINDFARM WITH CHILDREN FROM HOLLYMOUNT NS.

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MATTHEW O'CONNOR AND ZARA CLIFFORD PICTURED WITH THE GREEN FLAG FOR FOSSA SCHOOL WHICH THEY RECEIVED AT THE AN TAISSCE AWARDS IN CORK RECENTLY.

PUPILS FROM HOLLYMOUNT NATIONAL SCHOOL, RATHMORE, RECENTLY VISITED ENERGIA'S WIND FARM AT CAHERDOWNEY ON THE KERRY/CORK BORDER.



DAVID AND KYLIE O'LEARY, PICTURED DURING A VISIT TO ENERGIA CAHERDOWNEY WINDFARM WITH CHILDREN FROM HOLLYMOUNT NS.

The visit offered pupils the chance to learn about the turbines and renewable electricity from Energia staff. The pupils were brought on a tour of the wind farm and there was also turbine painting, goody bags and information for parents and teachers.



"LONDON CALLING" 6TH CLASS PUPILS FROM THE MONASTERY NS IN KILLARNEY ON A RECENT VISIT TO LONDON WHERE THEY SPENT FOUR DAYS VISITING A SCHOOL IN GREAT CHESTERFORD ESSEX, SIGHT-SEEING IN LONDON CITY, PARTICIPATING IN VARIOUS ACTIVITIES WITH THE ENGLISH PUPILS AND OF COURSE THE HIGHLIGHT FOR MANY WAS SHOPPING ON OXFORD STREET.



SARAH CRONIN, RACHEL MCAULIFFE AND TIARNA DINEEN, PICTURED DURING A VISIT TO ENERGIA CAHERDOWNEY WINDFARM WITH CHILDREN FROM HOLLYMOUNT NS.



Pupils of Faha NS celebrating after raising over €200 and supplying posters for a children's orphanage in Africa. Mr Sealy will be going to Ndola in Zambia for 3 weeks in July, to help build a school and hospice. Mr Sealy and the staff of Faha NS would like to thank the children and parents for their kind and generous donations.

Articles for inclusion in
Youth Zone can be

emailed to
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* Average cost for First-Year pupil in 2013 – Barnardos School Costs Survey Briefing, 1st August 2013.

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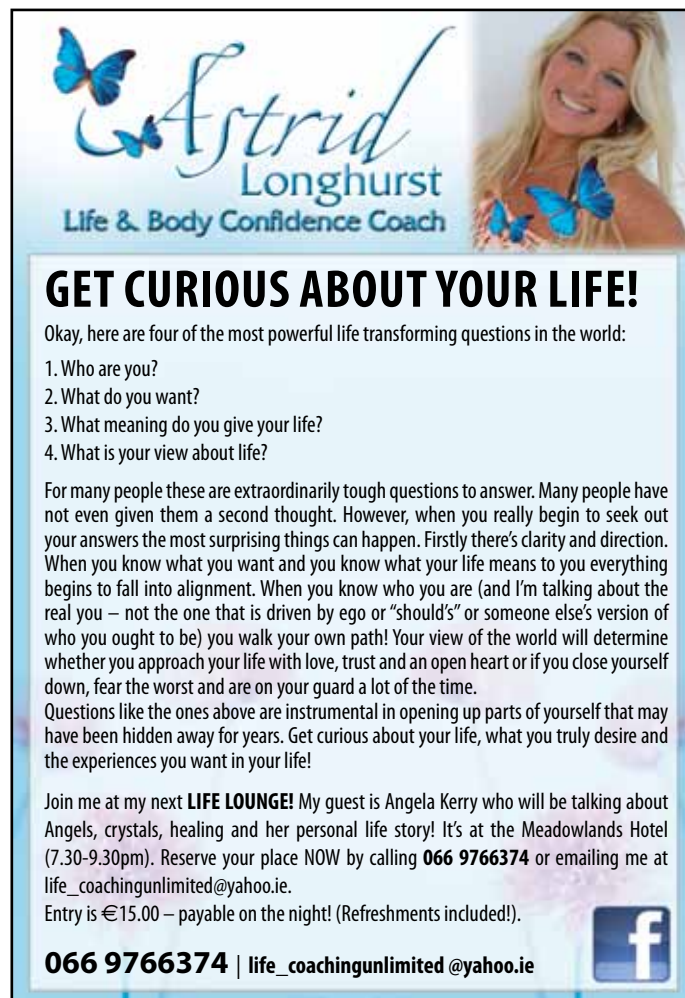
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Questions like the ones above are instrumental in opening up parts of yourself that may have been hidden away for years. Get curious about your life, what you truly desire and the experiences you want in your life!

Join me at my next **LIFE LOUNGE!** My guest is Angela Kerry who will be talking about Angels, crystals, healing and her personal life story! It's at the Meadowlands Hotel (7.30-9.30pm). Reserve your place NOW by calling **066 9766374** or emailing me at life_coachingunlimited@yahoo.ie.
Entry is €15.00 – payable on the night! (Refreshments included!).

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GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 10 – Week Beginning June 16th – Injury Prevention

A total of 150km minimum cycled during the week – so well done!! We are on the last leg of the journey now... so keep focused. With the weather being favourable, our aim this week is to complete 160km total.

This week's focus is on cycling injuries. I will preface by saying that I am not a medical doctor; however I am willing to share my experiences and knowledge gained, as a means of positively assisting your own cycling experience.

Cycling injuries come from a variety of sources, however ones that I have selected include the following: -

Back Pain Numb Hands Lactic Acid

BACK PAIN - is a common problem in cycling and there are many causes of back pain. Lower back pain, without any other problems or history of back pain, is often due to mechanical factors versus intrinsic problems inside your body. The mechanical factor being incorrect bike fit. Many cyclists are riding bikes that are too big for them and perhaps lack the proper flexibility and core strength. So if experiencing back pain, related to the bike, the advice would be to take the time and have your bike fitted to your body.

NUMB HANDS - A poor bike fit with too much bodily forward pressure, or indeed riding on rough terrain under constant handlebar vibrations, can send a sensation of pins-and-needles through the hands. This pressure or vibration disturbs the nerves and ultimately decreases grip strength and muscle tone.

This is a common affliction among cyclists, often called Cyclist's Palsy or ulnar neuropathy, which is an injury to the ulnar nerve in the hands causing a rider pain, numbness or muscle weakness.

When you encounter such symptoms, it is important to correct the problem. Possible suggestions may include: -

Bike Fit - Make sure your bike fit is accurate. Avoid holding all of your weight on your hands and wrists - pay special attention to the fact that the nose of the saddle is not slanted forward.

Bar Tape - Use bar tape that absorbs

vibrations and provides some cushion to the wrists and hands. Try properly fitted gloves with some gel protection to give cushion and decrease vibratory force.

Hand Position - Change your hand positions as often as possible and avoid extending your wrist.

However, if the symptoms persist, time to consult a doctor.

LACTIC ACID - Not wanting to get too technical, lactic acid is the end product of anaerobic metabolism, which occurs when there is insufficient oxygen to produce the energy that is required by exercise. Glycogen stored in the muscle cells is the sole fuel used for anaerobic work. It breaks down to glucose, then pyruvate, and finally into lactic acid, when there is not enough oxygen present in the muscle cells. Because of a lack of oxygen, the result is muscular pain.

On the other hand, a sufficient supply of oxygen will allow some lactic acid to be burned and some to be converted back to glycogen, fuelling the muscles.

Why does it hurt? At high lactic acid levels, muscular contraction is inhibited. This happens because proteins in muscle cells can function only within a certain range of acidity. Excess lactic acid simply shuts down cellular reactions. During exercise and for a time afterward, lactic acid escapes from muscles into the blood. The liver is involved with the removal of some lactic acid from the blood. The liver transforms lactic acid into glucose, which is either stored as glycogen or sent out as blood sugar. So the advice is to always keep pedalling after a hard effort... and it would be worth going out for a short spin one to two days after the Ring of Kerry cycle!

This week's cycle training programme, according to the Ring of Kerry Charity Cycle Training programme, presents another 160km schedule....enjoy the mileage!

Week 10
Sat Sun Mon Tues Wed Thu Fri Total
40k 60k Rest 30k Rest 30k Rest 160km

Happy & Safe Cycling!



Citizens Information

Know Your Rights:

THE ENERGY ENGAGE CODE

QUESTION

What is the 'Energy Engage' Code?

ANSWER

The 'Energy Engage Code' is a new code of practice which aims to protect energy customers who are in financial difficulty, particularly those in arrears on their bills. It applies to five energy suppliers with effect from 1 June 2014 – these are Bord Gáis Energy, Electric Ireland, Energia, Flogas Natural Gas and SSE Airtricity.

Under the Energy Engage Code, suppliers guarantee that no customer engaging with them will be cut off. The energy suppliers will seek to identify vulnerable customers at an earlier stage. They commit to treating each customer individually and offering realistic and achievable payment plans to customers in difficulty. The Energy Engage Code will be independently audited to ensure that the participating energy suppliers are complying with it.

In addition to the new code of practice, all energy suppliers must comply with certain mandatory consumer protection standards that are set out by the Commission for Energy Regulation (CER).

All suppliers are obliged to establish a register of vulnerable customers and to keep it updated. Customers listed on this register cannot be disconnected during the months November to March. A customer in arrears must be offered a payment arrangement, which can include the installation of a Pay As You Go meter, while avoiding a situation where the debt becomes worse.

"At risk" customers must be referred to MABS, The St Vincent de Paul Society or a representative of the Department of Social Protection (formerly called the Community Welfare Officer). A supplier can consider applying for a disconnection only if these measures fail, and only after at least four separate attempts to contact the customer have been made.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Castleisland 0761 07 7790, Cahersiveen 0761 07 7780

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

Outlook on third level education

You have until
5.15pm on 1st July to avail of the
"Change of Mind" facility
(By Billy Ryle)



The state exams are coming to an end, the sun is shining and the thoughts of exhausted candidates are turning to lazy days on the beach. But before you take off for a summer of relaxation and travel, there is one very important task to be undertaken. The 80,000 or so applicants to the Central Applications Office (CAO) must now turn their attention to the CAO "Change of Mind" facility which affords each applicant an opportunity, if s/he wishes, to register a change of course choices online by 5.15pm on 1st July.

Not all applications to CAO avail of the change of mind facility. Many applicants are very happy with the course choices they submitted by 1st February and are content to leave well enough alone. On the other hand, you might have done further course research in the meantime or you have simply changed your mind about what course you would like to study. Whatever your reason for submitting a change of mind form make sure you know exactly what you are applying for. Don't list any courses which you haven't researched. Don't apply for any course which you know in your heart and soul that you won't accept if it's offered to you. Most important of all, never apply for a course in which you haven't the slightest interest simply because your friends are applying for it.

If you do decide to submit a change of mind form, work on your choices before going online. Don't tinker with your original list while online as it's very easy to make a mistake. Start from scratch and prepare a new list of courses. When you have finalised your choices, open up your CAO account and lodge your choices online. Remember that every choice is important and it's advisable to fill up all ten choices in each category.

Check the minimum course requirements and the special requirements for each course you are including on the change of mind form. Don't enter a restricted application course for the first time on a change of mind form as it won't be considered. Restricted application courses are those for which assessment procedures such as audition, aptitude test or portfolio submission have already taken place. The one exception to this rule is a restricted course which shares the exact same assessment procedures as a restricted course you have applied for by 1st February. Don't list any course which has been cancelled but you may include any new courses which were announced after the 2014 CAO Handbook was published. All of this information is easily accessible on the CAO website, www.cao.ie.

The two course categories – Level 8 (Honours Bachelor Degrees) and Level 7/6 (Ordinary Bachelor Degrees/Higher Certificates) are totally separate from each other for the purpose of submitting a change of mind form. You may change one category and leave the second category unchanged or you may change both. On the other hand, you may decide to stick with the choices you submitted by 1st February last.

If you change courses online, which is now the standard way of doing so, the CAO will send an acknowledgement to your email address. You can check that your courses have been updated by using the "My Application" facility by 5.15pm on 1st July. Subject to a few restrictions, you may change your course choices free of charge as often as you wish up to the closing date. The final change of mind form that you submit is one that will count for your CAO offers in August, so be very careful that you check online before 1st July to make sure that all is in order.

After the 1st July you can make no further changes to your CAO application form. So the remaining ten days provide you with a valuable window of opportunity. Use the time to put some serious thought into your choice of college courses. With the state exams now done and dusted, you can give your undivided attention to submitting a "change of mind" form that truly contains your course interests. It will be time well spent if you achieve your course of choice when the college offers are issued in August.

The Leaving Certificate Examination results will be delivered to schools on Wednesday, 13th August. The results will also be available via internet and telephone from 12 noon on that day. Round One offers of college places will be available on the CAO website, www.cao.ie from 6am on Monday, 18th August. The reply date for acceptance will be 5.15pm on Monday, 25th August. Meanwhile, enjoy the summer!

Billy Ryle is a career Guidance Counsellor and freelance writer



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FOSSA NOTES By Gene Moriarty

FOSSA GAA: FOSSA LOTTO 15/06/2014:

Numbers Drawn: 5, 10, 12, and 16, Jackpot: €3,300. No Jackpot Winner: Consolation Prizes 5 x €40: Pearl O'Connell, Aghacurreen; Niall O'Brien, Tara House Maulagh; Tim Lawlor, Gneeveguilla; Michael Quille, 22 Main Street Killarney, John Doyle and Gerard Looney c/o The Nugget. New Jackpot: €3,450.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night June 22nd 2014 at the Golden Nugget Fossa at 11p.m.

FIXTURES: Wednesday: Under 16s away to Duagh 7:30pm.

Thursday: Minors away to Glenflesk 7:30pm

Saturday: Seniors away to Scartaglin Fr Galvin Cup 7:00pm

Sunday: Under 12s at home to Ballyduff 6:00pm

Monday: Under 14s at home to Beaufort 7:00pm

Tuesday: Juniors at home to Gneeveguilla O'Sullivan Cup 7:00pm

Wednesday: Under 16s away to Churchill 7:30pm

SENIORS A much improved performance from our seniors against Beaufort in the county

league, but sadly no points as Beaufort edged ahead in the final minutes with 3 unanswered pointed frees to claim victory. Up to that it was either side's game. Fossa began well with points by Derry O'Sullivan and Lorcan Daly. Mark Dennehy scored a fine goal in the 10th minute, but some accurate point kicking from the Beaufort forwards had them ahead 0-10 to 1-03 at half time. By the 41st minute Fossa had drawn level 0-11 to 1-08 the Fossa points coming from Fintan Coffey (2), Tadgh O'Shea (2) and one from Lorcan Daly. It was nip and tuck until the 27th minute when Paudie Clifford levelled matters again with his 2nd point of the game. Nice to see some of our younger players stake their claim to a place on our senior team. On this Saturday night we travel to Scartaglin for the preliminary round of the Fr Galvin Cup.

MINORS: EAST KERRY REGIONAL MINOR LEAGUE begins on Thursday June 19th with an away game v Glenflesk throw in 7:30pm. Six teams in the group the others are Beaufort, Currow, Kilcummin, and Gneeveguilla.

COISTE NA NOG: Dates for your diary U12 -Final game of County League Sun June 22nd in Fossa V Ballyduff. That is the end of our Co League U12, East Kerry competition will be held in September.

East Kerry Region Under 14 Division 2, Round 3 - Monday 23rd June 2014 at 7pm Fossa V Beaufort

Round 4 - Monday 30th June 2014 at 7pm Kenmare V Fossa

Round 5 - Monday 7th July 2014 at 7pm Fossa - Bye

U16 - CO LEAGUE

Wed 25th June @ 7.30 Churchill V Fossa

Wed 16th JULY @ 7.30 Fossa v Asdee/B'longford

Wed 23rd July @ 7.30 Fossa v St Pats

Wed 30th July Knock/Brosna v Fossa

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sports field every Thursday evening from 6:00pm to 7:00pm until further notice. The next session takes place on next Thursday June 26th. All girls and boys born in the year 2005 or any year before that are very welcome to come along and take part.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at genemoriarty2014@gmail.com Please forward information on or before Sunday at 10:30am.

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to remind the Older people in the Milltown / Listry Parish and surrounding areas that our Annual outing takes place on Tuesday June 24th-this year we will travel to Castletownbere in lovely West Cork. The small Bus will start collecting passengers at approx. 8.45am and the bigger Bus will depart from the Centre at approx 9.45am. We hope to have morning Coffee in Kenmare and then proceed through Lauragh and Ardgroom to Castletownbere. Anybody interested in travelling on this Outing should contact Breda on 0877442694 or Joan on 0867944494 immediately please.

LISTRY COMMUNITY COUNCIL AGM: At the recent Annual General Meeting of Listry Community Council Ltd the following Officers were elected for the coming year-

Chairman-T. Darmody, Vice Chairman-T. Scannell, Secretary - Joan Curran, Asst. Sec. - Annette Broderick, Asst. Treasurer - Ml F. O'Connor, PRO - Cathriona Doody - O'Connor. Auditors & Accountants-Moriarty & Murphy, killarney.

VOTE OF SYMPATHY: At the recent Annual General meeting of Listry Community Council Ltd a vote of sympathy was passed to the bereaved family Relatives and Friends of Ted Curran, Coolbane, Killorglin. May his soul rest in Peace.

LISTRY WEEKLY LOTTO: Results Sunday 1st June, 2014. Winning Numbers 6. 13. 18. 22. Jackpot €7,550 Not Won. 1 x €100 Noreen Buchannan. Faha. 2 x €50 Suzanne & Dylan Cronin, Myles Healy. 2 x €25 Martin O Leary. Eoin McCarthy. Ballytrasna. Draw Entrant:

Tim McCarthy. Ballytrasna. Jackpot next week Sunday 22nd June €7,700

THE MILLTOWN/LISTRY PIONEERS:

are going to Knock on July 20th. Any one intered in travelling with them. Please contact. Bridie: 087-6798129. or Doris: 087-6367807. Price €20 for adults, €15 for students. More details later.

LISTRY CYCLING CLUB Had its first cycle last Thursday. There was a huge turnout of 18 cyclists who cycled a nice leisurely cycle in fab weather.

A page has been set up Facebook for the cycling club. And the next cycle is Thursday at 7pm from Listry GAA pitch. All welcome. Contact Liam for details 087-4145662.

BEAUFORT NEWS

YOUTH CLUB: Beaufort Youth Club are looking for Leaders, to join please contact Rose on 087247211. Very rewarding.

YOUTH CLUB MEMBERS: We are meeting

during the summer months at The Barracks from 7.00-8.30pm on Thursdays going forward. Looking forward to seeing you all there.

PILGRIMAGE TO KNOCK: There will be a Bus

leaving Beaufort for Knock on Sunday, July 20th. Further details from 064-6644319.

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	10 Chicken Wings.

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KILCUMMIN NEWS

KILCUMMIN LOOKING GOOD: Kilcummin's new Community Environmental Park, designed by Ian McGregor, is now open to the public. The two-acre site between the Church and Post Office has been planted with over 1000 trees, thanks to the help of students from Anabla, Coolick and Kilcummin national schools. The park also contains looped walks, a sensory garden, ring-mound and picnic area. Thanks to funding from NEKD, Kerry County Council and local fundraising efforts the project has become a reality and local volunteers are continuing the good work. The Environmental Park will be a great source of pride and enjoyment for the people of Kilcummin for many years to come.

FAI SUMMER CAMP: Places for the FAI Summer Camp which will be hosted in Kilbrean Park from June 30th - July 4th can now be booked through the FAI summer schools website. Please book early to avoid disappointment at www.summersoccerschool.ie.

KILCUMMIN COMHALTAS: Kilcummin Comhaltas would like to wish all of the competitors representing Kilcummin in the County Fleadh the best of luck in Cahirciveen this weekend. Details of the programme of events & accommodation can be found on www.kerrycomhaltas.ie

JUVENILE GAA: U14 BOYS play Currow at home on 23 June in the East Kerry League at 7pm.

CONGRATULATIONS: to Laura Teehan and Katie Maher who are through to All Ireland "A" Final with U14 county team after defeating Cavan Ladies Gaelic Football with a score of Kerry 5-7 Cavan 4-3. They will meet Connacht



SOME OF THE VOLUNTEERS PREPARING KILCUMMIN'S NEW COMMUNITY ENVIRONMENTAL PARK. FRONT ROW: CAOIMHE LEHANE, RYAN MC GURL. SECOND ROW: DAN HORAN, MARY O'DONOUGHUE, MARIE LEHANE, DEBBIE BAXTER AND BEN BROSNAN, BACK ROW: MICHAEL MC GURL, NED BUCKLEY, TONY O'CONNOR, DAN GREANEY, MIKE HEALY AND MICHAEL O'CONNOR.

Champions Mayo Ladies GAA in the final. Well Done.

GAA JUVENILE ACADEMY: Continues on Saturdays at 10.30am, new players welcome.

HURLING/CAMOGIE continues every Thursday evening at 6pm at the club and at Legion's club grounds for all children aged 5 to 10 years.

COUNTY LEAGUE Kilcummin secured two important county Div 1 league points on Sunday with victory over Finuge at home. The opening ten minutes saw Finuge convert a penalty with Kilcummin's penalty being saved. Two first half goals from Jamie O'Sullivan who finished with 1-7 and Kevin McCarthy set Kilcummin up for an interval lead of 2-6 to 1-3. Kilcummin dominated the early stages of

the second half, however Finuge clawed their way back but Kilcummin were always in control with Shane Mc Sweeney dominating midfield. Final score Kilcummin 2 - 13 Finuge 2 - 10 Kilcummin travel to Milltown/Castlemaire for Round 7 on Sunday 29th June.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 13th June. Numbers drawn were 12, 14, 21 & 24. Consolation prizes were €100 Saoirse Doyle, Doyle's Shop, Killarney; €60 Noreen Kennedy O'Gorman, Coolick, Kilcummin; €30 Danny O'Leary, Knocklebede Kilcummin; €30 Jerry O'Leary, Inch, Kilcummin; €30 Claire Corcoran, Milleen, Kilcummin. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €12,150.

GLENFLESK NEWS WITH DONAL KELLY

SENIOR COUNTY LEAGUE DIV 3: Glenflesk had a comprehensive 13 point victory over Ballymac in Glenflesk on Saturday evening in the sixth round of the county league, on a final scoreline of Glenflesk 2-17 Ballymac 0-10. This was an excellent all-round display by Glenflesk who dominated the game from start to finish. They led by 1-9 to 0-2 at half-time and a well-worked Dara Roche goal in the fifth minute of the second half put the result beyond doubt. This result leaves them with eight points from six games and one point behind leaders Templenoe. The next county league game will be away to Scartaglin, possibly on the weekend of July 19/20.

LOTTO: Glenflesk GAA Club Lotto draw was held on Monday the 9th of June 2014, in The Kerry Way. Jackpot: €3,600. Numbers drawn: 14, 15, 16, 21. No Winner. €50 DRAW: First draw: Michael Crowley, Gortacorrin. Seller: Con Spillane. Second draw: Richard Spillane, Rosalia. Third draw: Shane Murray, c/o Mike O'Donoghue. Fourth draw: Micheal O'Donoghue, Carrigavimo (YEARLY TICKET).

Next GAA club lotto draw will be held on Sunday the 22nd of June 2014, in John Dan's, Jackpot: €3,800.

JUNIOR COUNTY LEAGUE: A number of back games are due to be played in this division on Friday June 20th, with the result that the Glenflesk junior team are now likely to play Dromid Pearse on Friday June 27th at 7:30pm, in Dromid. This will be the final round of the league phase, and Glenflesk currently lie joint top of the table with Skellig Rangers.

EAST KERRY: East Kerry have been drawn to play Laune Rangers in Killorglin in the next round of the County Championship, to be played on the weekend of July 12/13.

GLENFLESK U12S: The Glenflesk U12s played Gneeveguilla in Glenflesk on Sunday June 15th. The first team won on a scoreline of 5-15 to 1-11, while the second team were narrowly beaten by 3-5 to 4-5.

GLENFLESK U10S: Over the past three weeks the Glenflesk U-10s have been playing in a mini-blitz against Rathmore and Legion in Rathmore on Wednesday evenings. The games

were played with great spirit and enthusiasm, and provided great excitement for all the watching parents. Thanks to the coaches from the three clubs for organising these games, and to Rathmore for hosting them.

GOLDEN JUBILEE: The Parish Council and Parish Committee will celebrate the Golden Jubilee of the Ordination of Fr. Bill Radley on Thursday June 26th, 2014. Mass of thanksgiving will be celebrated in Glenflesk Church at 7:45pm followed by light refreshments in the GAA hall. Everyone is welcome.

RAHEEN NS: Congratulations to Michael O'Keeffe who had the winning lotto number 1 on Saturday 15th June.

NUPTIALS: Congratulations to Catriona Roberts (Killeen, Clonkeen) and James O'Sullivan (Furies) who were married recently. Catriona won an All-Ireland Scor title for Glenflesk in Recitation in 1997.

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 10pm Sunday.

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RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

THANK YOU: Sharon O'Sullivan would like to thank everyone who took part in the Christopher O'Sullivan Memorial Walk on March 30th 2014. Sharon was unable to attend the walk on the day due to illness but would like to thank the following: Tommy Sheahan Butchers, Deerpark, Killarney, Donal McCarthy, Londis, Rathmore, Niall Kelleher, Betty and all at Connie K's Bar, Rathmore, Frank Brosnan Bus Hire, Everyone who helped with refreshments and home baking, Rathmore Secondary School who kindly donated €674.00 which was raised on a 'no uniform day'. Total money raised was €4,500. The Donal Walsh Live Life Foundation was presented with €2,000 and Tearnann Lodge Rathmore was presented with a cheque for €2,500. A sincere thank you to everyone.

SPRING CLEAN UP: Gneeveguilla Community Council wish to thank everyone who so generously gave of their time and effort in the Spring Clean Up. This was a huge success. We hope that you will continue to keep the countryside clean.

GNEEVEGUILLA COMMUNITY ALERT: A new Garda Community Alert Text System will begin on the Area. If you wish to be included in this system to receive these text alerts, please give your name, address & mobile no. to either Mike Dillane, Eileen Fleming, John Vaughan or Joan O'Riordan as soon as possible. The cost is €10 to cover the texts for 2 years. It is in the interest of your own safety and the Community to join up to this Garda Crime System. N.B. If you want to contact the Gardai at any time ring Macroom Garda Station @ 026 20590 - 24 hour service. Please put this no. into your phone.

CORPUS CHRISTI PROCESSION IN RATHMORE: This year's Corpus Christi Procession involving all children who have made First Holy Communion recently will take place in Rathmore on Saturday, June 21st after 6.00 pm Mass. The First Holy Communicants who will lead this procession will assemble in the front of the Church together with parishioners and various groups with banners who are taking part. The route this year takes us up past Teach losagain. Then we will process to the Cemetery which will lead us to Holy Family National School grounds and then on to the Grotto. The procession will conclude with Benediction and Blessing at the Grotto. We invite those coming to the vigil Mass and all parishioners to walk in this special procession which gives us an opportunity to give public thanks and witness for the beautiful gift of Holy Communion (Eucharist)

KBRT: Charity Walk in aid of the Kevin Bell Repatriation Fund. Sunday 29th June 2014. A 30th Birthday Remembrance of the late Shane Dennehy, Bonnard Gneeveguilla, spot prizes on day. win tickets to see Garth Brooks at Croke park. Sponsored by Catherine Anne & Eric of Bridge Bar. Registration fee: €10. Walk 1-7 miles. From Elydogh valley via Shrone to Bridge Bar. Registration at 12 noon. At bridge bar. Bus

departing at 12.30am. Walk 2-4 miles from bridge bar Registration at 1.30pm. In bridge bar. www.kevinbellrepatriationtrust.com

MARQUEE - JULY 4TH - TUREENCAHILL! Tureencahill Community Group. On Friday July 4th a special evening of entertainment will take place to kick start the Community Group in raising some funds to maintain the building for its future role. This evening will comprise of a barbecue commencing at 7 pm until 8 pm. At 8.30 pm, a variety concert comprising of all local talent. Singers, dancers, musicians, and seanchaí. This will run until 10 pm. At 10.30 pm a 'sos beag' and free refreshments available. From 10.30 pm to 12.30 am dancing to Martin Williams - the spectacular one man band. Tickets for this incredible night of hospitality and entertainment is €10. Students €5. Kids are free MC for night is Tim Gleeson, Your support would be greatly appreciated. See local posters for details. All of the above will take place in a marquee in the grounds of Tureencahill School, July 4th - an evening to remember!!

GNEEVEGUILLA BASKETBALL CLUB: We would like to thank all those who helped with our Scrap Metal Fundraiser on Saturday June 7th. It was a great success. Sincere thanks to all in our community who donated scrap metal. It was very much appreciated. Thank you to all the committee members for their great work on the day and in the weeks prior to the collection. Thank you to Donie & Cormac Collins and Mike Foley who gave so generously of their time collecting scrap metal.

A special thank you to Mike Dillane for donating the site and helping with the collections also a big thank you to Margaret Dillane for the much needed tea and sandwiches and shelter from the rain. All funds raised will go towards the development of the Club for our young players. Don't forget our Summer Camp Tuesday 5th to Friday 8th August. Contact Elaine on 087-2685448 to book your place.

CONGRATS: Killarney Municipal Area for Kerry County Council ; congratulations to Cllr. Niall Kelliher who was elected Leas Cathoirleach of Killarney Municipal Area at it meeting on Friday last,

CLASS REUNION: St. Mary's Secondary School Rathmore and Rathmore Vocational School Class Reunion 1994 will take place on the 28th June in the Brehon Hotel at 6.30. All students and teachers welcome. For more details contact 0876555293.

RATHMORE LADIES FOOTBALL: Kerry under 14 girls qualified for the All Ireland A Final last Saturday when beating Cavan in a brilliant game in Galway. Kerry started the game in style by going ahead 1-1 to no score. However Cavan responded well to close the gap but squandered some chances which may have given them a greater advantage in the second half. The half time score was Kerry 1-4 Cavan 2-2. Kerry began the second half with great burst of energy scoring a goal and two point

to push them ahead, but yet again Cavan came back to bring it back to a one point game. Cavan's defence however were under severe pressure and conceded two penalties which were converted and put Kerry back in the driver seat. Cavan scored another goal and point in the closing stages of the game but Kerry also scored two goals and two points to secure the win. Full time score Kerry 5-7 Cavan 4-3. It was a brilliant performance by the girls and we would like to congratulate the management and players especially our four Rathmore girls Rachel Fitzgerald, Sinead Warren, Brid Ryan and Aoife O Callaghan.

RATHMORE GAA CLUB NOTES: Lotto results 09/06/2014 No's drawn: 3.4.8.12. No Jackpot Winner. Next week's Jackpot: €8,000.

Consolation Prizes: €40 O'Keffee's XL Gift Voucher: Joe McAuliffe, Shrone more. €40 each: M+M Cooper, Cullen. Dorothy Moynihan, Shinnagh. Jacinta + Johnny, Rathmore. Tim C. Long, Inches. Next week's Lotto is sponsored by the Star Bar, Rathmore.

RESULTS: Eastern Division League U14 Football Div.1 Rathmore 5-20 Scartaglen / Cordal 1-06 . Lee Strand Co. League U12 Football Div.1 Phase 2 Rathmore 4-09 An Ghealtacht 4-09. Co.Senior League Div I.final score Rathmore 1-10 St. Michael Foilmore 2-11.

FIXTURES: Sunday 22/06/2014 Lee Strand County League Football U12 Div.1 Phase 2. Rathmore v Legion in Rathbeg at 6.00 pm Garveys super valu county senior championship rd 3 Rathmore play Austin stack. To be played weekend July 13th.

FUNDRAISER: The friends of Kerry General Hospital are fundraising for equipment for the Hospital. The Annual Greyhound meeting has raised well over €1 million since 1990. The generosity of the people of Kerry has provided much needed equipment for the hospital.

This year the money will be use to buy equipment which can improve the survival of patients who have had major heart attacks. This includes a machine to massage the heart when it has stopped and also devices to cool the patient to protect the other organs when the heart is not working. This years meeting will be held on Friday. 4th. July . 2014 in the Greyhound Track in Tralee. If you would like to donate to the fund you can do so by:

Nominating a dog (€20 per dog, there for €50), nominators gain entry to the track, are listed in the race programme and enter a draw for €300, Buying a ticket (or tickets) for the meeting at €5 each and enter a draw (1st prize €300, 2nd prize €100).

Making a direct donation. We hope you can help. In some way. You can contact us at 0876677817.

If anyone has any information they would like to add to the notes, please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00 on Sunday.



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Kerry ETB Training Centre

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

Sports Recreation & Exercise Course (ETK69) – Killarney.
If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 30th June 2014. **Duration:** 46 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Java Associate Course (ET0R7) – Tralee.
This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

Marketing Course (ET4R9) – Tralee.
This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 7th July 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

Legal Administration Traineeship (ETS07) – Tralee.
This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 7th July 2014. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Accounting Technician of Ireland – First Year Course (ET214) – Tralee.
This course is accredited by the Accounting Technicians of Ireland, and it comprises of year one of the two year Diploma for Accounting Technicians qualification. The course is designed to provide students with a solid grounding in business and a strong foundation in accountancy. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 15th September. **Duration:** 42 weeks. **Certification:** First Year Certificate for Accounting Technicians

Media Techniques – Radio Course (ET283) – Tralee.
This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 8th September 2014. **Duration:** 42 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Computer Applications Course (ET430) – Tralee.
This course is an excellent starting point for people who wish to pursue careers as office administrators. They will develop a wide range of skills in general office administration, computer applications, payroll and accounting. Graduates of this course may progress to year 2 of the Advanced Certificate in Office Information Systems at the Institute of Technology Tralee. **Start Dates:** 8th September 2014 in Tralee. **Duration:** 40 weeks. **Certification:** City & Guilds Level 1 Certificate in Office Procedures and iTQ Certificates for IT Users Levels 1 & 2; FETAC Level 5 Component Certificates in Manual and Computerised Payroll, Manual and Computerised Bookkeeping and Accounts, and Business Management.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) – Killarney.
This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. **Start Date:** 22nd September 2014. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, FETAC Minor Award for Counterbalance or Reach Forklift Truck Driving, and ADR Certification for Drivers.

Surf Instructor and Beach Lifeguard Course (ET1Z3) – County Kerry.
The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructing. Participants will also receive lifeguarding and aquatic first aid qualification. **Start Date:** 29th September 2014. **Duration:** 25 weeks. **Certification:** Surfing Skills Instructor Level 1 – Irish Surf Association (ISA), Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certification.

To apply or get further information on any of the above courses please contact
Kerry ETB Training Centre,
Monavalley Industrial Estate, Tralee,
TEL. 066 7149600, E-mail: training@kerryetbtrainingcentre.ie

Entry requirements and other information on our courses are available at www.solas.ie





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MELTING NACHOS WITH SHREDDED GAMMON

INGREDIENTS

- 200g plain tortilla chips
- 175g shredded cooked ham or gammon
- 2 x 200g tubs tomato salsa
- 100g grated cheddar
- 2 sliced jalapeños
- guacamole and soured cream, to serve

METHOD

Heat oven to 200C/180C fan/gas 6. Empty the chips into a large ovenproof dish and scatter over the ham or gammon. Spoon over the salsa and bake for 5 mins. Sprinkle with the cheddar, then return to the oven for a further 5 mins. Top with jalapeños and serve with guacamole and soured cream.



SWEET CHILLI DOGS

4 fat sausages (sweet chilli if you can get them)

- 2 onions, red, white or one of each
- 4 tbsp sweet chilli sauce
- 2 tbsp tomato purée
- 4 hot dog buns

METHOD

1. Heat oven to 220C/200C fan/gas 7. Spread the sausages in a roasting tin and cook for 20-25 mins, turning, until golden and cooked through.
2. Meanwhile, fry the onions in a splash of oil over a high heat until almost softened and browning. Stir in the sweet chilli sauce and tomato purée with some seasoning, and cook

for 1 min more.

3. Split the hot dog buns, add a spoonful of the sweet chilli onions, top with a sausage, then a spoonful more onions.



BRUSCHETTA

Get a taste of Italy with this recipe. It makes a great snack or starter.

INGREDIENTS - SERVES 4 ADULTS

- 4 slices of thick crusty wholegrain bread
- Half a clove of garlic
- 2 teaspoons of olive oil
- 2 medium tomatoes

METHOD

1. Take each slice of bread and cover lightly with half a teaspoon or so of olive oil
2. Put the slices under the grill, taking care not to overcook them
3. Hold the cut side of the garlic towards the bread and rub it lightly

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4. Chop some tomatoes and mix with olive oil
5. Place loosely on top of the cooked bruschetta
6. Eat and enjoy!

SERVING SUGGESTIONS

Try other types of bread or other toppings like Parma ham, mozzarella or feta cheese, olives, basil, rocket etc.



BEAUFORT GAA NOTES

BEAUFORT SENIORS: Hosted Fossa in the County League on Saturday evening. This was a very entertaining, high scoring game and was either sides game up to the last few minutes. Francis Courtney gave a Man of the Match performance at full-forward while it was good to welcome back the experienced Kevin O'Brien to the team again. They are now joint 3rd on the County League Table.

THE JUNIOR (B) TEAM: Had a fine win also on Sunday when they defeated Renard in the County League. Played in lovely conditions they won on a score-line of 4-11 to 2-13. Beaufort were down a point at half time but the 2nd half saw sub Niall O'Shea score 2 quick goals.

BEAUFORT U-14S: Travelled to Kenmare on Wednesday evening to play Kenmare in the 1st Round of the Eastern Region League. As the score suggests they were well beaten as they were missing some players. Those that did travel gave it their all and tried hard to the end. Match Result; Kenmare 3-19 Beaufort 1-3.

LOTTO: Results of Sunday, 15th June for jackpot of €4,800. Numbers drawn 15, 16, 20, 23. No jackpot winner. Consolation Prizes - €80 Pádraig J. Healy, Kilcummin. €50 Cian and Aine, Beaufort, Margaret McSweeney, Cappaganeen, Eileen Cronin, Cappaganeen.

Next draw for a jackpot of €5,000 will be held in Inn Between on Sunday, 29th June. Tickets are available from usual sellers, local shops and bars. Anyone interested in setting up a Standing Order or an annual ticket of €50 should contact any of the sellers or officers.

RING OF THE REEKS CYCLE: Beaufort will be running the very successful Ring of The Reeks Cycle on Saturday, July, 26th. Details on the website.

BEAUFORT U-12S: Had a good win again in the County League by defeating Castleisland Desmonds on Sunday in Beaufort. They began well with a goal from the impressive Jack O'Connor, 2 goals from the hard-working Niall Carey and one from mid-fielder Sean O'Brien set them on their way. The 2nd half saw them score some great points, too numerous to mention and finished with a goal from Max Doyle to leave final score 5-27 to 1-6.

THE U-11S: Short some players tried hard in their game and had goals from Simon Coffey, Ciaran Cronin and Sam Roberts but were beaten by 3-1 to 5-15. They are away to Kerins O'Rahillys on Sunday 22nd June at 6pm.

BEAUFORT U12 GIRLS: Were unlucky to lose to Spa last Tuesday in Spa. Goals from Tara and Holly Clifford kept Beaufort in touch and though they played well they went down on a score-line of Spa 3-7 to Beaufort 2-5. They played Dingle in Beaufort on Tuesday.

PRIMARY GAME: Good Luck to Jack O'Connor who will line out with Kerry in the Primary game in Ennis on Sunday where Kerry will be in action against Clare. This is a just reward for a fine young boy for his efforts on

the field and he is an outstanding player with Beaufort at U12 level. Enjoy the day Jack!

KERRY U14 GIRLS: Well done to Kerry on winning their All-Ireland semi-final against Cavan on Saturday. They will meet Mayo in the All Ireland Final in a few weeks time. Central to this win was 3 Beaufort girls who all played pivotal roles in vital positions on the field - Tara Breen at full-back, Hannah O'Donoghue at centre-back and Fiadhna Tangney at full-forward.

EXERCISE CLASSES: Are now winding down for summer months. Thanks to everybody who took part and also a big thank you to the Tutors. They will resume again in September.

LEGION GAA CLUB NOTES

KERRY U14 GIRLS: Pride of place in the club this week goes to our star u14 girls footballer Fiadhna Tangney as she put in a powerful performance whilst helping the Kerry u14 team to victory over Cavan in the All Ireland semi final 5-07 v 4-03 with Fiadhna scoring 1-05. Kerry now play Mayo in the final.

EIGHTIES DISCO: A date for your diary is Friday 27 June as, back by popular demand is this years Legions 80's disco. A great night last year so what better way to re live your youth, get your dancing shoes on for a night of good fun. Tickets go on sale this week from any of the ladies committee or on the door on the night. It will be held in Mc Sorleys.

PRIMARY SCHOOLS TEAM: Congratulations to our u12 player Eoghan O'Sullivan who has been named on the Primary Schools team to play during the Munster football final. Well deserved Eoghan.

SENIOR COUNTY LEAGUE: Round 6 of the senior county league took place last weekend and in sun drenched Derreen on Sunday we accounted for Tarbert 1-16 v 2-07. In a lacklustre game that never reached the heights of recent championship football, we still managed to maintain our 100% record in the county league, thanks mainly to eight points from David O'Sullivan, great workman like performances from Kieran Slattery, Jack O'Neill and Damien O'Sullivan and a good hour between the posts by KJ Griffin. Great to see Pádraig Lucey back in action after his recent sojourn in Melbourne.

MUNSTER SEMI FINAL: Best of luck to the Kerry panel as they commence their journey for this years Munster and All Ireland series with a semi final game v Clare this weekend in Ennis.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

EAST REGION MINOR LEAGUE: The East Region Minor league, sponsored by the Tatler Jack, which got under way on Thursday the 19th June, continues with round 2 on Thursday the 26th June at 7.30pm. The fixtures are as follows: Division 1 - Spa V Legion, Rathmore V Dr. Crokes, Furies bye. Division 2 - Fossa V

Beaufort, Currow V Glenflesk, Kilcummin V Gneeveguilla.

FR. GALVIN CUP 2014: The Fr Galvin Cup, Intermediate Championship, sponsored by the Aquila Club, Gleneagle Hotel, commences next Saturday the 21 June with a preliminary round game between Scartaglen and Fossa, in Scartaglen at 7pm. Extra time if necessary. The Man of the Match will be presented with an award of a year's membership of the Aquila club, Gleneagle Hotel and will be an automatic nominee for the Fr Galvin All Star 2014.

O'SULLIVAN CUP 2014: The O'Sullivan Cup, Junior Championship, sponsored by O'Sullivan Cycles and Outdoor, Killarney will commence on Tuesday the 24th June 2014 at 7.30pm. Listry, Rathmore and Furies all have Byes in the first round and the fixtures are Legion V Kilcummin, Dr Crokes V Glenflesk, Fossa V Gneeveguilla, Spa V Currow and Cordal V Scartaglen. First named teams have home venue. Extra time if necessary.

EAST REGION UNDER 14 LEAGUE: The East Region Under 14 League, sponsored by MD O Shea's, continues this week. The Division 1, Round 2 Fixture, Glenflesk V Legion has been put back to Wednesday the 25th June at 7pm. Round 3 continues on Monday the 23rd June 2014 at 7pm. The fixtures are Division 1 - Dr. Crokes V Cordal/Scartaglen, Rathmore V Legion, Glenflesk Bye. Division 2 - Spa V Kilgarvan/Tousist, Fossa V Beaufort, Kenmare Bye. Division 3 - Gneeveguilla V Listry/Keel, Kilcummin V Currow. Furies Bye.

MUNSTER UNDER 15 SUPER TOUCH

FINAL: The Munster Under 15 Super Touch final was played last weekend in Mallow. The standard of teams on the day was impressive with all East Kerry teams (Furies, Legion and Dr Crokes) playing excellent football in a tough competition. Furies progressed to the semi final facing Carrigaline. The Furies boys played well losing out to the eventual winners in a sporting match. Well done to all players and managers on representing East Kerry so well on the day.

EAST REGION COISTE NA NÓG DELEGATES MEETING: The East Region Coiste na nÓg meeting will be held on Monday the 23rd June 2014 in the Legion Club House at 9pm

EAST KERRY SENIOR BOARD DELEGATES MEETING: The East Kerry Delegates meeting will be held on Tuesday the 24th June 2014 in the Killarney Heights Hotel at 9pm.

KILCUMMIN GAA FUNDRAISING GOLF

CLASSIC: Kilcummin GAA club fundraising Golf Classic will be held on Saturday, the 21st June at Beaufort Golf Club. Teams of 3 for 150 euro. Contact Willie Fleming, club chairman.

#lovekillarney



MILLTOWN/CASTLEMAINE CLUB NOTES

CUL CAMPS: Cul camp taking place on weekend of June 30th to July 4th. Book your place on line at www.gaa.ie

SENIORS: The Senior team had an important 1-9 to 8 point victory away to Listowel in The Senior County League last Sunday. Also the draw for the 3rd round of the County Championship has taken place. We have been drawn against South Kerry with the date and venue to be decided.

LOTTO: The lotto will take place this Friday in the Shanty Bar and is now at €8,000. Please support your local club lotto by purchasing tickets in local shops and bars.

MEMBERSHIPS: Club membership is now overdue. Membership is €50 for an adult, €30 for student or OAP and family membership is €100. Tickets for the Munster Final and All Ireland Final can only be sold to club members. Also anyone playing with or involved in management of any team must be a member of the club. Players cannot be allowed play without having their membership paid.

SPA NOTES

By: Anne Holland

COISTE NA NOG:

U12 BOYS V ST. SENANS

St Senans won this game in Spa very narrowly. Our players were very unlucky on the day and lost by the smallest of margins.

U14 BOYS: SPA 8-9 FOSSA 7-7: A thrilling game against local rivals Fossa was played out in Spa last Wednesday evening. Spa shot off to a great start with an early goal from Ryan Kelliher. Around midfield Spa dominated early exchanges with great work from Rory O'Keeffe, Sean Cahill and Stephen McKenna and raced into a commanding lead. However the physically strong Fossa middle third got to grips with the game and shot home a couple of goals to leave the half time score 4-3 to 4-4 to the visitors. The second half started off well for Spa before Fossa again struck with some well taken goals. Spa never gave up with terrific defending by Cian Fahy and goals from Alan O'Sullivan and Keelan Deegan kept the home side in touch. Fossa then struck again before a powerful goal by Sean Cahill brought Spa back into it. Spa tried hard to close the gap forcing the Fossa keeper into some point blank saves but it wasn't to be. Final Score 8-9 to 7-7

LADIES FOOTBALL: U12 GIRLS

Girls played two games this week at home to Beaufort and away to Castlegregory. They continued their winning streak in this division. Spa 3-7 Beaufort 2-5. Beaufort played brilliantly in the first half and held Spa to a score of 2-1 to Spa 0-2. In the second half the home side came out from the start with superb play. Caimhe Claffey was outstanding in goal pulling off

magnificent saves. The defense marked tight and blocked numerous Beaufort efforts lead by Grainne Spillane, Aoibhe O'Doherty and Grace Courtney. Midfield duo Orlaith Spillane and Marie Courtney fielded and won loads of possession to deliver to our forwards. Liadh Beasely, Laura O'Carroll and Aisling Cahill up front had a great game scoring brilliant scores.

U12 GIRLS: CASTLEGREGORY 3-5 SPA

4-10: Second win of the week for the girls. Elaine Kelly was excellent in defense and cleared her line every time and kept the opposition under pressure. Sarah O'Sullivan, Clodagh O'Connor, Jenny McCarthy and Rebecca Howe also were excellent. Up front Louise Fleming, Linda Taylor, Erin Holland, Eleana O'Donoghue and Mairead O'Donoghue were all on target for Spa.

U19 COMPETITION TUESDAY JULY 8TH:

This year a new competition and we will be playing under the banner of East Kerry. This competition is for 17 and up.

SENIOR CHAMPIONSHIP: Combination of Killarney team (Spa, Dr. Crokes and Kilcummin) will be at home to North Kerry 20th July.

SENIOR COUNTY LEAGUE DIV 2:

SPA 3-12 JOHN MITCHELS 2-11

Three first half goals by Spa helped them secure a valuable two points last Sunday against an understrength but resilient John Mitchels. Michael O'Donoghue was in flying form for Spa and had 0-3 on the board early on. James Duggan and Oliver Coffey replied for Mitchels but a great team move saw Spa's Ryan O'Carroll finding the roof of the net. Pat Cronin followed up with a second goal as he slotted the ball calmly to the Mitchels net. Positive play from Mitchel's Sean Moloney and James Duggan made it 2-4 to 0-4. However, Spa struck for a third goal when Dermot Raggett saved a Michael O'Donoghue penalty only for Cormac Cronin to deftly sidefoot the rebound back to O'Donoghue for a goal. Points from Craig Hickey and John Falvey helped Spa into a commanding lead at half-time of 3-6 to 0-4 at half-time.

Pat Cronin added a lovely point on the restart but Mitchels never say die attitude saw the Tralee side reducing the Spa lead. Great points from Duggan and Moloney narrowed the gap. A goal by Jake Moran on the three quarter mark, plus an injury to Spa's outstanding midfielder Andrew Garnett, gave them momentum and hope. The introduction of some fresh legs for Spa and further scores from Michael O'Donoghue increased the home sides lead again. Mitchels sub Peter Nammock got a superb fisted goal with just minutes remaining. This was too little, too late, to prevent Spa claiming a deserved win.

UPCOMING FIXTURES: Senior Co. League Rd 7 is fixed for weekend of June 28/29 at home to Castleisland Desmonds.

Intermediate quarter-final replay has been scheduled for Saturday July 19th at 7pm in Spa.

EAST KERRY MINOR LEAGUE: Kicks off next Thursday June 19th and the fixtures are as follows - June 19th Spa v Bye; June 26th Spa v Legion at 7.30pm; July 3rd Fries v Spa at 7.30pm; July 17th Spa v Dr Crokes (provisional); July 24th Rathmore v Spa (provisional).

O'Sullivan Cup Round 1:

Spa are home to Currow on Tuesday June 24th at 7.30pm

LOTTO: No jackpot winner in Jimmys.

Numbers drawn: 1, 2, 18, 28.

Lucky dips Susan Hayes, Ballaugh. Miriam and Jean c/o Dept of Justice. MI Moynihan, Lawlors Cross. Marie Keane, Gneeveguilla.

€11,600 next Sunday in Arbutus.

MERCHANDISE SHOP: Will be open on Friday evenings from 6.45pm to 8pm and on Saturday mornings from 11am - 12.15pm. Sale now on with up to 30% off on selected items. Any enquiries please contact Mathilda on 087 6487356.

HAPPY FEET SUMMER CAMP: July 14-18 July 10am - 3.00pm. Conor Gleeson will hold a summer camp once again in Spa GAA. This is a fun packed camp. Further details contact Conor Gleeson 087 2565142 or John O'Donoghue 087 9403517. Cost €70 per child. Family rates available. Or email conjohnncamp@gmail.com.

KELLOGS CUL CAMP: Registration forms in clubhouse now. Spa will be hosting a football camp once again August 4th-8th.

SCHOOLS LINK: Tiernaboul N.S. would like to thank everyone who supported the Bake Sale at the school. Congratulations to the both Tiernaboul N.S. and Lissivigeen N.S. schools in receiving their Green Flag recently.

SPA COMMUNITY NOTES

NOREEN O'MAHONEY RIP

The untimely passing of Noreen O'Mahoney, Mystical Rose, Woodlawn during the past week caused widespread regret among the local Spa GAA club fraternity and the wider community. Noreen and her family had a long association with Spa GAA club. Her late father Jerry was a member of the panel which won junior and senior East Kerry titles in 1948-49 and the tradition continued with her brothers Paudie, John RIP and Derry and her brother-in-law Sean O'Sullivan figuring at all levels of the club and assisting it to win several O'Donoghue Cup titles and numerous county competitions in various grades. Noreen was a talented Irish Dancer and as well as performing regularly for visitors in the Great Southern Hotel she also turned in many fine performances with Spa in East Kerry and county Scor competitions. Perhaps her last performance with the club was in November 1998 when she figured with the Drama Group, who were celebrating the Golden Jubilee of the club. Prior to the untimely passing she managed a very successful B&B business in Woodlawn. Sympathy is extended to her family.

May She rest in peace



LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS:

Sunday 15th June, 2014. Winning Numbers 6, 13, 18, 22. Jackpot €7,550. Not Won 1 x €100 Noreen Buchannan, Faha. 2 x €50, Suzanne & Dylan Cronin. Myles Healy. 2 x €25 Martin O'Leary. Eoin McCarthy, Ballytrasna. Draw Entrant Tim McCarthy, Ballytrasna. Jackpot next week Sunday 22nd June €7,700.

COUNTY LEAGUE DIVISION 2:

Listry Sunday June 15th, Listry V St Pats. Listry eventually won this game by 3pts having dominated proceedings in the first half and withstood a great St Pats comeback in the second half to hold out for a win on the score Listry 1-13 to St Pats 1-10. The early exchanges were even and after 10 minutes the sides were level 2 points each. Listry then dominated proceedings for the remainder of the half and held a half time lead with Listry 1-8 St Pats 0-4. The Listry goal came from Billy O'Brien in the 24th minute after Listry had missed previous goal chances. Paul O'Donoghue was doing a lot of work around the field for Listry and with Derry Ahern (3), Sean Lehane (2), Jimmy O'Leary, Paul Donoghue, and a 45 from Colm Counihan to add to the goal Listry led at half time 1-8 to 0-4 with all St Pats scores coming from Kieran Hurley. The second half started in much the same fashion but this time it was St Pats who dominated scoring 4 points without reply, all again from the boot of Kieran Hurley. With St Pats now in the ascendancy they worked the ball through the Listry defence and were it not for a brilliant save from Colm Counihan in the Listry goal the sides would be level. This seemed to wake Listry up and they scored 3 points without reply to again extend their lead to 6 points. William Hurley then struck for a goal for St Pats to reduce the lead to 3. Sean Lehane with 2 points opened the gap but St Pats again closed in with 2 points from play but could not get that elusive goal. Listry move to 5 points in the league and St Pats stay at the bottom of the table without a point. Final score Listry 1-13 to St Pats 1-10.

JUNIOR FOOTBALL LEAGUE: Group 2 Round 1 Result, Friday 13th June, 2014 Listry 1-8 Clounmacon 2-10

JUVENILE NEWS & FIXTURES:

U6/8/10: Training continues every Friday evening 6-7pm.

U-8: Listry U8 boys had a good challenge game in Scartaglin on Sunday 15th and we look forward to a return game shortly.

U10: Listry U-10 boys and girls will conclude a very enjoyable East Kerry go games blitz with Fossa and Gneeveguilla on Wednesday 18th June in Listry.

U-12: Listry U-12s had a good victory over Scartaglin on Saturday 14th of June and are unbeaten in the Co. league. Next game in the Co. league on Friday 20th v Templenoe in Listry at 7.30.

U-14: Listry/Keel U-14s play Kilcummin in Listry on Monday 16th June in Listry at 7pm in the first round of the East Kerry league.

SUMMER CAMPS: Kellogg's Cúl camp in Listry July 7th-11th.

THE DUNGEON BOOKSHOP LISTRY FOOTBALL CAMP: August 5th-8th. Application forms for both camps are available to download from Listry GAA website or at training every Friday evening.

MID KERRY

SCHOOL FINALS: to be held in Cromane this Friday evening 20th first game 6pm.

2 teacher A final - Curraheen take on Booheshill. 4/5 teacher C final Cromane play Castledrum.

6/7 teacher A final - Cullina play Killorglin Blue.

6/7 teacher B final - Killorglin White take on Miltown.

Fybough defeated Ballyfinane last week in the 2 teacher B final.

4/5 teacher semi finals Glenbeigh will have played Kilgobnet & Caragh will have take on Castledrum last Tuesday.

DR. CROKES GAA CLUB NOTES

LOTTO: Draw took place in Jack C's on Sunday last. Numbers drawn: 9, 10, 13, 18. The jackpot of €4800 was not won. Match 3, 3 received €135. Next week's jackpot is €5100. Draw will take place in the Speakeasy.

RESULTS: Senior County League: Dr. Crokes 4-19, Kerins O'Rahilly's 0-08. Junior County League: Dr. Crokes 'B' 2-14, Ballydonoghue 4-08. Junior. League: Dr. Crokes 'C' 1-15, Skellig Rangers 3-10. EK U14 Div. 1: Dr. Crokes 6-17, Glenflesk 2-06.

SENIOR CO. CHAMPIONSHIP: The Draw for Round 3 of the Garveys Supervalu Senior Football Championship was made live on Radio Kerry on Sunday evening last. Dr. Crokes face Legion in Round 3 which will be played on weekend of 13th July. Time & Venue TBC.

JUNIOR CO. LEAGUE: Ballydonoghue got off to a terrific start at Lewis Road finding the net early, followed by a point and another goal with nothing in reply from Crokes. Then it was Crokes turn, when Chris Brady scored a pointed between goals from PJ Lawlor and Tony Brosnan. Spectators enjoyed a scoring display from both teams that brought the score to 2-05 apiece. Ballydonoghue finished the half with another well-taken goal. Half-time score; Dr. Crokes 2-05, Ballydonoghue 3-05. Dr. Crokes picked up the pace in the second half and started with points from Chris Brady, Tony Brosnan keeping Dr. Crokes in touch. Another pointed free for Ballydonoghue was followed by five consecutive points shared by Dr. Crokes' Tony Brosnan, Bryan O'Shea, Chris Brady and Keith O'Leary. Crokes were now two points ahead and could have won but for

some stray shooting in the closing ten minutes. Instead, Jack Gogarty pulled off a goal for Ballydonoghue to put them ahead by just a point. But Crokes were not finished and Mark Egan finished off a good move with a point to level the score. The final score was Dr. Crokes 2-14 Ballydonoghue 4-08 and the spoils were shared – a fair result to a terrific game, played in beautiful sunshine and a gentle breeze.

EK U14 LEAGUE: Our U14's got off to a great start in their East Kerry league campaign with a win over Glenflesk. Seven different players shared the scoring in the first half to bring the Crokes tally to 3-6; Fionn Doherty (1-0), Niall Daly (1-01), Jason Cahillane (1-01), Harry Potts (0-02), Colm Cagney (0-01) and Fionnbarr Hickey (0-01). At the same time, our backs were very solid, led by goal-keeper supreme David O'Mahony with a clean sheet in the first half. In front of him Mark Donellan, Gary O'Connor, Keith Myers and Gerard Cronin were majestic. The Crokes boys continued with a good flowing game in the second half and the scores kept coming from Michael Lenihan (0-03), Seán O'Neill (0-02), Lee Downing (0-02), Niall Daly (2-00), Fionnbarr Hickey (0-02), Shane Looney (0-01) and Mark Cooper (0-01). The backs continued to dominate with great displays from Lorcán O'Hare Wyatt, Jamie Muldoon, Oran O'Donoghue and Liam Kelliher. Putting up a score of 6-17, with scores from eleven different players shows the potential of these lads. We meet Rathmore away next, which will be a very tough assignment. But if we keep this form up, we can look forward to a good game.

U14 GIRLS: Dr. Crokes girls gave a brave performance in the semi-final of their County League away to Cromane on Thursday, 5th June. Playing into a strong breeze in the first half, the girls were well in the game but a burst of scores in quick succession allowed the home side to pull away approaching half-time. After the restart, Crokes set about reducing the arrears without ever gaining parity and a late goal widened the gap to a finishing scoreline of Cromane 4-10, Crokes 3-05. Well done to the full squad who battled well against a physically stronger Cromane side, who deserved to progress to the final. A short break now before U13 & U15 County Championships commence along with East Kerry competitions.

SATURDAY MORNING ACADEMY: Our Saturday morning hurling & football academies continue this weekend: Hurling from 10:00am to 10:40am, followed by football 10:45am to 12 noon. Both codes are supervised by fully qualified coaches and all equipment is provided.

KELLOGG'S GAA CUL CAMPS: The Kellogg's GAA Cúl Camps are a great way for boys and girls aged 6 - 13 to play the games and learn GAA skills in a fun child-friendly environment - and maybe even help make them a GAA star of the future! Dr. Crokes GAA Club will host a football camp from 30th June - 4th July. Fitzgerald Stadium will host a hurling



camp from 28th July - 1st August.

GOLF SOCIETY: We travelled to Beaufort on Saturday last, 14th June. This outing was kindly sponsored by The Failte. Results: 1st; Seamie O'Connor, Keith McMahon, John Keogh & Paul Downey 90pts, 2nd; David Moloney, Tomas Regan, Johnny O'Connor & Tony McMahon 89pts, 3rd; Brendan Keogh, Paudie Sheehan, Der Brosnan & Malachy Walsh 88pts.

GOLF CLASSIC: The annual Golf Classic will take place on Thursday, 3rd July at O'Mahony's Point. This is one of the annual fundraisers for the club. Team of 4; €300. Entries to Organising Committee.

US OPEN CHALLENGE: A huge thanks to all who contributed to this years US Open Challenge Fundraiser and to all the card sellers. Congratulations to the overall winner, Sean McCarthy. Full results can be found on Facebook and www.drcrokes.com.

AWARDS NIGHT: 'Pig on a Spit' due to take place on Saturday, 7th June, has been postponed to a later date due to Round 2 of the Senior Football Championship. A revised date will be confirmed in the near future.

CLOTHES BANK: There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPCC.

FINAL SPOT FOR KERRY LADIES UNDER 14'S

Congratulations to Kerry U14's who defeated Cavan in the All Ireland U14 A Semi Final on Saturday. They will now meet Connacht champions Mayo in the final on July 20th after they defeated Dublin in the other semi/final. Kerry had a great start with Fiadhna Tangney pointing after just 45 seconds, with Erica McGlynn goaling after 11 minutes to leave Kerry with a commanding lead & dream start with Jade Powell adding a point. However something stirred within Cavan & they started to dominate the middle third creating a formidable diamond between midfield duo & their outstanding centre forward Michaela Fitzpatrick. Cavan got their first goal of the half on 13 mins & followed up with another just before the short whistle, Half Time Kerry 1-04, Cavan 2-02. Kerry resumed the second half making a few positional changes – Ciara Murphy went to centre back to curtail Cavan's Michaela Fitzpatrick. Also midfield pairing of Labhaoise Walmsley & Sophie Lynch tightened up considerably. The difference was almost immediate with Fiadhna Tangney winning a penalty which was converted by Aoife O'Callaghan. However Cavan replied with two quick goals which left Kerry trailing 2-04 to 4-02. Fiadhna Tangney & Aoife O'Callaghan scored 2 points to put Kerry firmly in the hunt. Cavan



THE CROMANE TEAM WHO DEFEATED SCARTAGLIN IN THE EDUCATE.IE U14 DIVISION 3 FINAL. BACK ROW: EIMEAR BROSNAN, AMY DUNPHY, JULIA CASEY, SINEAD O'NEILL, SHANNON FOLEY, NIAMH O'CONNOR (CAPTAIN), SARAH CASEY, AMY MORRIS, AILBHE CLIFFORD, TIARNE SHEAHAN (VICE CAPTAIN). FRONT ROW: JADE O'CONNOR, HANNAH KATE DUFFY, ANNE MARIE FEALEY, SADHBH SHAUGHNESSY, ROISIN HAYES, AVA GRIFFIN, CORA CRONIN, SHAUNA SHEAHAN. KNEELING: CORA JOY AND CLAIRE FEALEY.

were forced into giving away another penalty, a foul on Erica McGlynn which Aoife O'Callaghan coolly slotted away again. Kerry back in the lead. Shortly after Hannah O'Donoghue performing much better at wing back, won a great ball, worked it to her Fossa club mate Erica McGlynn who hit a rasper to the back of the Cavan net. Kerry up 4 points with 10 mins. Cavan replied with a point but unfortunately it was their last score of the game, a telling difference between the teams as they failed to score for the last 9 minutes of the game. Kerry however would add another point from Fiadhna Tangney & goal from Erica McGlynn. Kerry 5-07 Cavan 4-03.

TEAM & SCORERS: Laura Teahan, Anna O'Reilly, Tara Breen, Muireann Moriarty, Kate Maher, Hannah O'Donoghue, Ciara Murphy, Sophie Lynch, Labhaoise Walmsley, Fiadhna Tagney (1-05), Aoife O'Callaghan (2 pen-01 f), Ciara O'Brien, Erica McGlynn Captain (2-0), Brid Ryan, Jade Powell (0-1). Subs: Blaidnaid Cotter, Ciara O'Sullivan, Rachel Fitzgerald (Kate Maher), Sinead Warren, Niamh Ni Chonchuir, Grace Cahillane, Lucy Clifford, Georgia O'Dwyer, Molly Carroll (Jade Powell) Jayden Lucey, Erika O'Sullivan.

CROMANE ON TOP IN UNDER 14 FINAL Congratulations to Cromane who defeated Scartaglin in the Educate.ie U14 Division 3 Final on Sunday. Played in glorious sunshine in Miltown/Castlemaine, the players made light work of the heat & gave a great exhibition. The opening score of the game came from Scartaglin but Cromane replied soon after with one of their own from midfield Sadhbh Shaughnessy. Scartaglin who were beginning to come on top got 2 goals to pull ahead. However the Mid Kerry side replied with two of their own from Shannon Foley & Cora Joy. Cromane were starting to find their rhythm & after adding a few points they added a 3rd goal from Sadhbh Shaughnessy to lead at half time Cromane 3-05 Scartaglin 2-03. After trading points in the early stages Scartaglin were awarded a penalty but however failed to convert. Shortly after Cromane hit for their

4th goal from Ailbhe Clifford but Scart showed a never say die attitude & replied with 1-02. Cromane sub Amy Dunphy barely on a minute hit a great goal & with Cromane getting some good points they pulled away from Scartaglin, who got the final score of the game a point in dying minutes. Niamh O'Connor Captain was delighted to accept the Educate.ie U14 Div 3 title on behalf of her team from County Secretary Mary Courtney.

CROMANE TEAM: Sinead O'Neill, Tiarna Sheehan (vice captain), Sarah Casey, Hannah Kate Duffy, Roisin Hayes, Shauna Sheahan, Julia Casey, Rachel Sheahan, Amy Dunphy, Cora Joy, Shannon Foley, Claire Fealey, Sadhbh Shaughnessy, Ailbhe Clifford, Niamh O'Connor (Captain), Ava Griffin, Jade O'Connor, Cora Cronin and Anne Marie Fealey.

The Educate.ie U14 Div 4 Final is pencilled in for this weekend (Fri/Sat 20/21st June) between Laune Rangers B & Ballymacelligott, details not available at time of print. Ballymacelligott were brought to a replay in their semi final against Furies, while the Laune side defeated Duagh in their semi final. Please check Kerry ladies website & Facebook page for details.

The Glebe Kitchens U12 County League is coming to exciting conclusion, with only a round or two left to complete in most divisions. Semi final spots are still up for grabs in all 5 Divisions, so the last rounds will be very exciting.

U17 DEVELOPMENT SQUAD: Continues training on Saturday 21st June in Mounthawk Tralee 11.00 am. This is for players born in 1997/1998 only. A team representing Kerry will be attending a blitz in August. All details on the website & social media outlets.

U12 DEVELOPMENT SQUADS: Take a break this week as the Kerry Community Games Finals are on this weekend. They return to training on Saturday June 28th with inter panel friendly on 5th July.



ST. BRENDAN'S ROWING CLUB NOTES

The Killarney Regatta is almost upon us! Let's make the most of our last few training sessions and don't forget to wear sunscreen! Well done to all of our members who sat their Junior and Leaving Certificate exams. Here's to warm Summer evenings spent out on the lake. Best of luck to the lads heading to the Cork Regatta this weekend to compete in the following races: Novice Quad, Novice Double, U18 Quad, U18 Double and U16 Double. A reminder to all who haven't paid their membership, please do this as soon as possible. Stay tuned to the club facebook page for regatta updates.

LISTRY CYCLING CLUB

LISTRY CYCLING CLUB: had its first cycle last Thursday. There was a huge turnout of 18 cyclists who cycled a nice leisurely cycle in great weather.

A page has been set up Facebook for the cycling club. And the next cycle is Thursday at 7pm from Listry GAA pitch. All welcome. Contact Liam for details 087-4145662

RATHMORE/ GNEEVEGUILLA COMMUNITY GAMES

ATHLETICS: The final event of the season at county level, the athletics event will be held on Saturday at 10am in Riocht Track Castleisland, we have numerous athletics from this area taking part in individual races, field events and relays. We wish them all the best of luck. The day kicks off with the parade at 10am.

WORKMEN'S ROWING CLUB

Best of luck to all our crews competing in the Cork Regatta, at The National Rowing Centre, Inniscarra, Co Cork, this weekend. We know you'll do us all proud, as usual!

The rowing season has well and truly taken off, with crews training for the National Rowing Championships next month, The All Ireland Coastal Regatta, in Waterville in August and of course the Annual Killarney Traditional Regatta, on Sunday 29th June, at O'Mahoney's Point, Killarney Golf Club, and with the perfect rowing conditions, it makes it all the more enjoyable. Well done to all the Junior and Leaving Certificate Students, who have completed their exams, a well earned break is in store for Michael O'Donoghue, Roisín Doherty-O'Hare, Lauren McCarthy, Ryan O'Neill, Tom O'Leary and Robert Cussen.

And Finally, best wishes to our Regatta Queen representative 2014, Ms Lauren McCarthy, don't forget your favourite words 'World Peace'...we're all delighted your our Workmen's RC representative this year, Best of Luck Lauren!

MILTOWN/ LISTRY COMMUNITY GAMES

CO. ATHLETICS FINALS: All roads lead to An Riocht Track in Castleisland this weekend Saturday June 21st and Sunday June 22nd where the Denny Co. Athletics Finals will be taking place. Over 2000 young people will be taking part over the weekend. The Finals will commence on Saturday with the Opening Parade which starts at 10 am sharp and we encourage all our athletes and parents to be present for the Parade which is very much part of the weekend's activities. With regard to our preparation we have had a number of training sessions over the past 2 months, including going to An Riocht Track on 2 occasions and a big thank you to all the parents and those who have assisted with the training. Information texts are being sent out this week to parents of all those participating with information also on our facebook page. Any queries please contact Denis 087-9662332 or Pa 087-6447788.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 13/06/2014, numbers drawn were 5, 16, 18 and 22. Winner of sellers prize was Nuala Riordan Knocknagree, winner of €50 yearly ticket holder was Vincent Carmody Banard, €50 to Nuala Riordan Knocknagree, €40 each to Danny O' Callaghan Tureencahill, Tony Murphy Tureen, Nora Flynn Dept. of Justice Killarney. €1,000 bonus not won, numbers drawn were 1, 26, 27 and 29. Next week we draw €10,400 plus €1,000 bonus. A busy weekend for our athletes, beginning on Friday night in Castleisland where Robert Purcell won the Humphery Murphy Memorial race, with John Barrett 2nd, Andrew Purcell won the junior section easily. On Saturday we had relay teams in Cork but they were a bit short when it came to the medals. On Sunday we cleaned up in the Munster Masters Competitions in Cork, Eileen O' Riordan was 1st in Shot, 1st in discus and 1st in hammer O40, Annette O'Brien 1st in 100m, 1st in High Jump, 1st in Long Jump and 2nd in shot O40, Elaine Cronin 1st in 100m, 1st in 200m, 1st in shot and 1st in long Jump O35. John Barrett 2nd in 3000m O45, Robert Purcell 3rd in 3000m O45, Andrew McCarthy did well in his first senior competition. Best of luck to all our Community Games people where ever they are from who compete this weekend. Our senior ladies and men carry our best wishes also when they compete in Round 2 National League in Athlone on Sunday.

KILLARNEY SOUTH COMMUNITY GAMES NOTES

RELAY TRAINING: Final Relay practice continues this Wednesday at the earlier time of

6.03pm. All athletes who are on relay squads are urged to attend practise as this will have a bearing on team selection for county finals.

ATHLETICS COUNTY FINALS: All roads lead to castleisland this Saturday and Sunday for the county qualifiers.

All athletes who qualified for county athletics finals are urged to attend An Riocht stadium this SATURDAY, for the competition. Results will be posted next week.

The Following is an outline programme for Saturday and Sunday as follows:

TIMETABLE: Saturday Parade & opening ceremony 10a.m. All areas requested to participate. Competitions start immediately after with 200m races

Program Saturday.

All U8, U10 U12 & U14 qualifying races

Ball Throw final Boys & girls

Relays U10 & U12 boys & Girls

Sunday Competition start at 10.30a.m sharp with Discus & Javelin Hurdles & Relays (order to be decided)

All U16 competitions, Field events all finals.

We wish all our athletes the best of luck in their endeavour for success!

FACEBOOK: Please follow Killarney South Community games on Facebook for all new updates, information, pictures and reports. All electronic mail queries can be forwarded to killarneysouthcommunitygames@gmail.com.

KILLORGLIN ROWING CLUB

CORK REGATTA 21/06/2014: The best of luck to all Killorglin athletes racing at the Cork Regatta next weekend held at the National Rowing Centre in Inniscarra. It is the last status one regatta before the National Rowing Championships in July.

Our junior boys, Shane O'Connor, Sean Houlihan, Michael O'Connor and Conor Murphy will aim to take the victory again in the Men's Junior 14 quadruple scull event. The Junior 16 Double of Kieran O'Sullivan and John Francis will team up with Cathal O'Donovan who will race the Men's Junior 16 single and Sean Houlihan to form the Men's Junior 16 quad. Karen Joy and Veronica Kingston will take to the water in the singles while Maeve McGillicuddy and Veronica Kingston will race the Women's Intermediate Double Scull. Best of luck to all!!

WORLD CUP II REGATTA 20-22/06/2014

Monika Dukarska is also competing this weekend racing in the Women's Double Scull event for Ireland at the World Cup II event in France. After the 10th place finish at the European Rowing Championships in Serbia, the women's double set up has been changed with Monika being put in the stroke position in the boat. This means that Monika will be responsible for rhythm and pace in the boat. The girls are competing against 16 competitors from the following countries: Australia, Belarus, Poland, Netherlands, France, Austria, Germany,



China, Denmark, Finland, New Zealand, USA, Great Britain, with Germany and China putting two boats in this event.

The girls are travelling to France on Tuesday this week.

There is no doubt it will be tough event but the girls have regrouped after the European Championships and are ready again to take on the world!

You will never beat the Irish! Best of luck to all Irish crews racing next weekend.

KILLORGLIN ROWING CLUB GOLF CLASSIC FUNDRAISER 25/07/2014: Killorglin Rowing Club will hold a Golf Classic fundraiser to enable the purchase of new gym equipment. The increasing membership has stretched out our capacity hence the Club needs to expand. The Golf Classic will be held on Friday, the 25th of July at Killorglin Golf Course. Teams of four are invited to sign up and support the fundraised (formal four ball). The cost is €120 per team. You can also support the event by donating €50 towards the T-Box. Please contact Mike on 087-2930461 or e-mail

killorglinrowingclub@gmail.com with any queries.

All information including sign-up sheet can be found on our blog <http://killorglinrowing.wordpress.com/> or our Facebook page at killorglinrowing.com.

Enjoy great golfing experience and support a great cause. Let's make the rowing club grow!

KILLORGLIN REGATTA 31/05 – 01/06/2014:

Sincere thank you to all local business that supported our regatta and sponsored a race or two. The regatta was held in association with K-Fest. From this year it will be an annual event. Also thank you to all volunteers who made this event happen.

Well done to all rowers racing on the day and thank you to local Clubs for participating. It was a very enjoyable and successful event.

SIVE REGATTA – 15/06/2014: Congratulations to our Senior Men's crew of John Buckley, Paul Bradley, Maurice Sheehan and James O'Sullivan on their win at the Sive Regatta in Caherciveen. Also well done to our under-14 girls who finished 4th overall in their first traditional



JANE CURRAN, WOODLAWN PARK, KILLARNEY, WHO WON A SILVER AND BRONZE MEDAL AT THE SPECIAL OLYMPICS IRELAND GAMES AT THE UNIVERSITY OF LIMERICK AT THE WEEKEND IN BOTH THE TURBO JAVELIN AND 800 METRE WALK.

PHOTO: VALERIE O'SULLIVAN.

timber boat race.

It will be a busy season ahead with loads of races to look forward too! Best of luck Killorglin!

THE MON ON TOP IN GARDIA NATIONAL SCHOOLS BLITZ

The 9th Annual Killarney Garda 7-A-Side National Schools Football Blitz took place on Monday last in brilliant sunshine at the Fitzgerald Stadium, Killarney.

Following the 24 group games, with 16 National Schools taking part, the quarter final draw was made by Kerry County Board Chairman Patrick O'Sullivan and Kerry Senior Football Stars Colm Cooper and Aidan O'Mahony.

Among those to qualify for the quarter finals were Tiernaboul who beat Cullina in a penalty shootout and after 8 penalties, it was Tiernaboul goalkeeper Adam Kelly who was the hero of the hour, making saves only seen in the World Cup.

The Quarter finals saw the Monastery beat Rathmore by a point and Lissivigeen overcome Kilcummin while Kenmare got the better of Tiernaboul and St. Oliver's beat Fossa.

The semi final draw paired the Monastery with St. Oliver's and Kenmare with Lissivigeen and following some very exciting football The Monastery v Kenmare went through to the final.

The teams were led onto the pitch at the Fitzgerald Stadium by Garda Mike Milner and his bag pipes and they completed a round of the pitch while playing the National Anthem. The game kicked off and was a close affair with only 4 points in it at half time. Two quick goals



THE MONASTERY NS, THE WINNING TEAM AGAINST KENMARE, AT FITZGERALD STADIUM FOR THE KILLARNEY GARDIA NATIONAL SCHOOL 7 ASIDE FOOTBALL BLITZ. PICTURED HERE WITH THEIR TEACHER MICHAEL O'RIORDAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

in the second half by the Monastery resulted in them being crowned champions for 2014.

Supt. Flor Murphy was on hand to present the medals to the semi finalists, the runners up and the winners. Supt. Murphy thanked the sponsors, including Tom Spillane, Auctioneers and Timmy O'Sullivan, Easi Clean, the Fitzgerald Stadium Committee, Colm Cooper and Aidan O'Mahoney and Chairman of the Kerry County Board, Patrick O'Sullivan.

The O'Coinneide Perpetual Trophy for Player of the Tournament was presented by Tom Tobin of Killarney Trophies to Michael Linehan of The Monastery who displayed all round skill.

Michael also accepted the trophy on behalf of the Monastery Team of which he is Captain. Eddie Walsh thanked all the schools for their participation, all the sponsors and all those who attended on the day including the following Gardai who were involved in organising the event. Mike Milner, Brendan McMahon, Nigel Shelvin, Conor Farrell, Declan Kelly Diane Collins, John Guest, Patrick Finnegan, Paudie Tuohy, Ceclia Scanlon, Liz Twomey, Jenny McCarthy, Bill Stack, Leo Randles, Tom Tobin and Pat Kelleher.

(More pictures on page 49)



THE TEAM & COACHES WITH THEIR MEDALS AFTER THE FAI NATIONAL FOOTBALL FOR ALL BLITZ IN ABBOTSTOWN.

FAI NATIONAL FOOTBALL FOR ALL BLITZ

Killarney Celtic Football For All team travelled to Dublin on Saturday morning to participate in the FAI National Football For All Blitz. We travelled with 18 children, 10 with disabilities & 8 siblings. We also had 4 trainers and 10 parents. We left Killarney at 8am and travelled to FAI Abbotstown by Houlihan's bus.

We arrived at 1pm where we broke our team up into 2 teams in the under 10's. We played 3 games each. The games were very good with the referees talking the children through the game and encouraging all players. There is no counting of goals at these blitz's it is all about participation. All our players did their parents and Killarney Celtic very proud as they were very well behaved.

After the games each child was presented with an FAI medal. This made their day. There were 2 special achievement awards in the under 10's section. Our goal keeper Cathal Regan won this trophy for character and great sportsmanship. The referee picked Cathal out of all the under 10's. When Cathal saved a goal he did a dance. This was a great boost for him, his team mates and his coaches. All our players would have an intellectual, physical or sensory disability and the Football For All programme gives the children a chance to be part of a team no matter what their abilities are.

THE TEAM WAS MADE UP OF: Aaron Doherty, Darren O'Sullivan, Dylan Tucker, Sarah O'Donoghue, Keelan O'Donoghue, Cathal Regan, Padraig Regan, Conor Regan, Sean Daly, Benedict Blessing. The coaches that travelled where, John O'Donoghue, Denis Tucker & Clara O'Donoghue. Our young trainers also travelled, Karen O'Donoghue, Lauren Tucker, Amy O'Donoghue & Mark McGlynn.

We stayed in the Green Isle Hotel Dublin. On Saturday evening the FAI gave us tickets to attend the Women's Senior International match between Republic of Ireland & Croatia in Tallaght Stadium. The children really enjoyed

this. We had a meal back at the hotel.

We departed Sunday morning and made our way to Cork. We took the children to Fota Wildlife Park. After the wildlife park we went to Carrigtohill for our evening meal. A great weekend was had by players, coaches and parents. We would like to thank Aidan Moynihan from Hotel Killarney. The FAI Football For All organisers and everyone who sponsored us on our walk to get the team to Dublin. We would also like to thank Killarney Celtic Committee for everything. Also our 2 coaches that could not travel Emma Houliston & Eamonn O'Sullivan. Looking forward to next year's FAI National Football For All Blitz.

If any parents are interested in getting their children involved in the team we train on Monday night's at Celtic Park from 5.30pm-6.30pm or contact Jane O'Donoghue 086-2243435.

KILLARNEY CELTIC NOTES

WARMEST CONGRATULATIONS: To Edele Daly and Neilus Hayes, who got married last weekend.

FOOTBALL FOR ALL: Killarney Celtic Football For All team travelled to Dublin on Saturday morning to participate in the FAI National Football For All Blitz. We travelled with 18 children, 10 with disabilities & 8 siblings. We also had 4 trainers and 10 parents. We left Killarney at 8am and travelled to FAI Abbotstown by Houlihan's bus.

The team was made up of: Aaron Doherty, Darren O'Sullivan, Dylan Tucker, Sarah O'Donoghue, Keelan O'Donoghue, Cathal Regan, Padraig Regan, Conor Regan, Sean Daly, Benedict Blessing. The coaches that travelled where, John O'Donoghue, Denis Tucker & Clara O'Donoghue. Our young trainers also travelled, Karen O'Donoghue, Lauren Tucker, Amy O'Donoghue & Mark McGlynn. Special mention has to go to Cathal Regan, who received a U10 Special Achievement Award, but Killarney Celtic are hugely proud of every coach, volunteer, supporter, and most especially every player.

Killarney Celtic FC Football For All is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981.

There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties).

Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 4, 8, 17, 22. One winner, Mary Anne Healy c/o Frank, €8000. Next week's jackpot €1600, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We have all seen the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

KILLARNEY ATHLETIC A.F.C. NOTES

RESULTS: SENIORS

KILLARNEY ATHLETIC B 0 TRALEE CELTIC 2

The B team went down 2 - 0 to Tralee Celtic on Sunday evening in very warm conditions in Mounthawk Park. With the majority of the team not the legal age to drink, this was ensuring the youths got some match time before next Sunday's youth final as games have been thin in recent months. Tralee Celtic on the other hand, are playing games on a regular basis and currently waiting on a replay of their league final. Celtic were well on top in the first half but Rafa and the back four ensured that that the game remained in the melting pot at half time at 0-0. In the second half and Athletic playing into a low summers sun, should have scored but for a clearance off the line. This was followed by a slip by centre back Sean O'Donoghue and Tralee Celtic scored against the run of the play. Athletic were well on top for the remainder of the game but could not finish that killer ball with Garry Tangney coming agonisingly close. In the dying moments, with Athletic having 2 at the back and all out attack

to force the equaliser, Tralee Celtic scored the goal to kill off our chances. Great team spirit and performance. 1 game left in the league away to CSKA which is a must win game. Well done to all 14 players for a gutsy and 100% performance.

WEDDING BELLS: Congratulations and Best Wishes to former player Diarmuid O'Carroll who is getting married to Anne Toner, Belfast in Cyprus.

KILLARNEY ATHLETIC ANNUAL 7 A SIDE TOURNAMENT: The closing date for senior entries is today 20th June and the draw will take place on Sunday evening, June 22nd in Scotts Bar at 9.00pm.

HELP NEEDED FOR 7 A SIDE: We are looking for volunteers to help out with the 7 A side tournament for the month of July. Could you spare an hour and help with the gate, the pitches, the shop or the fixtures? Let us know on facebook, twitter, via the website (www.killarneyathletic.com) or text or phone Toirdealbhach (087) 6447603. One day a week would be a great boost to help raise funds for the club's ongoing expenses. Don't forget, it's your club and your club needs you.

KICK-OFF: Killarney Athletic A.F.C. is delighted to announce details of the 38th Annual 7 A Side Tournament in conjunction with sponsors Killarney Credit Union which will kick off on Monday 30th June.

COMPETITIONS: This year is our thirty eighth

year and we will be providing competitions for Senior Men and Ladies, Over 35s and underage boys and girls. The competitive underage event will be run over a few days, with age groups from U10s to U12s on the weekend of 11th/12th July. And U14 and 16 taking place too.

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

Also there will be free entry to the 2014 tournament for the Premier Cup winners.

ENTRY FEE: In acknowledgement of the economic climate, we are maintaining the entry fee at last year's amount and are hoping for a high entry across the categories.

Senior Men: €200; Over 35s: €150; Ladies: €150; U10/12: €50; U 14/16: €75.

What better way to pass the summer evenings than putting it up to the cream of Kerry soccer or just giving it all in the spirit of fun with a bunch of your friends!

WHAT TO DO NEXT... Killarney Credit Union, Beech Rd. and Park Rd.; Scotts Bar and at www.killarneyathletic.com

See www.killarneyathletic.com for entry forms, information on previous 7-A-Side Tournaments and for updates throughout the tournament.

MERCHANDISE: Killarney Athletic merchandise can now be ordered on



CATHAL REGAN BEEN PRESENTED WITH HIS SPECIAL ACHIEVEMENT TROPHY AT THE FAI NATIONAL FOOTBALL FOR ALL BLITZ IN DUBLIN.

merchandise@killarneyathletic.com 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.



LOUGHTITANE NS, AT FITZGERALD STADIUM FOR THE KILLARNEY GARDA NATIONAL SCHOOL 7 ASIDE FOOTBALL BLITZ. PICTURED HERE WITH L-R TEACHER JOHN O'DONOGHUE, COLM COOPER, GARDA EDDIE WALSH (ORGANISER), GARDA LEO RANGLES & GARDA AIDAN O'MAHONY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BARRADUFF NS, AT FITZGERALD STADIUM FOR THE KILLARNEY GARDA NATIONAL SCHOOL 7 ASIDE FOOTBALL BLITZ. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CULLINA NS PUPILS, AT FITZGERALD STADIUM FOR THE KILLARNEY GARDA NATIONAL SCHOOL 7 ASIDE FOOTBALL BLITZ. L-R JACK HALLISSEY, MARTIN SEARS, OISIN O'CONNOR, MARK NEARY & CILLIAN BRODERICK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



LISSIVIGEEN NS, AT FITZGERALD STADIUM FOR THE KILLARNEY GARDA NATIONAL SCHOOL 7 ASIDE FOOTBALL BLITZ. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

CASTLEROSSE GOLF CLUB

LOWER LAKE, KILLARNEY

RESULTS OF CAPTAIN'S DAY COMPETITION, SATURDAY 14TH JUNE 2014:

18 Hole Strokeplay, many thanks to all players.

Overall winner, Daniel Shine (9) net 68

Overall runner-up, Donal Power (19) net 69

Overall 3rd place, Thomas Collins (17) net 70

Overall 4th Place, John McGrath (14) net 71

Guest prize, Bart Warren, (18) net 68

Front nine, Donal O'Reilly,

Back nine, Danny Lynch,

Nearest pin on 18th Jack Murphy,

Longest drive on 16th Kevin O'Connor.

RESULTS SCRAMBLE PLAYED ON THURSDAY 12TH JUNE:

Winners, Daniel Shine, Peter McGrath & Gintaras Bendaravicius.

FIXTURES: Next weekend, 18 hole competition, single Stableford, use time sheet.

Each Thursday, regular 9 hole scramble, open to Gents & Ladies, outside players welcome, meet at Clubhouse at 6pm.

Castlerosse play Kenmare in the Dr. Billy O'Sullivan shield on Sunday 22nd June at 2.30pm.

Best of luck to both teams.

BEAUFORT GOLF CLUB

(MEN'S RESULTS)

15TH JUNE - 3TS STABLEFORD - SPONSORED BY TOM TOBIN TROPHIES

1st James Jones (12) 41 pts

2nd John O'Callaghan (17) 33 pts

3rd Garry Fagan (19) 33 pts

13TH JUNE - OPEN FRIDAY - SPONSORED BY CLIFFORD GROUND CARE

Winner: Bryan O'Shea (17) 42 pts

FIXTURES: 22nd June - Monthly Medal - Stroke (Blue Tees) - Sponsored by Eddie Slattery.

Club BBQ & 3 Club competition sponsored by M.D. O'Shea will now take place on Sunday 6th July.

Club Scramble continues Wednesday 18th June at 6.30pm.

Open Fridays (Single Stableford for Ladies & Gents) continues Friday 20th June.

ST. FINAN'S LADIES GOLF SOCIETY

(By Mary Conway)

Outing Friday 13th last in Beaufort was a very succesful event. 10 members attended, weather was exceptional, course in pristine condition, and hospitality second to none.

RESULTS OF 18HOLE STABLEFORD AS FOLLOWS:

1st Eileen Mc Gee H/C29, 37pts.

2nd Mary Kelly H/C33, 30pts.

3rd Eileen O'Reilly H/C30, 30pts.

FT9 Mary Conway H/C33, 17pts.

BK9 Julie Leonard H/C23 14pts.

Special thanks too our sponsors, Willms Pharmacy New St. and Horgans Delicatessan. Next Outing in Kanturk on 18th July 2.30pm. Please be early for tea/coffee and scones. Wishing our colleague Peggy O'D, a speedy

recovery and expect to see you back on the fairways soon Peggy.

KILLARNEY GOLF CLUB

LADIES: RESULTS OF SUNDAY'S COMPETITION JUNE 15TH SPONSORED BY O'DONOGHUE-RING HOTELS, V/PAR SINGLES

1st Maria Chawke (33) +9 (bk9)

2nd Ursula Daly (13) +9

3rd Winnie Ryan (23) +7

B.G. Ann Moynihan Rudden (7) -7

4th Katie O'Connell (34) +6

CSS 70

FIXTURE: Our next Competition will be Sunday next June 22nd, Sponsored by Safeguard Security - 3 person team, Killeen Course.

KILLARNEY JUNIOR TEAM: Will play Castletroy in the 2nd round of the Junior Cup in Ballybunion next Saturday June 22nd and our Challenge Cup Team will play Skibbereen also in Ballybunion on Saturday. We wish both teams the best of luck.

THE IRISH MIXED FOURSOMES: Took place in Kenmare Golf Club over the week-end. On Saturday Killarney beat Killorglin 3.5 - 1.5 they went on to play Kenmare who were on home territory on Sunday morning. Killarney won 3 matches with 2 called in. In the afternoon Killarney played Ross Golf Club in a very competitive match and Killarney won 5-0. Killarney now meet Tralee in the next round, date and venue to be confirmed later.

MAIREAD MARTIN: Has been nominated by the I.L.G.U. as the person to go forward to represent Ireland in the Jnr. British Open., which will be played over the historic West Lancashire Links 14th - 16th July. We wish her the best of luck.

KENMARE GOLF CLUB

RESULTS MEN:

1st Kevin Sullivan [18] 41pts

2nd Cian Long [11] 39pts

LADIES:

1st Noreen Maye [36] 41pts

2nd Anne Clifford [26] 37pts

FIXTURE: Mid Summer Mine-hamper.

ROSS LADIES GOLF CLUB NOTES

UPCOMING COMPETITIONS: Sunday June 22nd ladies scramble kindly sponsored by Han Lenihan.

Sunday June 29th club sponsored 9 hole single stableford competition.

Saturday June 21st is Captain Aidan O'Connor's day. The ladies club wishes Captain Aidan and enjoyable day. Hope the sun shines brightly for your competition. Celebrations and Captain Aidan's prize giving will be held in the club house on the evening of Saturday 21st.

Ross' mixed foursomes were in Kenmare in the brilliant sunshine on Saturday June 14th where the met Beaufort in their first match. Success was had in that match which saw them through to the next round the following morning. Ross'

opposition was Dooks and Ross had a good win over Dooks. It was down to the final of the region in the afternoon where they meet their near neighbours Killarney. All matches were sporting and tight, but it was to be Killarney's day. Well done to Ross in reaching the final and thanks to all involved in the mixed foursomes team, the managers, caddies and spectators.

BEST WISHES: The very best of luck to our Minor cup team who will play Ballybunion and our Intermediate team who will play Douglas. Both matches are on Saturday June 21st in Ballybunion.

KILLORGLIN GOLF CLUB

LADIES RESULTS: 12 HOLE RE-ENTRY STABLEFORD SPONSORED BY VICE CAPTAIN PHIL ANNE FOLEY:

1. Phil Anne Foley (36) 27 pts. 2. Kathleen Cronin (25) 24 pts. 3. Emma Daly (22) 23.

SILVER SWANS: 12 HOLE STABLEFORD 10/06/14: 1. Agnes O'Connor (36) 19 pts.

2. Colette Burghoff (32) 18 pts.

FIXTURES: 18 Hole Singles Stableford sponsored by The Club can be played Saturday 21st, Sunday 22nd or Tuesday 24th. Arrange own time and partners.

12 Hole re-entry Stableford sponsored by Hon. Secretary Eileen Bell in aid of St Joseph's Home and Palliative Care is now in progress.

BEST OF LUCK: To the Minor Team and Managers for their match in Ballybunion this Saturday against Fermoy.

RING OF KERRY GOLF CLUB

RESULTS: 3-Person Team Event (14th/15th June)

1st: The Granary - Donal Murphy (18) John O'Keeffe (13) Jerry Kearney (17) - 72pts.

2nd: The Kenmare Bay Hotel - Bryan O'Shea (17) Mark O'Donovan (9) Kieran Chinoy (11) - 63pts.

3rd: O'Neill's Guesthouse - Michael O'Neill (23) Tommy O'Driscoll (1) Eoin Aherne (11) - 62pts ocb.

UP COMING FIXTURES: 21st / 22nd June Singles Stableford GOTY.

24th June - Open singles stableford (every Tuesday) €15 for visitors.

PARKNASILLA GOLF CLUB

RESULTS: ENGLISH CUP: 1st Jean Paul Moran (18) 2 up, 2nd Paul Sullivan (21) 1 up.

LADIES SATURDAY STABLEFORD: 1st Bernie Gleeson (35) 30 pts, 2nd Therese Hurley (31) 27 pts.

FIXTURE: MEN: Fr O'Sullivan Memorial Cup, open, 18 holes stableford, Saturday June 21st until Sunday June 29th.

Ladies: Mr Mike Merrill Captain's Prize to the ladies, 18 holes stableford, Saturday June 21st, timesheet in lockerroom of clubhouse or ring 087 1377717, prizegiving at 3pm in clubhouse.

ROSS GOLF CLUB KILLARNEY GENTS CLUB

RESULTS: On Sunday June 15th we held

a single stableford competition in brilliant weather conditions.

The following were in the winners enclosure.

1. Thomas O'Regan (12) 37 pts.
2. Jimmy Smyth (14) 37pts.
3. John Egan (23) 35 pts.
4. Michael Courtney (14) 34 pts.

FIXTURES: On Saturday June 21st our Captain, Mr Aidan O'Connor we will hold his Captains Prize. This will be a strokeplay competition. The entriesheet is now available in the clubhouse so please add your name to it before 4 pm on Friday as the draw for playing partners takes place then. There will be a barbecue in the clubhouse at 8pm on Saturday followed by the presentation of prizes at 9pm and music and craic from 10pm until late. Tickets are available from Aidan or in the clubhouse. All are welcome.

Please note that to be eligible to win the Captain's Prize you must have played in two qualifying competitions.

Our Mixed Foursomes team competed very well in that competition at the weekend in Kenmare. On Saturday the beat Beaufort GC in the first round and followed this up with a victory over Dooks GC on Sunday morning. On Sunday afternoon in the west Munster Region Final the lost out narrowly to a more experienced Killarney GC team with some matches going down to the 19th hole.

CLUB MATCHPLAY CHAMPIONSHIP: Please note the deadline for the completion of the next round of the Club Matchplay championship is June 28th and all competitors are requested to adhere to this deadline.

BEAUFORT GOLF CLUB

(LADIES BRANCH)

RESULTS

11TH JUNE – 9 HOLE SCRAMBLE

Winners: M.J. O'Connor (11), Timmy Lyne (21), Mary O'Shea (32) - 27 6/7th

FIXTURES: 22nd June – 3T's Stableford – Sponsored by Tom Tobin Trophies.

Club Scramble continues Wednesday 18th June at 6.30pm.

KILLARNEY GOLF CLUB

MEN'S

O'DONOGHUE RING HOTELS

BACK STAKE CLASSIC

KILLEEN 15 JUNE 14



DERMOT FOLEY, WINNER OF BRENDAN COURTNEY'S, LISTRY GOLF SOCIETY CAPTAINS PRIZE WHICH WAS PLAYED OVER KILLORGLIN COURSE ON SATURDAY THE 14TH OF JUNE. DERMOT FOLEY HAD A SCORE OF 42 POINTS AND IS PICTURED BEING PRESENTED WITH HIS PRIZE FROM THE CAPTAIN BRENDAN COURTNEY.

- 1st Alan MacSweeney (11) 40pts.
2nd Donal Cronin (11) 36pts.
3rd Padraig Sheahan (13) 36pts.
4th Donald MacSweeney (18) 36pts.
5th Tommy Galvin (11) 36pts.
Best Gross James O'Neill (3) 78 gross.
Category 2 Brian Looney (7) 35pts.
Category 3 George Lenihan (15) 35pts.
Category 4 Tony Walsh (20) 32pts.
Next Sunday's Competition is Singles Mahony's Point

Three Man Scramble

THURSDAY 11TH JUNE 2014, MAHONY'S POINT:

1. Donal G O'Sullivan (8), Dan Doona (12), Eddie Coleman (13) 57 2/7.

KILLARNEY MIXED FOURSOMES: Well done to the Killarney Mixed Foursomes team on winning their half of the West Munster section played in Kenmare Golf Club. Beating Local rivals Ross Golf Club in the final. They now face Tralee Golf Club in the West Munster Final.

SCRATCH CUPS: Killarney Golf Club Scratch Cups on Saturday June 21st Mahony's Point - Categories are - Junior (5-9 Hcps) & Intermediate (10 - 17 Hcps).

Entries taken at Reception - (0)64 66 31034 - Entry Fee €10 Members €30 non Members.

DEERPARK PITCH & PUTT NOTES

A special word of thanks to the 31 players who participated in our chairman Derry McCarthy's Prize last Sunday morning (June 15th). Also a special thank you to the Ground's Committee for having the course in such tremendous condition, something that really shone in the sunny glorious conditions on the day. A special word of thanks to Derry and his family for the wonderful refreshments they provided for all competitors.

RESULTS AS FOLLOWS: Overall Nett St John Kelliher 84 - Overall Gross John McGrath, 90 Second Nett Creagh Courtney 85 - Senior Nett Conor McCarthy 93 - Intermediate Nett Jason O'Brien - Junior Nett James Fleming 86 - Ladies' Nett Betty O'Brien 97, U-16 Prize Michael Cronin 101

Presentation of prizes along with the recent Strokeplay will take place at the Ricky Kelly Barbeque next month.

WEDNESDAY EVENING FOURBALL JUNE 10TH: Winners of last Wednesday's competition - Chris Collins and Conor McCarthy, Gross St John Kelliher and Eileen Switzer. This competition continues each Wednesday evening at the later time of 7.30pm for June and July

SENIORS OUTING JULY 1ST: Next Senior's Outing will be to Castleisland on Tuesday July 1st at 10.30am.

MUNSTER STROKEPLAY AT DEERPARK ON SUNDAY: Best Wishes are extended to all our members who will be competing in the Munster Strokeplay in Deerpark on this Sunday.



MARY CORKERY OF CORKERY'S BAR KILLARNEY (SEATED LEFT) AND MAUREEN CULLOTY LADY CAPTAIN WHO PRESENTED THE PRIZES IN THE CORKERY'S BAR DOOKS EXCHANGE LADIES COMPETITION TO (BACK FROM LEFT) KATHLEEN HEALY, JOAN FLEMING, KATIE O'CONNELL 2ND AND WINNING TEAM ANNAMARIE GALLIVAN, NOREEN O'CALLAGHAN AND IRMA CLIFFORD AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



Farming Outlook

KERRY FARM LEADER CALLS FOR MOVEMENT ON RURAL DEVELOPMENT PLAN IN ADVANCE OF BRUSSELS SUBMISSION

There have been calls on the Minister for Agriculture Simon Coveney to immediately commence detailed discussions on the CAP Rural Development Plan 2014-2020, which is of critical importance to farm income over the next seven years. There are many outstanding issues to be resolved such as clarity on the stocking of commonages including opposition to the 80% stocking rule, payment levels for GLAS measures and details of eligible items for grant aid under TAMS II.

IFA Rural Development Chairman Flor McCarthy from Kenmare has urged the Minister for Agriculture to change the GLAS ranking system in favour of low income farmers and to remove any specific reference to an organic nitrogen limit in the selection criteria. "Favouring farmers in the selection criteria where the organic nitrogen limits exceeds 140kg of nitrogen per ha and for

farmers with over 30 ha of tillage is discriminatory against farmers who may be either below this nitrogen limit or are on smaller tillage farms. There should be no reference to such categories within the GLAS criteria and that all farmers and in particular those who are on low incomes must get priority."

On TAMS, Flor McCarthy said grant aid must apply across all sectors with a broad list of eligible items for grant aid. The tranche system must be flexible with a front-loading of support in the early years of the Programme.

On hill farmers, Pat Dunne Chairman of the IFA Hill Farming Committee said that other than the commonage issue, he wants to see a higher GLAS payment in hill areas, higher ANC payments and a specific measure for hill sheep under the knowledge transfer criteria.



IFA RURAL DEVELOPMENT CHAIRMAN
FLOR MCCARTHY

TRACTOR SALES SET TO RISE – ZETOR DEALERS TOLD

Tractor sales, which amounted to some 1,900 units in 2013, are set to rise by an estimated 4% this year according to industry figures released at a conference of Zetor main dealers held in Portlaoise last week.

Fuelling this is the improvement within the agricultural economy generally, in particular the growth that is taking place within the dairy sector.

Continuing to dominate the market is the 100 - 120hp segment which, in 2013, accounted for some 34 percent of all tractors sold. Already this year, sales in this segment have increased by some 44 percent.

AT THE ZETOR DEALERS CONFERENCE IN PORTLAOISE WAS ZETOR MAIN DEALER TIM HOARE (LEFT) AND NUALA QUINN FROM HOARE MACHINERY, KILLORGLIN. PICTURED WITH THEM IS THE CZECH AMBASSADOR TO IRELAND, MRS. HANA MOTTLOVA AND ZETOR SALES DIRECTOR JOHN O'BRIEN.



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IFA makes donation to Donal Walsh Live Life Foundation



KERRY IFA HAS DONATED THE FUNDS REMAINING FROM ITS 2013 FODDER FUND TO THE DONAL WALSH LIVE LIFE FOUNDATION. THE FUNDS WILL GO TOWARDS THE DEVELOPMENT OF A PALLIATIVE CARE UNIT FOR TEENAGERS IN THE KERRY HOSPICE AND A COUNSELLING PROJECT FOR YOUNG PEOPLE IN THE COUNTY.

PICTURED MAKING THE PRESENTATION ARE: (L-R) JAMES MCCARTHY, MUNSTER IFA REGIONAL CHAIR, ELMA WALSH, DONAL WALSH FOUNDATION, MARY FLEMING, VICE-CHAIR IFA FARM FAMILY COMMITTEE, BIRDIE O'CONNOR, SECRETARY KERRY IFA FARM FAMILY COMMITTEE, SEAN BROSNAN, CHAIR KERRY IFA AND JOHN O'SULLIVAN, SECRETARY KERRY IFA.

KELLIHERS FEED & AGRI SUPPLIES LTD (TRALEE) AND TEAGASC TO HOST GRASSLAND EVENT & WORKING DEMONSTRATION IN BEAUFORT

Kellihers Feed & Agri Supplies Ltd (Tralee) in association with Teagasc are hosting a Grassland Event & Working Demonstration on the farm of Michael Foley, Ballagh, Beaufort on Tuesday 24th June. The event starts at 11.00 am and finishes at 2pm covering Reseeding; Overseeding and Sward Rejuvenation; Sheep Fencing Demonstration to Grant Specification 2014; Health & Safety Issues. There will also be a working machinery demonstration. The day will feature technical advice/discussions on grassland weeds and control measures, choosing the most suitable grass seed varieties.

PROGRAMME FOR THE DAY

Welcome and introduction: John Lynch (General Manager KFA, Ballymullen, Tralee).

Teagasc Introduction: Oliver McGrath

Health & Safety Issues: Brendan O'Sullivan (Teagasc).

Focus on the basics of Reseeding: Dave Barry (General Manager Grass Seeds & Forage Crops, Goldcorp); Karen Duklow (Teagasc Specialist Soils & Fertility); Ger Courtney (Teagasc).

Sheep Fencing to Grant Specification Demonstration: Dan Joe Cronin (Highland Fencing), Declan Gibson (Tornado Wire), Tomás O Murchu (Adhmaid Cill-Na-Martra Teo.)

Machinery Demonstration

Vredo Overseeder (Lynch & McCarthy).

The Moore Uni Drill Machine & Disc Harrow (Donall Browne Contractor). APV Grass Harrow (Declan Smyth, Farmhand & John O'Connor, Contractor).

Power Harrow with Seeder (Donall Browne & John O'Connor).

Conventional Ploughing (John O'Connor).

Guttler Reseeding System (Phil Traynor).

Einboc Grass Manager (PJ Calnan Ltd).

Samco Leveller (John Foley).

Discuss & Question/Answer

Dave Barry (General Manager, Grass Seeds & Forage Crops, Goldcorp); Oliver McGrath (Teagasc, Listowel); Mark Nunan (T.P.Whelehan).



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ICMSA SAY COVENEY'S BVD MEASURES DON'T GO FAR ENOUGH

New compensation measures for the removal of BVD Persistently Infected Animals (PIs) announced by the Minister for Agriculture, Food and the Marine, Simon Coveney, show a lack of awareness that some farmers are retaining these animals even against best practice and advice, according to Pat McCormack, Deputy President and Dairy Committee Chairperson of the ICMSA.

While acknowledging that the compensation is a welcome development and that the amount of €75 for the removal of the second and subsequent dairy breed heifer PI may encourage those retaining PIs to remove them, Mr McCormack stressed that dairy and beef herds should, as an absolute minimum, receive the same level of compensation of €120. In addition, the decision to exclude beef animals from dairy herds for compensation is, in ICMSA's view, both ill-advised and illogical in that it doesn't take account of the fact that BVD does not discriminate by breed or sex of the animal. The ICMSA Deputy President noted that ratio of PI retention between dairy

and beef herds is close to 50:50 and the exclusion of males and beef breeds from the dairy herd from the compensation scheme is a major oversight.

"The Minister also needs to look at other measures in his effort to remove PIs. This starts with the notification of neighbours who bound farmers retaining PIs for more than 7 weeks after the birth of that animal. This is essential as there are more herds that have a BVD free status and they are entitled to all aid in taking the precautions necessary to stay that way. Informing the vets of those farmers who have retained PIs is another vital move so that the vet can take any decontamination measures they deem wise before going onto a BVD-free farm straight from dealing with a potential PI animal in another herd. It is acknowledged by all that the removal of PIs is absolutely essential, the Minister's compensation package needs to go further and must apply equally to all PI herds if we're to get on top of this problem," said Mr. McCormack.



MINISTER FOR AGRICULTURE, FOOD AND THE MARINE, SIMON COVENEY



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KERRY FARMERS CHARGED OVER €600,000 IN SINGLE FARM PAYMENT PENALTIES

Senator Mark Daly (Kenmare) has revealed that farmers in Kerry were forced to pay out over €600,000 in penalties under the Single Farm Payment scheme in 2013.

In reply to questions, the Department of Agriculture has admitted that more than €5 million was taken in penalties from farm payments last year. Farmers in Kerry were charged one of the highest amounts in penalties, totalling €633,106.

"These fines are extremely harsh and totally unnecessary in most cases. Many of the penalties imposed are for innocent errors made because the process is overly complicated and bureaucratic. I know many smaller farmers across Kerry who are already struggling with cuts to supports and increasing operating costs. On top of all of this, they are being hit with hefty fines for errors mainly caused by the unreasonable level of red tape they must go through to receive their Single Farm Payment. Many farmers are choosing not to apply for supports because of the enormous amount of paperwork and procedures involved. Others are fearful of being hit with a penalty because of a minor mistake."



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FARMERS – FURTHER INFORMATION ON DONKEY MILK

Pierluigi Orunesu, the founder of Eurolactis, a company based in Switzerland and Italy is originally from Sardinia and grew up seeing donkeys around his native village. Fascinated by this "gentle and special animal," in 2007, he found a farm that had bred donkeys for over 20 years and launched Eurolactis. At that time, the farm had 350 donkeys. Today, Mr. Orunesu says, the number has grown to over 900, in response to the increased demands Eurolactis is getting for donkey's milk, both for cosmetic reasons (the firm supplies the milk to a large French cosmetics company that makes soaps and creams) as well as for dietary ones, since a number of studies have shown that donkey's milk is ideal for those who suffer from traditional dairy allergies. The ratio of casein to whey protein in donkey's milk is almost identical to human milk and like human milk; donkey's milk is also rich in lactose and low in fat. These similarities inspired Eurolactis to produce powdered donkey milk formula in Europe for babies and children with allergies to both dairy and soy milks. Earlier this year, the company also experimented with ultra-high temperature (UHT) technology to package liquid donkey milk in Tetrapaks. Donkey's milk is light and easy to digest, and across Europe, demand continues to increase, in the first four months of this year, he says he has doubled his business and now is actively looking in the U.S. to connect with companies interested in using donkey's milk for cosmetic purposes. Raising donkeys is much easier than raising either horses or cows, says Jean-Francois Wanbeke, a computer engineer-turned-donkey breeder. He and his wife, Benedicte, were novices the field: They started raising donkeys in 1997 and today run a successful farm in the foothills of France's Pyrenees mountains, where they not only produce and sell donkey's milk at 30 euros a litre and experiment with it in their cooking, but also educate visitors to their farm about the animal.

DID YOU KNOW

In 1814 an absurdly large wooden vat filled with English beer ruptured unleashing a torrent of freshly fermented brew. The wave tipped neighbouring vats within the Meux and Company brewery resulting in 323,000 gallons of ale pouring into Tottenham Court Road, London. The deluge trapped several local residents in their basement rooms and killed a barkeeper on duty at the street's pub. Eight people perished, most due to drowning as beer engulfed their small homesteads.

THE LENGTHS SOME PEOPLE WILL GO TO – TO SMUGGLE ANIMALS!

- * A woman made it all the way from Singapore to Melbourne in a makeshift fish-skirt. Customs officials said they stopped the woman after hearing 'flipping' and sloshing noises coming from the vicinity of her waist.
- * A man tried to fool customs officers at China's Guangzhou international airport by hiding his reptilian friend in a burger bun smeared with mayonnaise. "There's no turtle in there, just a hamburger," the man responded when asked about the turtle-limb-shaped protrusions.
- * Robert John Cusack almost got away with getting his animals by airport officials until an endangered bird of paradise flew out of his luggage. When asked by customs agents if he had any other items to declare, Cusack answered, "Yes, I've got monkeys in my pants". It turned out to be two lorises actually. Unsurprisingly, the custom inspector claimed that this was the first case of monkeys in the pants that he had encountered.
- * A man was arrested at the Bangkok airport with the contents of a small zoo in his luggage. Agents found two leopards, two panthers, two macaque monkeys and an Asiatic black bear in his luggage.
- * A man smuggled a marmoset monkey through LaGuardia airport by hiding it under his hat. He was finally given away when passengers aboard the airplane noticed the furry primate perched on the man's ponytail.

THIS WEEKS QUOTE

If you really think the environment is less important than the economy, try holding your breath while you count your money – Dr Guy McPherson.

ON THIS DATE - JUNE 20TH

- 1631 - The Irish village of Baltimore in West Cork was attacked by Algerian pirates.
 - 1764 - Birth of Theobald Wolfe Tone leader of the United Irishmen.
 - 1798 - In Wexford, the Rebels retreated to Vinegar Hill. General's Loftus, Needham and Johnston closed in on Vinegar Hill.
 - 1810 - Parliament passed Unlawful Acts Bill, extending powers against secret societies.
 - 1837 - England issued its first stamp, 1P Queen Victoria.
 - 1849 - Death of poet James Clarence Mangan.
 - 1867 - Clan Na Gael, Irish revolutionary organisation and the counterpart of the Irish Republican Brotherhood, was formed by John Devoy, Daniel Cohalan and Joseph McGarrity in the USA. The objective of the organisation was to secure an independent Ireland.
 - 1867 - US President Andrew Johnson announced purchase of Alaska.
 - 1966 - Sheila Scott completed the first round-the-world solo flight by a woman.
- Today is midsummer's eve; at one time, young women in Ireland gathered yarrow and placed it under their pillows to induce dreams of the future beloved.

GOOD NEWS

A woman's dog survived an incredible fall through an air-conditioning vent in a Fort Lauderdale, Florida high-rise apartment. The death-defying plunge took place just after an inquisitive Maltipoo named "Susie," followed her nose into the closet of a neighbour's apartment, which is on the 16th floor of the building and fell down into the exhaust shaft. They feared the worst after the terrifying fall; a Fort Lauderdale Fire Rescue team responded and worked for three hours to free the little dog from the shaft. Amazingly, Susie was still alive. Susie left by ambulance to the Oakland Park Animal Hospital where a veterinarian voiced his amazement over Susie's condition - he described her survival and unbelievable lack of serious injuries as "a miracle." Aside from bruising, Susie is expected to make a full recovery.

COCA-COLA INVENTS 16 CAPS TO GIVE '2ND LIVES' TO THEIR BOTTLES

Environmentally conscious Coca-Cola lovers can now transform their Coke into something even more delightful thanks to this new "2nd Lives" kit from the brand. Created with the help of Ogilvy & Mather China, the campaign features a line of 16 innovative caps that can be screwed on to bottles when they're empty, transforming them into useful objects like

water guns, whistles, paint brushes, bubble makers and pencil sharpeners. It's all part of a clever effort to encourage consumers in Vietnam to recycle with the company giving away 40,000 modified caps, which come in 16 different varieties.

INVISIBLE MONSTERS IN YOUR PET'S BOWLS?

If you simply top off your pet's water dish, you could be creating a monster that will attack your pet from the inside out. If indoor bowls aren't palatable, pets won't hesitate to drink rainwater from unsafe sources. Many of us are guilty of simply refilling the water bowl when it gets close to empty, but the water that sits around will form a slimy residue that hosts dangerous bacteria and fungus that can begin to grow. Some pet guardians may not even notice that their pet will start shying away from a dirty water bowl and become mildly dehydrated or, worse yet, seek water from unsafe areas indoors or out. Food and water dishes should be made from stainless steel, heavy glass or ceramic and should be washed daily but Do NOT use harsh cleaners that can leave behind residue and odour. Plastic dishes may contain a hazardous substance called BPA which leaches into your pet's water and is a known carcinogen. This can break down further in the dishwasher. Plastic also absorbs odours and become unpleasant to a pet's sensitive sense of smell. If you have bowls that are already beyond salvaging, why not start fresh with a new set of bowls and choose from one of these easy daily washing techniques.

* Run them through the hottest cycle of the dishwasher to get them really clean and sterilized.

* Wash and thoroughly rinse with washing up liquid and a clean abrasive sponge to release all organic material from the sides of the bowls.

* Try scrubbing with a mix of equal parts baking soda, salt and warm water.

URBAN WILDLIFE

Accommodating wildlife in towns and cities doesn't necessarily require massive investment. You can bring in more birds, just by breaking up endless lawns with the right kinds of shrubs, to create structure and variety. Mowing those lawns a little less often — not weekly but every two or three weeks — will increase the population of native bees and other pollinators. In Britain allotments, or community gardens, in urban areas make a major difference for pollinating insects, probably because they tend to feature fruit trees and bushes and because the weedy corners tend to be a little more insect-friendly than private gardens. Concern about dwindling pollinator species has also led to the recent proliferation of 60 wildflower meadows in British cities, modelled after the extensive meadows planted around the site of the 2012 London Olympics. A recent study looked at the relative wildlife-friendliness of 10 sample cities and boiled the differences down to a series of numbers indicating how well

each city accommodated nine representative species. While the study scrupulously avoids an overall ranking of cities, it would be easy enough for local partisans to look at the numbers and make invidious comparisons on civic pride and competitiveness.

WHY THERE'S A BLACK MARKET FOR WILD GARLIC IN QUEBEC

These sought-after alliums are the first forgeable to poke their slender leaves through the chilly soil each year. And like the first signs of spring after a long winter, these plants which only grow for a maximum of six weeks attract a lot of attention. Springing up from Georgia to Quebec, wild leeks, also known as wild garlic, wood leeks, ramps and ail des bois, are coveted throughout their range, spawning a full spring calendar worth of celebratory feeds and festivals dedicated to this smelly wild onion.

However, although ramps have traditionally been an annual indicator of the changing seasons, reckless foraging and wanton consumption have all but destroyed wild growth in regions throughout their expansive range. Mary Ruth McDonald, research program director at the University of Guelph's Department of Plant Agriculture says that on average patches of ramps increase in size by less than 10% a year. Therefore if more than 10% of the patch is picked it will not be able to come back the next year. "They just grow very slowly," she says. "It takes four years for the plant to mature to the age where it can produce a flowering stalk." Nowhere has the impact been more pronounced than in Quebec. In 1995 foraging of wild garlic (known as ramps in Canada) for commercial purposes was banned in the province and the plant was listed as a vulnerable species. Under the ban, anyone caught with more than 50 bulbs is subject to a minimum \$500 fine. In the past few years there have been several notable arrests of ramp smugglers caught red handed with hockey bags filled with freshly picked blubs.

Although it may seem odd that someone would risk a hefty fine for a bushel of smelly bulbs, ramps can fetch over a dollar per plant in neighbouring Ontario, where the plant is legal. This has created a veritable black market in bulb smuggling as thieves pillage ramp patches throughout Quebec and carry them across the border to legally sell them at markets and fairs for a handsome profit. Quebec is not the only place to limit harvesting. In 2004, parts of the Great Smoky Mountains National Park in North Carolina and Tennessee banned the harvest of ramps after a study found the only way to prevent damage to the patch was to harvest less than 10 percent each year.

CAN'T HEAR THE CRICKETS SING? THEY'RE ADAPTING TO SURVIVE

Almost everybody that have ever watched a film

based in the southern states of north America will be familiar with the chirp of male crickets as they attempt to woo a prospective mate, but scientists have stumbled upon two species of cricket that have stopped "singing" altogether, providing a remarkable example of adaptation and evolution in action. Male crickets usually rub the top of one of their wings along a line of small teeth like protrusions on the bottom of their other wing to create that unmistakable chirping song. This is a call to females in the area that the male wants some romance, but there is one main disadvantage to this: if there are predators about, this cricket song will put the male in danger of being discovered and killed. A parasitoid fly's larvae burrow into the cricket and then grow inside the insect until they emerge a few weeks later, killing the cricket in the process. This presents a problem: how do the cricket's genes survive when the very act of passing on those genes has become so very dangerous? Almost a decade ago, male crickets appeared on the Hawaiian islands of Kauai and Oahu that, suddenly, were eerily silent. Upon closer inspection by University of St Andrews researchers, it turned out that the crickets' wings had been altered by subtle genetic variances that meant they were now flat and, while still allowing the crickets to fly, didn't produce sound. The scientists had first assumed that the silent crickets evolved on one island and somehow migrated to the next, for instance by hitching a ride with tourists. Yet, what they found was that the so-called "flatwing" trait actually occurred through similar but different changes to the two species on the two islands, with no intermingling having occurred. You might be wondering one important thing, though. How do the silent crickets manage to attract a female if they can't sing? Well, they can't attract females so they have to be devious. On both islands there are still crickets without the mutations that give them silent wings. As a result, the silent crickets have to position themselves near to the still singing males. They then wait for a female to turn up and try to intercept. This might be slightly more circumspect and cumbersome than the song method, but because it means they do not attract the fly larvae, it's a great deal safer.

FINALLY THIS WEEK

A French policeman stopped an Irishman's car and asked the gentleman if he has been drinking. With great difficulty, the Irishman admitted that he has been drinking all day, that his daughter got married in the morning to a French man, and that he drank champagne and a few bottles of wine at the reception and a quite few glasses of single malt thereafter.

Quite upset, the policeman proceeded to breathalyse him and asked the man if he knew under French Law why he was going to be arrested. The Irishman answered No sir, I do not! But while we're asking questions, do you know that this is a Irish car and my wife is driving... on the other side???



SouthWest Counselling Centre

Sex Education and Parents

For parents, the whole area of 'sex education' can feel like a minefield. How do you bring it up? What do you bring up? What do they need to know? How much do they need to know? Considering that most parents' own experience of sex education may have been either sparse or non-existent, the whole area can be a bit over-whelming.

Quite often we approach the area of 'sex education' as something to get done (and over with!!). Have you ever asked your friends 'Did you give him the talk yet?' Have you ever breathed a sigh of relief when you have received a note from the school asking for your permission for your child to attend an RSE (Relationships and Sexuality Education) talk! If only it were that simple. We now know that RSE needs to encompass so much more than just biology and facts. This is vital as our young people are bombarded with messages from media – TV, movies and social media. In fact we now know that for many young people the internet has become the 'default sex educator'.

Our approach to RSE therefore needs to counteract and challenge these influences. Our experience at SouthWest Counselling in delivering workshops in secondary schools is of having to correct misunderstandings and re-educate young people. Often we hear that young people would like parents to be able to talk to them about relationships and sex however our experience is that many parents balk at the idea of it .. 'Oh God that is embarrassing' they say or 'sure they don't have a clue'. This is why the ideal scenario is for schools and parents to work together to support and educate our children.

So where does the parent begin – remember don't let the phrase 'you don't have a clue' put you off. First of all – have faith in your ability to influence your child. You are doing it already. Sex education is happening continuously in the home where your messages and values are absorbed by your children. They learn through our relationships where respect and empathy are valued, through touch and behaviour, and through messages spoken and unspoken.

SUGGESTION FOR THE WEEK: Take time to link with your teenager and look for 'teachable' moments. So for example take time to watch a TV programme with them. Maybe you could make a comment on something you are seeing – the story lines in Home and Away should give you a lot of cues – e.g saying 'I'm not sure that was a respectful or healthy way to deal with a relationship problem'.

From our work with young people, it appears more and more young people are viewing pornography at an earlier age. The average age globally that a young person first views pornography on the internet is 11 years – 'but here in County Kerry that can't be the case. can it? We will discuss this in more detail next week and how to address the topic of pornography with young people

South West Counselling Centre will run workshops in the Autumn on "Sex Education – What parents can do"

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

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

Health Matters....

With Dr. Michael Moloney

ACNE PART 2

TOPICAL TREATMENTS

Various gels, lotions and creams are used to treat acne. Different preparations work in different ways.

1. Benzoyl peroxide

This is a common topical treatment. It has three actions – it kills bacteria, reduces inflammation and helps unplug blocked pores. It comes in different brands and strengths. It is useful to start with lower strength.

2. Retinoids

These are good at unplugging blocked pores. They also have some effect on reducing inflammation. Most dermatologists recommend early treatment with a retinoid to unblock pores and to treat comedones and mildly inflamed spots. Your skin may be more sensitive to sunlight, therefore it is best to apply at night and wash off in the morning.

3. Topical antibiotics

There are various antibiotic preparations. They reduce the number of bacteria and reduce inflammation. However they have little effect on unplugging blocked pores.

Tablets

1. Antibiotic tablets

Antibiotics work by killing bacteria that contribute to the cause of acne. They also have a direct effect of reducing inflammation. If you have a lot of blackheads and whiteheads as well as inflamed acne spots, you may be advised to use a topical treatment such as benzoyl peroxide in addition to taking an antibiotic tablet.

2. The pill

The combined oral contraceptive pill may help some women if their acne seems to be partly related to their hormone changes.

3. Isotretinoin tablets (Roaccutane)

Isotretinoin greatly reduces the amount of sebum that you make by the sebaceous glands. It works very well, and usually clears spots even in severe cases. However it is usually only prescribed by a dermatologist and only after other treatments have been tried first.

If you have any further queries please do not hesitate to contact me on **064 66 20628**

*Regards,
Dr Moloney*



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Specialising in: Sports Medicine, Accupuncture,
Paediatrics and Womens Health.

Doctor to the Kerry Senior Football Team.

Doctor to Ireland Under 17 Soccer Team.

The Killarney Medical Centre,
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BIRTHDAY REMEMBRANCE



O'NEILL

In Loving Memory of Mary
Whose birthday occurs on
22nd June

If Roses grow in Heaven,
Lord please pick a bunch for me
Place them in my Mother's arms
And tell her they're from me
Tell her I love and miss her
And when she turns to smile
Place a kiss upon her cheek
And hold her for awhile
Because remembering her is easy,
I do it every day
But there's an ache within my heart
Because I am missing her today...

*Thinking of my Beautiful Mam
on her birthday,
Love & miss you,
Your daughter Rita,
Son-in-law Mike Christy
& family in Boston.*

BIRTHDAY REMEMBRANCE



O'NEILL

In Loving Memory of Mary
Whose birthday occurs on
22nd June

The moment that you died
my heart was torn in two,
one side filled with heartache,
the other died with you.
I often lie awake at night,
when the worlds fast asleep,
and take walk down memory lane,
with tears upon my cheeks.
Remembering you is easy,
I do it everyday,
but missing you is heartache
that never goes away.
I hold you tightly within my heart
and there you will remain.

*Sadly missed and loved by your
granddaughter Elaine,
PJ, Melanie, Jennifer & family.*

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I
have accumulated too much debt,
and now I cannot imagine
overcoming it without your help.
Please Lord, I beg of you to intercede
on my behalf. Provide me with the
financial means to be able to
breathe again. Please forgive my sins Lord.
Walk with me and help me to make the
right decisions throughout my life.
In your name I pray. Amen.
You must say 3 Our Fathers for 7
Days. Must promise publication.
Never Know to fail.

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
Your own heart where your Father sees it.
Then in his merciful eyes it will become your
favour not mine. Amen.
Say this prayer for three times for three days
and your favour will be granted. Never know
to fail. Must promise publication of prayer.
In thanksgiving.
J.K.O.C

PRAYER TO PADRE PIO

O God,
You gave Saint Pio of Pietrelcina,
capuchin priest, the great
privilege of participating in a
unique way in the passion of
Your Son, grant me, through his
intercession the grace of... which
I ardently desire; and above all
grant me the grace of living in
conformity with the death of
Jesus to arrive at the glory of the
resurrection.
Glory be to the Father...
(three times).

ST. THERESA

St Therese, the little flower,
please pick me a rose
from the heavenly garden
and send it to me
with a message of love.

Ask God to grant me
the favor I thee implore
and tell Him
I will love Him
each day more
and more.
Amen.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.
Then in his merciful eyes it will become your
favour not mine.
Amen.
Say this prayer for three days.
Publication of prayer and favour will be
granted.
A.C.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.
Then in his merciful eyes it will become your
favour not mine.
Amen.
Say this prayer for three days.
Publication of prayer and favour will be
granted.
A.C.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2
impossible, Say 9 Hail Mary's for 9 days with
a lighted candle, and finish with "May the
Sacred Heart of Jesus be praised, adored,
glorified and loved today and ever day
throughout the world forever. Amen".
Pray, whether you believe or not.
Publish on the 9th day.
Your request will be granted no matter how
difficult it may seem.
Favour often granted on the third day.
L.B.W.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2
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difficult it may seem.
Favour often granted on the third day.
L.B.W.

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.
M.O.D.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.
Then in his merciful eyes it will become your
favour not mine.
Amen.
Say this prayer for three days.
Publication of prayer and favour will be
granted. Thanks to St Anthony and Our Lady.
O.L.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.
Then in his merciful eyes it will become your
favour not mine.
Amen.
Say this prayer for three days.
Publication of prayer and favour will be
granted.
M.O.S.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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