

"Out First Every Friday"

KILLARNEY Outlook

To Advertise call Des: 087 659 3427 or T: 064 66 70000 Editor: Aisling Crosbie 086 0400 958 - editorial@outlookmags.com



Golden Chopsticks Chinese Restaurant

Mon - Sat: 3pm - 11pm | Sun: 12.30 - 11pm

Scotts Street Killarney

(opposite Peter Mark Hair Salon)

Tel: 064 66 22005

Gift Vouchers Available

Visit our website on www.goldenchopstickschinese.com
Check our Menu | Reserve on line with your Special Requests

RESTAURANT SPECIAL

EARLY BIRD SPECIAL -

€15.00 per person

Offer 2 Courses + Rice and Chips.

Monday - Saturday: 3.00pm - 6.00pm

Sunday: 12.30pm - 6.00pm

SUNDAY LUNCH MENU SPECIAL

- €12.50 per person

Appetisers + Main Course + Tea or Coffee

(Including Rice or Chips).

Sunday: 12.30pm - 4.00pm

SAVE YOUR MONEY & FUEL
with our TAKE AWAY MEGA MEAL DEALS

Free Delivery within 2 mile radius of Killarney Town

PEUGEOT | TRADE-IN-ABILITY UP TO €4,500 MINIMUM TRADE-IN*

PEUGEOT 2008
TRADE-IN-ABILITY
€3500
MINIMUM
TRADE-IN

Standard Equipment

- Bluetooth
- Cruise control
- Speed limiter
- Air conditioning
- Road tax from €180



2008 | from €19,140

5 YEARS*
EXTENDED
WARRANTY



PEUGEOT

T&C Apply.

REEN'S CAR SALES RATHMORE

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150

Irish
citylink



KILLARNEY TO/FROM

GALWAY

NON-STOP EXPRESS in only 2hrs 45mins



**Daily Services
Have
Recommended**

Book Online at Citylink.ie
for best value fares and to guarantee your seat



Tel 091 564164

THE FABULOUS FABRIC company
Beyond Measure

Free professional advice

f Curtains · Blinds · Wallpaper
Headboards · Upholstery fabrics

Tel: 026 45235 Email: info@tffc.ie Web: www.tffc.ie
Ballymakeera, Co. Cork



TRADITIONAL CHINESE MEDICINE

Acupuncture Clinic | Natural Fertility Clinic | Countess Centre, Park Rd (Over Hegarty's)

• Acupuncture • Herbal Medicine • Dietary Therapy • Bio-Resonance Testing • Cosmetic Acupuncture

Kathleen McAuliffe

Lic. TCM CHM

Clinics: Killarney & Millstreet

Tel. 086 2670068 / 029 70498



SCHOOL UNIFORMS

at *The Workshop Clothing Co.*

3/4 New Market Lane, Off High St. Killarney

Tel: 064 66 35532

REOPENING MONDAY 22ND JUNE

PLEASE NOTE: Address on the top of the page is the correct address and NOT Pawn Office Lane as was given on the St. Brendans 1st Year Newsletter.

ST. BRENDANS COLLEGE PRICELIST

1st Year Complete Starter Package
Jacket, Jumper, Trouser, Shirt & Tie **€115**

FIRST YEAR STARTER COMBINATION PRICES

Special for Girls, including Skirt,
Jumper, Jacket, PE Top
and Leggings **ALL FOR
€130**

Special for Boys, including Trouser,
Jumper, Jacket, PE Top and
Track Suit legs **FOR
€120**

COMMUNITY COLLEGE PRICELIST

Jackets **€45**

Jumpers **€30**

Skirts **€35**

Boys Trousers **€21 to €30**

Girls Trousers **€20**

PE Tops **€15**

PE Bottoms **€15**

Also Supplying uniforms for:

- Fossa National School
- Lissivigeen National School
- Faha National School
- Kilcummin National School
- Ana Blátha National School



Lessen the burden of back to school uniform cost by joining our uniform club today!
Deposits Taken.

KCINEMAKILLARNEY
East Avenue Rd, Killarney, Co. Kerry

Friday **22nd** - Thurs **28th** May 2015

SAN ANDREAS (12A) 125m Thurs 6:30 8:55	TOMORROWLAND (12A) 140m 7 Days 6:10 8:40 Sat/Sun 2:30	WE'RE BACK PITCHES (12A) 125m 7 Days 6:30 8:55 Sat/Sun 2:00 4:15	MAD MAX (15A) 135m 7 Days 6:15 8:45
CORBIN: MONTAGE OF HECK (16) 135m Fri-Vied 8:45	BIG GAME (12A) 100m Fri-Wed 6:45	TWO BY TWO (12) 100m Sat/Sun 12:15 2:15 4:15	
AVENGERS: AGE OF ULTRON (12A) 145m 7 Days 6:10 8:45 Sat/Sun 4:10	CINDERELLA (G) 120m Sat/Sun 2:00 4:05	HOME (G) 100m Sat/Sun 12:10 2:10	

KIDS CINE CLUB Sat 23rd & Sun 24th May

PAUL BART MALL COP 2 (G) 100m	12:10
SPONGEBOB (G) 100m	12:15
BIG HERO 6 (G) 105m	12:10

www.cinemakillarney.com

COZ IT SAVES TO CLICK

50% OFF
WHEN YOU SPEND
€30 ON PIZZA ONLINE

ORDER ONLINE & USE COUPON CODE **COZ50**
FOURSTARPIZZA.IE
ONLINE OFFER. PIZZA ORDERS ONLY. EXCLUDES MEAL DEALS & SIDES.

FOUR STAR PIZZA

KENMARE PLACE KILLARNEY
064 66 30222

Facebook icon

T. CRONIN & SONS

Traditional Butchers

TRY OUR "DELICIOUS PORK & APPLE BURGERS"

Stuffed Pork Fillet
Only €4.99 each

FARM FRESH DUCK EGGS IN STOCK

9 High Street, Killarney t: 064 66 31181 f: 064 66 37387

O'CONNOR FUELS
Killarney, Co. Kerry.

Special Offers...

FREE DELIVERY

ASH Hardwood 1 TONNE BAG ONLY €69	Soft wood 1 TONNE BAG ONLY €35
---	--

10 Bags of 40Kg Premium Coal
Only €144

Buy 5 Bags Smokeless Coal
40KG Get 1 Bag **FREE**

FLO GAS

m: **087-6178379** t: 064 77 50661 f: 064 77 56534

WALK IN THE FOOTSTEPS OF JOAN FOR KERRY GENERAL



THE HERLIHY AND QUINLAN FAMILY ORGANISERS OF THE "WALK IN THE FOOTSTEPS OF JOAN HERLIHY" IN AID OF THE ONCOLOGY UNIT AT KERRY GENERAL HOSPITAL ON THE JUNE BANK HOLIDAY SATURDAY. FRONT: L TO R; KAREN QUINLAN, EILEEN FINN, DAVE HERLIHY, NOREEN DENNEHY, BACK L TO R; GERARD QUINLAN, PAUL HERLIHY, CONNIE HERLIHY, WILLIAM HERLIHY, YOUSSEF KHEDEH.

Family and friends of the late Joan Herlihy (nee Quinlan, Castleisland) of Lissivigeen Killarney are having a walk in her memory on the Bank Holiday weekend.

Joan passed away a few short months ago at the age of 53 following a long battle with cancer. An outdoor person who loved nothing better than taking to the hills and walkways of Killarney and its surrounds, Joan loved nature and particularly animals, her home being a veritable refuge for all types of two legged and four legged creatures. Though battling with her illness for fourteen years, Joan lived a very full life until the time of her death and she was truly an inspiration to all who knew and came in contact with her. A typical example of that zest for life was the fact that she completed the Ring of Kerry Cycle while receiving chemotherapy treatment just over six months before her death.

Indeed Joan had many sessions of treatment in the Oncology Day Unit of Kerry General Hospital and Dr Jeffri Ismail and his team became some of Joan's closest friends.

The trip for treatment, usually on Thursdays, commenced with the tea and scones and a bit

of banter about all that was good in life – hiking in the hills, Joan's nature reserve at Lissivigeen Cross the life and times of her family, husband Dave, her children, Laura and Paul and much, much more.

Joan's weekly treatment was delivered with great kindness, dignity and love and Joan had the height of respect for the dedicated staff in the Oncology Unit.

As a gesture of their appreciation for the work carried out by the Oncology Unit, Joan's family and friends have come together and have organised two walks in her memory on Bank Holiday Saturday, 30th May with all money raised going towards patient comforts at the Unit.

Walk 1: Mangerton Mountain commencing at 11am with registration at Mangerton Car Park at 10am. (Duration 3 to 4 hours).

Walk 2: Muckross and Dinis commencing at 1pm with registration at the Old School House in Muckross House Car Park at 12 noon. (Duration 1 to 2 hours).

Refreshments and entertainment later in the day in the Torc Hotel, Lissivigeen.

AWARD FOR THE AGHADOE HEIGHTS SPA

The Spa at The Aghadoe Heights Hotel has been named "Best Luxury Wellness Spa-Europe" in the 2015 World Luxury Spa Awards.

The World Luxury Hotel Awards is a recognized global organization providing luxury hotels with recognition for their world-class facilities and service excellence provided to guests.

"We are thrilled to win such a prestigious international award and our amazing staff are dedicated to delivering the best possible experience for guests, personalising each experience from start to finish" said General Manager, Geraldine Dolan.

KILCUMMIN PARK SET TO OPEN

The official opening of Kilcummin Park will take place on May 31st in a ceremony officiated over by Bishop Ray Browne.

Kilcummin Community Park or Páirc an Phobail is a Biodiversity Park, being developed by Kilcummin Looking Good. Biodiversity is the term to describe all life on earth. We as human beings are an integral part of Biodiversity and through this Park we hope to make a positive impact. The idea is that biodiversity should be useful, not just nice to look at.

The Park incorporates tree coppices, including alder, willow, birch and hazel as well as apple trees, a wild flower meadow and a wetland area. These will attract insects and bird life. Looped walks and picnic tables have been created for the enjoyment locals and visitors alike.

The Kilcummin opening coincides with national biodiversity week.


"Páirc and Phobail Kilcummin is a wonderful example of self-help by the community and for the community, where adults and the younger generation alike will appreciate this new Biodiversity Park in the village. The project was co-ordinated by the Kilcummin Looking Good organisation. We are grateful for their initiative and commitment", said Fr Joe Begley, Parish Priest in Kilcummin, welcoming the blessing and official opening of Páirc an Phobail by Bishop Ray Browne on Sunday May 31st at 12.15pm. "In the past five years, Kilcummin Looking Good have undertaken major projects in the village costing over €250,000. These include extra car parking, footpaths, stone walls, lighting and landscaping as well as the park. This was funded by North and East Kerry Development Partnership, Kerry County Council, Councillors, Kilcummin Community Council, Local fundraisers and contributions", said Tony O'Connor, Chairman of Kilcummin Looking Good. Other members of Kilcummin Looking Good are Secretary, Michael O'Connor, Treasurers: Dan Greaney & Marie Lehané, PRO: Michael McGurl.

The official opening is co-ordinated by Kilcummin Parish Pastoral Council and will be followed by music, dance, entertainment and special treats for children, a day of celebration for all.


IF YOU HAVE A STORY...

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






Cheaper than you may think!




~~€469~~
€389

John Deere RUN41
41cm Steel Cutting Deck
Easy to start 2.1kW Engine
Single Speed Drive
Mowing Area 800m²



~~€565~~
€490


John Deere RUN46
46cm Steel Cutting Deck
Easy to start 2.1kW Engine
Single Speed Drive
Mowing Area 1200m²



~~€729~~
€599

John Deere RUN51
51cm Steel Cutting Deck
Easy to start 2.1kW Engine
Single Speed Drive
Mowing Area 2200m²


Heavy Duty



~~€1259~~
€1059


John Deere R54V
54cm Alloy Cutting Deck
2.4kW Engine
Mowing Area 2500m²
Variable Drive
75 litre Bag

Commercial



~~€1476~~
€1250


John Deere PRO47
47cm Alloy Cutting Deck
3.2kW Engine
Variable Speed Drive
Mowing Area 2500m²
75 litre Bag
AVS Handles



~~€949~~
€829

John Deere JS63V
53cm Steel Cutting Deck
Easy to start 3.2kW Engine
Variable Speed Drive
Mowing Area 2000m²

John Deere X115R




NEW

~~€3356~~
€2850

Fuel Efficient 344cc 10kw Single Ohv engine Hydro drive, 92cm Twin Blade Deck, 300 Litre Box, Manual PTO

~~€348~~
€FREE


High Performance



~~€3999~~
€3399


656cc (15kW) V-Twin ohv engine, Comfortable operation, 122cm cut width Edge cutting deck Auto drive with cruise control, Front bumper, high back lumbar and support seat

John Deere X165



~~€6940~~
€5600

The Z425 is built on a solid and robust frame that ensures smooth and comfortable operation. With a powerful 14.9kW twin cylinder engine the 122cm (48in) mower deck delivers high performance and can be easily converted to mulching or collecting with the addition of optional kits



Diesel Lawn Tractor

Seamus Weldon Barleymount, Killarney
Tel 064 66 32328 or 087 2134247

Available at following outlet in Kerry
Special offer valid till 30TH May 2015 only

John Shanahan Killeen Rd, Tralee
Tel 066 7194466 or 087 0693907

MARK COYNE

TYRE SHOP

"HONEST ADVICE" "HONEST PRICE"

NOW STOCKING 

14" TYRES FROM €50
15" TYRES FROM €55
16" TYRES FROM €55
17"/18" TYRES FROM €70

.....

FREE 4 WHEEL
ALIGNMENT WITH EVERY 4
TYRES PURCHASED
SAVING YOU €40

.....

ALL TYRES INCLUDE FREE FITTING,
VALVES & BALANCING

ALL MECHANICAL WORK CARRIED OUT

Budget • Mid range • Top quality tyres!

☎ 087 2726287 / 064 6671987
 UPPER ROSS ROAD (BELOW AMBER FILLING STATION)



KILLORGLIN GARDEN CENTRE
 at Boyles Phone: 066 976 1110

Open 7 Days a Week
Open: Monday - Saturday 8.30am - 6.00pm Sunday 12-4pm

Fantastic Selection of Herbaceous Perennials,
 e.g. Lupins, Phlox, Aster,
 Osteospermum and much more

SUMMER BEDDING 4 trays for €10

CALL INTO TRISH AND JER OUR HORTICULTURISTS
FOR ALL YOUR GARDEN ADVICE

This Weeks Gardening Tips

1. Apply Slug Pellets around vegetables and Summer Bedding plants
2. Plant up Containers and Hanging Baskets for Summer colour
3. Spray around Shrub Beds with Weedol.
4. Watch for Blight in Potatoes and Spray with Bordeaux mixture.
5. Spray Roses for Greenfly / Blackspot with Multirose or Roseclear.

SCHOOL KIDS RESPOND TO CARDIAC CALL



STUDENTS AT HOLY CROSS MERCY NS AND LISSIVIGEEN NS PICTURED ON NO UNIFORM DAY

National school pupils in the Killarney area came to the aid of the Killarney Cardiac Response Units recent fundraising drive.

Coordinator of the Unit, Damien Baker contacted the schools in the Killarney area and they all agreed to host a no-uniform day on Friday last. The group was formed in January and is going from strength to strength with volunteers undergoing intensive training over the past few months.

Killarney Cardiac Response Unit will respond along side the National Ambulance Service (NAS). They aim to provide care to patients prior to ambulance arrival. The responders will work in pairs on call and the beauty of it is that people can work and carry life on as normal when on call unless their

pager device is activated by Ambulance Control. The four types of calls they will attend will be cardiac arrest, heart attack, stroke and choking. Members of the Unit were joined on their visits to the schools by the Munster Manager of the Irish Heart Foundation Rosemary O'Leary and Jim McNeice also of the Heart Foundation. Rosemary gave a quick talk to the students with regards to healthy eating to maintain a healthy happy heart!

The group are totally relying on the generosity of the local community and business to fund this endeavour and all responders are working on a voluntary basis.

PINK RIBBON WALK HAILED A SUCCESS



PINK RIBBON WALK IN KENMARE ON SUNDAY LAST.

Kenmare held its Pink Ribbon Walk on Sunday last with 400 people joining George McMahon "Mondo" from Fair City on the 2nd annual

fundraiser.

Saoirse Fennessy & Lee Tiller of the band "Borderline Blue" started proceedings followed by Mags Mahony who led everybody in a Zumba workout to get them warmed up.

"So many people have pulled together to make this day a success", said Sandra Bias, one of the founders of the Kenmare walk, "We're very grateful to all our volunteers and sponsors without whom this wouldn't have been possible." Behind the fun there is a of course a serious message and with around 110 women from Kerry diagnosed with breast cancer last year and over 2,800 nationally, prevention awareness and fund-raising to help find a cure for cancer remains vital.

YOUTH AWARDS PRESENTED AT THE KDYS



BISHOP RAY BROWNE, (CENTRE) ATTENDS THE YOUTH PASTORAL MINISTRY AWARDS WHICH TOOK PLACE AT THE KDYS, FAIR HILL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

HEALTH, FITNESS AND BEAUTY EXPO HAS SOMETHING FOR EVERYONE

Following on from the success of her first Expo in Tralee, Linda Flanagan from Zumba Salsa Kerry is bringing the HEALTH FITNESS & BEAUTY EXPO to Killarney! This event is free of charge and will be held during Bike Festival Weekend and happening on Sunday 31st May 2015 in Brehon Hotel Killarney from 12-6.

There are still a few stalls available if any local businesses would like to showcase their product or promoting their service. (Price start from as little as €20)

You can book your stall online by click on this link:

<https://www.eventbrite.ie/e/kerry-health-fitness-beauty-expo-killarney-tickets-16224482865>

Some of the activities on offer at the Expo include Beauty Demo, Skin care product, Nutrition advice, Healthy food, Fashion & Jewellery, Waxing, Massage Therapy, Reiki, Card reading and many more.

Kids will be catered for on the day too with face painting and games. Free Workshop/ Demo will also be available all throughout the day including: 12.30: Belly Dance with Louise

2:00pm: Zumba with Linda from Zumba Salsa Kerry

2.30pm: Nia Dance with Carol

3:00pm: Shotokan Karate with Sensei Charles Neri and Sensei Moise Gema

3.30pm: Zumba with Natalie

On the night, there will Dancing Queen Night (Abba Theme Party) and inviting every one to dress in 70's entry only €10 and every body Welcome!

Linda also teaches Zumba classes in Killarney Leisure Centre every Monday and Wednesday at 8pm. Zumba is Fun way to get you FIT! If you haven't try Zumba you should come to her class. (See the back page for more details.)

For more info: call/text Linda 086 4009916 www.lindaflanagan.zumba.com

Facebook: Zumba Salsa Kerry.

#lovekillarney

MASTERS BY RESEARCH

INSTITUTE OF TECHNOLOGY
TRALEE
INSTITIÚID TEICNEOLAÍOCHTA TRÁ LÍ



2015

SCHOLARSHIP PROGRAMME



The Institute of Technology, Tralee has a vibrant and growing research portfolio and is at the forefront of innovative and applied research. The research strategy being pursued by the Institute is one which will both further the educational development of our students and enable the Institute to enhance the economic, social and cultural life of the region it serves. IT, Tralee's research activities focus on several key areas, including:

BIOTECHNOLOGY AND ENVIRONMENTAL SCIENCE

MECHATRONICS AND RFID

HEALTH, NURSING AND SOCIAL SCIENCES

INCLUSIVE PHYSICAL EDUCATION, RECREATION AND TRAINING

TOURISM AND HOSPITALITY

ENTREPRENEURSHIP AND ENTERPRISE DEVELOPMENT

To support our research activity, the Institute is pleased to announce details of its 2015 Postgraduate Scholarship Programme due to commence in September. Graduates holding a relevant Level 8 Honours Degree (H2:2 or Higher) are invited to submit an application. Successful applicants will be awarded a bursary of €12,000 (€6,000 per annum) and the Institute will

cover all student fees, for a maximum period of two years.

Postgraduate students are expected to complete their studies full-time at the Institute. The closing date for receipt of applications is 5th June 2015. Shortlisted applicants will be required to attend for interview during week commencing 15th June, 2015.

MASTERS BY RESEARCH PROJECTS FOR WHICH SCHOLARSHIPS ARE AVAILABLE:

School of Health and Social Sciences

- 1 Integrating a Code of Professional Conduct and Ethics in Practice: An Action Research Approach
- 2 A Case Study Approach to Understanding Health Beliefs and Practices Amongst Male Farmers Living in Rural Kerry
- 3 Staff Attitude and Understanding of Dementia [Acronym: SAUD Study]
- 4 Investigation into the Effect of the UPSEE on the Cognitive Social and Physical Development of Young Children with Down Syndrome
- 5 An Evaluation of the Ernie Els #GameON Autism TM Golf Programme
- 6 An Exploration of Best Practice in Community Based Disability Sports Provision
- 7 Golf - Access for All? An analysis of golf from a universal access perspective, towards the development of a functional map for best policy and practice

School of Science, Technology, Engineering and Mathematics

- 8 Three Dimensional Skin Tissue Models for Cosmetic Testing
- 9 In-vitro Models for Veterinary Transdermal Drug Delivery
- 10 Canopy Dynamics in Native Irish Woods: Investigating grazing impacts and the effects of severe storm events
- 11 Field Research Trials to Determine an Appropriate Alternative Test for Estimation of Lime Requirement in Soil
- 12 Investigation of Appropriate Tests that act as Predictors of Nitrogen Mineralisation in Soil

School of Business, Computing and Humanities

- 13 An Examination of Tools that may be used for Measuring Innovation Learning Practices
- 14 Enhancing Engagement with 'Leave no Trace' in Ireland
- 15 A Study of the Potential of the Transatlantic Cable Story to be Developed as an Industrial Heritage Tourism Product

FURTHER INFORMATION

Please refer to our website www.ittralee.ie
If you have any further queries contact the
External Services Manager at 066 7191846
or email admissions@ittralee.ie



ST. BRENDAN'S HONOUR PAST AND PRESENT PUPILS

Teachers, parents, students, past and present and distinguished guests gathered in the study hall of St. Brendan's College on Friday night last for the annual Awards Ceremony. Master of ceremonies on the evening was Gary McGrath who was joined by members of the board of management, President of the Killarney Chamber of Tourism and Commerce, Kate O'Leary and former past pupil and guest of honour on the night Tony McGillicuddy, who is currently working as a barrister in Dublin.

Current students won awards for all levels of academia along with leadership, diligence and school spirit, while past pupils were honoured for their hard work over their years spent in St. Brendan's. Included in the award winners were twins Dean and Daniel Murphy, Conor Kissane, James Collins, Jack Cantillon, Alex Bruggener and David Phelan.



TONY MCGILICUDDY GUEST SPEAKER (THIRD FROM LEFT) WITH CONOR KISSANE WHO WAS AWARDED THE ST BRENDAN'S COLLEGE DR MACCARTAIN MEMORIAL AWARD FOR OUTSTANDING ACHIEVEMENT IN MATHS AND PHYSICS WITH (LEFT) TEACHER JIM O'BRIEN AND SEAN COFFEY PRINCIPAL AT THE ST BRENDAN'S COLLEGE 2015 STUDENT AWARDS IN ST BRENDAN'S COLLEGE, KILLARNEY.



JAMES O'DONOGHUE, COLM WALSH AND REDMOND EARLE WHO RECEIVED BOARD OF MANAGEMENT AWARD FOR ACADEMIC ACHIEVEMENT WITH SR MARY CHAIRPERSON BOM AND TEACHER MISH O'DONOGHUE AT THE ST BRENDAN'S COLLEGE 2015 STUDENT AWARDS, KILLARNEY



TONY MCGILICUDDY GUEST SPEAKER (CENTRE) PRESENTING THE BISHOP O'SUILLEABHAIN MEMORIAL AWARD FOR OUTSTANDING ACHIEVEMENT IN IRISH TO JAMES COLLINS WITH (RIGHT) TEACHER MARY O'DONOGHUE AT THE ST BRENDAN'S COLLEGE 2015 STUDENT AWARDS.



KATE O'LEARY PRESIDENT KILLARNEY CHAMBER OF TOURISM AND COMMERCE PRESENTING THE BUSINESS AWARD TO ALEX BRUGGENER WITH HIS PARENTS KAY AND ANDREAS BRUGGENER AT THE ST BRENDAN'S 2015 STUDENT AWARDS ON FRIDAY.

LEADERSHIP AWARD WINNER LUNCHES WITH THE ROTARY



KILLARNEY GIRL NIAMH CLIFFORD (CENTRE) OF KILLORGLIN INTERMEDIATE SCHOOL AND WINNER OF THE ROTARY CLUBS 'YOUTH LEADERSHIP DEVELOPMENT COMPETITION' PICTURED AT THE MALTON HOTEL WITH OTHER STUDENTS WHO TOOK PART FROM MILLTOWN, THE SEM & THE PRES. NIAMH IS ACCOMPANIED BY HER TEACHER SHEILA KINGSTON (CENTRE LEFT) AND JOHN O'SULLIVAN ROTARY CLUB (CENTRE RIGHT). MISSING FROM THE PHOTO AT THE MALTON HOTEL, PRESIDENT OF THE ROTARY CLUB, MIKE STACK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Rotary Youth Leadership Award winner and Lissivigeen native Niamh Clifford, joined Killarney Rotarians at The Malton Hotel this week.

The awards were hosted by the Killarney Rotary Club in November, and on Wednesday Niamh, who was the overall winner of the

Killarney stage of the competition and 25 fellow participants returned to update club members at Killarney Rotary's weekly lunch on the positive effect the competition had on their lives and studies.

Niamh, a student at the Intermediate School, Killorglin, spoke of her experiences after her

win.

Niamh, together with fellow regional winners Euan Lindsay, Bishopstown, and Liam O'Driscoll, Bandon, travelled on an all-expenses paid trip in January which saw them visiting Dáil Éireann, Parliament Buildings (Northern Ireland), Stormont, and the official seat of the European Parliament in Strasbourg.

Congratulating the winners and participants were Killarney Rotary President Mike Stack and incoming president John O'Sullivan.

"All the students displayed an incredibly high standard and judging by their talent and ability, our country's future is in good hands," said John O'Sullivan who presented the certificates on Wednesday.

The judges for the regional Youth Leadership finals in November were Mary O'Rourke, Bridie Mannix and John O'Mahony from Killarney who were assisted by Rotary Ireland Assistant District Governor Gerard Kilcommons of the Cork Bishopstown Rotary Club.

The 32-county competition was organised at local level by Killarney Rotarians Conor Griffin, Tom Leslie and Ciara Irwin Foley.



Fashion World
CASTLEISLAND 066 7141822

Joi
CLOTHES & SHOE BOUTIQUE
CASTLEISLAND
TEL: 066 7163872

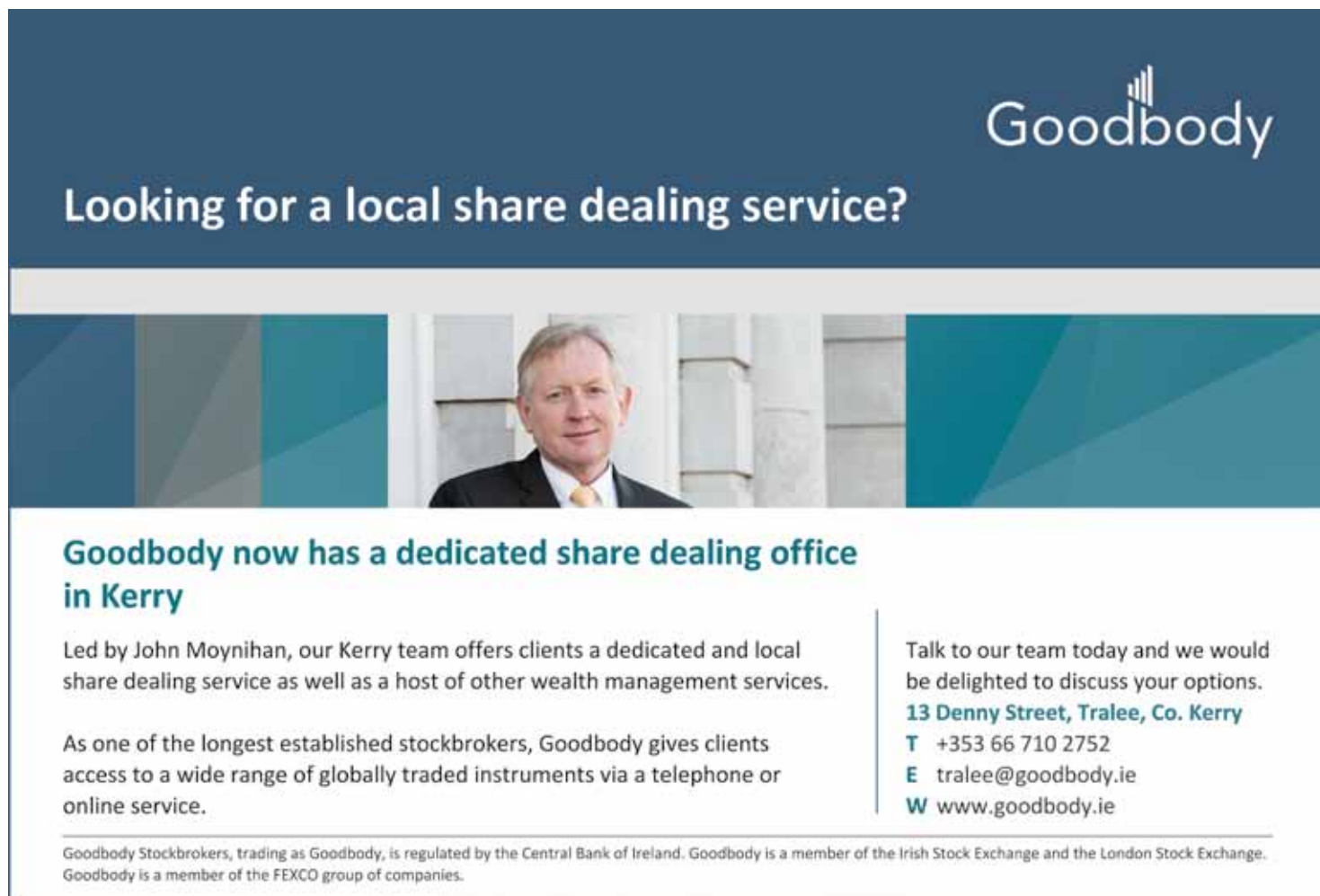
Occasions : Weddings : Over 400 Dresses available
Races Chic/Casuals : Shoes : Accessories
New Arrivals
Sizes 8-24

OVER 80 EXCLUSIVE AND UNIQUE LABELS ON 3 FLOORS

SOMETHING FOR EVERYONE (ALMOST)

BOURBON

f



Goodbody

Looking for a local share dealing service?

Goodbody now has a dedicated share dealing office in Kerry

Led by John Moynihan, our Kerry team offers clients a dedicated and local share dealing service as well as a host of other wealth management services.

As one of the longest established stockbrokers, Goodbody gives clients access to a wide range of globally traded instruments via a telephone or online service.

Talk to our team today and we would be delighted to discuss your options.
13 Denny Street, Tralee, Co. Kerry
T +353 66 710 2752
E tralee@goodbody.ie
W www.goodbody.ie

Goodbody Stockbrokers, trading as Goodbody, is regulated by the Central Bank of Ireland. Goodbody is a member of the Irish Stock Exchange and the London Stock Exchange. Goodbody is a member of the FEXCO group of companies.

GRIFFINS ARE TOPS WHEN IT COMES TO THEIR CUSTOMERS



PICTURED ARE; PAUL BEALIN, DONIE O'SULLIVAN (RIGHT) BWG FOODS WITH JEROME, ANDREW & MARGARET GRIFFIN XL CASTLEMAINE, WINNERS OF THE BEST CUSTOMER SERVICE AWARD AT XL STORE OF THE YEAR AWARDS HELD RECENTLY AT MOUNT WOLSELEY HOTEL IN CO CARLOW.

Jerome Griffin's XL store in Castlemaine has won an award for Best Customer Service.

Retailers from all over Ireland gathered at the Mount Wolseley Hotel, Co. Carlow, for the Awards ceremony run by BWG Foods, owners and operators of the XL brand.

The XL Store of the Year Awards are only given to stores that pass a tough year-long inspection, including visits from mystery shoppers. Now in their sixth year, the Awards attracted a record 180 entrants from all across the country.

Willie O'Byrne, Managing Director of BWG Foods, paid tribute to all 14 winners and all finalists on the night. He said: "XL retailers take pride in serving their local community at the highest possible level, so it is no surprise to see so many

have enrolled in the XL Store of the Year Awards programme. By striving to meet these exacting standards they help improve not just their own stores, but the XL brand as a whole across Ireland." The XL retail group continues to grow with over 230 stores across the country, and John Moane, Managing Director of BWG Foods Wholesale Division, said it's not hard to see why XL continues to expand, working with very passionate local community retailers.

He said: "XL retailers have a passion and drive for business, and a real knowledge of and loyalty to their local community. I'd like to congratulate our very deserving county Kerry winner, Jerome Griffin, on his award. I'm sure we'll see even more XL retailers at the awards ceremony next year."

NO EXTRA HOME HELP IN KERRY

There is to be no increases in the level of Home Help services delivered in Kerry in 2015, as they will remain at 2014 levels according to Ger Reaney of the HSE replying to a Dail question from Independent TD Tom Fleming.

Fleming asked "the Minister for Health if he will intervene with the Health Service Executive regarding the hundreds of notifications by the HSE to the elderly vulnerable recipients of home help in County Kerry and if he will ensure the necessary funding is provided to offset these severe cuts to an existing diminished service time-wise"

However, there is no plans to increase funding with still a chance that existing funding levels may be cut even further pending an ongoing report into the state of Home Help of which Kerry has one of the highest rates in the country. Tom Fleming told the Outlook that

"This is a ridiculous situation by the Health Board denying many people necessary allocation of home help time. This service is cut to the bone and it is a false economy for the Health Board to be targeting a vital service for vulnerable people in many instances living alone, infirmed and very dependent on their carers. These carers are providing a quality service to their patients. They are very experienced and dedicated care givers. In many instances they are the only link to the outside world for many people."

LETTER TO THE EDITOR

BROSNANS SAY THANKS

We, Gerard, Marguerite, Karen, Claire and Jack, Port Road, Killarney, together with the extended Brosnan and Broderick families, wish to sincerely thank each and every one who supported us over the last five months since our accident in Perth, Australia. Your overwhelming support, prayers and good wishes are greatly appreciated. We also wish to thank all the medical staff of both the Royal Perth Hospital, the Fiona Stanley Rehabilitation Hospital, the Western Australia Major Crash Unit, and St Luke's Medical Centre, in Kerrinyup, for their outstanding care of us; also our daughters' friends in Australia who became more family than friends, and the medical staff in Killarney for their continuing care.

We would also like to thank Killarney Golf & Fishing Club for fund-raising, the management and staff of Muckross Craft Centre and the Trustees of Muckross House, Dr Crokes GAA Club, Killarney Musicians and Friends and our

friends in Kenmare. The support given to all these events was truly outstanding. As it would be impossible to thank all the other individuals who helped us out and called to the house, we hope that this letter will, in some way, say thank you. We must make special mention of a dear friend, Marty Roberts, who died so tragically in the crash. His death was just awful for us. Marty, who was Godfather to Claire's son, Adam, was always there for us. He was a close friend of Claire and her partner, Mark, in Perth. The friendship will continue through Marty's wife, Christina, a Dublin woman, and his daughters, Michelle and Catherine, who have been outstanding since his death. He would have been so proud of them. Marty will always be remembered by us and Adam will never forget his Godfather. May he rest in peace.

We must also thank John and Sheilagh O'Connor, of Rookery Road, Killarney, who went to Australia to visit their son, Mark, but



THE BROSNAN FAMILY FROM LEFT, MARGUERITE, GERARD AND KAREN. PICTURE BY DON MACMONAGLE.

who still gave up much of their holiday to spend time with us. No words can adequately convey how deeply grateful we are to be alive and recovering and, importantly, our sheer joy to be back home again. We struggle to find words to really express our appreciation to everybody who helped, only to say thanks from the bottom of our hearts to the people of Killarney and surrounding areas for their generosity, prayers, Masses and support.

**Sincerely,
Gerard, Marguerite, Karen, Claire and Jack Brosnan.**



11 New Street Killarney Co Kerry | Tel: 064 66 33344 / 66 33418 | Fax: 064 66 33139

Email: jphealyinsurances@eircom.net

Incorporating Irwin Insurances and Casey Insurances Ltd Est 1981

SAVE MONEY ON CAR INSURANCE

We search the market negotiating the best quotes from over 12 Insurers. Most of the time we are able to obtain better quotes than if you contact them directly or online.

See for yourself in this example:

Chill Insurance €619.00

FBD €571.90

Axa Direct €500.31

Liberty €420.39

AIG €391.98

JP HEALY €350.00

- 30 Year old Insured and Spouse based in Kerry social use
- Full Licence 5 years+
- Full No Claims Bonus
- Clear Record, No penalty points
- Third party fire and theft cover with windscreen on a 2008 Toyota Corolla 1.4
- Includes Step Back bonus Protection



Irish Brokers
association



James P Healy & Co Insurances Ltd is regulated by The Central Bank of Ireland. JP Healy quote includes Government levy and intermediary Brokerage charge. Quote is underwritten by Axa Insurance Ltd. Please contact us for your individual quote. Terms and conditions apply. Comparison quotes from websites and correct @ 19/05/2015

ALL THE FUN OF THE FAYRE

The weather didn't dampen the fun at St. Brendan's inaugural fayre which was held on the school grounds on Sunday last. Hundreds of parents and students mingled with teachers for the event which had entertainment for all the family. From a gourmet barbeque to live bands and a Dj, there were also stalls selling pre loved handbags, jerseys, books, boots and uniforms.



LUKE O'SULLIVAN WHO WON THE BONNY BABY COMPETITION PICTURED WITH HIS DAD BRIAN

Little Luke O'Sullivan from Kilcummin won the Bonny Baby Competition which was sponsored by Lynes of Killarney and IC Photo Studio.

Sports enthusiasts



BILLY COURTNEY (RIGHT) AGAINST CIAN TANGNEY AT THE FIRST ANNUAL ST BRENDAN'S COLLEGE FAYRE DAY AT ST BRENDAN'S COLLEGE, KILLARNEY ON SUNDAY.

enjoyed the Beckett/O'Connor Cup final and the John Doyle Cup Final also had the opportunity

to take part in lots of fun fayre style games.



MARTIN BECKETT AND MARY O'CONNOR PRESENTING THE BECKETT/O'CONNOR CUP TO WINNING CAPTAIN WITH (BACK) WINNING TEAM AND (FRONT) RUNNER'S UP IN THE COMPETITION AT THE ANNUAL ST BRENDAN'S COLLEGE FAYRE DAY AT ST BRENDAN'S COLLEGE, KILLARNEY ON SUNDAY.



KATE, KAREN, AVA AND MARTIN MCCARTHY ENJOYING THE FIRST ANNUAL ST BRENDAN'S COLLEGE FAYRE DAY AT ST BRENDAN'S COLLEGE, KILLARNEY ON SUNDAY.

UP FOR THE CHALLENGE - BRONZE GAISCE AWARD FOR KILLARNEY COMMUNITY COLLEGE STUDENTS!



STUDENTS TAKING PART IN THE GAISCE AWARDS FROM LEFT: JAMES FLYNN, ROSS BRENNAN, BROGHAN EDMONDS, JAKE GRUNFELD, NELU O'DOHERTY, DOMINIKA GWIZDZINSKA

This year in Killarney Community College 30 students will receive their Bronze Medal as part of Gaisce - The President's Award. Gaisce - The President's Award is Ireland's National Challenge Award, the country's most prestigious and respected individual award programme, and a challenge from the President of Ireland, to young people aged between 15 and 25. In order for the students to succeed in achieving the award they have to cover Four Key Challenge Areas, including Community Involvement, Individual Personal Skill, a Physical Recreation challenge and an Adventure Journey and the

students undertook an overnight adventure journey which included a 25km walk. This part of the award was concluded this week with the students hiking off over to Kenmare and staying overnight in Finnegan's Hostel.

The students had a superb experience. They should be very proud of themselves for having completed the award and indeed some have already expressed a keen interest in continuing on to the Silver and Gold Awards.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News



11 New Street Killarney Co Kerry | Tel: 064 66 33344 / 66 33418 | Fax: 064 66 33139

Email : jphealyinsurances@eircom.net

Incorporating Irwin Insurances and Casey Insurances Ltd Est 1981

WHY YOU SHOULD BE DEALING WITH US FOR YOUR INSURANCE NEEDS!!!

Frequently Asked Questions

How are Healy Insurances able to quote less than online and direct insurers?

Simple really, we are in business for the past 34 years and have large amounts of business with each insurer. Effectively they give us discounts to retain business and get new business for them. It's a lot like bulk buying in that we can get a better quote than you can get on your own.

Sounds too good to be true?

No, as you can see for the example on the previous page we can do it and have been saving money for our customers for 34 years.

And I get a local professional service with people I know and trust and can meet face to face?

Yes

Not a call centre?

No

And you search the markets at every renewal date to get me the best price?

Yes that's our job

And if I have an accident or a claim I deal with Healy Insurances who advise and help me at no additional cost?

Yes. Our business model revolves around looking after our clients first and foremost.

CONTACT US TODAY

AND SAVE MONEY ON YOUR INSURANCE AND GET THE BEST LOCAL PRICE

James P Healy & Co Insurances Ltd is regulated by the Central Bank of Ireland. Terms and conditions apply.

KILLARNEY REVING UP FOR BIKE FEST



BIKERS, TONY MURPHY, FREEMOUNT, PETER BULAVA, JOE CROWLEY AND TOM REGAN FROM DUNCANNON, WEXFORD PICTURED AT ROSSBEIGH, FOR THE LAUNCH OF THE 9TH IRELAND BIKE FEST, THE COUNTRY'S LARGEST MOTORCYCLE FESTIVAL WHICH RUNS THIS JUNE BANK HOLIDAY WEEKEND AND IS BASED IN KILLARNEY. PHOTO: DON MACMONAGLE.

For the ninth year in a row, Killarney will welcome Ireland Bike Fest, the country's largest motorcycle festival, this June Bank Holiday weekend. Ireland Bike Fest is a well oiled machine that gathers momentum with each passing year. It is Ireland's largest biker festival, it's free and every make and model of bike are welcome to attend. Ireland Bike Fest takes place annually across the June Bank Holiday Weekend and is headquartered at The Gleneagle Hotel. The Bike Village, located on the grounds of The Gleneagle, is the main hub of activity, here visitors can browse the many trader stands selling all kinds of specialised biker wares or dine at one of the festival's many food outlets. The Village is also the base for the daily Ride-



BIKER TONY MURPHY, FREEMOUNT, PICTURED AT ROSSBEIGH, FOR THE LAUNCH OF THE 9TH IRELAND BIKE FEST. PHOTO: DON MACMONAGLE.

Outs along the Wild Atlantic Way - marshalled by Celtic Thunder Chapter Ireland and Gaelic Chapter Ireland, the free Harley-Davidson® demo rides, the Waterford & Dublin Harley-Davidson® Dealers, H.O.G.® & Rider Services, Jumpstart, the Technical Area and the Custom Bike Show. It is also the ideal spot to sit back and relax after a day's touring and listen to the live bands and DJ's perform on the festival's outdoor stage.

Ireland Bike Fest is renowned for its line-up of free live entertainment which takes place across three stages. This year's packed programme includes performances by The Unusual Suspects, J90, R&B, Blue Moose, Hell Raiser, Newfoundland, Hells Bells, Crossroads66, The Small Hours, Sin lad, Live Lizzy and Devious.

The Parade through the streets of Killarney will once again take place on the Sunday morning and there will also be the opportunity to win a Harley-Davidson® in the raffle in aid of Muscular Dystrophy Ireland.

Ireland Bike Fest is supported by Harley-Davidson® UK & Ireland, Authorised Dealers and H.O.G.® Chapters in association with Destination Killarney Ltd, Fáilte Ireland, and Carole Nash.

Ireland Bike Fest Killarney takes place from May 29 to June 1, 2015.

Ireland Bike Fest Killarney

T: +353 (0)64 6671549

E: info@irelandbikefest.com

W: www.irelandbikefest.com

TEERING OFF IN AID OF AUTISM

A golf classic in aid of St. Francis Special School in Beaufort will be held on May 30th at Beaufort Golf Club. The event, which is in its second year, is organized by the parents of children who have autism.

Autism is for Life and is often referred as the hidden disability because people who are on the autistic spectrum show no significant physical differences to their peers - rather it is their behaviors that mark them out as different. Four main areas of difficulty for people with autism are:

- social communication
- social interaction
- social imagination
- sensory processing

All proceeds of the Autism Golf Classic go to St Francis Special School in Beaufort. St Francis is undergoing a major new building extension at present, and plans are on schedule to open the new building in September 2015. Funds raised are going to the much-needed building extension and to support children's individual needs by making tailored resources available in the school to meet the needs of the children.

Save the date Saturday May 30th 2015 at Beaufort Golf Club. Team of 4 is €200 incl. meal - for bookings phone Sonny at 087 2438535 for tee time. Sponsor a tee box for €50 and have your business advertised on the day. Phone Brigitta for tee box at 087 6303659. Also, all tee box sponsors are in with a chance to

win a hamper worth €100, sponsored by Skelligs Chocolates. An exciting bonus event on the day will be a silent bid auction event with a signed Munster rugby shirt up for grabs.

Throughout the day you can place a silent bid for the jersey! Just make your bid and provide your name and contact number. You don't have to be present or a golf supporter you can also text in your bid and contact details to 087 6303659 if you want to join in on the silent auction bid. That night at the prize giving the highest bidder will be announced. Raffle also on the day with super prizes, Lunch for 2 at The Fels Point, Tralee as well as Lunch for 2 at the Royal Hotel and many, many more prizes.



CALL FOR NCT COST REDUCTION



CLLR MICHAEL GLEESON.

At the May 2015 monthly meeting of Kerry County Council, Councillor Michael Gleeson proposed the following Notice of Motion:

- "That all vehicles for the NCT that are over 10 years and in the ownership of Old Age Pensioners would

Councillor Gleeson stated that the payment of Euro 55 per annum imposes financial hardship on some Old Age Pensioners.

A large percentage of cars over 10 years are in the ownership of Old Aged Pensioners.

Implementing this Motion would be due acknowledgement of their lifetime commitment to community and country.

The Motion was unanimously agreed.

qualify for a 50% reduction on the test charge".

College Square, Killarney
064 66 34177

PROPERTY PARTNERS GALLIVAN
WWW.PROPERTYPARTNERS.IE

IT PAYS TO LISTEN TO EXPERTS!
Local Knowledge-Nationwide

PROPERTIES OF THE WEEK



26 O'SULLIVAN'S PLACE, KILLARNEY GUIDE PRICE €170,000

4 Bedroom Detached (approx 1,300 sq ft). Large detached garage. Private back entrance. Oil Fired Central Heating. Requires complete modernisation / redecoration.

REF 754 (BER Pending)



1 CNOC NA RI, BALLYDOWNNEY, KILLARNEY Guide Price €450,000

4 Bedroom (3 ensuite) luxury detached 3 storey house (2,436 sq ft) with private back garden. Gas Heating. Pressurised water system. Adjacent to the Killarney National Park

REF 757 BER B2



KEEL, CASTLEMAINE Guide Price €290,000

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

REF 734 BER B3

Great advice & competitive rates for young drivers!



Follow us on facebook for great competitions and giveaways!

Motor • Home • Health • Commercial/Business

Gallivan Murphy
Hooper Dolan
INSURANCES

t: 064 66 34632 info@gmhd.ie | www.gmhd.ie

Killarney Business Centre | Upper High Street

Gallivan Murphy Hooper Dolan Insurances Ltd t/a
Gallivan Murphy Hooper Dolan Insurances is regulated by The Central Bank of Ireland



RACE OF CHAMPIONS RETURNS

Race of Champions is set to return to The Kingdom Greyhound Stadium in Tralee, much to the delight of the Kerry County Board and the Irish Greyhound Board.

Taking place on Friday 19th June at The Kingdom Greyhound Stadium in Tralee, the event is now in its 7th year and will be for the third year again sponsored by BoyleSports. The best national canine stars in the country will battle it out for the €15,000 winning prize fund. Racing from the event will also be broadcast live on RTE 2 and online on www.rte.ie between 8.00pm – 9.00pm.

The event, thanks to the key support of bookmakers BoyleSports, and the Kerry GAA will serve to highlight the importance of both commerce & tourism for the town. Given The Kingdom Greyhound Stadiums links with the Rose of Tralee festival, they are also delighted to announce that the current Rose of Tralee, Maria Walsh will be a guest on the final night. This event serves as a major fundraiser for the Kerry GAA training fund while showcasing how the greyhound industry plays a pivotal role in the local community.

The semi-finals of the BoyleSports Race of Champions will take place on Friday 12th June and the night itself will feature open class finals



FITZGERALD STADIUM IN KILLARNEY WAS THE VENUE ON THURSDAY NIGHT FOR THE LAUNCH OF THE 2015 BOYLESPORTS RACE OF CHAMPIONS & THE KERRY TEAM TRAINING FUND. ATTENDING THE LAUNCH STANDING FROM L-R; CON GRIFFIN (ORG COMMITTEE), CHRISTY O'CONNELL (C/MAM OF THE ORG COMMITTEE), REPRESENTING THE MAIN SPONSORS PR EXECUTIVE, BOYLESPORTS, LIAM GLYNN, DECLAN DOWLING, KGS, SALES & OPERATIONS MANAGER, COMMERCIAL DIR I.G.B. COLIN WALSH, GER MCCARTHY (KERRY HURLING OFFICER) AND JOE WALLACE (ORG COMMITTEE). IN FRONT L-R: KERRY SNR FOOTBALL PLAYER TOMMY WALSH, KERRY SNR HURLER COLM HARTY, KERRY SNR HURLER SHANE NOLAN, KERRY SNR FOOTBALL PLAYER DAVID MORAN AND DERMOT WEESHIE LYNCH (CO. BOARD TREASURER).
WWW.DENISWALSHPHOTOGRAPHY.COM 087-6017694

over 525, 570 & 750 distances.

The night is also been billed as a Family Fun Night with Bouncy Castle & face painting.

Tickets can be purchased from all GAA Clubs and on the gate on the night and are priced at €10.00 per person. Children under 12 go free.

SOCCER SQUAD ENJOY TRIP TO AMSTERDAM



MEMBERS OF TOTAL FOOTBALL ACADEMY PICTURED WITH THEIR COACHES ON THEIR RECENT TRIP TO AMSTERDAM.

20 members of the Under 13 Total Football Academy enjoyed a three day trip to Amsterdam to take part in a soccer tournament.

Total Football Academy is an independent football academy that has centres in Killarney

and Limerick. Its aim is giving professional coaching to boys and developing confident, creative and skilful young footballers and giving them exposure at a high level.

The group, which are in partnership with AJAX

Online Academy is open to boys aged 6-12 years old throughout Munster.

The 20 player squad included players from county Galway, Clare, Limerick and Kerry.

County Kerry had 9 player representatives in the squad including

James Darmody (Rathmore), Ian O'Connor (Rathmore), Sonny Rramani (Tralee), Leo Gaxha (Tralee), Philip Evans (Tralee), Rhys Keane (Tralee), Cillian Hickey (Killarney), Owen Benson (Killarney), Rossa Bellew (Killarney).

This trip was about player development and European exposure for these boys and the boys felt the level of opposition they played against was by far better for their development.

Management includes three Kerry Coaches - Robin O'Day, Darren O'Day and Jamie Donnelly (Kerry).

At the end of the tournament, TFA were presented with the fair play award.

KILLARNEY IN 2023 WORLD CUP BID

Former Kerry TD Dick Spring - who is part of the 2023 Rugby World Cup bidding committee has said that the Fitzgerald Stadium in Killarney will

be included in the 32 venues listed for match venues in Ireland's bid to host the event.

Representatives from organising committee

have already visited Killarney to see the facilities on offer.

IF YOU HAVE A STORY...

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

Jerome O'Regan
AUCTIONEER & VALUER
T/F: 066 9761200 | M: 087 2833410
Email: jeromeoregan@eircom.net
Web: www.jeromeoregan.ie

FOR SALE BY PUBLIC AUCTION
(Unless previously sold)



Rockfield House and Stud on 40 acres approx.
Boluia, Furies, Killarney.

Auction Venue: **Killarney Towers Hotel,**
College Street Killarney
Auction Date: **Thursday 25th June | Time: 2:30pm**

Lot 1: 36 acres approx. of top quality land with own entrance
Lot 2: Rockfield House and stud on 4 acres approx.
Lot 3: Rockfield house and stud on 40 acres approx. (entire lot)

Full details and particulars etc. from selling agent
Jerome O'Regan Auctioneer with joint selling agent
Hennigan Auctioneers, 66 New Street Killarney.

HENNIGAN Auctioneers
WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE

NEW ON MARKET
BOULIA, KILLARNEY

Magnificent private residence constructed in 1992 enhanced by an elegant and classical interior design and furnishing. Excellent location just 6.5 miles from Killarney town and perched in an elevated landscaped site with beautiful countryside and mountain views. The landscaped gardens with an array of exotic trees and shrubs, manicured lawns and private tranquil barbeque area further enhances the appeal of this fine property. Featuring: magnificent entrance hallway, fine spacious sitting room (marble feature fireplace) adjoining elegant dining room, separate breakfast room, magnificent adjoining sun lounge / conservatory, 4 spacious bedrooms (3 ensuite), separate high quality bathroom, oil fired central heating solid oak flooring, architect designed internal pillars coving etc. enhancing the attractiveness of this elegant property.

REDUCED PRICE €279,500

7 ROSEVILLE AVENUE, FIRIES, KILLARNEY

Calling all first-time buyers - get on the property market!!! Delightful 3 bedroomed townhouse, excellently located in the popular Furies village adjacent to Furies Primary School, shops etc and close to Kerry Airport, train station etc. Short driving distance to Tralee, Killarney and Killorglin. Excellent decorative order ready to go!!! Sold with appliances, curtains, light fittings etc. Featuring: spacious open plan kitchen / living room / sitting room - 3 bedrooms (one ensuite) main bathroom, utility room, private corner garden and lawn. Electric storage heating, P.V.C. double glazed windows

KEENLY PRICED




Hennigan Auctioneers 66 New St., Killarney T| 064 6634582
M| 087 2354416 www.daft.ie/hennigan

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Tullig, Killarney. 4 Bedroom Detached family home with spectacular views of the Lakes of Killarney and McGillicuddy Reeks. Entrance Hallway / Guest WC / 3 Bedroom 2 are en suite / Living Room / Kitchen / Utility Room / Sunroom / Family Bathroom.

Agent: ● REA Coyne & Culloty, 2 Main Street, Killarney Co Kerry ● Tel: 064 6631274 ● Fax: 064 6633219 ● Email: info@killarneyproperty.com

Asking Price : €285,000

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

CULLINA NATIONAL SCHOOL ARE BIG DRAW WINNERS



CULLINA NS, BEAUFORT, WINNERS OF THE GRAND PRIZE OF THE 2015 TREK 1.5 ROAD BIKE IN THE SOUTH KERRY HURLING BORD NA NÓG SCHOOL'S HURLING / CAMOGIE COACHING DRAW. PICTURED (FROM LEFT) KIERAN CREHAN (COACH), DAVID O'DEA (GAMES DEVELOPMENT ADMINISTRATOR FOR HURLING IN SOUTH KERRY), DAVID O'SULLIVAN (O'SULLIVAN CYCLES, KILLARNEY - SPONSORS), EGIN CASEY (CHAIRPERSON, SOUTH KERRY HURLING BORD NA NÓG), MOIRA CRONIN (PRINCIPAL, CULLINA NS), JOHN LENIHAN (SOUTH KERRY HURLING BORD NA NÓG) AND NIAL KEOGH (COACH) WITH STUDENTS.



THE PRESENTATION MONASTERY NS, WINNERS OF THE SECOND PRIZE, A VOUCHER FOR THE KERRY GAA STORE. PICTURED (FROM LEFT) MICHAEL O'RIORDAN (TEACHER), DAVID O'DEA (GAMES DEVELOPMENT ADMINISTRATOR FOR HURLING IN SOUTH KERRY), COLM Ó SUILLEABHÁIN (PRINCIPAL) WITH STUDENTS.

Over the past 12 months, the South Kerry Hurling Bord na nÓg have successfully introduced hurling / camogie coaching to the National School's in the greater Killarney / Rathmore areas. This year, the intention is to build on the achievement of last year and extend the scheme to involve more schools and finish the school year with blitzes and tournaments.

To sustain and expand the coaching, a school's draw was held where, once again, O'Sullivan Cycles, Killarney partnered with the South Kerry Hurling Bord na nÓg sponsoring a 2015 Trek 1.5

Road Bike worth €999. At the request of some of the school's, the draw date was pushed back due to the Easter break and took place on 25th April. The grand prize winners were Cullina NS, Beaufort with the second and third prizes of Kerry GAA Store Vouchers going to Presentation Monastery NS and Tommy Wallpool (Muckross) respectively. Congratulations to the prize winners but, most of all, sincere thanks to all the card sellers including the players, schools, teachers and parents and all the contributors for helping to raise €6,500 to continue the School's Hurling / Camogie Coaching Initiative.

Over the past two weeks, there have been three school's blitzes which took place in Rathmore GAA and Dr. Crokes GAA Clubs. The schools were divided into three divisions based on their capabilities and the final games will be taking place this week. Many thanks to all the schools for taking part and the coaches for their time and efforts.

The coaching initiative has been greatly received and the South Kerry Hurling Bord na nÓg will continue in their efforts to keep promoting and giving children the opportunity to play this uniquely Irish sport.

MILLTOWN STUDENTS GO FORTH....



THE LEAVING CERT CLASS AT MILLTOWN PRESENTATION SCHOOL PICTURED AT THEIR ANNUAL MASS IN MILLTOWN ON WEDNESDAY EVENING. INCLUDED ARE PUPILS, TEACHERS AND STAFF INCLUDING PRINCIPAL CORMAC BONNER. PHOTO: DON MACMONAGLE

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



WHY USE A FINANCIAL BROKER?

Firstly, a Financial Broker will take time to get to know you, your personal circumstances and your financial goals. They will discuss options with you and help you come up with a plan of what is best to suit your needs. They will also research products for you that match your needs from the choice of companies they deal with providing you with a fair analysis of the relevant market. So whether your query is in relation to investments, pensions, life and serious illness cover, mortgages etc a Financial Broker should be able to explain all these products in plain simple English and discuss all the options available to you.

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

95 NEW STREET,
KILLARNEY, CO. KERRY
T: 064 6631892 F: 064-6634652
M: 087 2668591 E: INFO@SFMCI.E
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

Sherry
FitzGerald
Coghlan

NEW TO MARKET

2A RESERVE, MUCKROSS, KILLARNEY

Ground floor two bedroom apartment in shell condition located in unique development of 24 two bedroom serviced luxury apartments hidden in Killarney's National Park in the gardens of the five-star Muckross Park Hotel & Cloisters Spa. This unit offers the potential purchaser the opportunity to complete to their own taste.



Price Region: **€145,000**

BER Pending

53.6 ACRE FARM, MASTERGEEHA, KILCUMMIN, KILLARNEY

53.6 Acre residential farmholding in one block, holding which has power and water supply consists for 40 acres good agricultural lands and 13.6 acres approximately mixed summer grazing. Buildings include old ruin masonry farmhouse, milking shed, slotted cow shed and old cow houses. Lands in one block with good central service roadway.



Price Region: **€350,000**

PADDY O'KEEFFE

SUPERMARKET & GENERAL STORE

Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195 | Fax: 064 66 43105

Barry's Tea 160 bags
Only €5.50

Bold
XXXL Pack
85 washes
Only €18.99

Dulux Weathershield
Range of Colours
WEATHER SHIELD

Extra Light Wellington Boots
Only €45
Safety Boots Top Quality
Only €40

Full Range of Weed Killers,
Grass/Lawn Seed, Fencing
Accessories
+ Agri Hardware

Silage Wrap
and Netting

Dulux Paint Machine • 1000's of colours



Jerome O'Regan

AUCTIONEER & VALUER

T/F: 066 9761200 | M: 087 2833410

Email: jeromeoregan@eircom.net

Web: www.jeromeoregan.ie

CAHERNANE MEADOWS

Muckross Rd. Killarney

4 bed, south facing semi detached 2 storey in this very conveniently located private development. Only a very short walk to town centre and Killarney National Park.



PRICE ON APPLICATION



GET THINGS MOVING CALL DES ON 087 659 3427

AWARDS NIGHT AT KILLARNEY COMMUNITY COLLEGE

The annual awards night was a star-studded occasion in Killarney Community College this year as teachers, students and distinguished guests assembled for the annual ceremony.

Fionn Fitzgerald, former Kerry GAA co-captain, was the special guest presenter on the night. He gave a wonderful heartfelt and humorous speech to the assembled audience and provided a food for thought to the award recipients with his tips for life after school. Killarney Community College students received awards for areas such as Contribution to the life the school, Academic achievement, Sports, Arts and Design and Technology.

Colm McEvoy, CEO of Kerry ETB praised the school on its work ethic and complimented all involved on the high standard of work. On presenting the Awards school principal Fiona O'Brien commended all the recipients and the wonderful work of the teachers and staff for the awards night.

Brendan Wall was voted unanimously by the teachers as the student of the year. The Principals Award went to Marie Salova for her overall contribution to the school. Eoin O'Meara and Saoirse Kelly received the Senior Sports Awards as recognition of their outstanding contribution to sport in the school and in their respective clubs.

Oisín O'Shea won an award in the Junior Sports category in recognition of his sporting prowess. Ciaran Quigley won the Junior Arts Award, while Lucia Dzurkova received the Senior Arts Award. The Design and Technology award was given to Alexander Mantel. All were credited for their amazing talents in these areas.

Contribution to the life of the school Awards were presented to the "Build A Bank" transition year students Broghan Edmonds, Daniel O'Connor, Abigail Graham, Sarah Finnan, Mutaz ALmusawi, Nicole Riordan, Dominika Gwizdzinska and Dean Cronin. These students

worked closely with the Bank Of Ireland this term and their hard work paid off when they achieved the monumental task of getting 100 accounts activated in the school – this is a first for the second level schools in Killarney! A second award in the same category was given to Daniel Ciemeiga. Awards were presented to excellence for last years Junior and Leaving Certificate Exams – Daria Sitnik received best Leaving Certificate, Natalia Aleksejenko received Best Junior Certificate and three students received the best Leaving Certificate Applied award, Tadhg Moriarty, Michaela O Driscoll and Jakub Karpus.

The night was a great success with entertainment being provided by various musical acts, under the direction of music teacher Ms Joanna Hughes, throughout the evening. A wonderful sense of occasion was felt in Killarney Community College on this most important night for all involved.



COLM MCEVOY CEO KERRY ETB AND FIONA O'BRIEN, PRINCIPAL PICTURED WITH BRENDAN WALL, STUDENT OF THE YEAR ALONG WITH HIS PARENTS



MARIE SALOVA RECEIVES THE PRINCIPALS AWARD FROM FIONA O'BRIEN.



FIONA O'BRIEN PRESENTS THE STUDENT OF THE YEAR AWARD TO BRENDAN WALL.



JUNIOR SPORTS AWARD WINNER OISÍN O'SHEA RECEIVES HIS AWARD FROM FIONN FITZGERALD.



ALEXANDER MANTEL RECEIVES THE DESIGN AND TECHNOLOGY AWARD FROM FIONN FITZGERALD.

GREAT NEWS FOR KILLARNEY

100 new jobs are to be created by Killarney based manufacturing and engineering group Tricel with 40 of these to be situated in the company's headquarters in Killarney. The new

jobs, including graduate positions, will bolster the existing workforce of 250 based in Ireland, UK and France over the next 18 months and will strengthen operations in management,

engineering, R&D, product development, marketing and manufacturing. The 40 new jobs in the Killarney HQ will be worth an extra €2.4m to the local economy.

Make your Business

SHINE

...advertise with us.
Call Des on 087 6593427

CALL US NOW
to see if we can...

**INCREASE YOUR
INTEREST RATE**
ON YOUR DEPOSIT ACCOUNT

DERMOTCRONIN

TRUSTED FINANCIAL ADVISOR

Call **064 6622775** NOW
to arrange an appointment
Old Market Lane, Killarney.

- :: Deposits & Investments
- :: Pensions & Life Insurance
- :: Mortgages
- :: Income Protection & Serious Illness Cover

Dermot Cronin t/a Kerry Mortgage Centre is regulated by the Central Bank of Ireland.



KILLARNEY CREDIT UNION

HOME IMPROVEMENT LOAN

Pay Less for Your Loans at Killarney Credit Union



Comparisons as at 16 th April 2015 <small>Comparisons taken from consumerhelp.ie</small>	Killarney Credit Union Personal Loan	AIB Personal Loan	BANK OF IRELAND Personal Loan – Variable Branch	PERMANENT TSB Personal Loan Variable	ULSTER BANK Personal Loan
LOAN AMOUNT	€9,000	€9,000	€9,000	€9,000	€9,000
LOAN TERM- YEARS	5	5	5	5	5
APR	10.5%	13.0%	12.8%	12.5%	12.3%
MONTHLY REPAYMENTS	€191.35	€201.50	€200.68	€199.46	€198.64
TOTAL AMOUNT REPAYABLE	€11,475.61	€12,089.70	€12,040.75	€11,967.38	€11,918.51
TOTAL COST OF CREDIT	€2,475.61	€3,089.70	€3,040.75	€2,967.38	€2,918.51
How much do I save with Killarney Credit Union		€614.09	€565.14	€491.77	€442.90

- Renovations ● Attic Conversions ● Conservatories ● Painting ● Garages ● Tiling
- Fitted Kitchens ● Bathrooms ● New Heating ● Insulation ● Plumbing ● New Windows

Loans subject to approval. Terms and conditions apply. Killarney Credit Union is regulated by the Central Bank of Ireland

**Killarney
Credit Union**

BEECH ROAD t: 064 663 1344 f: 064 663 5440
PARK ROAD t: 064 663 7800 f: 064 663 7818
info@killarneycu.ie www.killarneycu.ie

WE LOOK AT THINGS DIFFERENTLY



400 COMPETITORS TAKE ON LAKES MARATHON

The breathtaking scenery of the Killarney National Park was the venue for The Lakes of Killarney Marathon and Half Marathon, two amazing races, set against the backdrop of spectacular views including Lough Lein, Ross Castle, the ancient Cooper Mine.

With Red Deer roaming the fields, the Competitors were definitely treated to a great event. Over 400 runners competed in the event which was organised by Alan Ryan, Hardman Events, based in Killarney. The atmosphere and feel good factor was hard to contain. Great competitive racing was very evident, with the very popular winner Fozzy Forristal from Lixnaw claiming overall winner of the Lakes of Killarney Marathon in a time of 02:58:51. Winner of the Half Marathon was Tony Harty in a time of 01:19:15. Winner of the Women's Marathon was Dolores Duffy, 03:39:09/

RESULTS FULL MARATHON

1. Fozzy Forristal 02:58:51
2. Denis Keane 03:02:20
3. John P Foley 03:03:44

WOMEN

1. Dolores Duffy 03:39:09
2. Annie Lardner 03:41:15

RESULTS HALF MARATHON

1. Tony Harty 01:19:15
2. Christopher Murnane 01:21:05
3. Martin Crowley 01:23:55

WOMEN

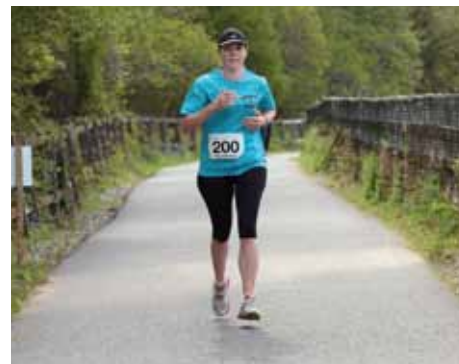
1. Lisa Griffin 01:34:26
2. Sinead O'Connor 01:36:48



LEADING THE WAY IN THE LAKES OF KILLARNEY MARATHON, SET AGAINST THE BACKDROP OF THE SPECTACULAR KILLARNEY NATIONAL PARK ON SATURDAY. ORGANISED BY HARDMAN EVENTS. PHOTOS BY: VALERIE O'SULLIVAN.



KAREN DOHERTY, KILLARNEY, DELIGHTED TO HAVE COMPETED IN THE LAKES OF KILLARNEY MARATHON, SET AGAINST THE BACKDROP OF THE SPECTACULAR KILLARNEY NATIONAL PARK ON SATURDAY.



COLLEEN COFFEY, BEAUFORT, COMPETING IN THE LAKES OF KILLARNEY MARATHON.



NIALL CLEARY, COMPETING IN THE LAKES OF KILLARNEY MARATHON.



MARGARET MCHUGH AND MARGARET FOLEY, KILLARNEY, COMPETING IN THE LAKES OF KILLARNEY MARATHON.



MARTINA FERNANE, AND LINDA O'CALLAGHAN, TRALEE, COMPETING IN THE LAKES OF KILLARNEY MARATHON.

ON YOUR BIKE FOR BARRADUFF NS

Cyclists, sports enthusiasts and repentant couch potatoes – it's time to get on your bike for a good cause. The 4th Annual 80 km Resource Cycle in aid of Barraduff National School will take place on Sunday 7th June 2015.

The Cycle will follow the same route as last year – from Barraduff school to Kilgarvan through Kenmare town, down Molls Gap into Killarney and finishing at Barraduff NS. Our regular cyclists tell us that this loop is the perfect preparation and practice spin for the Ring of Kerry Cycle in July. You can set your own pace or cycle with colleagues, friends or fellow cycling club members. It's short enough to be achievable and long enough to be challenging in a great supportive environment. Participants can park for free and register at

Barraduff National School from 7.30 am to 10 am on the morning of the Cycle and the cost remains the same at €20 per saddle occupant and €15 for teenagers aged 16 and over. Once again, Whytes Centra, Killarney Road, Kenmare will offer a discounted deal to hungry cyclists as they face the renowned climb up Molls Gap and our very welcome free water and encouragement station, sponsored by O'Donoghues Costcutters Shop, Barraduff Village. O'Sullivan's Cycles, High St, Killarney will be on hand to promptly deal with any punctures or repairs needed, while the Order of Malta, always professional and reliable, will be on duty for the duration of the event. Then it's back to the comfort of Murphys Bar in Barraduff for a sup and a sandwich, with a great tasty free

spread on offer, supplied by local parents and volunteer bakers. This year we have a very exciting raffle for 2 premium tickets to The Script in Croke Park on Saturday 20th July. Lines are available in local shops and pubs and on the day of the Cycle. So save the date in your diary and get training for this year's Cycle through some of the Kingdom's most amazing and breath taking scenery – you'll be so glad you did it! Barraduff NS Parents Council is hoping for a great turn-out this year to raise much needed funds for the school. We plan to present essential electronic teaching aids to the school for the benefit of all the children, and especially those with special educational needs.

O'CALLAGHAN COACH HOLIDAYS
"The Way to Get Away More... For Less"
O'Callaghan Coach Holidays have some wonderful Day Tours coming up:

KINSALE HARBOUR CRUISE, CHARLES FORT & GUIDED WALK - THURSDAY 28TH MAY
YOUR DAY TRIP INCLUDES:
 • Return Luxury Coach Transport • Expert Driver/Guide • Tea/Coffee and Scones
 Guided Walking Tour of Kinsale • Lunch • Cruise in Kinsale • Entrance into Charles Fort
 • Evening Meal

PRICE €85 pps

MAJESTIC SKELLIG ISLANDS - THURS 2ND JULY & SAT 8TH AUGUST
YOUR DAY TRIP INCLUDES:
 • Return Luxury Coach Transport • Expert Driver/Guide • Entrance into The Skellig Experience Visitor Centre • Lunch • Boat Trip around The Skellig Islands
 • Evening Meal

PRICE €95 pps

SNIPPETS OF KERRY - SAT JULY 11TH
YOUR DAY TRIP INCLUDES:
 • Return Luxury Coach Transport • Expert Driver/Guide • Tea/Coffee and Scones
 • Lunch • Skellig Experience Visitor Centre • Skelligs Chocolate Factory & Derrynane House • Evening Meal

PRICE €85 pps

DINGLE & THE WILD ATALNTIC WAY - THURS 16TH JULY & SAT 17TH OCTOBER
YOUR DAY TRIP INCLUDES:
 • Return Luxury Coach Transport • Expert Driver/Guide • Tea/Coffee and Scones
 • Guided Tour of Dingle Distillery • Lunch • Entrance into the Blasket Island Visitor Centre
 • Evening Meal

PRICE €85 pps

GO WILD AT FOTA WILDLIFE PARK - THURS 9TH JULY & THURS 13TH AUGUST
YOUR DAY TRIP INCLUDES: • Return Luxury Coach Transport
 • Expert Driver / Guide • Admission to Fota Wildlife Park

PRICE €45 Adults PRICE €40 U16

DAY TRIP TO TAYTO PARK - FRI 24TH JULY & THURS 20TH AUGUST
YOUR DAY TRIP INCLUDES: • Return Luxury Coach Transport
 • Expert Driver/Guide • General Admission to Tayto Park

PRICE €55 Adults PRICE €50 U16

For further information contact:
 O'Callaghan Coach Holidays 064-6631095 Email: info@o'callaghancoachholidays.ie
 Website: www.o'callaghancoachholidays.ie
 To receive a free brochure please text your name and address to 087-2611188

SENATOR WINDOWS

t. 1850 77 44 55 / 064 66 31195

FREE BACK DOOR WITH ANY ORDER OF 10 WINDOWS
 Offer extended to 30th June due to high demand

O'Carroll Windows & Doors
 Tralee Rd, Killarney, Co. Kerry

WINDOWS | DOORS | CONSERVATORIES

CLEARY'S PHOTOGRAPHY

Great Family Photography at Great Prices,
 Family portrait vouchers on sale
 13 Russell st, Tralee ph 06671-22761
 WWW.CLEARYSPHOTOGRAPHY.COM

Bathrooms4u
 Quality make-overs, amazing prices

Complete bathrooms from €3,999

Get an affordable fully-fitted bathroom in just five days

- One fixed price – no extra charges
- One team of qualified tradespeople
- One working week
- One year warranty on work and ware

One great deal!

HRI REGISTERED CONTRACTOR

Right Price Tiles Centre, Manor West, Mile Height, Tralee
 066 719 7009 • 085 860 6966 • www.b4u.ie

BLANK CANVAS KICK STARTS K-FEST

The beach at Rossbeigh turned into a canvas for artists and organisers involved in K-Fest at the weekend. They created a unique land art piece at Rossbeigh Beach along the Wild Atlantic Way to help kick off the Arts and Music Festival that runs from Friday May 29th to Monday June 1st. The sand art drawing was based on the design of 11 year old Killorglin local Ella O'Grady, who won the K-Fest Kids Colouring Competition held in April.

The giant 200 ft by 200 ft 'K' took 10 committed artists just 6 hours to complete, drawing in the sand with rakes. This ephemeral land art piece was washed away with high tide 2 hours after its completion.

Festival organiser, artist Neil Browne said "This is part of the charm of art; it is creative, brings people together and doesn't always have to be lasting, beauty is fleeting"

Artworks from emerging local, national and overseas artists will be showcased at 25 unique venues throughout Killorglin for the four-day festival.

K-Fest will also supply a jam-packed family programme containing lots of entertainment and creative workshops for children and their



families to enjoy, celebrating nature and all things magical.

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

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

CREMURS LAUNCH NEW WEBSITE AHEAD OF ONE DAY SALE



KIERAN DONAGHY WHO LAUNCHED THE CREMUR WEB PAGE ON FRIDAY EVENING AT CREMUR, TRALEE WITH KIERAN WERE, DARRAGH AND NESSAN CREAN (DIRECTORS) AND WILLIAM KIRBY (TRADE MANAGER). PIC: JOE HANLEY.

Cremur have launched their brand new website Cremur.com with the help of Kerry captain Kieran Donaghy. To celebrate they are holding a massive 1 Day Sale this Saturday 23rd – with

Doors opening from 9am until 6pm.

Established in 1982 and located on Upper Rock Street all their Bathroom Ware, Tiles, Flooring and much much more will be reduced by up

to 80%. Customers will also get the chance to avail of Cremur's unique One-Stop-Shop supply & fit service. So whether you're on the market for a Bathroom Renovation or a Stove installation Cremur can help you make your house your home.

Speaking to the Outlook Darragh gave us an idea of their varied range of stock and services "At Cremur you will find a comprehensive range of Stoves, Fireplaces, Bathrooms, Tiles, Timber Flooring and much more. We are committed to changing the way you think about home. Like you, we are passionate about good design and passionate about nurturing relationships with designers and craftsmen so that we can deliver those designs to you at prices that will help you Make Your House Your Home. Our recently refurbished showrooms in Rock Street, Tralee now stocks a large range of tiles, bathroom suites, flooring along with a huge selection of stoves and fireplaces to choose from. So call in and let us help you."

So call into Cremur this Saturday 23rd to see their fantastic offers and also check out their new website www.cremur.com it has a "Star" feel to it.

SUMMER BRIDGE

Bridge continues each Monday evening (except Bank Holidays) at 7.30 in The Glen Eagle Hotel. All are welcome.

KILSARCON CEMETERY MASS

Mass for all those buried in Kilsarcon Cemetery, Currow on this Tuesday, May 26th at 8pm.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook



Featuring the best emerging national and international talents in music and the arts

140 Visual Artists, 22 Pop-Up Galleries, 25 Live Bands, DJs, Silent Disco, Youth Gig, Secret Cinema, Short Films, Pop-up Drama, Poetry, Regatta, Kids Arts & Film Events, Street Entertainment, Interactive Art, The Screaming Pope Prize & much more...

This ad coupon entitles you to a 10% discount on tickets during K-Fest 2015. Bring this coupon when buying tickets at the K-Fest office or at the venue. OLW



#ilovekfest

www.kfest.ie



XL Castlemaine | Hannah Mary's XL Cromane | Breen's XL Kilgobnet

The One-Stop-Shop for Locals

A VIBRANT GROCERY & RETAIL STORE THAT:

- CATERS FOR THE EVERYDAY NEEDS OF THE LOCAL COMMUNITY
- HOT FOOD OR COLD CUTS IN OUR DELI
- TEA OR COFFEE
- LOTTO
- CONVENIENTLY LOCATED NEXT TO THE POST OFFICE

OFFERS OF THE WEEK

Family Value 9 pack toilet roll **€2.50**



Family Value Fire logs **2 for €3.00**



Kellogg's Special K 400g **€3.00**



Pot Noodle Range **€1.00**





payzone

Payzone terminal for mobile phone and electricity card top ups

XL Castlemaine, Main Street, Castlemaine, Co. Kerry. Tel: 066 9767715
Open: Monday to Saturday 8:00am -8:00pm | Sunday 9:00am - 8:00pm

CATHRIONA IS A CUT ABOVE THE REST!



CATHRIONA'S HAIR SALON.

Hairdresser to the stars Cathriona Rohan opened open her second salon Cathriona's Hair Salon this week in Tralee town. The investment into Cathriona's Hair Salon in Tralee is almost €20,000 and isn't your typical salon as Cathriona has designed it to have a boutique and vintage, yet homely feel that is very welcoming and fabulously girly. The new salon has created 8 new jobs, 5 full time positions, and 3 part-time positions.

Cathriona and her team are acclaimed in Munster for the services they offer including, Great Lengths hair extensions. Recently Cathriona was launched into the spotlight on a national level when TV presenter and icon Miriam O'Callaghan chose Cathriona to apply the famous Great Lengths hair extensions for her. Miriam recalls "I met Cathriona when she did my hair for an RTE

Guide cover last summer which was shot in Dingle. Cathriona mentioned extensions might really suit my hair and that she does them so I said great and she put them in the next time I was in Dingle on holidays. Cathriona did a superb job, and I love them. They give my hair lots of bounce and are really easy to handle, so thank you Cathriona."

Cathriona, who has over 27 years of experience in the industry, already has a successful salon by the same name in Castlegregory, which has been in operation for over 12 years and has attracted customers who travel from all over the country for Cathriona's services.

The new salon, located on Mary Street in Tralee, will open at 9.30am on Tuesday 19th May and will be open Tuesday through to Saturday every week, with late night appointments available on Thursday and Friday evenings.

As well as Miriam O'Callaghan, Cathriona has a host of famous clients including TV personality and fashion icon Celia Holman Lee and designer Claire Garvey. She has also worked with numerous model agencies and on various runway fashion shows, TV shows and events including The Rose of Tralee, TV3 Ireland:AM, Simply Be competition, and the Dublin Fashion and Cradle event, to name but a few.

For more information see www.cathrionashairsalon.com.

COMMUNITY SUPPORT GRANTS WELCOMED

Independent Councillor Michael Cahill has welcomed the following grants for organisations in the Mid Kerry area. The local Councillor said this is the first year of Kerry County Councils Community Support Fund and the funding will assist these organisations in carrying out important work such as enhancing their areas, purchasing equipment and materials, promoting local festivals, developing new projects and overall improvements to existing ones.

Among those allocated grants were

Nagle Rice Community Centre, Milltown €10,000

Beaufort Tidy Towns - €1,000

Killorglin Cycling Club - €1,500

Beaufort GAA Club - €500

and McGillycuddy Reeks Mountain Access Forum.

HSE URGES PEOPLE WHO TAKE PART IN OUTDOOR PURSUITS TO PROTECT AGAINST LYME DISEASE

The HSE Health Protection Surveillance Centre urged people who take part in outdoor pursuits to protect themselves against Lyme disease, which is spread by tick bites. Lyme disease can, in a minority of cases, cause severe debilitating heart and nervous system disease.

As people are more likely to engage in outdoor pursuits in the summer months, ramblers, campers, mountain bikers, and others who work and walk in forested or grassy areas must be vigilant against tick bites, says HPSC specialist in public health medicine, Dr Paul McKeown.

"Ticks are tiny insect like creatures that feed on the blood of mammals and birds and will also feed on humans and occasionally dogs. Ticks are more numerous and more active in the summer months and protecting against tick bites protects against Lyme disease.

"Tick bites can be prevented by:

Wearing long trousers, long sleeved shirt and shoes

Using an insect repellent

Checking skin, hair and warm skin folds (especially the neck and scalp of children) for ticks, after a day out

Removing any ticks and consulting with a GP if

symptoms develop

If you have been walking your dog, check him/her too

"If you find a tick, remove it - consult your GP if symptoms develop. Only a minority of ticks carry infection. Ticks generally have to be attached to a person for a number of hours before passing on the infection, so rapid removal of ticks is important. If a tick is removed within a few hours, the risk of infection is low. The entire tick, including any mouthparts which might break off, should be removed with a tweezers by gripping it close to the skin. The skin where the tick was found should then be washed with soap and water and the area checked over the next few weeks for swelling or redness.

"When infected many people have no symptoms at all. In Europe, between 5% and 25% of the population (depending on which country you are in) have antibodies in their blood to Lyme disease, meaning they have been bitten by an infected tick at some stage in their lives. The commonest feature is a rash, which occurs in about three-quarters of patients. This rash generally develops between 3 days and a month after a tick bite. It can last up to a month and be several inches in diameter. People can



also complain of flu-like symptoms such as headache, sore throat, neck stiffness, fever, muscle aches and general fatigue.

Occasionally, there may be much more serious complications involving the nervous system, joints, the heart or other tissues. Anyone who develops a rash or other symptoms should visit their GP and explain that they have been bitten by a tick. Lyme disease is diagnosed by medical history and physical examination. Diagnosis can be difficult if there has been no rash. The infection is confirmed by special blood tests.

Further important information to protect against Lyme disease is available on the HPSC website <http://www.hpsc.ie/A-Z/Vectorborne/LymeDisease/>

MAY MADNESS

SUITS SELECT

Suit, Shirt, Tie, Shoes & Belt

Only
€175

"BACK DUE TO
POPULAR DEMAND"

*FOR ONE MONTH ONLY



Unit 2 | Manor Park | Manor West | Tralee | Tel: 066 7192102



MIKE GALLAGHER KERRY PARENTS AND FRIENDS ASSOCIATION (FRONT RIGHT) ACCEPTING A CHEQUE FOR €7981 FROM THE BIDDY GROUP PAUL CREMIN, NUALA O'DOHERTY, SARAH GRIFFIN, EILEEN SCULLY, NOREEN CASEY, TIM KISSANE, MARGARET MOYNIHAN, PATIE AND KATHLEEN MORIARTY, JOHN COFFEY, MARY KISSANE, PAUDIE KISSANE, NOEL LUCEY, DONIE DOHERTY, PHIL HANIFIN AND MIKE KEARNEY AT THE HOLIDAY INN, KILLARNEY.



ANN DALY, GORTACOPPAL, SCARTAGLIN, KILLARNEY PICTURED WITH HER SIX DAUGHTERS ON THE OCCASION OF HER 90TH BIRTHDAY IN THE BREHON HOTEL.



KILLORGLIN MENS'S SHED CHOIR WHO PERFORMED A FREE CONCERT RECENTLY IN SAINT MARY'S CHURCH OF IRELAND KILLARNEY PICTURE BY MICHAEL G.KENNY



CELEBRATING THEIR 20TH BIRTHDAY CELEBRATIONS, THE MANAGEMENT & STAFF AT DALY'S SUPER VALUE L-R BEFERGE BALLADARES, MARIAN LYNE, ANNA GABRYELSKA, IRENE O'CONNOR, MANAGER MICHAEL O'BRIEN & EALUARDO MALON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



A GROUP OF CHILDREN, PARENTS AND TEACHERS FROM GAELSCOIL FAITHLEANN, KILLARNEY, WHO TOOK PART IN THE SIULOID CHOISTE NA dTUSIMTHEOIRI (PARENTS COUNCIL FUNDRAISING WALK) FROM THE CASTLEROSSE HOTEL AND THROUGH KILLARNEY NATIONAL PARK LAST SUNDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



SEAN TAAFFE, (FOURTH FROM RIGHT) WHO WON A BRONZE MEDAL IN THE FULL FASHION CATEGORY (CUT AND COLOUR CATEGORY) AT THE OMC WORLD ASIAN CUP OPEN THIS WEEK.



JOAN GOODWIN, WHO CELEBRATED HER BIRTHDAY RECENTLY.



GAVIN BARRY, GNEEVEGUILLA NS, PICTURED ON HIS COMMUNION DAY WITH HIS MUM LOUISE, DAD PATRICK, BROTHER AARON & SISTER KENSA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Star Seafoods Ltd

High Street, Killarney
064 6633607 | 6641755 | 087 9063351

Our Fish Shop is Open 6 days a week from 9am-4pm
Saturday 9am-2.30pm

We are located in the lane opposite to Keanes Jewellers



We Supply a fine variety of Fresh Local Catch Seafood on a Daily Basis.

- All Fish can be Boned & Filleted to your liking •



Make the most of your Fish Dish by picking up our **FREE Recipe Book.**
Now available in our shop.

Fully Licensed Restaurant & Bar

Treyvand's

Open 7 nights a week for Dinner

LUNCH
Tuesday - Sunday

Find us on Facebook | Reservations: **064 66 33062**
62 High Street, Killarney Fax: 064 66 22793

SARAH JAYNE

LINGERIE - NIGHTWEAR - SWIMWEAR

Holiday Time?
Pick up your swimwear-leisurewear at **Sarah Jayne**

Measuring Service Available & Gift Vouchers

ROSUREL MAISON LEJABY ROSA FAIA Charmline
25 New Street, Killarney, Co. Kerry | Tel: 064 66 33224
GIFT VOUCHERS AVAILABLE



Southwest Drains

ENVIRONMENTAL SERVICES

Pipe Relining and Patching Specialists



WORKING TOGETHER FOR A BETTER ENVIRONMENT

Southwest Drains is the leading Irish owned provider of next generation environment solutions to the national, commercial and domestic markets

Trenchless Technology • Hydro-Jetting • CCTV Inspections
Pressure Testing • Leak Detection • Grease Management.

Abbeydorney, Tralee, Co. Kerry
Tel: 066 7135677 | 087 2787617 | 086 8328106
Email: swdrains@hotmail.com

Kingdom Installation.Ltd

GRANT AVAILABLE FOR:
Cavity wall • Attic • Dry-lining • BER
REDUCE HEATING BILLS BY 60%
Quick and easy to install

Apply with us for Enprova Grant. More convenient for homeowners.
Hassle Free. Immediate Grant payout

CALL US, FOR FURTHER INFO & YOUR FREE QUOTATION



CAVITY WALL INSULATION • ATTIC INSULATION

KERRY 066-7135991 fax: 066-7135677
LIMERICK 061-320953
TIPPERARY 062-72761

NSAI APPROVED MEMBER

www.kingdominstallation.com
email: enquiries@kingdominstallation.net

Communions in Killarney



JACK AND CONNOR O'KEEFFE WHO MADE THEIR COMMUNION ON SATURDAY WITH FIRIES NATIONAL SCHOOL. PICTURE: TARA DONOGHUE.



GRACE MULLALLY, BARADUBH NS, PICTURED AT THE KILLARNEY PARK HOTEL ON HER COMMUNION DAY WITH HER BIG BROTHER RYAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SEAN DALY, FIRIES NS, PICTURED AT THE MALTON HOTEL ON HIS COMMUNION DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



WILD THING... SEODHLA COLLERAN, HAVING A GREAT TIME AMONG THE WILD GARLIC AND BLUE BELLS ON HER HOLY COMMUNION DAY IN KILLARNEY NATIONAL PARK. PHOTO: VALERIE O'SULLIVAN.



PADRAIG O'NEILL & MICHAEL MAHER WHO CELEBRATED THEIR FIRST HOLY COMMUNION IN THE OUR LADY OF THE VALLEY CHURCH BLACK VALLEY WITH THEIR TEACHERS SINEAD O'CONNOR & ANN MARIE COFFEY. PICTURE: MICHAEL G.KENNY



CULLINA SCHOOL BEAUFORT COMMUNION CLASS WHO HAD THEIR FIRST HOLY COMMUNION LAST SATURDAY PICTURED WITH FR DONAL O'CONNOR. KATE MANGAN, ROBYN LANDERS, AVA CASEY, JOHN MURPHY, LEANNE COFFEY, KATIE O'DONOGHUE, AISLING O'SULLIVAN, PADRAIG CASEY, LILY NI CHEIRIN, EOIN O SULLIVAN. BACK LEFT TO RIGHT EANNA COFFEY, EIMEAR COFFEY, EMMA O'SULLIVAN, CLODAGH FOLEY, APRIL O'REILLY, ALICIA COFFEY, DAIRE KINGSTON, CIARAN DOYLE, THOMAS HEALEY, GRAÏNNE KENNEDY AND TIMMY GALVIN. TEACHER CATHERINE O'SHEA, AND MOIRA CRONIN PRINCIPAL. PIC JOHN O'SULLIVAN KILLARNEY PHOTOGRAPHIC.



SORCHA BLACKWELL WHO MADE HER COMMUNION ON SAT, WITH HER PARENTS GER AND EIBHLÍS AND HER BROTHER FINÁN IN MUCKROSS. PICTURE: BRENDAN SLATTERY



SORCHA BLACKWELL WITH HER COUSIN BRAYDEN SLATTERY WHO BOTH MADE THERE COMMUNION RECENTLY. PIC BRENDAN SLATTERY

Looking good... Feeling Great!

LYNCH'S PHARMACY

CASTLEISLAND. TEL: 066 7142479

GUERLAIN



20% OFF ALL GUERLAIN

INCLUDING FRAGRANCE

ON FRIDAY 29TH AND

SATURDAY 30TH MAY



Advanced Chiropractic & X-Ray Clinic

Tel: 064 6636835

Expert care of:

- Back pain • Neck & Joint pain
- Sciatica & Disc injuries
- Whiplash & Headaches • Scoliosis

Digital X-Ray Facilities

TOG Gaitiscan Foot Analysis

Park Clinic Medical and Wellness Centre, Park Road, Killarney (Above Daly's Supervalu)

Dr. Lyndsey O'Leary

BSc Hons Chiro, DC, MCAI



Email: tasminf1@gmail.com

www.killarneychiropractic.com

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



WHY YOU SHOULD LOVE JOGGING

Now with the summer at our doorstep its never been a better time to dust off those jogging shoes & get out in the fresh air for a run. And here are a few motivational tips to help encourage you to get started....

SAY GOODBYE TO YOUR BELLY:

Dublin University researchers report that a 10 stone adult burns 391 calories in 30 minutes of running, compared with 277 calories while Cycling, and 272 calories while playing tennis, Translation? You blitz your belly up to 40 per cent faster.

BULLET PROOF BONES:

Fifteen minutes of light jogging just three times a week is all it can take to reduce your risk of developing osteoporosis in later life by up to 40 per cent, according to research from the National Osteoporosis Society.

BLITZ BODY BLEMISHES:

Running tones the buttocks and thighs quicker than any other Exercise, which literally squeezes out the lingering fat, "according to Dr James Fleming, author of Beat Cellulite Forever.

MORE NEXT WEEK...

MORE TIPS NEXT WEEK...

FITNESS WITH EDELE

087-7643449

WWW.FITNESSWITHEDELE.COM

OUTLOOK FASHION TIP:



EDIT YOUR CLOSET

Clothes need breathing room! You should be able to see every item without rummaging. Consider donating anything you haven't worn in the past year.

DIET TIP SPICE IT UP

Add spices or chillies to your food for a flavour boost that can help you feel satisfied. Food that is loaded with flavour will stimulate your taste buds and be more satisfying, so you won't eat as much.



Beauty Tip

For Beautiful Brows

Soften skin before tweezing by dabbing with a cotton ball soaked in warm water or cream.



SIGNS OF HEARING LOSS

AUDIOLOGY MEDICAL SERVICES is a family-run premier independent hearing healthcare Practice who offer professional advice for patients and their referring Specialists. In Kerry, we are located at the Bon Secours Hospital and Scotia House, Tralee.

In this week's information feature, we discuss and outline the very important signs of hearing loss. If you think you may have hearing loss or if you recognise any of the signs we have discussed, get yourself tested. Hearing loss due to diabetes is typically a high frequency sensorineural (nerve deafness) hearing loss. This type of loss is not curable but can be treated successfully with hearing aids.

THE SIGNS OF HEARING LOSS INCLUDE:


- Frequently asking for others to repeat themselves.
- Feeling as though others are mumbling.
- Turning up the volume on the TV or radio.
- Problems hearing in busy places or with multiple people.

The earlier a hearing loss is diagnosed, the earlier it can be treated, the less dramatic an effect it will have on your life. We now know that untreated hearing loss has a negative impact on general health emotional well-being and quality of life, conversely, treating hearing loss has a very positive impact on quality of life. There are also mounting concerns of a link between untreated hearing loss and cognitive issues such as Dementia and Alzheimers.

The main point being for diabetics, the sooner the hearing loss is treated the better. So if you or a loved one has diabetes, ensure a hearing test is part of your routine medical check-ups. If you are worried about hearing loss, don't hesitate to give us a call. We can help you find out exactly what is going on with your hearing in a no pressure open environment.

Audiology Medical Services at the Bon Secours Hospital and Scotia House Tralee is Kerry's only independently audited hearing centre of excellence. AMS is the exclusive supplier of the Lyric Hearing Aid which can be worn 24/7, even in the shower and without having to change batteries.

FOR FREE TRIAL OF THE LYRIC HEARING AID, CALL 1800 501 501.



SUNFLOWER

Thai Therapy Centre

Open Mon-Sat 10am - 8pm
T: 064 66 95407/087 6010148/089 4580560
26 Glebe Lane (off Plunkett Street), Killarney.

ASIAN MASSAGE - DEEP TISSUE

- Balinese
- Malay
- Thai
- Sports Injuries
- Foot Reflexology
- Cellulite Slimming Including Massage
- Thai Face Lifts
- Pregnancy

Gift Vouchers Available
€40/hour for New Opening
www.sunflowerthaitherapycentre.com

Killarney Massage Therapy Centre

Advanced Clinical & Sports Massage

Specialist treatment of soft tissue manipulation for the treatment of chronic pain or sports injuries.




1 hour massage only €50
90 minute massage only €70
First massage includes **FREE** consultation and assessment

At KMTCC we incorporate a range of advanced bodywork techniques such as Myofascial Release, Trigger Point Therapy, Sports Stretching, Hot and Cold Therapy and STR (Soft Tissue Release) for the effective relief from:

Neck & Shoulder Pain, Low Back Pain, Sciatica, Piriformis Syndrome, Headaches, Leg & Foot Pain, Fibromyalgia, Rheumatoid Arthritis, Frozen Shoulder, RSI's, Scar Tissue, Pregnancy Related Discomforts & much more.

Call 087-2922851
to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),
Park Rd, Killarney
www.killarneymassagetherapycentre.ie



ANGSANA

Spa

Your Spa Journey Awaits...
THE BREHON
KILLARNEY

Melt Away Midweek

60 minute visit in the Vitality Suite
60 minute massage or 60 minute facial
30 minutes of Relaxation Time to enjoy
freshly prepared ginger tea & fruit.
€79^{pp} Tues-Thurs ONLY

Spa Treats for Two

60 minute visit in the Vitality Suite
30 minute de-stressing back energy massage
& 30 minute mini-facial
30 minutes of relaxation time to enjoy freshly
prepared ginger tea & fruit
Afternoon Tea for Two People
€99^{per person} available 7 days a week

Terms & Conditions: all rates and package details are subject to change without prior notice. Packages are valid until June 30th 2015.

For reservations, please contact us on
064-6623980
or email angsanaspa@thebrehon.com

Christy Burlington Burns



IMEDEEN® Skin Scanning Event LYNCH'S PHARMACY

Castleisland

Friday 29th May 2015 from 10am to 6pm

Tel: 066 7142479 **TO BOOK YOUR
FREE SKIN CONSULTATION**

Let your beautiful
skin come
from the inside

BUY 60 DAYS
GET 30 DAYS
FREE*

See in store for details.

IMEDEEN® skincare tablets are
scientifically proven to reduce signs of
aging by enriching your skin from within

IMEDEEN® is offering skin consultations using
ultrasound technology to measure the elastin and
collagen levels in the deep dermal layer of the skin

For more information go to www.imedeen.ie



IMEDEEN®

Beautiful skin begins within



MILLTOWN DENTAL PRACTICE
€60 Hygienist Available

FREE EXAM

voucher with every Hygienist
Appointment made

Medical Card, PRSI &
Private Patients all welcome

Open Mon - Sat: 9am - 6pm
Late evening appointment available
Milltown Dental Practice - 066 976 5635

milltowndentists@eircom.net | www.dentistskerry.ie

For more information or to arrange an appointment
PLEASE CONTACT: 066 9765635

Galvin Physiotherapy Clinic

21 Clover Lane | College St. | Killarney | Co. Kerry

Tel. 064 66 23100 | Fax. 064 66 23111

Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

- Manual Therapy
- Sports Injuries
- Biomechanical Assessment
- Dry-needling
- Orthotics



Jimmy Galvin MISCSP MCSP
Chartered Physiotherapist

Approved by all major Health insurance providers.



Katie Purtill MISCSP
Chartered Physiotherapist

Approved by all major Health insurance providers.

PILATES CLASSES

Beginner & Intermediate available



**Galvin Physiotherapy
Clinic**



★ DO YOU HAVE ONGOING LOWER BACK PAIN?

★ DO YOU FEEL YOU HAVE A WEAK BACK?

...if this is the case Pilates are an effective treatment and
management technique for these and many more conditions.

For further information speak to Katie on: 064 6623100
Men Only Classes Are Available



ENERCON. Where everything revolves around **your future.**

Represented in 36 countries, ENERCON is one of the world's leading wind turbine manufacturers. If you want to become a member of our team, **now is the time to apply!**

Field Service Technician

Location: Base of Millstreet, Co. Cork

Your tasks

- Service, maintenance and repair of ENERCON wind turbines in the surrounding areas from the base location
- Responsible for a variety of state of the art electrical, electronic and mechanical equipment
- Maintain excellent communication with all departments
- Responsible for completing all computerised documentation
- Weekend emergency call out service and late shift work involved

Your profile

- Qualified as an electrician with experience working in either the power generation, aerospace, industrial, agricultural or automotive industries
- Previous experience working on wind turbines is an advantage
- Full clean driving licence and Safe Pass Card are essential
- Flexibility and high mobility required - willingness to travel to meet the companies' requirements
- Have a positive, pro-active approach to working in a team environment along with excellent organisational and interpersonal skills
- Physically fit and comfortable with heights
- IT Skills essential

The initial training for this position will take place in one of our existing service areas in Ireland for a minimum period of three months where accommodation will be provided to the successful candidate.

Service technicians work in teams which are provided with a company vehicle from the base, work tools and the appropriate working clothes.

If you are interested in this position with ENERCON, please send a Cover Letter and CV, indicating your salary expectations and your earliest availability, to the contact details below - email applications preferred.

ENERCON Windfarm Services Ireland Ltd.

Attn. Ms. Katie Kerin (HR Manager)

Kerry Technology Park • Tralee, Co. Kerry

Tel: + 353 66 7178216 • E-mail: service.ie@enercon.de

www.enercon.de/career



LIVE WELL, FEEL WELL, MOVE WELL

All courses will be delivered by Sara Cooper who has over 14 years experience of yoga practice, meditation, mindfulness, in-depth anatomy and bodywork training and a self proclaimed wellness junkie since her teens. These courses represent the accumulation of years of practice and learning and will be delivered to help you find freedom and wellness in your body and mind no matter the course you choose. Classes are strongly based on Yoga Tune Up® philosophy, with a strong emphasis on biomechanics to build strength and long lasting structural change. Learn to find your body's blind spots and areas of your body that

Tuesday 26th May - 6.30pm - Beginners and Improvers Yoga Course

This is a 6 week course suitable for the complete beginner to yoga and also for those who would like a refresher. This course will serve as a perfect introduction to yoga asanas, (learning safe alignment for each posture and including both active and passive postures for strength building and also deep relaxation), meditation, breathing practices, relaxation and yoga philosophy. This will be a progressive course leaving you feeling confident with the fundamentals.

8pm - Continuation Class: For those looking for a more challenging class. Each week we will be working towards a peak pose where we will be breaking down the key actions and creating a safe journey towards the pose, with an emphasis on creating more mobility and finding your body's blind spots through unique variations of traditional yoga postures.

Wednesday 27th May - 6.30pm - Back Care Course

This is a great class if you have any concerns about your back or just want to join a class where this area of the body is catered for. We will discover what really constitutes "the core", learn corrective exercises, self massage and learn correct alignment for you and your back. This course will offer modifications to suit any level and will be respectful of your physical boundaries at all times whilst looking to increase your mobility, health and awareness of your spine.

8pm - Prenatal Yoga: During this 6 week yoga course you will learn optimal postural alignment, the myths surrounding the pelvic floor will be revealed, self massage to relieve any pregnancy related aches and pains, yoga postures both active and restorative, breathing techniques, relaxation and so much more. If you want to not only enjoy your time during pregnancy but to thrive this is the course for you.

All above courses are held as 6 week courses at The Travel Inn, Fossa and investment for each course is €60 excluding the Prenatal Yoga course which is €70.

Limited number of places are available for each course and class sizes will be kept small for individual attention.

To book your space please
CALL SARA 087-2922851

www.killarneymassageandtherapycentre.ie



TRAINEE ACCOUNTANT

Peevers Slye Cotter is now recruiting a trainee accountant to join their accounting/business advisory practice in their Killorglin office.

The successful candidates must have:

- A degree and a proven strong academic record or Accounting Technician.
- A desire to pursue a professional career in accountancy.
- Computer Literacy
- Excellent verbal and written communication skills.

Applicants should forward their CV no later than
Friday the 5th June to:

Beech Tree House

Market Street, Killorglin, Co Kerry.
Telephone 066-9761275 • Email: dflynn@psc.ie



KILLARNEY
www.ksoe.com **SCHOOL OF ENGLISH**

HOST FAMILIES NEEDED

Killarney School of English is looking for host families to host English language students:

**CHILDREN, TEENAGERS OR ADULTS
THIS JUNE, JULY AND AUGUST**

**PLEASE CALL SHEENA AT
064-6636630 (MON TO FRI)/087-1902596**



DERMOT MORIARTY
CELEBRATING 25 YEARS OF SOUNDS
COUNTRY ON RADIO KERRY

THIS SATURDAY NIGHT

JOIN IN THE FUN AND DANCE
OR JUST SIT AND ENJOY THIS SPECIAL OCCASION
AT THE GLENEAGLE HOTEL
SATURDAY MAY 23RD

★ PJ MURRIHY ★ MICHAEL COLLINS
★ KEVIN PRENDERGAST ★ PATRICK O SULLIVAN
★ MICHAEL O BRIEN AND PHILOMENA MCGOVERN
★ EDDIE LEE AND JAMES KELLEHER
★ CATRIONA O DONOVAN AND MICHAEL BUCKLEY
★ PLUS DERMOT MORIARTY

ENJOY 4 HOURS
OF DANCING TO
IRELANDS BEST
ENTERTAINERS

TICKETS
€15

DOORS OPEN AT 8PM | DANCING AT 9PM SHARP | PAY AT THE DOOR
EXCITING DOOR PRIZES | COME EARLY



ALAIMH
COUNSELLING & PSYCHOTHERAPY
MINDFULNESS & WELLNESS

FIRST SESSION FREE

KILLARNEY MEDICAL CENTRE, NEW STREET,
KILLARNEY.

WORKING WITH CHILDREN, ADULTS, COUPLES.
FULLY ACCREDITED

CONFIDENTIAL, NON JUDGEMENT SERVICE

ALL ISSUES DEALT WITH:
Depression, Anxiety, Stress, Panic Attacks,
Addictions, Sexual Issues, Bereavement, Grief,
Loss, Suicidal Thoughts, Self Harm, Phobias, O.C.D,
Anger Management, Mindfulness, Visualisation, Inner
Child, Support during illness, Work Stress.

Call today to make a positive step in your life

TEDDIE DRUMM BA
087 1656050
alaimhcounselling.ie | alaimh@yahoo.co.uk



SORRENTO
Including Isle of Capri/Amalfi Coast Pompeii

8th - 17th SEPTEMBER, 2015
4 STAR HOTEL

Contact: Maureen Harty
Tel. 066-7131828
PREMIER TRAVEL
Tel. 021-4277700

PREMIER TRAVEL



FREE Car Park.
100% Irish owned.

Kingdom BINGO CLUB at
20 Pembroke Street, Tralee.

Open Tuesday, Thursday, Friday and Sunday from 6pm.
Free Sheet @ 6.55pm, Main Game at 8.05pm

Over €2000 In House Cash Prizes must go every night!
Linked games available for prizes up to €2500


OUR BEST JACKPOT YET!
IN HOUSE JACKPOT AT €2000 IN 51 CALLS -
THE NUMBER OF CALLS WILL INCREASE BY
ONE NUMBER EVERY SINGLE NIGHT WE ARE OPEN!

Strictly
over 18's



Kerry ETB Training Centre

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



Food Preparation and Cooking Course (ET20D) - Tralee.
This course is for people who wish to pursue careers in professional cookery. Participants will learn the practical skills and underpinning knowledge of safety at work and food safety, menu planning and costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Date:** 18th May 2015. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma in Food Preparation and Cooking.

IT Support Specialist Traineeship (ETS78) - Tralee Training Centre.
This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 18th May 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Radio Broadcasting Foundation (ET41Z) - Tralee.
This course is an excellent starting point for people who wish to pursue careers in the radio broadcasting industry. It's an entry level course designed to give the participants a comprehensive foundation in a number of the everyday tasks carried out in a radio station. **Start Date:** 22nd June 2015. **Duration:** 8 weeks. **Certification:** City and Guilds Units of Credit in Researching, Recording & Presenting Information and in Radio Studio Production.

Outdoor Activity Instructor Traineeship (ETS64).
The Outdoor Activity Instructor Traineeship is designed to provide the outdoor adventure tourism and education sector with personnel who have the knowledge, skills and competencies to work in the adventure sports industry. **Duration:** 44 weeks. **Start Date:** 27th July 2015. **Certification:** FETAC Level 5 Certificate in Outdoor Activity Instruction.

Legal Administration Traineeship (ETS07) - Tralee Training Centre.
This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 10th August 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Wind Turbine Maintenance Technician Course (TR36R) - Tralee
This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification. **Start Date:** 10th August 2015. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of tickets relevant to the industry.

Sports Recreation & Exercise Course (ETK69) - Killarney.
If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24th August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Java Associate Course (ET0R7) - Tralee.
This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn the knowledge and skills needed to develop applications in Java. The course covers the system development life cycle, application development, project work, job seeking skills, and 10 weeks in-company work experience. **Start Date:** 31st August 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Killarney.
This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. **Start Date:** 31st August 2015. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificate in Bookkeeping Manual and Computerised and Payroll Manual and Computerised.

Digital Media Production Course (TRY18).
The Digital Media Production course will provide you with the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course covers design, digital imaging, photography, sound, video, digital publishing and media project management. The emphasis is on project led, hands-on practical training. **Start Date:** 7th September 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

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

www.kerryetbtrainingcentre.ie

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

Kerry ETB Training Centre,
Monavalley Industrial Estate, Tralee,
TEL: 066 7149600 | 066 7149638 | 066 7149676, E-mail: training@kerryetbtrainingcentre.ie






 Find us on Facebook
  Follow us on Twitter





YOUR COMPLETE NETWORK & IT SERVICE

ISLANDcomputers

COURT YARD HOUSE - LEWIS ROAD - KILLARNEY
TEL (064) 66 70 800 FAX (064) 66 70 803

VOICE & DATA STRUCTURED NETWORKS :: VOICE & TELEPHONE SYSTEMS
MAINTENANCE & TECHNICAL SUPPORT
SERVER, SECURITY & STORAGE :: HARD/SOFTWARE SOLUTION PROVIDER
MICROSOFT, COMPTIA & CISCO CERTIFIED

WWW.ISLANDCOMPUTERS.IE

CLLR. **NIAL KELLEHER**





THE REPUBLICAN PARTY

087 6694 101

www.niallkelleher.ie

/Niallkelleher4KCC

064 6694 101

vote@niallkelleher.ie

@niallkelleher

The Square, Rathmore, Co Kerry

WORKING FOR YOU

 Find us on Facebook



Michael Healy-Rae T.D.
Will Attend Scotts Hotel every Saturday at 3.00pm
Castleisland Clinic
River Island Hotel
3rd Monday of every month 6.30pm & the last Friday of every month 9.30pm
Killorglin Clinic
Jim Shea's Vintage Bar
2nd Monday of every Month at 7.00pm
Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night
Kilgarvan Clinic
Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday
Other Clinic held throughout the Constituency on a very regular basis and advertised locally

Office No.: 01 6183363
Mobile: 087 2461678
e:Michael.Healy-Rae@oireachtas.ie
Danny Healy-Rae MCC: 087 2316055
Johnny Healy-Rae MCC: 087 2354793

FURNITURE, BATHROOM SUITES, STOVES & SO MUCH MORE...

FITZGIBBON INTERIORS

WEB: WWW.FITZGIBBONINTERIORS.IE | EMAIL: INFO@FITZGIBBONINTERIORS.IE

TEL: JOHN JOE SHEEHY ROAD: 066 7126177 | CURRAHEEN: 066 7194982

Fitzgibbon
INTERIORS

Stoves & Fireplaces

Room heater, boiler & cassette stoves & a wide range of fireplaces



Living Room Suites

Recliners, couches, coffee tables & much more



Tiles & Flooring

Wide range of ceramic & porcelain tiles & wooden flooring.



Bedroom Room Suites

Beds, lockers, wardrobes & much more



Dining Room Suites

Tables & chairs & everything inbetween.



Bathroom Room Suites

Baths, sinks, mirrors, toilets, showers.



Their Special Day

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



GRAINNE QUIRKE AND MAURICE FOLEY WHO WERE MARRIED IN ST JAMES CHURCH KILLORGLIN AND THERE RECEPTION WAS AT THE BALLYGARRY HOUSE HOTEL.

PHOTO: TARA DONOGHUE.



PHOTOGRAPHED BY ROSS CASTLE ARE NEWLY WEDS TIMMY O'DONOGHUE AND NICOLA DALY.

THE COUPLE WERE MARRIED RECENTLY IN MUCKROSS CHURCH AND HELD THEIR CELEBRATIONS IN THE KILLARNEY AVENUE HOTEL.

PHOTO COURTESY OF IAN CRONIN / ICPHOTOSTUDIO.COM

Soprano
Megan O'Neill

❖ Weddings ❖ Funerals
& Corporate Event

M: 087 6963195
T: 064 66 43276

e: patricianl193@gmail.com

JULIE'S
BARBERSHOP

t: 064 66 37813
Open 7 Days a week

*Gents to look your
best on your
Special Day -
a visit to us is a must.*

Hot Towel Shaves
are our Speciality

WEDDING STATIONERY

Order your Free Sample Pack
FREEPHONE: 1800 613 111
Email: sales@walshcolourprint.com

walsh
COLOUR PRINT



TOM MURPHY'S GARAGE & Tyre Centre

Farranfore, Co. Kerry | 066 9764099 / 087 2214189

Sales | Mike O'Shea: 0873290071

ALL TYRE BRANDS SUPPLIED | FREE TRACKING & BALANCING



10 Mazda 3

1.6i DSI Alloys, Fogs, Aircon, Cruise control



2011 Audi A4

2ltr TDI 88kms one owner full Audi History



2012 Ford Mondeo (Choice)

2ltr TDCi Titanium 80kms Full History



2012 Ford Focus

1.0 TDCi Black



2011 Skoda Octavia

1.8L TDI Elegance, one owner Full History



2011 Ford Focus

1.6 TDCi Zetec Alloys, Fogs, Full Ford History



11 Seat Leon

White, 90kms One Owner FSH



11 VW Golf

1.6 TDI

DIESEL CARS

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

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

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

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



McCarthy Insurance Group

Your Trusted Partner And Advisor

Great house cover and prices

Abbey Court, Tralee 066 7121777
Castledrum, Castlemaine 066 9767325
West End, Rathmore 064 7751111

Charles McCarthy Insurances Ltd. t/a McCarthy Insurance Group is regulated by the Central Bank of Ireland

ONE LUCKY CUSTOMER WILL WIN THEIR PREMIUM BACK EVERY MONTH

Spread the Cost over 12 months



KEEP AN EYE OUT FOR CYCLISTS



Outlook MAGAZINES
KILLARNEY OUTLOOK KEEPING YOU SAFE



OPEL/VAUXHALL OWNERS CLUB TO VISIT AHERNS OPEL CASTLEISLAND

Aherns in Castleisland are delighted to announce that tomorrow, May 23rd, they will be joined at their Showrooms in Castleisland by the Opel/Vauxhall owners club of Ireland. On the day there will be some fantastic vehicles on display, including great names like Ascona, Chevette and Kadett. The cars will be on display from 11-4pm, and everyone is welcome to join them. Of course the current Opel range, including the Opel Astra, 7 seater Zafira award winning Opel Insignia and the New Opel Corsa, all with 5 year warranty will be available to test drive on the day. For more information contact us on 066 7143000 or log onto www.aherns.ie



RIDING LEADING OR DRIVING HORSES ON THE ROAD

Today, riding on the road may be part of a horse's training programme or just for leisure. For riders, it is an enjoyable change of environment, but there are safety risks. These include, but are not restricted to, traffic speeds, road surfaces and motorists' knowledge of dealing with horses. You can reduce these risks with road safety knowledge and training.

Horses and riders have every right to be on our roads. However, they must follow the Rules of the Road. It is vital that every rider has a clear understanding of the Rules of the Road before taking a horse onto a public road.

If you are riding or leading a horse, you must stay on the left-hand side of the road and obey all Rules of the Road.

When leading a horse, you should walk so that the handler is between the horse and the traffic, so as to prevent the horse from interfering with the traffic.

When riding one horse and leading another horse, you must remain on the left-hand side of the road. You should ensure that the led horse is on the left-hand side of the ridden horse, to ensure the rider is positioned between the horse being led and the traffic. This is in order to control the led horse, in the interest of safety of all road users.

Before riding on the road you should always tell someone where you intend to go and when you will be back.

If you are in charge of a horse on a roadway, you must make sure the horse does not block other traffic or pedestrians.

It is best not to bring a horse on the road at night. If you do, you should carry a lamp showing a white light to the front and a red light to the back. You should also wear reflective clothing and put suitable reflective equipment on the horse.

If the weather is bad, you should not ride on the road unless it is absolutely necessary. Motorists will already be experiencing difficult driving conditions and meeting an anxious horse may present a dangerous

situation.

Advice for motorists and other road users
Most collisions on the road involving horses happen when the horse is struck from behind. Horses and their riders are extremely vulnerable in a collision and can be seriously – sometimes fatally – injured.

You must always be careful when passing horses and riders on the road. A horse may startle. The rider may be a child or an adult in training. Never pass unless it is safe to do so.

- Be alert when approaching riding schools or places where horses are likely to appear;
- take special care when overtaking horses, especially loose horses or horsedrawn vehicles.

This is particularly relevant at junctions where motorists are advised to keep a safe distance from horses and riders;

- Slow down when approaching a horse and rider. Be prepared to stop and let them pass;
- Obey a signal to slow down or stop from someone in charge of a horse. They may know about a potential hazard which you cannot

see or hear.

- Pass by slowly, driving wide of the horse and rider;
 - Don't use your horn or lights in a way that might startle or blind a horse. This could cause the rider to lose control of the animal;
 - If you are carrying a roof load or towing a trailer, take special care when passing horses;
 - If you drive a heavy goods vehicle, know the dimensions of your load. Be aware that the sound of airbrakes might startle a horse; and
 - Show courtesy to riders and their horses, and take steps to minimize engine and other noise when passing safely.
- Always drive at a speed that allows you to stop:
- Safely in a controlled way;
 - On the correct side of the road;
 - Within the distance you can see to be clear; and without risk to you, your passengers or other road users.



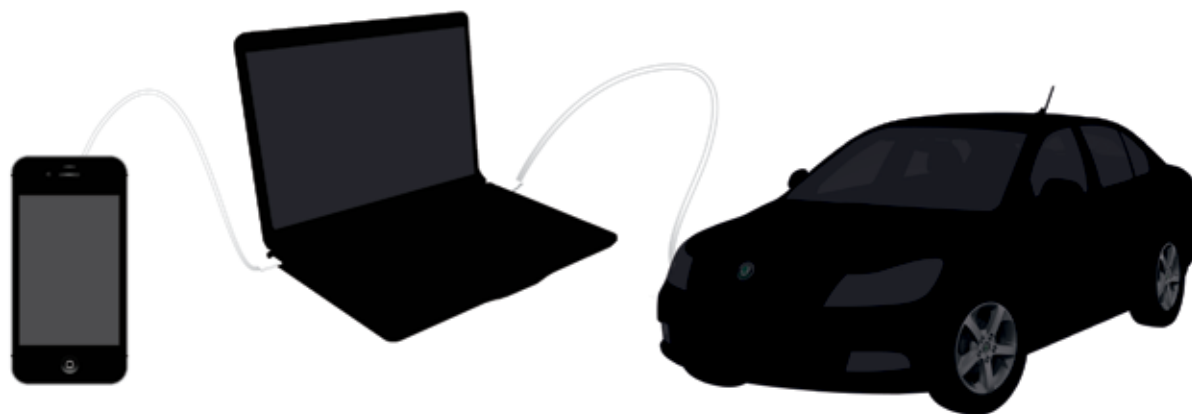


SIMPLY CLEVER

ŠKODA



YOU WOULDN'T FORGET TO UPDATE YOUR SMARTPHONE



Free software updates for any ŠKODA of any age.

Your smartphones, laptops and even TVs often need software updates to ensure they perform to their very best. Your ŠKODA is no different. At **Liam Lynch Motors** we always install the most up to date software in your ŠKODA free of charge as part of an ordinary service. If you have not serviced your car with us for over a year, you may be missing out on the most recent updates available. To book a service or make an enquiry please call our Service Department on 066 9793066.

Liam Lynch Motors, ŠKODA dealer of the year,
Farranfore, Killarney, Co. Kerry. T. 066 9793066. W. www.liamlynchskoda.ie

M.&J. KELLEHER LTD.

MJK oils



MIKE GALVIN

CONTACT OUR LOCAL
MAN IN YOUR AREA ON:

087 9314007

- HEATING OIL ● ROAD DIESEL ● LUBRICANTS
- TRACTOR DIESEL ● STORAGE TANKS



KEEN PRICES PROMPT DELIVERY

Killarney / Kenmare Tel Mike:

087 9314007 / 064 6630020

Call today and get your
FREE INSPECTION

15% OFF
Toyota Genuine
Brake Pads and Discs.

ANOTHER GREAT REASON TO BUY TOYOTA GENUINE PARTS

The quality of Toyota genuine parts leave all generic alternatives behind. And with 15% off all our brake pads, shoes and discs, they cost a lot less than you think.



Each person that avails of this offer will be entered into a draw for 2 tickets to

Killarney Festival of Music & Food

Bowlers Garage

Ballycasheen, Killarney, Co. Kerry :: Tel 064 663 1032

DON'T MISS OUT - OFFER ENDS MAY 31ST 2015.

Terms & Conditions apply. Available only at your local authorised Toyota Dealer/Rep. 15% discount applies to RRP of Toyota/Lexus Genuine Brake Pads, Shoes and Discs as of January 1st 2015. See www.toyota.ie for full list of terms and conditions. Toyota Ireland reserves the right to adjust pricing without prior notice.



OUTLOOK SPORTS NEWS

Deadline: Monday 5pm Email : news@outlookmags.com



Senior Football Championship Preview



The Garvey's Kerry SFC begins this weekend with plenty of action to whet the appetite of football followers throughout the county. Can defending champions Austin Stacks retain the crown they won so famously last year against Mid Kerry or will Dr Crokes reclaim the title?

What team's name will be engraved on the Bishop Moynihan at the end of this year's campaign and at this stage who can tell? Are Kerins O'Rahilly's, Killarney Legion or Dingle capable of making an impact or will Divisional sides like East Kerry, Mid Kerry, and South Kerry return to their former glory? The answers to these questions will come over the summer months, but for now, the cry of most GAA fans will be 'let the games begin'.

AUSTIN STACKS(12) V ST. MICHAELS/FOILMORE

Austin Stack Park, Saturday 5:15pm

Defending champions Austin Stacks set the ball rolling in the 2015 campaign when they take on St Michael's Foilmore in Austin Stacks Park this Saturday evening. Having stumbled against Dingle last week Stacks look a little more vulnerable and Stephen Stack must be happy that he drew the struggling South Kerry side. The departure of four Stacks players to the United States for the summer plus the long-term injury sustained by captain Daniel Bohan were key factors in their defeat to Dingle in the Club Championship semi-final last weekend. Without the services of goalkeeper Drag O'Brien, Greg Horan and Wayne Guthrie, Stephen Stack still has a large squad to pick from.

St Michael's Foilmore who have lost stalwarts Ronan O'Connor and Brian Galvin added to the loss of the O'Connor brothers to Moorefield have a poor record against the Stacks and its unlikely it will get any better on Saturday

Verdict: Austin Stacks

KERINS O'RAHILLYS (6) V RATHMORE (0)

Austin Stack Park, Saturday 7pm

The second game in the Austin Stack programme features Kerins O'Rahilly's and Rathmore. Kerins O'Rahilly's who last lifted the title in 2002 are warm favourites to advance. Barry O'Shea's side are determined to do well in this year's County Senior Football Championship campaign and are many people's fancy as possible championship dark horses. O'Rahilly's are looking to their Kerry players David Moran, Barry John Keane and Tommy Walsh. Jack Savage is a player with a bright future ahead of him who can get valuable scores while Rathmore are not without their share of stars and in Aidan O'Mahony, Paul Murphy and Shane Ryan, the Kerry minor goalie last year; they have players of rich quality.

Rathmore showed against Dr. Crokes they could trouble teams so O'Rahilly's will thread carefully

Verdict: Kerins O'Rahilly's

SHANNON RANGERS(5) V DR. CROKES (10)

Tarbert, Saturday 7pm

Shannon Rangers, last year's surprise packets, take on Dr Crokes in an interesting tie. Shannon Rangers impressed many with their run in last year's campaign when they eventually lost out in the semi-finals to Mid Kerry.

Rangers' best-known player is Kerry defender Shane Enright, but a lot will depend on the availability of their Kerry hurlers.

Dr Crokes are hungry and determined to win back the Bishop Moynihan Cup this year and with household names like Colm Cooper, Johnny Buckley and Kieran O'Leary, and former Kerry minor Jordan Kiely could well advance but Rangers will push them.

Verdict: Dr Crokes.

ST KIERAN'S (1) V FEALE RANGERS (3)

Cordal, Saturday 7pm

Two seasons ago, St. Kieran's were among the favourites to make a challenge but with a failure to launch in last season's championship, they were eliminated in the space of six days with defeats to Mid Kerry and later Legion in the losers round. Feale Rangers last tasted Championship victory in 2007 when 1-4 was enough to defeat South Kerry. They will certainly need a bigger total than that on Saturday evening with Kieran's boasting plenty fire power

Verdict: St. Kierans.

EAST KERRY (7) V ARDFERT

Fitzgerald Stadium, Saturday 7pm

A tough opener to the Senior Championship for Ardfert who return following last years All Ireland intermediate club success and East Kerry at home will be a difficult challenge and while they are a pale shadow of the great team from 1997-1999 with Rathmore, Kilcummin and Legion all gone it alone.

Spa, Glenflesk, Fossa, Fries and Listry still remain and they should have enough for an Ardfert team struggling to find form at the moment.

Verdict: East Kerry

MID KERRY (4) V KILLARNEY LEGION (1)

Killorglin, Sunday 1.30pm

Pick of the week without a doubt. Last seasons defeated finalists against the team that made waves by putting an end to Crokes drive for five. Two years ago, a fancied Mid Kerry came a cropper against Legion in Killarney. An evening when Darren O'Sullivan was red carded. Both teams are far improved since then and this really is a tie that could go either way with nobody relishing them in the losers round.

Verdict: Legion

LAUNE RANGERS(12) V WEST KERRY (3)

Killorglin, Sunday 3pm

Both sides will fancy their chances in this club against Divisional board tie. West Kerry have always being slow off the block having won both their games last season after draws at the first time of asking. They should have enough this time around at the first time of asking

Verdict: West Kerry

KILCUMMIN (0) V SOUTH KERRY(9)

Kilcummin, Sunday 2.30pm

It should be a big night for Kilcummin as they host another championship home tie. Their season ended with a loss to West Kerry last season and they must fend off another divisional challenge if they are to avoid a losers round date. South Kerry last season were the story of Round One with an impressive opening win against Kerins O'Rahillys but they failed to make any real impact afterwards. With Declan O'Sullivan gone only Bryan Sheehan and Killian Young join Brendan Kealy on the home side as the only Kerry players on duty

Verdict: South Kerry

KENMARE DISTRICT (2) V ST. BRENDANS

Kenmare, Sunday 2.30pm

Kenmare meet St Brendan's on Sunday afternoon in an all Divisional clash. Last year both these sides made early exits with Kenmare who controversially failed to field a team in the opening round losing out to Dr Crokes while St Brendan's were beaten by Dingle in round three. Kenmare are looking to Kerry senior Stephen O'Brien for the bulk of their scores while Killian Spillane a key member of last year's All-Ireland winning Kerry minor side, is another player who will catch the eye.

St Brendan's, backboned by players from John Mitchels, Na Gaeil, Blennerville and Churchill could advance but it will be close.

Verdict: St. Brendans

MILLTOWN/CASTLEMAINE (0) V DINGLE (6)

Kenmare, Sunday 2.30pm

Milltown/Castlemaine would have fancied themselves a week ago but having seen first-hand Dingle dismantle Austin Stacks in the Senior Club Championship they may well have to reevaluate. Dingles form really should not come as a surprise as they have some of the brightest young talent in the county coming through and they will be eager to follow up their win over the County Champions

Verdict: Dingle



Service a Bike
Hire a Bike
Buy a Bike

Kerry's only stockist of leading brands Basso, Fondriest, Olympia, Derosa & Scapin bikes

New Store Open in Killarney

Unit 1, The Reeks, Killarney (opp Lidl) - Tel **064 66 20105** - peter@iBike.ie

**Cannondale
Synapse Sora**

Gents €995



**Lapierre
Audacio 10 200L**

Ladies €795



Just ask us how we can save you up to **52% off the price** of your new bike with the **'Cycle to Work Scheme'**



OPEN FRIDAYS

Every Friday from 10th April to 2nd October 2015.

Single Stableford

Open to Ladies & Gents (full Handicaps).

Entry Fee €20 per person.



MEMBERSHIP

Membership now Available

Including Points 4 Golf Membership

Contact clubhouse



Ring Clubhouse on **064 66 44440** to Book your Tee Time

Checkout our website www.beaufort-golf-club.com

to view Special offers etc.

E: info@beaufort-golf-club.com



Junior Golf Academy (6-13years)

STARTING TUESDAY

26TH MAY AT
THE ROSS GOLF CLUB,
KILLARNEY

5.30pm - 6.30pm

STARTING THURSDAY

28TH MAY AT BEAUFORT GOLF CLUB,
KILLARNEY

5.30pm - 6.30pm

LADIES BEGINNERS CLASSES ON GOING IN KILLARNEY,
KILLORGLIN & KENMARE

Learn - Improve - Perfect

Call **Mark Heinemann** PGA AA Professional on
087 2209663 for more details.

**€39 per
person
for 5 weeks.**



EAST KERRY U14 TEAM AND MANAGEMENT WITH FIONA FITZGERALD, TOM KEANE, TIM RYAN AND SEAN O'SULLIVAN AT THE PRESENTATION OF COUNTY CHAMPIONSHIP MEDALS

EAST KERRY NOTES

with Áine Ní Shúilleabháin PRO

EAST KERRY CHAMPIONSHIP DRAWS

The draws for the O'Donoghue Cup, Fr Galvin Cup and O'Sullivan Cup, East Kerry Championships, 2015, will be held on Thursday 21st May starting at 8.30pm in the Gleneagle Hotel. Club Chairpersons, Secretaries, PRO's and East Kerry Delegates are invited to attend.

EAST REGION UNDER 16 LEAGUE DIVISION 3 FINAL

Legion 1-14 Rathmore 1-07

East Region Under 16 Division 3 league final, sponsored by MD O'Shea, proved an exciting skilful and sporting game, between Legion and Rathmore, in Beaufort last Thursday. Legion opened the scoring with a Cian Gammell point from play. Rathmore took the lead, with a goal, when Brian Friel palmed the ball to the net after his initial shot was well saved by Legion goalkeeper David Musgrave. Rathmore extended their lead with a point from the boot

of Brian Friel. Legion dominated the remainder of the half and took the lead with fine points from Darren Looney, Cian Gammell (3), Jack Hanrahan (2) and Michael Devlin. Score at half time: Legion 0-9 Rathmore 1-2.

The second half opened with the sides trading points, Damien Nagle for Rathmore and Michael Devlin, for Legion. Rathmore goalkeeper, Derry Mc Carthy, made a great save of a penalty, on the 40th minute, but Legion picked off 3 points without reply, Cian Gammell (2) and Ian O'Shea on target for the Dereen side. Rathmore, who played to the final whistle, added points from Anthony Darmody, Killian O'Sullivan and Trevor Cremin and created a goal chance, only to see Brian Friel's rasper crash off the crossbar. Legions responded with a lovely point by Barry Slattery, which copper fastened the Legion victory. Final score: Legion 1-14 Rathmore 1-07. Mary Donnelly, East Kerry Coiste na nOg presented the trophy to Legion captain Cian Gammell. Referee: Donal Donnelly (Kilcummin)

UNDER 16 EAST REGION DIVISION 4

LEAGUE FINAL The East Region U16 League, sponsored by MD O'Shea, will be wrapped for this year, on Tuesday evening with the Division 4 Final - Kenmare V Gneeveguilla in Kenmare. Throw in is at 7.15pm - Extra time if necessary

PRESENTATION OF MEDALS There was a great turn out on Friday night, 15th May, for the Presentation of the 2014 County Championship Medals to the East Kerry Under 16 team (Cup winners) and Under 14 Team (Shield winners), in Fitzgerald Stadium. Fionn Fitzgerald, last year's joint Kerry Senior Football team captain, presented the medals and was very encouraging to all the players. Tom Keane, Chairman County Board Coiste na nOg congratulated all on their commitment and achievements and both the East Kerry Coiste na nOg chairman (Sean O'Sullivan) and Senior Board Chairman (Tim Ryan) congratulated all the players and thanked the parents for their support and help. Light refreshments were enjoyed by all. Thanks to Fitzgerald Stadium committee for their help and for the use of the facilities.

WELL DONE AND BEST OF LUCK Well done to Eoghan Ruadh Under 14 team who won their County Championship game today against Shannon Rangers, and the best of luck to both Eoghan Ruadh and East Kerry Under 14 teams in the quarter finals on Wednesday evening. Go n-éirí an t-ádh libh.

EOGHAN RUADH PRIMARY SCHOOLS BOY'S SKILLS COMPETITION 2015

The Eoghan Ruadh Primary Schools boy's skills competition took place last Monday in Glenfesk. Eleven schools took part with all teams showing fantastic skills in trying weather conditions. Kilcummin NS and Holy Family NS Rathmore qualified in the team event. Killian O'Sullivan, Knockanes NS performed well in the individual section. Thanks to St Brendans College students for the support on the day. Best of luck to all East Kerry/ Kenmare boys teams in the county final on Friday starting at 11 am, in Fitzgerald Stadium.

TWO TEACHER MIXED SCHOOLS COMPETITION

Rathmore Credit Union sponsored, Two Teacher mixed schools competition, is continuing with matches being played over the last few weeks. The games are seven aside with Kerry and Cork two teacher primary schools taking part. The standard of football has been excellent to date with all teams showing tremendous potential.

LEGION GAA CLUB NOTES

MUNSTER CHAMPIONS U16

Congratulations to four of our girls ,Elizabeth Mohan, Rebecca Murphy, Sarah Leahy and Fiadhna Tangney who were on the Kerry U16 team that won the Munster final last week by defeating Cork in Castletownroche . A great team performance saw the girls outclass and out perform their opponents on a 3-12 v 1-06 scoreline



EAST KERRY U16 TEAM AND MANAGEMENT AT THE PRESENTATION OF COUNTY CHAMPIONSHIP MEDALS



SENIOR B TEAM The senior B team, short a number of the panel for a variety of reasons, came out of Milltown / Castlemaine with a hard earned draw in the Junior County League Division. Leading 0-9 to 0-3 thanks to the accurate Scott Mahony and David Mc Carthy after a wind assisted first half the hosts turned it around to level with the last kick.

Michael B O'Donoghue Peter McCarthy Sean McCarthy Damien Lyne Kyle Griffin Alan Moriarty Bryan Griffin Tim O Regan Denis Sheahan Aidan Slattery David McCarthy Ciaran O Grady Scott O Mahony Andy O Regan Derek Twomey.

U16 EAST KERRY FINAL Well done to our Under 16's who captured the East Kerry Division 3 title last week by defeating Rathmore in Beaufort. This was a real team performance and the lads deserved their victory. Congrats to the men in charge, Philip Gammell, Tim O'Leary & Mike Hanrahan, who have done tremendous work with this group of lads. Full-time: Legion 1-14 Rathmore 1-07.

WEDDING BELLS The club sends its heartiest congratulations to Gearoid Nagle and Sheila O'Sullivan on their recent wedding. We wish them all the best in their married lives.

CLARE HURLERS Derreen hosted Davy Fitz and the Clare hurling team last Friday evening in their preparation for this weekends opening Munster Championship fixture against Limerick and we wish both teams all the best in this exciting encounter

SYMPATHY The Club extends its sympathy to the family of Paddy Devlin, Tyrone, who passed away recently. Paddy is father to Michael and grandfather to Daniel, Michael, Cathal and Aine. Ar Dheis De go raibh a Anam.

FIXTURES Senior County Championship first round v Mid Kerry @ Killorglin this Sunday 24 May at 1.30pm. All support greatly appreciated Junior county league v John Mitchels @Derreen Monday 25 May at 7.30pm.

FOSSA GAA

SENIOR LADIES The curtain came down on our Senior Ladies Div 4 campaign following the end result of this encounter with Annascaul. The last time the sides met Fossa overcame them by 2 points. Fossa got off to a great start with points from Marie Foran and Julie Cronin. This was followed up by a well taken goal by Maire Foran. It was midway in the first half before Annascaul got into the game, following some tactical positional changes which in turn slowed up the Fossa midfield who were controlling the game. Ana Bellew between the posts was the dominant force who ensured Fossa stayed ahead by two points at the break. On resumption, Annie Sheehan dropped the ball in over the goalie's head. Sara Fitzgerald took up a roaming position to help out midfield. Young Ciara Griffin adding a fine point from play along with Anna O Reilly. You could not separate these teams as they went toe to toe for the remainder of the game. Fossa's



FOSSA PLAYERS ON THE KERRY U16 PANEL.

Katie Talbot, Erica McGlynn and Lauren Rintoul added goals late in to the second half. Amy Moriarty, as usual, defended superbly along with Melissa Buckley and Shauna Murphy to keep Annascaul's scoring chances low.

Fay O Donoghue, Niamh O Sullivan and Fiona Kissane cancelled out any threats that came from the Annascaul forwards late in the second half. Final Score Fossa 6-6 to Annascaul 4-8. Next up for the girls is Junior Championship on June 28th.

OUR U12 GIRLS have been graded in Division 2 of the Glebe Kitchens County Leagues. The girls have put in an immense effort at training since March under the management of Damien Dennehy, Dan O Connor and David Kennedy. The girls are away to Fries on 19th May. We wish the Girls the very best of luck.

OUR U14 GIRLS have a Bye in the next round of county leagues, They have Miltown/Listry in the last round on May 31st.

KERRY U16 MUNSTER FINAL On May 9th the Kerry u16 Girls took to the field in the Munster A Championship Final against Cork, Captained by our own Fay O Donoghue, full back, along with Anna O Reilly at wing back, Erica McGlynn Center Half forward and Hanna O Donoghue Full forward the Kerry girls stunned Cork with an impressive display of football in the first half. Kerry led at half time 0-8 to 0-3. Cork needed early scores in the second half if they were to make a comeback but unfortunately for them the Kerry girls were fast out of the blocks again. Fossa's Hanna O Donoghue finished the game with an impressive 1-3 with Erica McGlynn getting 1-1. Erica as she went through on goal was taken down in the square winning a penalty which Aoife O Callaghan converted, giving Kerry three goals with the Fossa forwards playing a part in all three. Cork who were looking to Grace Culloty to get scores for them didn't get an inch from our Anna O Reilly, Grace Culloty 0-5 (4f). Fay O Donoghue at full back controlled

her line winning possession, dispossessing the Cork forwards, catching dangerous high ball that had been dropped in around the Kerry Goalmouth. what can we say we are extremely proud of our girls. Kerry played a very high tempo game from start to finish that left Cork trailing behind when the full time whistle was blown. Final score Kerry 3-12 to Cork 1-6. Kerry will play Dublin in the All Ireland Semi Final on Wednesday July 15th.

DR. CROKES NOTES

SENIOR COUNTY CHAMPIONSHIP Our Senior Team are in action once again on Saturday night next away to Shannon Rangers.

JUVENILE ACADEMY: Dr Crokes U8s and U10 girls hosted Legion for some games last Saturday and both teams thoroughly enjoyed themselves. Dr Crokes U8 go-games continue Tuesday night in Kilcummin and our U10 boys



ALL SMILES FOR SAM AT THE KERRY TEAM OPEN NIGHT ON TUESDAY IN FITZGERALDS STADIUM



are hosting the U10 go games for 4 Thursday nights in June in the Crokes pitch.

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

UNDER 12 On Sunday, we played our back game away to Na Gael. Our U12 black team played table toppers who with a strong wind dominated in the first half and clocked up a few scores without reply. In the second half straight from the throw in, we were like a different team and pushed on kicking some beautiful scores. After a brilliant second half we finished up losing 5-07 to 3-07. Hopefully we can build from our second half performance next week. The amber team continued their winning streak with an outstanding display winning 5-23 to 3-05 where everyone had a big part to play. A return of 28 scores is fantastic and this team is going from strength to strength every week. A special thank you to MC construction who sponsored new jerseys for both teams. Training continues every Thursday 6.30 to 7.30

HURLING: A quiet week on the competitive front but training continues as follows. Monday at 7.00 Wednesday at 7.30 and Sunday at 7.00. A full attendance is demanded. Our next fixture is listed for Wednesday 27th. May. It's a home fixture against Crotta in Division 2, SHL

UNDERAGE HURLING Congratulations to Dylan Dermody, playing full-forward for the Kerry U16 Hurling team, on winning the Munster Inter-divisional 'B' Championship in Mallow last weekend.

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

LADIES FOOTBALL Our U12 girls are looking forward to getting back into action again next week.

OUR U14 GIRLS' recent run of good results came to an end when we were defeated by Scartaglen despite the best efforts of Miriam Green, Pia Hickey, Holly Power and Fiona Galvin.

OUR U16 GIRLS are on a break from competitive duty until after the exams.

Our Senior ladies are currently preparing for their 1/4 final against Kilcummin in a few weeks time

LOTTO: Draw took place on Sunday last. Numbers drawn 7, 16, 18, 24. There was no winner of the jackpot of €6,900. Next week's jackpot is €7,200. Draw will take place in Jack C O Shea's bar on Sunday 24th May 2015.

LISTRY NEWS

LISTRY WEEKLY LOTTO RESULTS Sunday 17th May, 2015

Winning Numbers 11, 16, 24, 26

Jackpot next week

Sunday 24th May €3,800

SENIOR COUNTY LEAGUE RESULT Listry made the long journey to Portmagee to play Skellig Rangers last Sunday, 17th May. This game had been our first fixture of the season, but had been postponed. There was some great football played on the day and we came away with two valuable points. Skellig Rangers 1-07 Listry 0-15.

KERRY MINORS SEMI FINAL Well Done to Ronan Buckley, Listry & the Kerry Minors who gave such a great performance last week in the semi-final v Cork. Looking forward to the Final v Tipperary.

JUVENILE UPDATES

OUR UNDER 14S combined with Keel played Kilcummin last Wednesday evening in Fossa in The County League Final. In what proved to be an excellent and exciting game our boys were unlucky to lose out by a point on a scoreline of 3:13 to 4:09. We congratulate Kilcummin on their victory. Great credit is also due to our own

boys for their contribution to what was a great game and for their commitment to training since last February. We look forward with genuine optimism and enthusiasm to the East Kerry League and Mid Kerry Championship. We are sure Murt Broderick and Pa Murphy along with their Keel counterparts Donal and Noel Murphy will have the boys ready for battle again after a short and well deserved break.

U12S There were no games this week. Phase two of the county league will begin next Sunday May 24th. Fixtures will be up on Website as soon as they are available.

U10S Boys played Fossa in round 1 of the Go Games last Thurs night in Allman Park. All the boys played their hearts out and enjoyed the evening immensely. Round 2 continues this Thursday night May 21st for boys and girls from 6:30-7:30.

Friday evening training returns to the normal time of 6:30-7:30 for U6s, U8s & U10s.

GAELIC FOR ALL A series of Gaelic for All training sessions are being run in Fossa GAA pitch (Old Field), Killarney, for children with additional and special needs, on Thursday evenings from 6-7pm. The sessions run this Thursday, 21st May and for at least another 3 weeks. The focus is on developing the basic skills of Gaelic football in a fun, enjoyable and non-competitive environment, as well as working on basic fundamental movements such as agility, balance and coordination. Each session is inclusive of every child, regardless of ability and will be adapted where necessary. The programme is being coordinated by coaches from the Kerry County Board and there will be a number of qualified coaches in attendance which will enable one to one coaching if required. The sessions are open to children aged 8 to 14 years. For further information, please contact Kevin at 086 0404270 or Paula at 085 8312061.



LINDA, LOUISE AND RUTH DOYLE PRESENTING THE JOHN DOYLE MEMORIAL CUP TO WINNING CAPTAIN IAN O'CONNELL WITH MEMBERS OF THE WINNING AND RUNNER UP TEAMS AT ANNUAL ST BRENDAN'S COLLEGE FAYRE DAY AT ST BRENDAN'S COLLEGE, KILLARNEY ON SUNDAY.



YOUNG KERRY FANS PICTURED WITH SAM MAGUIRE AT THE KERRY GAA OPEN NIGHT ON TUESDAY NIGHT AT THE FITZGERALD STADIUM TO COINCIDE WITH THE LAUNCH OF THE ALL IRELAND FOOTBALL CHAMPIONSHIP.



ROWING TO RIO

The Monika Dukaraska
Blog. The story of a
Professional Athlete



Training and operating in a high performance environment is like a vicious circle. You get one thing wrong and then all the different elements of the jigsaw do not fit or are somewhat affected by your actions.

Preparation, performance and evaluation were the key themes on our agenda this week. Most importantly however it is all about the relationship between the three terms. It may sound complicated but in reality it is very simple. The problem however lies in putting it into practice and turning it into a habit.

In a high performance structure it is all about performance. The aim is to produce solid performances on a regular basis and that's where the preparation comes into play. In order to deliver something good day in day out you have to have a good preparation which works for you and unlocks your full potential each time. In order to recognise what is your optimal preparation you have to evaluate it, review each step and eventually, arrive at a master plan which brings the best out of you. It is all about practice and learning. Although it takes time and effort to incorporate it in your routine, it may significantly increase the chances of getting things right on "THE" day! Preparation means the things you do pre performance, two days, a day and a few hours before the event (match/ race etc.). Things that you get pre-organised (like gear, food etc.), things that you do in the lead up that relax you and eventually get you ready for the performance. My prerace as well as a race preparation is near perfection, however I am still evaluating and adjusting it accordingly. Races abroad shouldn't be any different to my performances in Ireland therefore I try to keep things exactly the same.

This week I also had my well-deserved day off. I really looked forward to travelling home and doing nothing rowing related for a day. I needed a mental break. Spending time with my family feels like a reward especially as rowing is getting very intense with our first major competition just around the corner. Just to mention, my preparation in the Pair is going very well. I'm very pleased with our speeds and our progress. Recent speed pieces showed good response to anaerobic training and even a greater potential which only awaits to be unlocked.



SOUTHERN GAELS & CORCA DHUIBHNE SECURE LEAGUE TITLES



SOUTHERN GAELS CAPTAIN CECILIA O'SULLIVAN
ACCEPTS THE COUNTY LEAGUE DIVISION 1 CUP FROM
MARY COURTNEY COUNTY BOARD SECRETARY

RHYNO MILLS DIVISION 1 LEAGUE FINAL

SOUTHERN GAELS 4-19

INBHEARR SCEINE GAELS 1-02

In a one sided Division 1 league final Southern Gaels finally put their name on Pat Lawlor Cup as League winners. The girls from Iveragh stamped their authority on the game early in the first quarter and were it not for the fact they kicked 18 wides it could indeed have been worse for the Kenmare side.

Sandra Dillon hit the net in the 11th minute and struck again five minutes later to put her side 2-4 to 0-1 ahead. Linda Cronin added a third on the 16th before Anna Galvin netted another before the break but it was to be her last play of the game as she went off injured. Southern Gaels were 4-11 to 0-2 ahead at the break.

The second half was very tepid affair, as the result was a foregone conclusion. Inbhear Sceine Gaels did manage to claw back a goal through Laura O'Sullivan but it was little consolation.

Southern Gaels: Elaine O'Sullivan, Sinead Clifford, Cecilia O'Sullivan, Clodagh Quinlan (0-01), Caroline Kelly (0-01), Amy Fitzgerald, Megan O'Connell (0-05), Anna Galvin (1-01), Sandra Dillon (2-01), Linda Cronin (1-02), Rachel Galvin (0-01) Saidhbh Fitzgerald (0-06), Deirdre Corridan (0-02)

Inbhear Sceine Gaels: Nora Mai O'Brien, Gearldine Cahalane, Orla Randles, Karina O'Connor, Gina Crowley, Majella O'Sullivan, Laura O'Sullivan 1-0, Cloe Hawker, Claire O'Sullivan 0-1F, Michelle O'Sullivan, Caroline McCarthy 0-1, Jane O'Sullivan, Denise Burn.



CORCA DHUIBHNE CAPTAIN ELLEN NIC GIOLLA
GEIMHRIDH ACCEPTS THE COUNTY LEAGUE TROPHY
FROM COUNTY BOARD CHAIRPERSON PADDY WHITE

RHYNO MILLS DIVISION 2 LEAGUE FINAL

CORCA DHUIBHNE 5-11

FINUGE/ST.SENANS 3-08

Louise Ni Mhuircheartaigh's personal haul of 3-7 helped Corca Dhuibhne to the Division 2 league played at Ballymac last Saturday. The first half was a goal fest with Eilish Kavanagh, Ni Mhuircheartaigh (Penalty) and Aisling de Baróid all raising green flags for the West Kerry outfit as Finuge/St Senans Jacqui Horgan and Miriam O'Keefe countered as Corca Dhuibhne led 3-5 to 2-3

Finuge/St. Senans battle hard throughout the second half but despite an impressive display by O'Keefe who added a third goal, they were always out of reach of the West Kerry girls who saw Louise Ni Mhuircheartaigh find the net twice.

Finuge/St Senans: Liz Houlihan, Karen Stack, Niamh Leen, Siobhan O'Donnell, Aoife Behan, Niamh Carmody (0-1), Olivia Quilter, Ann Marie Leen, Martina Guiney, Niamh McKenna, Emma McCarthy, Marian Lyne, Oliva Stack, Miriam O'Keefe (2-06), Olivia Stack, Jacqueline Horgan (1-01).

Corca Dhuibhne: Cliona Ni Chonchúir, Neasa Ni Lubhaing, Ciara Ni Mhurchadha, Aine Ni Chathalláin, Aoife Ni Chiobháin, Ellen Nic Giolla Geimhridh (Capt), Neasa Ni Chinnéide, Catherine Ni Mhuircheartaigh, Caoife de Hóra (0-02), Niamh Ni Ghealbháin, Louise Ni Mhuircheartaigh (3-07), Aisling de Baróid (1-00), Ciara Ni Shé, Eilís Ni Chiobháin (1-00), Katie Ni Mhuircheartaigh, Neasa Nic Ginneá, Ciara Ni Ghrifin (0-01), Brid Nic an tSaoir



KILLARNEY VALLEY AC

Athletics in Killarney has recently undergone a name change and going forward, Spa Muckross AC will now be known as Killarney Valley AC - We would love to get new members in to the club - Road Runners, both serious and fun, Masters athletes etc, and any enquiries can be directed to Jean Courtney on 086 1994378. The final competition for our athletes in our old club colours was the County Championships, which were held in Castleisland on May 9/10th and despite the weather conditions threatening to completely disrupt competition on Sunday, our athletes performed extremely well. Well done to all the athletes that came and took part, At the South Munsters Day 2, on May 8th in CIT (Boys) - Dylan O'Sullivan (St Brendans) finished in 2nd place in the Senior Boys High Jump and Long Jump, Pdraig Burke (ISK) had a Silver in the Inter Boys Discus and a Bronze in the Javelin. Kianan O'Doherty (St Brendans) was 3rd in the Inter Boys High Jump and the St Brendan's Junior Boys Relay team were 3rd. They, along with the girls from the previous Wednesday, all qualified for the Munster Schools that were held in CIT on Saturday last where Ruth Courtney had a great throw in the Minor Girls Shot to finish in Second place, Sarah Leahy was 3rd in the Inter Girls 100m, while finishing in 4th place was Christine Cooper in the Inter Girls 300m, and Pdraig Burke in the Inter Boys Discus. Best of Luck to Ruth who has now qualified for the All Ireland Schools Athletics Finals in Tullamore on May 30th. Well done to our club athletes Cian Lynch, Alex Hennigan, Darragh Fleming and Marie Courtney who have all qualified for the Kerry Community Games X-Country Relay teams that will be competing in Athlone in August. The next outing will be the County Primary Schools on May 30th - best of luck to all the athletes taking part.

CONGRATULATIONS: To Billy Courtney who helped the Kerry Minor team overcome a very good Cork side in a fantastic and exciting sporting game in Austin Stack Park last Wednesday in the Munster Semi-final - we wish them the very best of luck in the Munster final on July 5th. Also, congratulations to Sarah Leahy who was part of the Kerry team that had a great win over Cork in the Munster U16 'A' final that was played in Castletownroche last Saturday - their next game is on July 15th in the All-Ireland Semi Final - no doubt their training on the athletics field has helped them impress and progress on football field!

CLUB SINGLETs: For the new Killarney Valley AC are available at €15 each or €10 for 2 or more - please contact Jean if you would like to get one.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

Well done to our juvenile athletes who competed in the County T&F Championships

on May 9th & 10th. Full results can be found on our website. Rossa Foley, Robert Campbell and Michael O'Shea represented their schools in the Munster Schools Athletics Track & Field finals over the weekend. Robert finished 2nd in the Intermediate Hammer and 4th in the Javelin. Rossa was 4th in the Senior Discus & Michael was 4th in the Senior 400m Well done to Shauna McCarthy, Cian Spillane and Natasha Myers who competed in the community games cross country finals over the weekend. They all did very well and made the county teams which will represent Kerry in the national finals to be held in Athlone in August.

CLUB TRAINING: Juvenile Athletics Outdoor training is at 6pm Tuesday and Thursday in GAA Grounds Farranfore. €2 per session, newcomers welcome. Post Primary Juveniles (14+), Senior athletes training every Thursday at 7pm. €2 per session with qualified coaches.

ATHLETIC CLUB FIXTURES: Entries for the Munster Juvenile T&F C'Ships are now open. Please contact club secretary if you intend to compete. All information available on Munster athletics website.

Primary School Sports Finals, Saturday May 30th in An Ríocht Castleisland.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 15/05/2015, numbers drawn were 8, 13, 20 and 30. Sellers prize winner: Danny O'Sullivan €50 Y/T: Kathleen O'Callaghan Ballinahulla, €50 Con O'Sullivan Cue Club, €40 each to Mike Lane Kiskeam, Reen's Syndicate c/o Austin Murphy, Shelia O'Donoghue Taur. Bonus not won numbers drawn were 17, 19, 26 and 27. Next week's jackpot €10,000 plus €1,000 bonus.

KERRY MASTER CHAMPIONSHIPS: Congrats to Robert Purcell Senior who won gold at the Kerry Master Championships on 6th May.

COMMUNITY GAMES CROSS COUNTRY: Well done to Jack O'Leary who won the U12 600m in Beaufort on Sunday. Delia Foley and Christian Foley all ran well.

MUNSTER COLLEGES: Held in CIT Tomas O'Neill won senior discus.

LEE STRAND 10 MILER: Robert Purcell won O40 section of Lee Strand 10 mile race in Ríocht on Sunday, Caroline Murphy had a PB in her 5K and got 4th overall. Andrew Pucell got 1st U18. Ted Feehan 1st O60.

NATIONAL LEAGUE: Many of our athletes will be on Kerry Teams for Round 1 National Leagues in Templemore next Sunday.

MILLTOWN/LISTRY COMMUNITY GAMES

GYMNASTICS: We had 6 gymnasts competing in the Kerry finals in Tralee recently and while they were not in the medals, they all performed well and enjoyed their experience on the day. We would like to thank the girls for representing

our area and their families who travelled and supported the girls. U11 Mia Griffin, Freya Mason, Caoimhe O'Brien, U13 Saibh O'Brien, Annelee O'Mahony, Milly Mason.

CROSS COUNTRY: We had 3 athletes competing in Beaufort last Sunday and 2 of them were in the medals. Shauna McCarthy showed great strength and determination to win the U12 Girls 600m in a very competitive race. Cian Spillane also showed great determination in coming from behind to finish 2nd in the Boys U12 600m. Congrats to both athletes who will now be part of Kerry teams competing in National finals in Athlone next August. We also had Daire McCarthy competing in the Boys U12 400m and while he ran very well, unfortunately he was outside of the medals. Thanks to coach George McCarthy and families for supporting the children involved.

ATHLETICS: We started our training sessions in Milltown last Friday and will be training each Monday at 4.30 going to Milltown/Castlemaire GAA Grounds this Monday 25th. We will then be going to Ríocht Track in Castleisland for 2 sessions prior to Kerry finals being held there on June 20th/21st. We are asking parents to encourage the children who qualified at our athletics day to come to our well planned training sessions which will give them good preparation before competing in the Kerry finals.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

CONGRATULATIONS: To Jack O'Leary who won a Gold medal for the U12 600m mixed distance competition, in the County final on Sunday in Beaufort. Jack has now made the Kerry team to participate in the All Ireland Community games in Athlone which will take place in August. We wish Jack and the team the very best of luck. Well done also to Delia Foley who competed in the girls U12 400m and Christian Horgan who also participated in the boys U12 400m.

We also had another gold win, in the U14 skittles competition, which took place Friday evening in Tralee. A big congratulations to the following team members, Niamh Finnegan, Shane Warren, Donal Daly, T J O'Leary, Liam Brosnan, and Jamie O'Leary - Six teams took part, in this event and this team will now compete in the Munster's, in Limerick on 4th July. Thank you to Cynthia Daly for coaching and preparing the children for this competition.

SPAMUCKROSS COMMUNITY GAMES NOTES

WALK IN THE FOOTSTEPS OF JOAN HERLIHY SATURDAY MAY 30TH: The premature passing of Joan Herlihy Lissivigeen Cross a few short months ago came as a huge shock to both her family and the members of the local community in which she was deeply



immersed as a member of many voluntary organisations. Her husband Dave, son Paul and daughter Laura very much appreciate the level of care which she received from the staff of the Oncology Department Kerry General Hospital during her prolonged illness which included Dr Jeffri -Ismail as well as nurses Abbie, Theresa, Sinead and Michelle, and as a gesture of their appreciation of same, they have organised two walks in the Muckross area on Saturday May 30th with all proceeds being donated to the Oncology Department KGH. Walk 1 will be a 3-4 hour walk over Mangerton Mountain, commencing at Ilam with registration at 10am in Mangerton Car Park. Walk 2, comprising 1-2 hours, will be around Muckross and Dinis and will commence at 1pm with registration at 12 noon in The Old Schoolhouse, Muckross Car Park. Voluntary contributions will be collected on the day. The day will conclude with refreshments and entertainment at the Torc Hotel as well as music by Rosie & Derry Healy, Jimmy Doyle and friends, with Batty O'Sullivan as MC.

RESULTS: Cross Country Team Event - Well done to our athletes that competed at the County Competition on Sunday, May 17th. Congratulations to Marie Courtney and Cian Lynch, who both qualified in their races. Cian was on top form, and led the U12 400M boys to the finish line, while Marie ran her U13 1200m race very comfortably to win a silver medal. Both of them join their qualifying team mates to represent Kerry in the National Finals in August. Kerry had great outcomes last year in a number of the Cross Country events, with Marie bringing home a bronze medal as part of the U12 Mixed Distance Relay, so hopefully they can repeat the success this year.

TRAINING: Training commenced this week for the children who qualified at our local competition. The County track & field competition takes place in Castleisland on Saturday June 20th and Sunday June 21st.

REGISTRATION: Anyone that qualified for the County competition should have attended registration on Monday 11th May, as per the note received at the local competition. Please contact our Secretary Margaret O'Sullivan on 087 6735782 (after 1.30pm) in the first instance, if you have not registered already. Community Games is a separate organisation to local GAA and Athletics clubs, so even if your child is already registered with other clubs, you will still need to register with Spa Muckross Community Games for the County competitions.

UPCOMING EVENTS: (closing date for entries is Thursday 21st May): Cycling - 2km individual event open to boys and girls U12 (over 10) and U14 (over 12). It is taking place on Friday 29th May at 7pm in Tralee Sports Complex. Marathon- 7km team event open to boys and girls U16 (over 14). It is taking place on Tuesday 30th June at Currow Village. The first 4 individuals to cross the finish line will form a team to represent Kerry in the National Finals in Athlone in August.

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

NOTE: Anyone residing in the Spa Muckross Community Games area can compete in these events, regardless of what school or other clubs you are involved in outside of Community Games - all that matters is that your primary residence is within the Spa Muckross area (as laid down by Community Games rules). Check out our Facebook page, www.kerrycommunitygames.ie and www.communitygames.ie for full details on all events

KILLARNEY SWIMMING CLUB NOTES

Congratulations to all our swimmers who took part in the grade "B" gala last Sunday, the 17th of May, in Tralee. As this was the last "B" gala of the swimming season, swimmers from all clubs were at their peak of fitness. Despite the stiff competition, Killarney swimmers excelled in all disciplines with medals, grade "A" times and Personal Bests aplenty. Well done to all.

Under 11 girls - Well done to Pia Hickey who took the bronze medal in the 100 metres butterfly.

Under 11 boys - A wonderful performance by Ross O'Leary produced a silver in the 100 metres breaststroke.

Under 13 girls - Relying on her speed, Emir O'Dowd powered to a bronze in the 100 metres freestyle.

Under 13 boys - Congrats to Owen Fitzgerald who went for a "selection box" of medals, winning gold in the 200 metres Individual Medley, silver in the 100 metres butterfly and bronze in the 100 metres breaststroke. Meanwhile, Paudie O'Leary continued to draw attention by winning a gold medal in one of the key races of the day, the 200 metres freestyle. In the highly technical and closely watched 100 metres breaststroke, Charles O'Brien won a coveted gold for Killarney.

Under 15 girls - Particular praise on the day goes to Sarah O'Connor who not only won silver in the 100 metres freestyle, but also achieved her grade "A" times. Well done, Sarah, and best of luck from everyone in those upcoming exams! Well done also to Orlaith Reynolds who won bronze in the 100 metres butterfly, probably the most difficult swimming discipline.

Under 15 boys - Sean Farndon won a very fast bronze in the 100 metres freestyle. Well done, Sean.

Over 16 girls - Some powerful swimming by our girls in this category produced a sackful of medals for the club. Sinead Lucey won triple gold in the 200 metres freestyle, the 100 metres backstroke and the 100 metres butterfly while Janine O'Connor, in very relaxed style, won gold in the 100 metres freestyle, silver in the 200 metres freestyle and another silver in the 100 metres breaststroke.

Relays - There were two relay races on the day, both for ages 12 and under, both in the fastest race of all, the 200 metres freestyle. The Killarney team of Paudie O'Leary, Charles O'Brien, Donal Daly and Ross O'Leary were not really tested and easily won the gold medal. The girls race was an entirely different matter with some of the finest young swimmers in the south west from six different clubs competing for the honours. However, it was clear from the start that this was a two horse race between the home club, Tralee, and Killarney. Tralee, as to be expected, were very good, showing great hunger, strength and quality in depth. But Killarney were even better taking a glorious gold by little more than a fingernail! Well done indeed to our team of Julie Rose-Bowell, Leanne Kerins, Eva Quinn and Saibh O'Brien.

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

KILLARNEY COUGARS BASKETBALL CLUB

The Cougars hosted the annual Kerry National Schools Super Sevens Basketball girls Finals on Wednesday evening last at the Pres Gym before a great attendance, who were treated to some great action in the Cup, Shield and Plate Finals. The main event the Cup Final saw unbeaten Gneeveguilla take the Cup title with a late surge to defeat Fossa. The Shield Final saw Mercy score in the closing seconds to edge out Meentogues in a thrilling second half and Rathmore despite a very slow start recovered to produce an excellent second half to defeat Athea to a complete great nights action.

The girls All Star team for 2015 was also confirmed on the night with the honours going to the following, Roisin McAuliffe Gneeveguilla, Danielle O'Leary Meentogues, Maud Kelly Fossa, Adele O'Brien Cullina, Mary Collins Holy Family Rathmore, Amy Ryan Athea, Holly Power Holy Cross Mercy

CUP FINAL

GNEEVEGUILLA 14 FOSSA NS 10: An excellent start by Fossa saw them take the game to favourites Gneeveguilla as they raced into a lead which they were to hold until the closing stages of the game. Fossa's Maud Kelly and Aoife Kissane were on top form with their great defence and fast breaks causing plenty of problems for Gneeveguilla who were slow to settle. Baskets late in the second half by Aisling Brosnan and Hanorah Hurley saw Gneeveguilla take the lead and once ahead they were very determined and tough defence saw them hold Fossa scoreless in the closing stages despite some great moves by the Fossa girls they could not find the all important baskets. Gneeveguilla clinched their seventh win to make it a Grand Slam Super Sevens Cup title.

MEK UNITED FC

MEK UNITED FC END OF SEASON: Last Saturday, the 16th of May, MEK held our end of season session and awards party. We were very lucky with the weather and the sunshine provided the backdrop for what was to become a hectic day of soccer, fun and a fitting send off to our inaugural season.

Our U6's/U7's kicked off proceedings with a blitz where they showed off the skills that they learned and practised throughout our short season. Some great football was on show and everyone had a great time with some fine goals scored. The kids then were brought into the hall for the medal presentation and party and were joined by the U8's/U9's, coaches, parents and families for what turned out to be a very lively presentation!

A fantastic spread of food was laid on and we would like to thank the parents who provided the baked goods, buns, cakes, sweets, crisps and the carrot cake in particular proved to be a huge hit with the coaches! Also, a huge thanks to those who helped on the day with giving out the food.

Our club chairman, Pa Murphy then said a few words of thanks, before presenting medals, with the help of Shari, to all the MEK kids. It was fantastic to see so many children get their medals and take part in the blitzes on the day. Then the U8's and U9's took part in their own blitz back out on the Astroturf pitch.

The third and final session was for the U11's and U12's who were played a match of their own before being presented with individual certificates to acknowledge their efforts throughout the season. We had a very special guest for this presentation with Brendan Moloney of Northampton FC and from Beaufort making the presentations. We would like to say a huge thank you to Brendan who took time out of his busy schedule to not only present the medals but to stay and watch the older group play their match. The kids and coaches really appreciate the support and Brendan stood for photos and has taken a great interest in what we are doing. Thanks Brendan!

This was the end to what has been a very busy few months for MEK. From the initial meeting s, to naming the club, organising to create our crest competition and right up to the actual training, these have been pretty busy times. We only started training on the 28th of February and with 90 children registered, MEK has become a huge success story of soccer in Killarney. This is due to the hard work and tireless effort of our committee, the superb enthusiasm of all the coaches and the sheer love of the kids and parents for their soccer. Thanks also to Billy Mangan and Ger O'Connor at Fossa Astroturf pitch for all their help. Thanks to one and all for your efforts and we are really looking forward to growing our club and seeing what next season brings. To this end we are holding our AGM on the 9th of June next in Fossa Hall and would like to welcome all parents along to the meeting. We are hoping to run a summer camp later in the summer so keep an eye on our facebook page for further details as they emerge.

SCHOOLBOY/GIRL SOCCER

REPORTS: 3 PEAT FOR THE PARK:

There are very few nights that a club will take part in three Cup finals and win the three of them. That's what St Brendan's Park did on Friday night in Mounthawk Park.

A RESULT FOR B'S: The 11's Shield final saw the B teams of St Brendan's Park and Listowel Celtic enjoy their moment in the spotlight. It was a very tight encounter between the sides with The Park's Kieran O'Connor getting the only goal midway through the second half. To be fair The Park were creating the better chances and it took a Man of the Match performance from the Listowel Celtic keeper Chris McQuaid to keep the score at 1-0.

COME FROM BEHIND WIN FOR PARK:

The 11's Cup final was a cracking game between The Park and Mastergeeha as these young players put on a great show in their first Cup final thrilling the big crowd that were present. Colin O'Leary who had an excellent game put Mastergeeha in front with almost their first attack.

The Park were creating more of the chances with Cinnan Cooney particularly dangerous. He got the equaliser in the second half and from there The Park pushed on. They went 2-1 ahead through Ben Hannafin and when Cooney got his second they were on their way to victory. Dan O'Connor wrapped up the win but credit to Mastergeeha they fought to the end and keeper John Cronin showed great mental strength for a young player as he recovered from a mistake to make some very good saves. Cinnan Cooney of The Park was named Man of the Match.

OOH AAH SEAN MCGRATH: Camp Juniors are one of the League's most progressive clubs and were contesting their first ever Cup final when they took on The Park in the Tom Hayes 14's decider. However they got off to the worst possible start as The Park went 1-0 up inside 15 seconds. Sean McGrath got the ball from the kick-off and weaved his way passed a frozen defence to give his side the dream beginning. McGrath was the star of the show and he showed all his skill with his second on 20 minutes as he left a trail of defenders in his wake. He completed his hat trick in the 50th minutes when he controlled a long ball, turned and volleyed home in one movement. Try as they might Camp Juniors had no answer to the potent Park attack and McGrath made it 4-0 on 60 minutes. Padraig McCannon got in on the scoring act 5 minutes later when he headed powerfully home from a corner and Mervyn Shalemba completed the win with the 6th late on.

LISTOWEL CELTIC GIRLS WIN 14'S CUP:

This final saw an experienced Listowel Celtic side defeat a younger but improving Killarney Athletic side. Credit to the Woodlawn girls they did very well for the opening 20 minutes at which point the game was still scoreless. However it was always going to be a case of when rather than if Aoife Horgan would score and midway through the first half she opened the scoring. She added two more in quick succession to break Athletics resistance.

Into the second half and Aoife scored again and her goals were added to by strikes from Mairead McKenna and Caoimhe Spillane. Credit to the Athletic girls they never gave up and were rewarded with a goal from Ciara O'Mahony.

LEAGUE REPORTS: JK SPORTS 12'S:

KILLORGLIN CROWNED PREMIER

CHAMPIONS: Killorglin knew that a home win over Killarney Celtic would see them crowned JK Sports 12 Premier champions. They achieved their aim with a 1-0 win thanks to a Dylan Murphy goal. The back four of Killorglin were the basis for the win with Cillian Burke and Tom Whittleton particularly impressive.

INTER END SEASON UNBEATEN:

Inter Kenmare were presented with their Shield before this game as they wrapped up the JK Sports 12 Division 1 title last week. Here they defeated Killorglin B 4-1 to complete an unbeaten season. A Corey Murphy hat trick and one from Mark Thorpy were the Inter scorers. Mastergeeha are second thanks to their 3-0 win at home to Killarney Athletic. Brendan and Sean O'Leary and Cian Murphy were the Kilbreen side's scorers.

DYNAMOS TAKE SECOND:

Tralee Dynamos ensued themselves of the runners up spot in the JK Sports 12 Division 2. Daniel Burke hit 5 in a day to remember for him with Dylan Walsh netting the other goal in a 6-2 win away to Asdee Rovers.

DALY'S SUPERVALU 13'S:

In the Daly's Supervalu 13's Division 1 Killorglin are odds on to take the title and closed the gap on Killarney Athletic to three points, with games in hand, following a win over Killarney Celtic C. Mark Doyle, Kaiya O'Flaherty, Jack O'Leary, Gar Hassett, Darragh McFeffery, Stephen O'Loughlin and Max Doyle all got on the score sheet.

SECOND BEATEN IN 14'S DIVISION 1:

Inter Kenmare's win over Mastergeeha in Kilbreen Park sees them in with a chance of a top two place. They are now just 2 points behind their opponents with a game in hand. Dylan Murphy got all 3 goals for Mastergeeha. But it was Colin Crowley of Inters day as he hit 5 with Darragh O'Brien getting the 6th.

5 FOR FENIT IN DIVISION 2:

Two goals from David Ryle and one each from Jonathan Trant, Chris Nolan and Neal Cassidy saw Fenit take the points in a 5-2 home win over Park B. Tony Duggan got both the Park goals.

KILLARNEY PLAZA 15'S: The Park B now lead the way on their own now thanks to a 3-0 win over Inter Kenmare B.

CAMP JUNIORS GET THE POINT THEY

NEED: With the Tralee Trophy World 16 Division 1 League title up for grabs the two sides involved met in Camp on Sunday night. A point would be enough to give the home side the title while Ballyhar needed to win. Camp Juniors went 2-0 ahead mid-way through the second half thanks to a penalty from Joe Kennedy which doubled the lead given to them by a Jimmy O'Grady goal. Ballyhar were never going lie down once there was a League title at stake and they drew level with goals from Ciaran and Jake Flynn but Camp Juniors held on to take the 16's Division 1 title.

13'S INTER LEAGUE A BIG SUCCESS:

The inaugural Kerry Schoolboys Girls League Invitational 13's League was held in Christy Leahy Park. The Desmond League, Cork Schoolboys and West Cork were the visitors. With Kerry having 2 squads in action on the day all teams played 4 games in what the League hopes will become an annual event in the 13's calendar. With trophies for the each squads Player of the Tournament Sean McGrath and Melvyn Shalemba picked up the awards for the Kerry Yellow and White squads.

KILLARNEY CELTIC NOTES

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

CONDOLENCES: Killarney Celtic extends sincere condolences to Micheal Devlin and family on the recent passing of his grandfather. May he rest in peace.

TESCO COMMUNITY FUND: As you may have seen in Tesco, Park Road, and Tesco in town, three charities are picked every 6 weeks. Killarney Celtic Football For All have been chosen for Tesco in town. When you shop in Tesco you will receive a blue token. We would appreciate it if you can tell everyone you know to either put them in our section in town or leave them upstairs in the club house and we will put them into town.

RESULTS: U13 DIV ONE: KILLARNEY CELTIC C O KILLORGLIN 7

Killorglin look set to overtake Athletic and claim the league title; a young Celtic side battled hard but were understandably outclassed by such a quality side.

U12 PREMIER: KILLARNEY CELTIC O KILLORGLIN 1: This was a titanic struggle between two great teams, a fitting way to decide the league title. Congratulations to Killorglin, who fully deserve to be crowned champions, but congratulations also to a great Celtic team and management who pushed them all the way to the finish line.

FIXTURES: Ladies League: Killarney Celtic away to Inter Kenmare, Sunday, 2.30pm.

U14 Premier: Killarney Celtic at home to Listowel Celtic, Friday, 7.30pm.

CLUB SHOP: Killarney Celtic's shop is now up and running on Saturdays from 12 noon to 2.00pm. We have a full new range of fantastic merchandise to suit every age, size, gender, and especially budget. Savings Club and Gift Vouchers available. Contact Mags on 089 2164639 or Mary on 086 6485809 for details

PITCH BOOKINGS: Contact Mary Lyne 086-6485809 to book our All Weather full size pitch or training area.

LOTTO RESULTS: Numbers drawn 8, 9, 15, 18. No winner, one match 3, Donal Shine, €150. Next week's jackpot €4400, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.



MEK UNITED FC U12's WITH TREVOR ANDERSON (COACH) AND BRENDAN MOLONEY (NORTHAMPTON TOWN FC).

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

FIXTURES:

Kerry Schoolboys/Girls League

Saturday 23rd May 2015

League Fixtures

JK Sports Under 12 Division 1

Killarney Athletic v Killorglin B 10.00am.

ANNUAL GENERAL MEETING: Annual General Meeting Thursday 28th May at 8.00pm in Scott's Hotel All new members welcome. It is very important for all Parents and Members attend the AGM.

TESCOS COMMUNITY FUND: This has now ceased. Thank you to all who supported.

DATES FOR THE DIARY: Killarney Athletic Golf Classic 25th June at Killarney Golf and Fishing Club. 7 A side launch on 22nd May 7.00pm at Killarney Credit Union. Civic Reception 27th May.

50 YEARS OF KILLARNEY ATHLETIC HISTORY:

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

to 50years@killarneyathletic.com. It will be scanned and returned to you with minimum delay. This is a brilliant opportunity to celebrate the club's proud and varied history in Killarney so please get involved with your contribution.

BEST OF LUCK: The club wish the best of luck to senior player Brian O'Connor and his film crew who are up for "short film award" at the Cannes film festival.

CONDOLENCES: The club would like to extend it's sympathy to the Foley family on their recent bereavement.

RESULTS: UNDER 12 LEAGUE: Our under 12 played their last away game last Saturday at a windswept Mastergeeha. Athletic opened brightly and were unlucky not to be two goals up inside the first 10 minutes while playing some great football for a team that didn't play for ages. Geehy scored against the run of play and held that lead until 10 minutes from time when they scored two late goals to take the points. Athletic can take heart from this game as this young team put in a great hour. The scoreline doesn't do justice to their efforts.

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.



BALLYHAR DYNAMOS U16s - RUNNERS UP IN THE DIVISION 1 KERRY SCHOOLBOY/GIRL LEAGUE 2014/15 PICTURED WITH THEIR COACHES ANTHONY MCKENNA AND NOEL KENNY.



GERALDINE DOLAN GENERAL MANAGER AGHADOE HEIGHTS HOTEL KILLARNEY (SECOND FROM LEFT) PRESENTING FIRST PRIZE IN THE AGHADOE HEIGHTS HOTEL LADIES COMPETITION TO WINNER MAI BERGIN WITH (FROM LEFT) WITH PATSY HANLEY LADY CAPTAIN KATHLEEN BROSAN 2ND, AMY ARTHUR 3RD AND FRANCES ARTHUR 4TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

KILLARNEY GOLF

MEN'S CLUB

NEWCASTLE WEST EXCHANGE SINGLES STABLEFORD, 17/5/2015

1. Paul McMahon (18) 38pts.

2. John Cahill (11) 38 pts.

3. Chris Twomey (10) 37 pts.

4. Daniel Doona (11) 35 pts.

5. Mathew O'Connor (13) 35 pts.

Next Sunday - President Denis Cronin's Prize - Sunday 24th May 2015.

Men's Club Competition Entry Time Change
Please note from Monday June 1st the time for online competition entry via BRS will move to the new time of 7.00 pm.

KILLORGLIN GOLF CLUB

LADIES: SILVER SWANS 12 HOLE STABLEFORD SPONSORED BY EILEEN DALY:

1. Mary Conway (31) 22 pts. 2. Betty Griffin (35) 21 pts. 3. Kitty Galvin (26) 20 pts.

4. Breda Murphy (36) 15 pts.

FIXTURES: 18 Hole Stableford sponsored by Bunkers Bar & Restaurant can be played Saturday 23rd, Sunday 24th or Tuesday 26th. Play either day and arrange own time and playing partners. Last cards to be in by 9pm on Tues only.

12 Hole Stableford sponsored by Junior Officer Emma Daly continues until further notice.

EXCHANGE DAY: The Time Sheet for the Castlegregory Exchange Day on Sun 7th June is available in the Pro Shop. Tee Times are as follows: 7am-9am/11am-1pm/3pm-5pm.

OPEN DAY: Killorglin Ladies Open Day is on Wednesday 10th June. 18 Hole Stableford sponsored by FEXCO. Time Sheet in Pro Shop 0669761979.

BUNKERS BAR & RESTAURANT GOLF SOCIETY: 087 7742009.

LA SERENA GOLF CLUB, MURCIA, SPAIN, DAY 1. 18 HOLE STABLEFORD SPONSORED BY GER COUNIHAN, BUNKERS BAR & RESTAURANT: 1. Enda Curtayne (18) 40 pts.

2. Tommy Woods (26) 33 pts. 3. James McEnery (14) 32 pts. 4. Nuala McEnery (24) 30 pts (B9). 5. Eileen Bell (24) 30 pts. 6. Ann Walker (28) 24 pts.

ROSS LADIES GOLF CLUB

RESULTS: CAPTAIN DENIS CRONIN'S PRIZE TO THE LADIES.

1st Mary Cronin (21) 34pts, 2nd Eileen Fleming (18) 32pts, 3rd Ailish Mulcahy (6) 32pts, Betty Farrell (16) 31pts.

UPCOMING FIXTURES: Sunday 24th Singles V Par, Kindly Sponsored by Mary Cronin. Usual Tee Times available.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 17TH MAY, 18 HOLE STROKEPLAY,

Winner Daniel Shine (07) net 69, Overall runner up, John B. Doran (21) net 70, Overall 3rd place Michael Leahy (18) net 73.

RESULTS, 3 PERSON MIXED SCRAMBLE PLAYED ON TUESDAY 12TH MAY best net return, Sean O'Brien, Daniel Shine and John O' Halloran.

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

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

RING OF KERRY GOLF CLUB

RESULTS 17TH MAY

TONY O'CONNELL MEMORIAL TROPHY SPONSORED BY BRENDAN BRESLIN 3/4 INDIVIDUAL HANDICAP

1st Oisín O'Driscoll (8) & Martin Veldhoen (20) 50pts.

2nd Michael O'Sullivan (14) & Joe Harrington (20) 49pts.

3rd JP Fletton (7) & Daragh Roche (10) 48pts.

BEST OF LUCK: To the ROK Jimmy Bruen team playing against Ballybunion in the West Munster Final held at Killarney Golf Club. Tee off scheduled for 4:30pm

UP COMING EVENTS: 23rd / 24th May - Members Single Stableford.

24th May - West Cork Senior Shield match ROK v Bandon 14:00pm tee off.

ROSS GOLF CLUB

GENTS CLUB

RESULTS: WE HELD AN 18 HOLE SINGLE STABLEFORD COMPETITION ON SUNDAY MAY 17TH.

The following were the winners:

1. Rolandas Bendikas 37pts.

2. Damien Greer 37pts.

3. Sean Moynihan 36pts.

Best of luck to our Pierce Purcell team next weekend when they participate in that competition in Ceann Sibeal GC.

KILLARNEY GOLF CLUB

LADIES

RESULTS OF COMPETITION SUNDAY 17TH MAY, HAYES CUP SPONSORED BY KERRY PHONE CENTRE.

1st Ciara O'Mahony (14) 68.

2nd Mary O'Doherty (14) 69.

3rd Winnie Ryan (22) 70.

B.G. Maureen Creedon (12) 87.

4th Maureen Rooney (23) 71.

CSS 71.

President's Prize to the Ladies will be played on Mahony's Point next Sunday 24th May, singles - stroke.

BEAUFORT GOLF CLUB

Open Friday - Sponsored by Clifford Groundcare
Winner: Oisín Fitzgerald (5) 39 pts. (CSS 34 pts)

FORTHCOMING EVENTS: 23rd/24th May - 18 Hole Stroke (White Tees) - Sponsored by Pat and Joe Tangney.

Open Fridays from 10th April to 2nd October 2015. Open to Ladies and Gents. Single Stableford Entry Fee €20. Ring Clubhouse on 064-6644440 to book a tee time.

MEMBERSHIP: Contact Beaufort Golf Club or website www.beaufort-golf-club.com for latest offers on membership and green fees.

Phone: 064 66 44440,

Email: info@beaufort-golf-club.com

9TH/10TH MAY - 2ND RD GOLFER OF THE YEAR - SPONSORED BY GOLF PRO MARK HEINEMANN

1st Renee Clifford (25) 74 Nett.

2nd Joan O'Sullivan (22) 79 Nett.

FORTHCOMING EVENTS: 23rd/24th May - 18 Hole V Par - Sponsored by Ladies Branch.

Open Fridays from 10th April to 2nd October 2015. Open to Ladies & Gents - Single Stableford Entry Fee €20. Ring Clubhouse on 064-6644440 to book a tee time.

KERRY PITCH & PUTT

Last weekend the Munster Match-Play Finals took place in Rosscarbery, Co. Cork. in the Junior grade Timmy Looney from Castleisland made the semi-final but came up against eventual winner John Minogue of Riverdale, Nenagh. In the Intermediate grade Jason O'Brien from Deerpark won a second consecutive title after winning the Munster Junior crown in Parteen, Co. Limerick in 2013. Jason came from three down to defeat Cian Morrison of Douglas by 2&1 in the final. Congratulations to Jason on

a tremendous victory. This Sunday all eyes will turn to Castleisland for the Kerry County Stroke-Play Finals.

DEERPARK PITCH & PUTT NOTES

By: John Kelly

SYMPATHY: From the Deerpark membership is extended to the relatives of former member Noel Foley Pinewood Estate and also to the family of Murt O'Shea Gortamakerrie and late of Dalton's Avenue who were also associated with the club. May They Rest In Peace.

TUESDAY EVENING FOURBALL: The winners of last Tuesdays Fourball were Ger Casey and Sheila O'Donoghue. Competition continues each Tuesday at 6.30pm.

INTERMEDIATE SCRATCH CUP: Congrats to Ger Casey who secured victory in this competition at Cunnigar Co Waterford and to Jason O'Brien who was the winner in the same competition at St Stephen's.

SENIORS OUTING: Next Seniors Outing will be at Deerpark on Wednesday June 3rd 10-30am and the final outing of the season will be to Newmarket on September 2nd.

REGISTRATION CARDS: Again reminding all

members who may not have received their membership cards that they can now collect same at the Clubhouse shop which is now open on week day evenings and at the weekends from noon.

CONGRATS: To Jason O'Brien who won the Intermediate Munster Matchplay competition at Rosscarbery on Sunday, defeating Damian Long, Shane Neilan, Paul Collins in the earlier rounds and Ian Morrison (Douglas) in the final. This is Jason's second consecutive victory in this grade, Michael Cronin also turned in an impressive performance to reach the quarter final of the competition.



PHOTOGRAPHED AT THE PRESENTATION OF PRIZES FOR THE CRONIN'S RESTAURANT SPONSORED COMPETITION AT THE ROSS GC WERE (FRONT L TO R) AOIFE CRONIN AND EIMEAR CRONIN. (MIDDLE L TO R) JOHNNY BROSNAN, WINNER, MARY CRONIN, DENIS CRONIN, CAPTAIN AND CAOIMHE CRONIN. (BACK L TO R) LAOISE CRONIN, SEAMUS MCCARTHY, TOM COLEMAN, RENALDAS BENDIKAS, JORDANAS JONIKAITIS, VIOLETA BENDIKAS AND ROLANDAS BENDIKAS.



JOHN DALY OF DALY'S SUPERVALU PRESENTING THE FIRST PRIZE IN THE DALY'S SUPERVALU LADIES COMPETITION TO WINNER AILISH MULCAHY WITH (FROM LEFT) MARY GEANEY 4TH, MAUREEN CREEDON 2ND, PATSY HANLEY LADY CAPTAIN AND NOREEN COFFEY 3RD AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



LAUNCHING THE KERRY STARS GOLF CLASSIC WERE PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION, MICHAEL MURPHY KENMARE, TOM TOBIN ORGANISING COMMITTEE (BACK FROM LEFT) JOHN SPILLANE, MICHAEL S MURPHY KERRY STARS, MARK MURPHY CEO KILLARNEY CREDIT UNION, MICHAEL AND DINNY MURPHY KERRY STARS AT THE KILLARNEY CREDIT UNION ON FRIDAY.



AT THE PRESENTATION OF THE DR CROKES GAA CLUB GOLF SOCIETY PRESIDENT'S PRIZE AND MAURICE O'DONOGHUE MEMORIAL PRIZE AT DOOKS GOLF COURSE LAST SATURDAY WERE FRONT FROM LEFT, VERA O'LEARY, MIKE O'LEARY (PRESIDENT), STEPHEN MCCARTHY (OVERALL WINNER) AND MAURICE O'DONOGHUE (SCOTT'S HOTEL). BACK FROM LEFT ARE BRIAN O'CALLAGHAN, (CAPTAIN), MIKE COOPER, MIKE BUCKLEY, JOHN MCENERY, EINO BROSNAN, GREG O'DONOGHUE, BRIAN CLARKE AND PAUL DOWNEY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

TIPS TO PRESERVE BALED SILAGE

All baled silage needs to be well preserved. This means it must be stored in an air-free environment and must be appropriately fermented. Factors that influence the preservation of baled silage include:

- Sward type. Ryegrass dominant swards are inherently much easier to preserve as baled silage compared to grass swards dominated by non-ryegrass species. This is because ryegrasses have a much higher content of sugar which is needed to fuel the preservation process.
- Fertiliser and slurry/manure. The effective rate of nitrogen application can be up to 125 kg N/ha for a first-cut, and this should be applied at least six weeks prior to mowing. Excess nitrogen or too short a duration between its application and mowing can greatly reduce the sugar content of the grass, thereby making it more difficult to preserve as baled silage. Where slurry is applied in spring it should only be applied to a short stubble so as to avoid any carryover of contamination with the harvested crop.
- Weather. Obviously, drier, sunnier weather is ideal for making silage.

- Grass growth stage at harvest. Leafier grass usually has less sugars than very stemmy grass, making it more difficult to preserve. Therefore, successful wilting is particularly essential when making baled silage with leafy grass.

- Wilting. Wilting is a routine part of aiding the preservation of baled silage, and important guidelines here are:

(a) Don't mow the crop until after the dew has evaporated – this will remove about 2.5 tonnes water per hectare (1 tonne per acre).

(b) Solar radiation is the main factor that then wilts mown grass, so the more grass surface that is exposed to direct sunshine during wilting the better. Thus, whereas tedding is the ideal solution, placing the mown grass in wide rather than narrow windrows will result in more effective wilting

- Air-free storage of the bale. This is the single most important step.

These tips have been brought to you by Kelliher's Feed and Agri Supplies, Ballymullen Tralee, 066 7123446

MACRA MATTERS

Kerry Macra's AGM was held last Tuesday night in Sheehan's Bar Fries. There was a large attendance present. Chairman John Michael Fitzgerald opened the meeting and thanked all for coming especially Jerry Murphy Kerry region training officer and Ger Griffin Munster vice president. The following are elected for the 2015/2016 macra year

President: Niall Riordan, **Chairperson:** John Mike Fitzgerald
Secretary: Louise Flynn, **Treasurer:** Shane Randles, **Joint PRO'S:** Theresa O'Shea and Karen Flynn, **Development Officer:** Pauric Lucid
Competitions Officers: PJ Dalton and Katie O'Sullivan, **Young Farmers Officers:** Niall Lynch and Ted Kennelly

All outgoing officers were thanked for all their hard work during the year and all incoming officers were wished the best of luck in their new roles. Also Kerry Macra would like to thank the management and staff of Sheehan's Bar fries for all their support and use of the venue throughout the year.



THE NEW ELECTED KERRY MACRA COMMITTEE

CASTLEISLAND CO-OP

LIVESTOCK MART LIMITED. PSRA. 002537

EVERY MONDAY – SUCK CALVES

EVERY WEDNESDAY – GENERAL CATTLE SALE

DAIRY SALE - EVERY WEDNESDAY AT 2 PM
 (INCLUDING MAIDEN FRIESIAN HEIFERS FOR BREEDING)

SALE OF BREEDING BULLS: EVERY WEDNESDAY AT
12.30 PM APPROX

TEL (066) 7141247 WWW.INFO@CASTLEISLANDMART.COM

Gortatlea Mart

Every Thursday Calf Sale

Starting 11am sharp

Numerous inquiries for all types of calves.
 BVD sample collection available every Thursday

Every Friday Weanling & General Cattle Sale

Intake of animals from 8am.

In conjunction with this sale

Friday 22nd May

Clearance sale 10 SS cows with LM calf at foot,
 some PB Short horn & BB cross & AA
 Also included in sale PB registered LM Bull 3 year old.



Maurice Brosnan: 087 2344433

Office: 066 7137244

Licence number 002138



KINGDOM CO OP MART

PSRA NO:1587 CARRIGEENDANIEL TRALEE

EVERY MONDAY: GENERAL CATTLE SALE 1PM

SALE MONDAY MAY 25th: 25 Top Quality
Young Fresian Dairy Cows at 1pm Sharp.

EVERY TUESDAY: CALVES & WEANLING

SALE AT 7.30PM

TEL: 066 7121738 . FAX: 066 7128487

Classifieds

PLANT NOW ORDER NOW: Whitethorn, Beech etc etc, all hedging and tree plants. Glas AEOS, REPS, Country Management, Plant trees for firewood. Ring for 24 hour friendly service and a chat. 087 2743914.

www.irishshamrocktrees.com

COW AND SHEEP SCANNING: services available. Contact Charles 0874101078

FOR SALE: Galvanised Cattle Trailer.

New and Used. 8' x 5' - 10' x 5' 6' - 12' x 6' - 14' x 6', Nugent, Hudson, Murphy's, McCullagh, Ivor Williams. Tel: 087 250 4441



Tommys Farming Week

So the Scaraveen is over for at least another year and as they go it hasn't been that bad. The fact that March and early April were so good gave us a great opportunity to ride out the inclement weather of late. Fortunately the ten day forecasts of torrential rain failed to do their worst in Kerry and so strip wires, back fences and a little on off grazing got us through the period. Whoever coined the phrase about a wet and windy month of May filling the barns was definitely not farming in Kerry. We can do very well without it. The Scaraveen is interesting in itself, almost like a last assault by winter, regaining control briefly before finally giving way to summertime. It is not a figment of our forefathers imagination either, Hubert Lamb, one of the twentieth century's most prominent climatologists, described the end of April to mid May as the period of the year least dominated by westerly winds. The East and North have their sway. The harsh conditions increase the risk of Grass Tetany and pneumonia so watching cattle closely is critical in this type of weather, not always easy when wind and cold rain is testing your own resolve. The breeding season is in full swing at the moment and again observation

is critical. First thing in the morning and last duty before dark, tail paint every few days and watch for signs throughout the day. Tough going but if you intend to put cows in calf to AI, it is a necessary inconvenience or it used to be. Last year we invested in the Dairymaster MooMonitor, a pedometer of sorts, it hangs around the cows neck, logs movement and assesses the cows breeding cycle. The data is downloaded at milking and transferred to the computer. I was impressed last year though I had it in use only for the last six weeks of the breeding season, this year it has revealed its true potential. We also invested in a drafting gate so cows are assessed as they enter the yard and on leaving the parlour are automatically drafted to a pen for insemination. The program will assess how long they are in heat, if it is less than six hours, it will not draft, the direction is up to the programmer. Painless on the farmer. It is not cheap but daily data on every cow, it identifies cows cycling and not cycling, identifies the perfect time for insemination and saves valuable hours spent on observation. I have not seen a cost benefit analysis but I reckon payback is less than 5 years, without the time element included.

Green Belt
OVER 30 YEARS OF SOLID GROWTH
Established 1981

Get Professional Advice From Your Local Experts







- Forest Establishment & Maintenance
- Forest Management & Insurance
- Forest Road Consultants
- Thinning, Harvesting & Timber Sales
- Forest Acquisition and Sales

New Forestry Scheme Available
Earn up to €249 per acre
For more information contact
Your Local Representative
Gerard Moroney
Mobile: 086 838 0915 • Landline: 064 662 6615
Freephone: 1800 200 233

Green Belt
OVER 30 YEARS OF SOLID GROWTH
Established 1981



KELLIHER'S FEED & AGRI. SUPPLIES LTD.

The Town & Country Store That Offers You More!

Ballymullen, Tralee, Co. Kerry,

T: 066 7123446, F: 066 7123420

E: info@kelliherfeeds.ie, www.kelliherfeeds.ie



GULF Lawnmower Oil

GULF Motor Oils



GULF Chain Oils

GULF Milking Machine Oil



GULF High Performance multifunctional STOU Lubricant for Farm Equipment

GULF High Performance Transmission/Hydraulic/Wet Brake fluid for Tractors



GULF High Performance Anti-Wear Hydraulic Oil.



GULF Grease EP2 400gr 2-5kg

Grease Guns Funnels



Huge selection of Gulf Oil available in all sizes



Contact: Brian Shanahan for Information & Prices
T: 066 7123446, F: 066 7123420

FREE JERRY CAN*
WITH EVERY 20 LITRES OF OIL PURCHASED IN THE MONTH OF MAY



Lubricants for Agricultural, Plant, motor and marine stock

* Terms & Conditions Apply



KILCUMMIN NEWS

CONGRATULATIONS: Congratulations to Juliette Culloty on being crowned the 2015 Kerry Rose. Juliette will now go forward to represent her County in the International Rose of Tralee Festival in August. We wish her the best of luck.

ANNUAL SPRING CLEAN-UP: We are extended our clean-up for another week. Bags available at Rural Development Office Thanks for your support.

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

KILCUMMIN G.A.A.:

GARVEYS CO CHAMPIONSHIP RD 1:

Kilcummin play South Kerry in Kilcummin on this Sunday at 2.30pm. Please come early as caravans will be taking admission fee.

JUVENILE GAA: UNDER 14 GIRLS: Play Moyvane away at 6pm on 24th May 2015 in the County League.

DIV. 6 FINAL: Kilcummin's under 14 boys won the Div. 6 County League final on Friday 15th May. The lads started brightly and had a couple of early goals from Paul O'Shea & Phillip O'Leary (2) to take a good lead but aided by a couple of switches Keel/Listry roared back into the match with 2 goals of their own. Kilcummin went in

at the break 4 pts to the good. The second half was a ding dong affair with both sides giving it their all to gain the advantage. Keel/Listry goaled twice in the second half giving them a 1pt advantage with 9 mins to play. Kilcummin were in trouble but roared on by our very vocal supporters the lads summoned one more huge effort to take the lead with 2 magnificent points from our man of the match and captain Paul O'Shea - up by a point with 6 nervous mins to go. Keel/Listry refused to bend the knee and laid siege to the Kilcummin goal. In those remaining minutes the defence played like men possessed led by the excellent Dylan Murphy who was faultless in his reading and interception of the ball ably assisted by Dean, Darragh Bros, John, Christopher and Dan Keane. The final whistle was greeted with delight by fans and players alike. A special thanks to Fossa GAA for use of their magnificent facilities.

GAA CLUB HURLING COACHING: For under 6 to under 12s on alternate Thursdays at Kilcummin and Legion GAA grounds at 6pm on Thursdays. Contact Garry at 087 2884478

A BIG THANK YOU: To everybody who gave a hand and gave up their time to collect for the club last Saturday 16th May. It is really appreciated and raised much needed funds for the club. Thank you all very much.

MASTERGEEHA FC

KERRY CUP FINAL U11 PARK 4

MASTERGEEHA 1: In the opening half playing with the wind the boys took the lead when Colin O'Leary scored in the 20th minute. In the second half the Park side scored two goals early

on. After this the boys battle hard but the Tralee side added two further goals late on. The boys tried their hardest and could not be faulted for effort. It has been a great first year for the boys in the Kerry Schoolboy's league.

U12 MASTERGEEHA 3 KILLARNEY ATHLETIC

0: In this game the boys had to battle all the way in a local derby. In an even opening half Mastergeeha took the lead when Brendan O'Leary scored. In the second half the boys added further goals when Sean O'Leary and Cian Murphy scored to ensure the win. This win secured runners up in their division for the u12.

U14 MASTERGEEHA 3 INTER KENMARE 6:

In their last game of the season the boys played at home on Saturday. In the game the visitors started the better and were three up at the break. In the second half Mastergeeha played much better and got goals back with Dylan Murphy scoring a hat trick and with Patrick Brosnan and Conor Casey going close. However the visitors finished stronger to ensure the win. All involved tried their best.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 15th May. Numbers drawn were 4, 9, 10 & 18. Consolation prizes were €100 Sheila Doolan, Cockhill, Kilcummin, €60 John and Margaret Lenihan, Kilcummin, €30 Michelle Devane, Melbourne, Australia, €30 Donie Cronin, 135 Ballyspillane, Killarney €30 Tim Foley, Barleymount, Killarney. Draw will take place in The Village Inn Kilcummin every Friday night. Jackpot now €2850

BEAUFORT NEWS

BEAUFORT TIDY TOWNS: Are very busy at the moment with only weeks before judging commences. Thank you to all that are out at the moment helping. Please come along on Tuesday nights we meet at the Barracks at 7.00pm and do a little clean up for 1 hour, everybodys help is much appreciated.

Margaret O'Shea Chairperson of Beaufort Tidy Towns and Joann O'Shea, Secretary, visited the Black Valley School this week with Celebrity hen "Miss Henny Penny" and her chicks, thank you to all at the school who were very welcoming, and to the children who have given names to all the chicks, in another couple of weeks we will be back again visiting all 3 schools in the parish with a display hive and everybody can see how Bees work and marvel at the wonder of these great creatures.

CROSS COUNTY: Well done to the Beaufort athletes who competed in the county cross country event which was held on Sunday 17th in Dennehy's field. Kerry Eagar competed in the u13 1200m and has now qualified for the county team. Her sister Lola competed in the u12 600m. Patrick Galvin ran a great race to claim gold medal in the u13 1200m boys with Niall Carey also qualifying for the county team. Thanks to the Dennehy's for providing their

field again for this event.

MUNSTER SCHOOLS TRACK & FIELD

CHAMPIONSHIPS: Well done to Aoife Doyle who got a gold medal in the Intermediate Discus and silver in Hammer. Her sister Fiona got a gold in the Junior 200m and bronze in the high jump with a jump of 1.6m

GAA NOTES: THE LOTTO DRAW: For a jackpot of €4,400 was held in The Inn Between Bar on May 17th. Numbers drawn were 1, 17, 24, 26. There was no jackpot winner. Next draw for a Jackpot of €4,600 was held in The Inn Between Bar on May 17th. Tickets available from usual sellers, local shops and bars.

Detailed Match Reports on the club website www.beaufortgaaclub.com

MINORS: Sponsored by Harpoon Connect will played Castleisland Desmonds in the Division 3B County League Final on Friday evening last and lost on a score-line of 0-11 0-7.

U14 BOYS: Played Dingle in Annascual on Thursday evening in the Final of Division 3 of the County League. Though winning at half-time by 1-11 to 1-8, Dingle took over in the 2nd half and won on a score-line of 4-18 to 2-13.

U14 GIRLS: Will play Scartaglin in Scartaglin on Sunday next in the final round of the County League.

U12s will have game in County League on Sunday next. No fixture to date.

U12 GIRLS: Played Currow in Beaufort on Tuesday evening last.

BOYS U-10 BLITZ: Continues on Monday evenings in Mid-Kerry. Keel will host next Monday night's Blitz.

MID KERRY SENIORS: Will play Killarney Legion on Sunday, 24th May at 1.30pm in Killorglin in Round 1 of County Senior Football Championship.

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

KILLORGLIN RUGBY FOOTBALL CLUB:

AWARDS CERMONY 2015: Congratulations to Jack Coffey who has been awarded the U14 Player of the Year at the Killorglin Rugby Football Club - 2015 Awards Cermony held at the Intermediate School Killorglin on Friday night last. Jack, who plays in the forwards, has been praised for his dogged work in defence, important try scoring and all round outstanding performances on the field of play for KRFC.

POWER • BLOWER • STRING TRIMMER • HEDGE TRIMMER • CHAINSAW



EGO™ The power of petrol without the noise, fuss and fumes

The World's First 56-Volt Cordless Garden Tool System

We're EGO – and proud to bring you the first line of cordless outdoor power equipment, delivering the power and performance of petrol without the noise, fuss and fumes. EGO significantly changes the nature of lawn and garden equipment. A breakthrough in every way, EGO is powered by the industry's first 56-Volt Lithium Ion battery.

Whichever tool you need, the entire EGO range – the lawnmower, blower, string trimmer, hedge trimmer and chain saw – can all be powered by the same 56-volt battery. Impressive run time and fast recharge times ensure the work gets done in no time at all.

Designed to meet the needs of today's gardens, whatever the weather, EGO tools are powerful, intuitive, quiet and dependable, providing you with all the power you need to get the job done right.

It's not just 'Best in Class', it's the first of its kind.

Just one EGO 56 volt battery is enough to power a complete range of EGO Products'

Available from
TOOL-LINE
POWER TOOL & MACHINE SPECIALISTS

Castlemaine Co. Kerry
Tel: 066 9767907
WWW.EGPOWERPLUS.IE

EGO™ POWER BEYOND BELIEF™



CASTLEMAINE GARDEN CENTRE
for gardens...

SUMMER OFFERS

- 5 Shrubs Only €20
- 6 Geraniums Only €10

Free planting service for your baskets, window boxes and tubs, when you buy your bedding plants, compost etc from us.

WE STOCK

- Vegetables, seed potatoes and fruit trees.
- Shrubs, trees, climbers and hedging.
- Wide Range of bedding plants.
- Compost, bark mulch and fertilizers.
- Ceramic & plastic pots, hanging baskets, window boxes and garden ornaments.
- Shrubs grown from our own Nursery
- Landscaping service available

Open 7 days a week From 9am - 6pm
Castlemaine village, Opposite the creamery.
Contact Joe on
087 785 9970

Breathe new life into your Business or Service

By placing an advert in the **Killarney OUTLOOK**

OR IN OUR OTHER OUTLOOK MAGAZINES

TRALEE OUTLOOK
SLIABH LUCHRA OUTLOOK
LEE VALLEY OUTLOOK

Mobile Des: 087 6593427
t/f: 064 66 70000 | e: des@outlookmags.com

LAVIN PLANT HIRE

LANDSCAPING - From Creation to Completion
Consultancy Service Available

LAVIN PLANT HIRE COVER:

- Ground Works
- Drainage
- Fencing
- Patio Laying & Sleeper Kerbing
- Top soil can be provided where needed

ALSO AVAILABLE FOR HIRE WITH DRIVER ARE:
A Track Machine, Rock Breaker, Tractor, Stone Rake & Power Harrow.

Contact Eddie: 064 66 20677 / 087 981 8367
Tiernaboul, Killarney




RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

RATHMORE COMMUNITY COUNCIL: Owners, walkers, road users, gardeners, builders, anglers etc. please be aware of the invasive Knotweed. Japanese Knotweed has been found between Gneeveguilla and Rathmore, along the main road west of Shrone Cross and also east of Presbytery View. Japanese Knotweed is a non-native, invasive species, poses a huge environmental and economic threat. It spreads rapidly, particularly along watercourses, roadsides, railways and hedgerows. It can seriously and permanently damage buildings, roads and hard surfaces, damage flood defence structures and actually increases flood risks.

LILY OF KILLARNEY SELECTION: There is great interest in the Lily of Killarney this year in the parish as they are 6 contestants from the parish - they are as followed Lorna O'Connor, Amy Cronin, Sinead O'Connell, Denise Hickey, Christina Moynihan, Daniette Vaughan, we wish them all best of luck on this Friday night in Gleneagles hotel, at the buffet and dance selection night in association with Spa GAA Club, starting at 7.30pm. Our own current Lily of Killarney Cathriona Reen was worthy winner last year and did her role well over past year.

MEENTOGUES NS: Congratulations to Mary McCarthy, Danielle O'Leary, Gemma Cremin, Lauren Fears, Michelle Fleming, Shauna Fears and Delia Foley from Meentogues NS who won the Allianz East Kerry Girls cumann na mBunscol competition we'll done to all! Well done to Mary McCarthy, Danielle O'Leary, Gemma Cremin, Lauren Fears, Michelle Fleming, Shauna Fears, Delia Foley, Tara Buckley

and Saoirse Casey from Meentogues NS who were Shield Finalists in the Killarney Schools Super Sevens Basketball Competition.

SPARKLER: Congratulations to Declan Moore Clounts Rathmore, who got engaged to Joan Kissane, Ballyspillane recently we wish both then happy life together.

HOLY COMMUNION IN GNEEVEGUILLA AND SHRONE - SATURDAY LAST 16TH MAY: Congratulations to the children from Gneeveguilla and Meentogues N.S. who received their First Holy Communion in Gneeveguilla and the children from Shrone and Hollymount N.S. who received their First Holy Communion in Shrone. Holy Family N. S children will received they Holy Communion this Saturday May 23th at St, Joseph church Rathmore at 11am.

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

Tuesday 26th May - 8pm - Gneeveguilla. Thursday 28th May - 8pm - Old Chapel.

Tuesday 2nd June - 8pm - Nohoval. Tuesday 9th June - 8pm - Rathmore. Thursday 11th June - 8pm - Shrone Tuesday 16th June - 8pm - Knocknagree. Thursday 18th June - 8pm - Kilquane. Monday 22nd June - 8pm - Behinaugh (Please inform people outside Parish who may have relatives buried in any of the aforementioned. It is greatly appreciated that all our graveyards are kept tidy.)

EAST KERRY MENTAL HEALTH ASSOCIATION: Will hold a coffee morning with cake and plant sale on Tuesday 26th May

10am to 12pm in teach mhuire church place. Please support.

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

SYMPATHY: To families, relatives and friends of Con Spillane, Headford post office, Jim Hickey, Littleton, Co, Tipperary, whose deaths has occurred last week. May they rest in peace.

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

RATHMORE LADIES FOOTBALL: The annual run, jog or walk will take place on 12th July, more details later.

CLOGHOULA PATTERN DAY: On Sunday 24th May commencing at 1.00p.m. Activities include: races, football blitz, sports, bouncing castle, cake sale and many side shows. Fun for all the family.

MILLSTREET TUBRID WELL: Annual Mass on Friday 29th May at 7.30p.m. Everybody welcome,

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

FOSSA NEWS

LOTTO: Numbers drawn were 1, 6, 20, 23. There was no Jackpot winner and next weeks Jackpot will be €10,650. Next draw takes place on Sunday night 24th May at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets.

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

KILLARNEY LIBRARY: Killarney Library will host an art exhibition by Betty Rohan in aid of the Kerry Stars Special Olympics from Tuesday 28th April running until 29th May. Bealtaine Festival returns to Killarney Library in May.

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

FOSSA LADIES: On May 9th the Kerry U16 Girls

took to the field in the Munster A Championship Final against Cork, Captained by our own Fay O'Donoghue, full back, along with Anna O'Reilly at wing back, Erica McGlynn Center Half forward and Hanna O'Donoghue full forward the Kerry girls stunned Cork with an impressive display of football in the first half. Kerry led at half time 0-8 to 0-3. Cork needed early scores in the second half if they were to make a comeback but unfortunately for them the Kerry girls were fast out of the blocks again. Fossa's Hanna O'Donoghue finished the game with an impressive 1-3 with Erica McGlynn getting 1-1. Erica as she went through on goal was taken down in the square winning a penalty which Aoife O'Callaghan converted, giving Kerry three goals with the Fossa forwards playing a part in all three goals. Cork who were looking to Grace Culloty to get scores for them didn't get an inch from our Anna O'Reilly, Grace Culloty 0-5 (4f). Fay O'Donoghue at full back controlled her line winning possession, dispossessing the Cork forwards, catching dangerous high ball that had been dropped in around the Kerry Goalmouth. What can we say we are extremely proud of our girls. Kerry played a very high tempo game from start to finish and left Cork trailing behind when the full time whistle was blown. Final score Kerry 3-12 to Cork 1-6. Kerry are awaiting the winners of Dublin v Meath. The All Ireland Semi Final is on Wednesday July

15th. Our U12 girls have been graded in Division 2 of the Glebe Kitchens County Leagues. The girls have put in an immense effort at training since March under the management of Damien Dennehy, Dan O'Connor and David Kennedy. The girls are away to Firies on 19th May. We wish the Girls the very best of luck.



EMILY BREEN-NELIGAN ON HER FIRST HOLY COMMUNION IN THE PRINCE OF PEACE CHURCH FOSSA. PICTURE THERESE BREEN.

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



Coronation Streets Big Week Of Drama

Coronation Street will move to the later time slot of 9pm from Monday 25th – Friday 29th as it prepares for it's huge week of explosive drama including Steve and Michelle's wedding, Jenny kidnapping Jack, Liz discovering Tony's betrayal and the Victoria Court fire. Here's our guide to the huge events taking place over the week.

Monday

Tracy blows Liz's world apart while Jenny sets her plan in motion. Meanwhile, Kal plans to propose.

Tuesday

It's Steve and Michelle's big day but there is bigger drama brewing as Tracy plans to wreak havoc. Jenny prepares to kidnap Jack.

Wednesday

Its life and death drama as Victoria Court goes up in flames. Maddie discovers Jenny's plan.

Thursday

The aftermath of the fire begins as Tracy's revenge turns into a nightmare. Will Maddie be on time to stop Jenny?

Friday

Tracy's guilt weighs heavy while a desperate Jenny has to rethink her plan.

Corrie News & Gossip

The Barlow family will be devastated when news reaches them this summer of Deirdre's tragic passing. Family friend Bev Unwin will deliver the news to a broken Ken.

Deirdre's funeral episodes will air in the summer with the return of step-son Peter. Rumours persist that Kal Nazir will be the fatality of the upcoming fire plot as his son Zeedan is set to get revenge on Tony over an undisclosed matter. Could Tony be the reason that Zeedan's father is dead?

Citizens Information

Know Your Rights: TAX AND STARTING WORK

MAY 2015

QUESTION

I'm hoping to get a job over the summer. What do I need to know about tax when I start a job?

ANSWER

As an employee you are liable to pay tax on your earnings under the PAYE (Pay As You Earn) system. This means that your employer deducts the income tax, PRSI and the Universal Social Charge you owe directly from your wages. To ensure that your new employer deducts the right amount of tax from your pay you will need to do two things:

- Give your employer your Personal Public Service Number (PPSN). This number is your unique personal identification number for public services. Your employer will then let your tax office know that you have started work.
- Apply for a certificate of tax credits and standard rate cut off point. You will need to complete an application form to do this. It is called Form 12A Application for a Tax Credit Certificate. If you are registered with Revenue's PAYE Anytime service you can view your tax credit certificate online.

To ensure that your employer and the tax office have time to sort everything out before your first payday, it is advisable to do this as soon as you accept a job offer (even for part-time or holiday employment).

The amount of income tax you actually pay depends on your earnings, your tax rate band and the amount of your tax credits. Tax is charged as a percentage of your income. The percentage that you pay depends on the amount of your income. The first part of your income, up to a certain amount, is taxed at 20%. This is known as the standard rate of tax and the amount that it applies to is known as the standard rate tax band. Earnings above this amount are taxed at the higher rate (40%).

Tax credits reduce the amount of tax that you are likely to pay. If your tax liability is less than your tax credits, you do not pay tax. If your tax liability is more than your tax credits, the tax due is the difference between the two.

Your employer must give you a payslip, showing a breakdown of your weekly, fortnightly or monthly salary and all the deductions 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, Caherciveen 0761 07 7780

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



ARE YOU ADDICTED TO YOUR EMOTIONS?

Many people live their lives as if they are braced against something! Instead of allowing the day to be what it is, themselves to be who they are and for other people to be in their own business they put up a wall of protection! I know! I did this for years! The problem with always being in a state of defensive action is that it's exhausting! It's just too tiring to live in this kind of stress for an extended period of time! One of the things that keeps us living in this way is our emotional state of being. Emotions are the end product of past experiences. We remember experiences through our emotions. If I asked you to think back to a time you were incredibly happy you would be able to reproduce those same emotions just by thinking of the experience. Emotions are records of the past and if our thoughts are continually replaying the past, we will simply feel the associated emotion that went with the event. The job of an emotion is to be felt, acknowledged, expressed and released, however for many of us we have been taught not to feel what we are feeling. Parents tell their children not to cry or that it doesn't hurt or to stop being silly when a child is upset. The message is, "Don't feel what you are feeling" and this becomes a learned behavior. One simple way to break through the emotional addiction is to become aware of what you are feeling in the moment. If something is causing a strong emotional reaction take a step back and ask yourself where this has happened before. This begins to separate you from the past and helps move you into the present moment.

Do join me in my New Life Class on Wednesday 27th May at the Meadowlands Hotel, Tralee. 7.30 – 9.30pm! It's a two hour seminar on how to say YES to your amazing Life! Only 15.00 euros, payable on the night. Please call or email me to reserve a spot!

066 9766374 | life_coachingunlimited@yahoo.ie



GLENFLESK NEWS WITH DONAL KELLY

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Sunday the 10th of May 2015, in the Corner Bar. Jackpot: €5,000. Numbers drawn: 2, 8, 9, 20. No Winner. Next draw will be held on Sunday May 24th in John Dan's, Jackpot €5,200.

LÁ NA GCLUB: Well done and thanks to Glenflesk sharpshooter Lee O'Donoghue who won the free-taking competition at the Killarney Races on Sunday May 10th, and in doing so secured €3,000 for the club. This was a remarkable display of free-taking in horrendous conditions by a talented young player.

COUNTY LEAGUE DIV 2: Following on from their hard-fought victory over Currow on May 10th, the Glenflesk senior team has two important home fixtures coming up against Tarbert on the weekend of June 7th followed by the visit of Laune Rangers on the weekend of June 14.

JUNIOR LEAGUE: The Junior County League is underway, and Glenflesk are playing in Group 5 along with Waterville, Skellig Rangers, St. Mary's, Kenmare and Dr. Crokes. Games take place at 7:30pm on Friday evenings. Waterville are the visitors to Glenflesk on Friday May 22nd.

GLENFLESK U12 BOYS: The Glenflesk U12 boys have had a very successful campaign so far this year. They won three out of four games in the first phase of the county league where they competed in Division 2, defeating John Mitchells, Kerins O'Rahillys and An Gaeltacht. They have now qualified for Division 1 in the second phase of the competition which starts on Sunday May 24th.

ALL-IRELAND SCÓR CELEBRATION: Glenflesk will celebrate the fantastic two-in-a-row achievement of the All-Ireland winning figure dancers on Friday May 29th in St. Agatha's

Community Hall Glenflesk. All are welcome.

KERRY MINORS: Well done to Glenflesk's Daniel O'Brien and the Kerry minor team who defeated Cork in Tralee on Wednesday May 13 in the semi-final of the Munster championship. The Kerry minors will now face Tipperary in the Munster final on July 5th.

GLENFLESK LADIES: Congratulations to Emma Dineen who was a member of the Kerry Ladies U16 team who defeated Cork on May 11 in the Munster Final. Emma also received the Player of the Game award. Training for girls U6-8-10 continues on Thursday evenings between 6 and 7 at the small pitch in Glenflesk. Newcomers especially welcome!

GLENFLESK FACEBOOK: There is a wealth of current information, and a brilliant archive of old and new photos on the Glenflesk GAA Facebook page. Remember you do NOT need a Facebook account to view our page. Just type 'Glenflesk GAA' into Google or any search engine and find our Facebook page.

RAHEEN NS: Congratulations to Flor and Eileen O'Donoghue who had the winning lotto number 45 on Saturday the 9th of May and to Niamh Callaghan who had number 29 on Saturday the 16th.

BARRADUFF NS 80KM CYCLE: Only two weeks to go to the 4th Annual Barraduff National School 80km resource cycle. The cycle takes place on Sunday June 7th, and follows a route from Barraduff school, to Kilgarvan, Kenmare, Molls Gap, Killarney and back to Barraduff for a well deserved cup of tea. Registration at the school on the morning from 7:30pm, Adults €20, Students (0-16) €15. Cyclists will receive support on the route from O'Sullivan Cycles and the Order of Malta.



PAUDIE AND PEGGY HORAN AND MAEVE TWOMEY (KILLARNEY) ARRIVING AT THE KERRY BADMINTON SOCIAL 2015 AT BALLYROE HEIGHTS HOTEL, TRALEE RECENTLY. PIC JOE HANLEY.

GLENFLESK COMMUNITY GAMES BONUS BALL: We are running a 'bonus ball' lotto draw for 25 weeks beginning on Saturday 4th July up to the end of December. €50 entry (€2 per week). If your number is the bonus ball number drawn in the Saturday night National Lottery draw you win €40. If you are interested in supporting this please text your name and number or phone Kathleen O'Connor-Fleming on 087 6816413. Your support is greatly appreciated.

GLENFLESK COMMUNITY GAMES: There were thrills and spills galore at the annual Glenflesk Community Games Athletics Day held in Glenflesk on Sunday May 17 last. The County finals of the community games athletics will be held in An Ríocht track in Castleisland on the weekend of the 20th & 21st June. Winners above can only run in one of the races in their age group. Any queries please contact Glenflesk Secretary Helena O'Donoghue on 0872468396. **SYMPATHY:** Sympathy is extended to Margaret and the Spillane family, Headford on the recent death of Con Spillane. Ar Dheis Dé go raibh a anam.

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We hope to see ye all back in Listry Community Center for next month Social Action day Tuesday 26th May 2015.

BINGO: There will be no bingo now until end of September.

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

LISTRY WEEKLY LOTTO: Jackpot €3,650. Winning numbers: 11, 16, 24, 26. Was not won. Next weeks Jackpot €3,800.



JOHN AND LEON BOWLER TAKING PART IN THE GAELSCOIL FAITHLEANN, KILLARNEY SIULOID CHOISTE NA dTUSIMITHEOIRI (PARENTS COUNCIL FUNDRAISING WALK) FROM THE CASTLEROSSE HOTEL AND THROUGH KILLARNEY NATIONAL PARK LAST SUNDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



DARRAGH, CIAN AND LIADH FORDE TAKING PART IN THE GAELSCOIL FAITHLEANN, KILLARNEY SIULOID CHOISTE NA dTUSIMITHEOIRI (PARENTS COUNCIL FUNDRAISING WALK) FROM THE CASTLEROSSE HOTEL AND THROUGH KILLARNEY NATIONAL PARK LAST SUNDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



FAYE O'CARROLL AND FEITHLAN SOMERS AND DOG 'BELL' TAKING PART IN THE GAELSCOIL FAITHLEANN, KILLARNEY SIULOID CHOISTE NA dTUSIMITHEOIRI (PARENTS COUNCIL FUNDRAISING WALK) FROM THE CASTLEROSSE HOTEL AND THROUGH KILLARNEY NATIONAL PARK LAST SUNDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



EMILY BROSAN, AMY O'CONNOR AND ANDREA MURPHY AND DOG 'GIZMO' TAKING PART IN THE GAELSCOIL FAITHLEANN, KILLARNEY SIULOID CHOISTE NA dTUSIMITHEOIRI (PARENTS COUNCIL FUNDRAISING WALK) FROM THE CASTLEROSSE HOTEL AND THROUGH KILLARNEY NATIONAL PARK LAST SUNDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



RUBY COURTNEY AND MUIREANN O'DONOGHUE TAKING PART IN THE GAELSCOIL FAITHLEANN, KILLARNEY SIULOID CHOISTE NA dTUSIMITHEOIRI (PARENTS COUNCIL FUNDRAISING WALK) FROM THE CASTLEROSSE HOTEL AND THROUGH KILLARNEY NATIONAL PARK LAST SUNDAY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



EXAM STRESS

Some tips for parents and Students

FOR PARENTS

Exams are nearly here and will be over before we know it. The best way to support your teen at this time is to make home life as calm and pleasant as you can. You may notice that although you are desperate to know how the exam went, it's wise not to launch into an inquisition – so give your teen some space. Feeding them healthy snacks and good nutritious food will all be very welcome. Make sure they eat a good breakfast on the morning of the exam. Be sure to remind your child to take study breaks and get some fresh air to help clear the mind. After an hour or two of study, let them chill out but within reason. They need to switch off from exam student mode too. It's ok to be a couch potato at this time.

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

FOR STUDENTS

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

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

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

Please support us at **The Ring of Beara Cycle on 23rd May 2015**. Contact the Centre for application forms and sponsorship cards. For more information see www.ringofbearacyclekenmare.com

Health Matters....

With Dr. Michael Moloney

HEALTH RISKS FROM THE SUN

As the summer holidays fast approach those of us who are lucky enough to get some sun should bear in mind the harmful effects it may have:

SUN DAMAGE TO THE SKIN: Although sunbathing may be enjoyable and a suntan a status symbol, it must be remembered that excessive sun exposure is a health hazard due to the effect of ultraviolet (UV) radiation on the skin.

UVB causes sunburn which can range from intense erythema to blistering and 'burnt skin' similar to a burn from hot water or fire. Sunburn is more likely when, in addition to direct exposure from the sun, UV is also 'reflected' from water (swimming pools or the sea), white sand or snow. The risk is greater at higher altitudes when there is less protection from the earth's atmosphere.

Both ultraviolet A (UVA) and ultraviolet B (UVB) radiation are known to cause pre-mature cancers. Drying of skin can result in exacerbation of facial seborrhoeic dermatitis.

ESPECIALLY VULNERABLE GROUPS

- Babies and children.
- Fair skinned people who often also have red hair or blue eyes.
- Those with certain medical conditions such as albinism or previous skin cancer.
- Those medications such as tetracyclines including doxycycline, oral hypoglycaemic drugs and diuretics.

PRECAUTIONS

- Babies under 9 months should be kept out of direct sunlight.
- Children should wear long sleeved, loose fitting shirts, hats and high-factor sunscreen.
- The greatest risk is from the midday sun, usually from noon until 14.00 hours (15.00 in tropical regions) when precautions are especially important.
- Adults should wear a broad brimmed hat, long sleeved shirts and sunglasses.

SUNSCREENS

- Sunscreens do not replace the precautions described above but they can help absorb UVB and to a lesser extent UVA.
- Waterproof sunscreens can prevent their removal by sweat or water although they should always be reapplied after swimming.
- There is a voluntary star system for sunscreens grading UVA protection; more stars indicating greater protection.
- The Sun Protection Factor (SPF) refers to the protection against UVB (e.g. 'SPF 8' allows approximately 8 times longer sun exposure without burning than with no protection).
- To gain effective protection a cream with an SPF value of 15 or above should be used (less than this provides little protection).
- Sunscreens are expensive - be wary of cheap sunscreens bought abroad which may not give adequate protection.
- Check expiry dates.

If you have any other further queries regarding the above article please do not hesitate to contact us on **064 66 20628**



Dr. Michael Moloney,
MB, BCH, BAO, BMedSci MMedSci, DOWH, MICGP
Specialising in Sports Medicine.

Member of the faculty of sports and exercise medicine.
Doctor to the Kerry Senior Football Team.
Doctor to Ireland Under 17 Soccer Team.
The Killarney Medical Centre,
47 New Street, Killarney. t: 064-6620628.

STUDENTS AT ST. BRIGID'S MAKE A DIFFERENCE AS THEY FUNDRAISE FOR BÓTHAR

Second year students at St. Brigid's Secondary School have been busy this month raising funds to sponsor a Bóthar goat.

Having watched a documentary on the work of Bóthar in Uganda the CSPE class led by their teacher set about raising funds to sponsor a goat by running a cake sale in the school. "It was great to see all the students involved and play their individual part in bringing about this positive action. At the heart of Civic Education is the idea that each person can make a difference to the world that we live in," said their teacher Ms. Linehan

As part of their Action Project in Civic Social and Political Education the second year students also invited guest speakers from Bóthar to increase their awareness and knowledge of the

wonderful work that this Irish Development aid agency does in developing countries such as Uganda, Tanzania, Albania, Nepal and China. The two representative speakers Dan Martin and Davy Fenton have both been participants in Bóthar's study tours in Africa and now volunteer with the organisation by fundraising in the Munster area. They spoke to the students of their experience of visiting Malawi and recounted some heart warming stories of the resilience of the people

there. They recalled the joyous celebrations they witnessed within the communities of the families who receive livestock from Bóthar. "Receiving a cow or a goat transforms the lives of impoverished families- The milk provides families with the necessary protein which is so lacking in their diet and they can use income from the sale of surplus produce to purchase essentials such as food, clothing, medicine and school fees" said Dave Fenton



BANK OF IRELAND "BUILD A BANK" IN KILLARNEY COMMUNITY COLLEGE

This week eight students; Sarah Finnan, Nicole Riordan, Mutaz Almusawi, Daniel O'Connor, Dean Cronin, Broghan Edmonds, Abigail Graham, Dominika Gwizdzinska received a cheque on behalf of the college for €1000 from bank representatives Ms. Deirdre Twomey (Manager of Bank of Ireland, Killarney) and Mr. Sean Brosnan (Bank of Ireland). They worked tirelessly over the past number of months to get 100 students in the school to open and activate accounts for the Bank of Ireland "Build A Bank" programme. Their determination and commitment to the programme has made them the only school in Killarney to have reached the target of 100 accounts and they will be rewarded for their efforts by attending a Munster Rugby game this Saturday and receiving phone credit from the Bank of Ireland. All students who opened their own bank account have the opportunity to attend the Munster Match this weekend.



L-R: DEIRDRE TWOMEY (MANAGER OF BANK OF IRELAND, KILLARNEY), SARAH FINNAN, NICOLE RIORDAN, MUTAZ ALMUSAWI, DANIEL O'CONNOR, DEAN CRONIN, BROGHAN EDMONDS, ABIGAIL GRAHAM, AND SEAN BROSAN (BANK OF IRELAND).



FEXCO BUSINESS & ENTERPRISE AWARDS. L-R ANN SWEENEY FEXCO, HAYLEY SHEEHAN, CATHAL HEASLIP FEXCO, JADE O'CONNOR, NAOISE CORRY, GAVIN QUINLIVAN BUSINESS & IT TEACHER

'THE CREAM ALWAYS RISES TO THE TOP'

On Thursday 14th May students, teachers and parents of Killorglin Community College celebrated their achievements at their annual awards ceremony at the school. Categories included 100% attendance, academic excellence, diligence, music, sports, STEM (Science Technology Engineering Maths) and Entrepreneurship.

In keeping with their tradition of inviting back a past pupil as guest of honour, this year Mr. Jerome Griffin of XL stores (Breens Country Stores, Hannah Marys & Griffins Stores Castlemaine) was invited.

This year marked the partnership with local companies to promote health & wellbeing, community spirit, Entrepreneurship and the STEM subjects. AIB, Bank of Ireland, FEXCO, Astellas and Liebherr were represented on the night to present their individual awards.

As well as the various categories this year the college had reason to celebrate national awards which they are very proud of. The two young scientists, Timothy McGrath and Donal Brennan

have received awards from BOI Enterprise Town and Scifest Boston Scientific awards as well as the ComReg BT Young Scientist Award.

Hugh Hurley and Padhraic McMahon who won the Intermediate Student Enterprise in Kerry went on to win the Most Innovative Project at national level with their Farm Sense safety app. They are also going to feature in the HSA Farm Safety initiative in September.

Both teams are off to the ExcitED 2015 Showcase in Dublin Castle on Sat May 23rd by invitation from the Professional Development Service for Teachers (PDST). ExcitED 2015 is a festival where selected schools are identified as leaders in using digital technology to enhance the learning experience of students. "It is an honour to be invited to such an event and it reinforces for us that what we are doing is of the highest national and often international standards." Donal O'Reilly - Deputy Principal Killorglin Community College will be represented at The Big Bang Science Fair in Belfast on June 23rd by six of its students who will be competing at the highest level for international qualification. We wish them every success in the competition.

PRIVATE CLASSIFIEDS - COST: Up to 20 words €5

BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20

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

DEADLINE IS WEDNESDAY AT 5pm

Call: 064 6670000 | **Email:** killarneyoutlook@outlookmags.com | **Post:** The Killarney Outlook, 30 High St., Killarney.

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

BUSINESS

SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

Call: 064 66 36416 Mon to Fri 10am - 5pm

AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

Call: Ian 087 6304241.

Ed 23 DRIVEWAYS

Ground work, tarmacadam, concrete, stone drainage, curbing, patios brick and slab, gravel tipping. Free estimate.

Call: Denis Lynch on 086 3584956.

ED 22 9172 REMOVAL SERVICE

Household, Office, Local, Nationwide. Deliveries anytime 7 days a week. Also, all kinds of clear-outs etc. Also lawn cutting services.

Call: 087 2600407 or 064 66 31979

AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

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

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

www.aware.ie.



FOR SALE

Ed 21 FOR SALE

Quality dry black screened hopper turf - seasoned hardwood - above items priced to sell.

Call: 087 1413238

9181 Ed 21 FOR SALE

7' Dutch Oak sideboard, light diaplay, excellent condition. Price: €250.

Call: 087-6774424.



TO LET

9163 Ed 21 TO LET

3 Bedroom ground floor apartment, no pets, town centre, Pawn Office Lane. €150 p.w, bins included, no parking. Long term only. Minimum one year.

Call: 087 6971395

9178 Ed 21 TO LET

En-Suite room in modern house in Killarney.

Call: 087-1505007



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook



AVAILABLE

Ed 21 9174 CHILD MINDER AVAILABLE

FETAC level 5 and First Aid qualified. Garda vetted with years of experience.

KCC registered and insured setting. Full days or flexible hours catered for.

References available on request.

Call: 087 961 3856

THIS SPACE AVAILABLE
€8 + VAT per week (long term rate)
FOR ADVERTISING RATES & INFORMATION CONTACT
Des on 087-6593427

Seamus Landers CARPENTRY SERVICES
Renovation, Reslate Roofs, Attic Conversions & Extension works, Timber Floors, 1st & 2nd Fixing, C2 Registered High Quality Finish.
NO JOB TOO BIG OR TOO SMALL
Contact 087 6555354 066 9764096
Professional, Reliable and Local

Daniel O'Connell WINDOW CLEANING SERVICES
Cleaned by Pure Water Pole System Office Cleaning
Contact: 087 2950083



THERESA IRWIN, ANNE O'CONNOR AND ANN CULLOTY, ENJOYING AN EVENING WITH INTERNATIONALLY RENOWNED HARPIST HELEN DAVIS, ON THE LIVE AND TIMES OF TRALEE HARPIST JOAN F. DENNY (1849-1926 AT MUCKROSS HOUSE KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



MARIE-CLAIRE STACEY, SANDRA DOBERER-WINKLER, DOLORES CROKE-DALY, MELANIE DOBERER-WINKLER, ENJOYING AN EVENING WITH INTERNATIONALLY RENOWNED HARPIST HELEN DAVIS, ON THE LIVE AND TIMES OF TRALEE HARPIST JOAN F. DENNY (1849-1926 AT MUCKROSS HOUSE KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



PAT O'CONNOR
FENCING CONTRACTOR

All Types of Fencing:

- Post & Rail • Gardening Fencing
- Site Fencing & Farm Fencing
- Materials Supplied & Erected
- Tree Felling & Planting Service**
- Fully insured**

Lisheen, Gneeveguilla.
Contact: 086 6088166

SapphireSigns
SIGNAGE SPECIALISTS

FOR ALL YOUR SIGNAGE NEEDS

- Vehicle wraps & signage
- Internal & external signage
- Lightboxes, shop fronts, raised letters, projecting signs
- Event signage Banners, coribords
- Commercial spraypainting

Tel: 064 7758577
info@sapphiresigns.com
www.sapphiresigns.com
Main Street, Rathmore, Co. Kerry

Patrick Reen
Painting & Decorating

Interior & Exterior
including Paper Hanging

No Job Too Big or Too Small

- Reasonable Rates -

087 095 4582

FOUR SEASONS
GARDENING SERVICES

- Landscaping
- Design & Layout
- Garden Maintenance

All Varieties of Trees, Shrubs, Flowers & Seasonal Plants Supplied.

Reliable :: Friendly :: Efficient
John O'Sullivan
tel: **087 2787160**

TOP SOIL FOR SALE

Quality Screened Top Soil in one tonne bags suitable for flower beds, gardens, vegetable plots etc.

Also bark mulch, horse manure compost, limestone, and decorative lispole stone.

Also lorry loads, big and small available.
CONTACT 087 2485038

For all your
ELECTRICAL REQUIREMENTS

- ◆ All Domestic Electrical
- ◆ New Builds
- ◆ Extensions
- ◆ Rewire
- ◆ Electrical Maintenance

Reliable, Reasonable and Fully Insured
Lawrence
087 6932197

Emerald Tree Services

- Comprehensive Insurance
- Hazardous Tree Felling
- Pruning + Stump Grinding
- Tree Replacements
- Removal of all Waste Material
- NPTC Training + Assessment

RICHARD SHERIDAN
FARRANFORE
087 9220317
t/ 066 9793974
emeraldtreeservices@hotmail.com

WINDOW & DOOR REPAIRS

Glass, Locks, Hinges, Handles etc.

Reasonably Priced.

Contact
BILLY O'MAHONY:
087 2036005
Over 20 years experience!

John O'Mahony
HORIZON MEMORIALS

HEADSTONES IN MARBLE, GRANITE & LIMESTONE

Cleaning & Inscriptions
Grave Maintenance
Tullig Beg, Killorglin

CALL FOR A BROCHURE ON:
087 2298179 / 066 9790657
email: john_o_mahony@eircom.net

DECLAN QUIRKE

STONEWORK : NEW BUILDS : BLOCKWORK
BRICKWORK : KERBING : FOOTPATHS : PATIOS
GROUNDWORKS : RENOVATIONS : SEPTIC TANKS

FREE PROJECT ASSESSMENTS AND QUOTATIONS

TULLIG LOWER, KILFLYNN TRALEE, CO. KERRY
TELEPHONE: 087 7922268
FULLY INSURED : V.A.T. REGISTERED : QUALITY PRICE

Crazy Fun Bouncy Castles

Last minute bookings

With Slide

10 foot Obstacle Course

Contact Humphrey
086 1600699

O'Keeffe Marquees

East End, Rathmore, Co Kerry.
Tel: 064 7751272/064 7761885

Arrangements can be made for:

- Tables & Chairs
- Table Cloths
- Hot Blow Heating
- Wedding Videos
- Portable Bars
- Special Lighting & Stages
- Fireworks (subject to local Garda)
- Delf Ware
- Catering
- Dance Floors
- Photos

www.corkkerryweddingservices.com
www.okeeffemarquees.com

Paul O'Donoghue
for all your
Heating & Plumbing needs

- Solid Fuel Stoves
- All Bathroom Renovations
- Under Floor Heating
- 1st & 2nd Fix
- Solar Panels

Lissivane East | Miltown | Co. Kerry
087 7798548

Ian Guerin
Painting & Decorating
Interior & Exterior

Contact
087 4175359

FLESK
SCHOOL OF MOTORING

€30 PER LESSON

- Utmost consideration given to nervous beginners
- Dual controlled car
- Beginners to Pre-Test
- Gift Vouchers Available
- 7 days a Week

ad
Reg. 34645

Phone John Galvin at
087 9433402 or 087 0678087

FALVEY
Oil Burner Service
Killarney
Approved Firebird Boiler Service Agents

FIREBIRD

T: Conor: 087 8296288
Todd: 087 2386276
Office: 064 77 58654

Also Approved Agents for
STANLEY OIL COOKERS



TRADES : SERVICES

TO ADVERTISE CALL: **087 6593427**

Tel: 064 667 0000 Email : killarneyoutlook@outlookmags.com

J & L
Domestic Appliance Repairs

- Washing Machines
- Dishwashers
- Dryers
- Cookers



CALL FRANK
0871620100

Flesk Upholstery



Mill Rd, Killarney.
Tel: 064 66 35395
Mobile: 086 8122672

Huge range of Materials to choose from All Upholstery work undertaken.

Hotels, Bars, Guest Houses, Private House.
FREE Quotations
Contact: John McCarthy

RAYMOND CLIFFORD
BUILDING SERVICES
ROOFING CONTRACTOR

1ST & 2ND FIX
EXTENSIONS, GARAGES,
TIMBER FLOORS &
ATTIC CONVERSIONS

FREE QUOTATIONS

NO JOB TOO BIG
OR TOO SMALL

MILLTOWN
086 8129677

PRECAST CONCRETE PRODUCTS

SEAN ROCHE



Slievareagh, Ballyvourney, Co. Cork.

Patio Slabs (Different Designs), Full Rope Top Kerb & Lawn Edging, Gate Posts & Fencing posts, Timber Style Ranch Post & Rail Fencing, Wall & Pillar Capping

FREE QUOTATIONS for site Fencing Patio & Kerb Laying Delivery Service Available

Tel: 086-6765694
026-45649



Kerry Drain Services



- Unblocking of Drains & Sewers • Septic Tanks Emptied
- CCTV Inspection • Bio - Units Desludged • Grease Management

Call us today for a free quote

066 9767744 / 087 9107777

web: www.kerrydrainservices.ie

Kerry Chimney & Boiler Services

HIGH STANDARDS - LOW PRICES kcbs@live.ie

OIL BOILER SERVICE

- Servicing
- Repair
- Fitting
- Commissioning
- Efficiency Testing

CHIMNEY SERVICES

- Sweeping
- Inspection
- Stove Fitting
- Problem Solving
- Carbon monoxide Testing
- Bird Guards & Cowls supplied & Fitted




www.kcbs.ie

"We guarantee a clean reliable & professional service"

For Bookings or Pricing call Damien or Mark Dennehy:
087 9595 323

Certified Boiler Technicians Qualified Chimney Inspectors

Irish Drain SERVICES

DOMESTIC & COMMERCIAL

"ONE STOP SHOP FOR ALL YOUR DRAINAGE PROBLEMS"

- :: Septic Tank Cleaning :: Non Dig Solutions
- :: Unblocking (eg. toilets & sinks) :: C.C.T.V. Pipe Surveys

4 Park Business Centre, Farranfore, Co. Kerry.

Phone/Fax: **066 9763070** | Mobile: **087 9359035**
Email: info@irishdrainservices.ie | Web: www.irishdrainservices.ie

DIAMOND

PROFESSIONAL WINDOW CLEANING

- ♥ Domestic & Commercial Frames Included
- ♥ Pure Filtered Water System ♥ High Reach Pole System
- ♥ Specialists in Facias, Soffits & Conservatories
- ♥ Refresh your Drive ♥ Gutter Cleaning
- ♥ Power Washing Service - Fully Insured

Firies, Killarney, Co. Kerry **T: 086 8692633**

TOM MURPHY WINDOWS

Milltown | Co. Kerry.
Call Tom on **087 2787655**

WINDOW & DOOR INSTALLATION

- :: Repairs to all existing Aluminium and UPVC Windows & Doors
- :: Locks :: Hinges :: Handles etc
- :: Glass & Double Glazing



BOOK 12 LESSONS WITH ISM

AND SAVE UP TO €400 ON YOUR CAR INSURANCE

PHONE 1850 100 100 OR BOOK ON-LINE WWW.ISM.IE







HAVE YOU A VINTAGE TRACTOR, CAR OR MOTOR BIKE?

If you have - would you like to take part in a fundraiser for cancer research?

Noel O'Connor, from Dulague, Castleisland, who lost a lung to cancer in 1999, and survived to tell the tale is giving back. Noel who fundraises for Breakthrough Cancer Research is looking forward to his 4th Castleisland Vintage Run on June 7th 2015 and the event is well on its way to reaching its €25,000 target over 5 years, thanks to a group of loyal friends and the generosity of the general public.

The charity event will begin at The Halfway House, Ballymacelligott at 1pm sharp and make its way to Farranfore, then on to Currow where there will be a short break, on to Castleisland and finish back at The Halfway house. Entry Fee €20 per vehicle and for further information please contact Noel on 087 330 1079.

GOT WEEDS? USE VINEGAR, NOT ROUNDUP

The next time you want to murder your weeds, why douse them with something that will remain in the soil for who knows how long? Try white vinegar instead. It's cheap and easy to use but works best if sprayed on warm, sunny days.

NOTE: Vinegar is not selective; it can potentially harm plants you wish to keep, should you accidentally spray them. It is safer only to use vinegar only on paths, where grass and ornamental plants are not an issue. Annual weeds are killed instantly, because they can not survive without their foliage. Perennial-type weeds need repeated spraying until their roots give up.

If you use a pump-sprayer to apply vinegar always rinse the sprayer after use, to keep metal parts from corroding.

Need to eradicate weeds from a garden bed? smother them with newspaper.

If you need to kill weeds in close proximity to a desirable plant then glyphosate can be problematic. Only one or two stray drops from the glyphosate spray bottle onto a flower might be enough to kill the entire plant. A few stray drops of the vinegar solution, on the other hand, will probably cause a little

speckling but won't kill the desirable plants.

Some sunny day, give vinegar a try. Maybe it will prove an eco-friendly (or least not eco-horrific) weed-killer for you.

And speaking of Roundup! In 2011 the product's manufacturer, Monsanto, agreed with the New York Attorney General's office to discontinue their use of the terms "biodegradable" and "environmentally friendly" in ads promoting Roundup as Roundup is neither biodegradable nor environmentally friendly.

HOW PETS RAISE SPIRITS AND IMPROVE HEALTH

Most people who have a pet don't need scientific proof. Their own experiences are enough to confirm that the bond between humans and pets is enormously beneficial to physical and emotional health. The unconditional affection of a pet calms, soothes, and enhances the feeling of well-being. Children can learn valuable lessons in responsibility; caring for other living beings improves self-esteem. The unconditional love creates a bond that will be treasured for a lifetime. Pets also encourage children to engage in physical activity. An Australian study indicates dog ownership may help fight childhood obesity. Researchers found that children five to six years old were 50% less likely to be overweight if they had a dog. This benefit was present even if those children did not regularly walk the dog and regardless of economic status of the household.

Busy work schedules need to be balanced with play. Spending time with a pet can lower anxiety and stress levels. For people who are shy or have trouble making friends, having a pet breaks social barriers and feelings of isolation. And it's fairly difficult to stay in a bad mood when your pet looks up at you with those big, loving eyes, or takes to your lap.

Studies show that older people with dogs visit the doctor less often with minor health issues and have lower levels of blood pressure and cholesterol than non-pet owners. Seniors are advised to have pets that are easily managed. Many nursing homes have visiting pet programs that have been shown to have a tremendous impact on human lives. Therapy animals are trained to provide companionship to people who are trying to overcome depression and loneliness, among other

things. That says a lot about the human-animal connection. And let's not forget the hard-working and dedicated service animals who are trained to assist people with disabilities. Although these animals are not generally considered pets, the bond between people and their service animals is profound.

ANSWER TO LAST WEEKS RIDDLE

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

Normal - I wouldn't be very happy if I had all my fingers (10) on one hand.

QUOTE

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared ~ Buddha

ON THIS DATE – MAY 22ND

1570 - The first atlas, with 70 maps, published.
1762 - First use of Buckingham House as an English royal residence.

1805 - Birth in Co. Tipperary of Michael Doheny, poet and Young Irelander.

1813 - Birth of Richard Wagner, German composer.

1849 - Novelist, Maria Edgeworth, died in Mostrim, Co. Longford. Even though in her late seventies, she worked strenuously for the relief of the stricken victims at the height of the great hunger in Ireland, showing the same involvement and generosity as she had throughout her entire life and devoted her best talents to the betterment of the people of her adoption.

1870 - Birth of Eva Gore-Booth, poet, trade unionist and feminist, on the Lissadell Estate in Co. Sligo.

1939 - Hitler and Mussolini created the Axis with a 'Pact of Steel', a 10 year pact of friendship and alliance.

1946 - Birth of George Best in Belfast, regarded as the greatest soccer player of his generation and the world's first superstar footballer.

1997 - Dr. Noel Browne died of Pneumonia in the University College Hospital Galway at the age of 81. *

2007 - Death of accordionist and singer Dermot O'Brien in the United States.

*In 1948 Dr. Noël Browne, a new T.D. for Clann na Poblachta, and a socialist, became Minister for Health in a coalition government. Dr. Browne was an admirer of Fianna Fáil's 1947 Health Act and intended to implement its provisions as part of a plan to reduce the alarmingly high rate of child mortality (especially from tuberculosis) in Ireland, he planned to modernise the Irish healthcare system and make it free and without means-testing for mothers and their children up to the age of 16.

FIVE MISTAKES TO AVOID WHEN RESEARCHING YOUR FAMILY HISTORY

In an effort to guide you through your genealogical journey, a list has been created containing the top five mistakes to avoid when researching your family tree.

1. Assuming a family name is only spelled one way. Family names can be spelled in a variety of ways. Just because your family name has been spelled in a particular way for as long as you can remember doesn't mean it always has. Our ancestors, and indeed those people who entered information on our ancestor's behalf, were not infallible. Mistakes in the recording of your family name may have created the family name you know today. Callaghan could be Callan, Dillane could be Dillon, Smith could be Smyth etc. Search for phonetic variations of your surname and use an asterisk to return more results. For example, searching (John*) will return results for John, Johnson etc.

2. Assuming you are related to a famous person. We all want to find a famous person in our family tree. Many of us will have rock stars or heroes from history in our tree, but many of us will not. Never accept a family story or hearsay as proof of a connection. The temptation can be to start with the famous person and then try to find a connection to your family. You should always start with yourself and work back. If there is a famous connection it will appear if you have diligently researched back through the generations of your tree.

3. Researching the wrong family. Researching the wrong family can easily happen if you jump to conclusions early in your research. Just because the James Smith you have found seems to fit the bill does not necessarily mean that he is your James Smith. Always wait until the sources prove a connection before moving on. This helps to avoid accidentally researching the wrong family.

4. Skipping a generation. Our ancestors had little regard for the toil they were creating for the family history researchers of the future when they named their children. Many of us have family trees containing more than one Michael, John or Mary! With names running through generations like this it is important to write down and match up your dates and locations for each person with the same name. This will help avoid inadvertently skipping a generation.

5. Not documenting your sources. Keep calm and cite your sources! Always document where you have found your information. Your research is your legacy to future generations who research your family tree. One simple mistake or un-sourced addition to your tree could cause others to make assumptions and in turn make mistakes in their own research

FARMERS GOING BACK TO THE FUTURE

Since World War II, a tiny wildflower named clover has been sidelined as a weed and duly killed off by petrochemical herbicides designed for large-scale crop production and perfectly manicured lawns.

But the maligned clover has started to reclaim its reputation as a valuable resource with a long list of agricultural benefits. Organic farmers plant clover to improve soil quality and reduce the need for artificial fertilizers. Livestock owners grow it to provide nutrient-dense forage for grazing animals. Gardeners seed it into their lawns to attract beneficial insects. Herbalists tout the healing powers of its tea. A few adventurous home brewers are even trying their hand at clover wine.

Clover serves as green manure that amends soil by fixing nitrogen. A clover's three (or occasionally four) leaves pull nitrogen from the atmosphere and channel it down to a vast root system, where its nodes turn it into a stable form of decaying plant tissue that nourishes its neighbours.

To maximize its benefits, organic farmers often plant clover as a companion crop to rye, oat, wheat, fescue and other grasses. The surrounding plants absorb clover's natural nitrogen through their roots. As a general rule of thumb, planting a 1:4 ratio of clover to a companion perennial grass will fix enough nitrogen that the farmer won't need to supplement it. Along with fixing large amounts of nitrogen, clover has a long taproot to draw minerals and nutrients from deep in the soil strata. Organically produced nitrogen has several advantages over the manufactured kind. It is less likely to leach into the groundwater, leads to greater crop yields and saves on the cost of buying nitrogen.

According to Sustainable Agriculture Research and Education (SARE), a four-year Wisconsin study showed that red clover "fixed enough nitrogen to supply the equivalent of 160 pounds per acre of nitrogen fertilizer." Variables like weather, stand density, soil conditions and many others ultimately determine how much nitrogen the two most common clover varieties—red and white—can fix. A rough guideline is that white clover (also called Dutch clover) is a perennial capable of producing 100-200 pounds of nitrogen per acre annually. It's equally popular cousin, red clover (also called cow, purple or meadow clover) is an annual, and typically produces lower quantities of nitrogen, from 50-150 pounds per acre.

While its reputation as a nitrogen fixer is well-established, the nutritional value of clover forage is frequently underestimated. However, clover pastures provide livestock with diets that are high-protein, which ultimately translate into leaner meat and more nutritious milk. Typically grown with other forage grasses, clover improves digestibility in livestock and reduces the risk of animal diseases and disorders linked to mineral deficiency, according the Oregon Clover Commission. The organisation concluded that

clover forage results in "more milk production, higher weaning weights and increased likelihood of high reproductive efficiency." The results can be significant: "The use of clover in forage crops can have an enormous impact on the economics of pasturing grazing animals." Generally, white clovers make for better grazing, while red clovers are best suited to hay and silage. Red clover, however, is better suited to yearlong growth and forage rotation. Clover also serves as feed for chickens, geese and birds. It has been used in seed mixtures to attract wild geese to sanctuaries and reduce damage to farmland. In the same way, clover can distract other hungry thieves, including deer and rabbits. In fact, they may love it enough to snack elsewhere and skip the prize roses.

TONGUE TWISTER

Six sleek swans swam swiftly southwards – repeat three times!

RIDDLE

With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?


Answer next week.

PLEASE HELP SAVE OUR OCEANS

There are small and tangible steps that each of us can take to help reduce our impact and help our oceans. 1. Reduce your plastic consumption. Plastic waste forms giant floating islands in the middle of the ocean, releasing toxins and killing sea life, including turtles, birds, and fish, which confuse plastic with food. Instead of plastic use reusable shopping bags, water bottles and utensils. 2. Dispose of chemicals properly. Never pour chemicals, pharmaceuticals, oil or paint into the drain or toilets. Check with your county's household hazardous waste programme to properly dispose of or recycle chemicals and keep them out of rivers and oceans. 3. Choose environmentally - friendly detergents and household cleaners - or make your own! Besides being better for your own health, these products are safer for the environment since what goes down the drain can end up in our oceans. 4. Reducing the amount of grass in your lawn by planting native shrubs and flower beds will provide a better habitat for birds and other wildlife and require far less water and fertilizer, which can seep into the oceans. 5. Keep your beach visit clean. When visiting the beach, stay off fragile sand dunes, take your litter with you and leave plants, birds and wildlife for everyone to enjoy, don't consume coral products, including jewellery or accessories for your saltwater fish tank.

KILSARCON CEMETERY

Mass for all those buried in Kilsarcon Cemetery, Currow on this Tuesday, May 26th at 8pm. Please spread the word to anyone you may know who has relations buried there.



A WORD OF VICTORY

Welcome back dear reader on this day 22nd May 2015 a major decision will be made by us people on behalf of this country. The best place to find answers to a question is to go back to the start, the beginning and work through it. In the book of Genesis – the book of beginnings the Holy Spirit reveals to us how everything was created. The Godhead – the Father, the Word of God – the Son, and the Holy Spirit working together in perfect unity brought this world and all of us into being. The Father thought in His heart what He wanted, then Jesus the Word spoke it out and the Holy Spirit – Who is the power of God brought it into being i.e. God said 'Let there be light, and light was'. The Father then, having created the world created two people, a man called Adam and his wife named Eve and He gave them both total dominion and authority over this planet. He married them and blessed them and told them to go forth and produce children and fill the earth. Friend this was and is God's plan and command to humanity, that a man would marry a woman, they would produce children and teach their children how to obey God and live godly lives (Genesis chapters 1-3). We know how Satan deceived Adam and Eve to be disobedient, cheating them and taking away the authority that God had given them. Until Jesus came Satan was ruling over planet Earth and it's people, but when Jesus was raised from the dead He took back mankind's authority from the Devil crushing his head (or his power) in the process (Colossians 2:15). Our challenge and choice today is do we obey God or the Devil? God is the same yesterday, today and forever (Hebrews 13:8). Do it God's way – vote No. If you have a query on Scripture or prayer request for healing please contact us at **064 – 66 229 50** or email - **wordofvictory@eircom.net**.

Contact: 064 - 66 22950 Email: wordofvictory@eircom.net

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 THE SACRED HEART

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

BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE,
MARBLE HEADSTONES

SANDBLASTING

OLD STONES CLEANED
AND RE-LETTERED

TOM MURPHY PROPRIETOR
BARRADUFF, KILLARNEY

TEL: 064 7754021/064 7754262

MOB: 087 2598664



NOVENA TO THE SACRED HEART

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

SERENITY Memorial Cards

| MEMORIAL CARDS
| ACKNOWLEDGEMENT CARDS
| BOOK MARKS

CHOOSE FROM OUR
LARGE RANGE OF SAMPLE CARDS

OR...

...WE CAN DESIGN
YOUR OWN
UNIQUE
PERSONALISED
CARDS



TEL: 087 6870929

OLD MARKET LANE (NEXT TO KERRY MORTGAGE CENTRE)
KILLARNEY, CO. KERRY.

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. **G.M.**

NOVENA TO THE HOLY SPIRIT

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

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **G.M.**

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.H.**

7TH ANNIVERSARY



In loving memory of a dear father.

PATRICK J CRONIN.

**Rathcomane Ballyhar Killarney.
Who died on 25th May 2008.**

Somewhere beyond the sunset,
Where loved ones never die,
You sleep in a beautiful garden,
Beneath a golden sky,
Though heaven and earth divide
us,

You are never far apart,
For you are always in our thoughts,
And forever in our hearts.

**Sadly missed and always
remembered by your son
Brendan and daughter in law
Noreen.**

**Anniversary Mass on Sunday
May 24th at 10 am at
Ballyhar Church.**

7TH ANNIVERSARY



*In loving memory of a dear
Grandfather.*

PATRICK J CRONIN.

**Rathcomane Ballyhar Killarney.
Who died on 25th May 2008.**

Gone are the days we used to
share,
But in our hearts you are always
there,
The gates of memory will never
close,
We miss you more than anyone
knows.

**Always missed by your three
loving grandchildren,
Claire, Adrian and Kevin.
xxx**

2ND ANNIVERSARY



In loving memory of

DECLAN HEALY

**Rockfield, Faha, Killarney
Called home by God on 21/5/13**
Treasured memories of a much loved
husband, father, father-in-law & Danda.

*In our life as husband and wife,
We've shared so many smiles,
Felt so many tears,
And seen alot of dreams come true.
Today, I'm thinking of all the little things
That kept us feeling loved, understood and
accepted.
I'm thankful I can still feel your hand in mine
and still feel so safe.
I can hear your voice and still hear the love in
every word you said, And I can share my heart
and fall in love with you all over again.
You have my love for ever, Mary*

It's time to tell you Dad,
I'm as proud as can be, that when Dads were
passed around, The best one came to me.
(Gemma, Savio, Izzy & Eloa)

NOVENA TO ST. CLARE

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

Publish on the 9th day.

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

NOVENA TO THE SACRED HEART

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

PRECIOUS MOTHER OF JESUS

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

7TH ANNIVERSARY



In loving memory of

PATRICK J CRONIN

**Rathcomane Ballyhar Killarney.
Who died on 25th May 2008.**

Fold him O Jesus in Thine arms,
And let him hencefort be
a messenger of love between
our human hearts and thee.



**Always loved and missed by his
loving sister Bridie, family and
friends.**

WALSH

14TH & 25TH ANNIVERSARY



In Loving Memory of

PATRICK AND KATTIE WALSH

**Faugh, Muckcross
Who died on May 25th 1990 and
May 28th 2001**

*No matter how life changes
No matter what we do
A special place within our hearts
Is always kept for you
You never wished for sadness
You never cared for fuss
Just to be remembered
And loved by all of us*

**Sadly missed by
your daughter Rose, Tom,
Shane and Craig.**

THE MIRACLE PRAYER

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

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO THE SACRED HEART

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

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.

BLAST FROM THE PAST

Grab your love beads, your old forty fives
Dust off your dancing shoes
Join us on Sunday, 31st May 2015
(Bike Festival Bank Holiday Weekend)

DANCING QUEEN NIGHT

(ABBA Theme Party)
with DJ NAT

**BREHON HOTEL
KILLARNEY
at 10pm**

**Ticket
€10**

Dress From the Decades

**Rsvp
086 4009916**

www.lindaflanagan.zumba.com

KERRY Health Fitness & Beauty EXPO

in association with
ZUMBA SALSA KERRY

**SUNDAY
31 MAY
2015**
BIKE FESTIVAL WEEKEND

DOOR OPEN 12 - 6PM
FREE ADMISSION
BREHON HOTEL, KILARNEY

Stall Available from €20
086 4009916

<http://kerryhealthfitnessbeautyexpokillarney.eventbrite.ie>
www.lindaflanagan.zumba.com
Facebook: Zumba Salsa Kerry

ZUMBA

SHRINK EVERYTHING BUT YOUR SMILE

LET THE MUSIC FREE YOUR BODY.
THE ULTIMATE DANCE-FITNESS PARTY
WILL GROOVE YOU INTO SHAPE.

**FOR CLASS DETAILS
CONTACT YOUR LICENSED ZUMBA® INSTRUCTOR
LINDA FLANAGAN
(086) 400-9916
www.lindaflanagan.zumba.com**

**ZUMBA Classes in Killarney Leisure Centre
Every Monday and Wednesday at 8pm
ALL WELCOME!
ONLY €7 Pay as you go or €50 for 10 classes
Facebook: Zumba Salsa Kerry
Available for Hen Parties, Corporate Events,
Kids Party & School Activities**

zumba.com