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|---|---|--|--|-------|------------------------------|-------|----------------|-------|----------------|-------|--|
| <p>THE OTHER WOMAN (12A) 120m 7 days 6:35 9:00 Late Show Fri 11:30</p> | <p>TARZAN (PG) 105m Sat/Sun 12:15 2:15 4:15</p> | <p>LOCKE (15A) 90m 7 days 6:40 9:00 11:30 Late Show Fri 11:30</p> | <p>SPIDERMAN (12A) 150m Fri/Sat/Sun 2:45 8:45 Mon-Thurs 8:45 11:15 Late Show Fri 11:15 3D Fri/Sat/Sun 9:45</p> | | | | | | | | |
| <p>CALVARY (15A) 110m 7 days 6:30 9:00 Late Show Fri 11:30</p> | <p>NO LIMBS NO LIMITS (PG) 80m 7 days 7:00</p> | <p>NOAH (12A) 140m 7 days 8:45</p> | | | | | | | | | |
| <p>RIO (G) 110m Fri/Sat/Sun 2:05</p> | <p>DIVERGENT (12A) 140m Mon-Thurs 8:15 4:15 Fri/Sat/Sun 4:15</p> | <p>MUPPETS (G) 115m Fri/Sat/Sun 2:15 4:25</p> | | | | | | | | | |
| <p>2D LEGO (G) 110m Fri 2:05 4:05</p> | <p>KIDS CINE CLUB Saturday 26th & Sunday 27th April</p> <table border="1"> <tr> <td>LEGO MOVIE (G) 120m</td> <td>12.10</td> </tr> <tr> <td>MUPPETS MOST WANTED (G) 115m</td> <td>12.05</td> </tr> <tr> <td>KHUMBA (G) 90m</td> <td>12.20</td> </tr> <tr> <td>RIO 2 (G) 110m</td> <td>12.05</td> </tr> </table> | | LEGO MOVIE (G) 120m | 12.10 | MUPPETS MOST WANTED (G) 115m | 12.05 | KHUMBA (G) 90m | 12.20 | RIO 2 (G) 110m | 12.05 | <p>KHUMBA (G) 90m Fri/Sat/Sun 2:20 4:20</p> |
| LEGO MOVIE (G) 120m | 12.10 | | | | | | | | | | |
| MUPPETS MOST WANTED (G) 115m | 12.05 | | | | | | | | | | |
| KHUMBA (G) 90m | 12.20 | | | | | | | | | | |
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BRAIN INJURY NO OBSTACLE FOR BEAUFORT MAN AS HE PREPARES TO CYCLE THE RING OF KERRY FOR ABI CASTLEISLAND

A Mid Kerry man who acquired a brain injury following a rugby game in 2012 is appealing to the public to cycle with him in this year's Ring of Kerry Charity Cycle. Beaufort native Padraig Hallissey (24) is taking part in the iconic cycle to raise funds for Acquired Brain Injury Ireland to help fund their new Community Neuro Rehabilitation Resource Centre which will be constructed in the Cahereens West Estate, Castleisland. "I first engaged with Acquired Brain Injury Ireland in December 2013. In late 2012, I acquired a brain injury following a rugby game playing with Killarney Rugby Football Club against Kinsale. Kinsale had a penalty and the fly-half kicked the ball, it dropped short and I caught it. I ran with the ball but was tackled and fell to the ground. A player fell on my neck. I had a headache straight away but I played on as there was only five minutes left," said Padraig. Following the match Padraig still suffered pain. "I stood up but I fell back down on the bench. Luke, my trainer, walked me to my Mum's car. I rang my girlfriend Sarah but I couldn't talk for long as my head was very sore. When I arrived home my right hand and leg were numb. I went to bed but felt sick, the headache was getting worse and my hand and leg were

dead. I remember going to the bathroom and getting sick. Sarah called to see me. She sat on the bed and squeezed my left and right hands but my right hand was dead. I remember the ambulance personnel in my bedroom. Next thing I remember was waking up in Kerry General Hospital three days later." Padraig was transferred to Dublin and following 8 weeks of intensive Physiotherapy and Speech Therapy he returned home and now engages in one to one direct contact with Community Rehabilitation Assistant for ABI Kerry, Sandra Fitzgerald on a weekly basis. "Padraig is motivated and very much empowered to maximize his ability. Consistent speech and language support will enable him to be confident and communicate in a way he was prior to acquiring a brain injury. He obtained a degree in CIT prior to the brain injury and has since returned to playing rugby, GAA with Beaufort, driving, cycling and socializing with friends. On the 5th of July he will be cycling with his girlfriend, Kerry GAA star Sarah Houlihan, his family and some friends. Why not join him on the day," said Sandra. Join team Acquired Brain Injury Ireland by Tel: 0667 142993/0871946061/0863846034 or Email: rok@abiireland.ie



ON YOUR BIKE: BEAUFORT NATIVE PADRAIG HALLISSEY WHO IS TAKING PART IN THE RING OF KERRY CHARITY CYCLE TO RAISE FUNDS FOR ACQUIRED BRAIN INJURY IRELAND (KERRY). HE IS PICTURED WITH COMMUNITY REHABILITATION ASSISTANT FOR ABI KERRY, SANDRA FITZGERALD. PIC BY OUTLOOK PICS.

CELEBRATE THE SUMMER SOLSTICE AT KILLARNEY WALKING FESTIVAL

A walking festival to celebrate the the ancient rite of the Summer Solstice will take place in June. The first ever Killarney Walking Festival will celebrate Killarney's incredible landscape and ancient cultural heritage with a series of walks, talks and photography.

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

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

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

activeme.ie

This year's Signature Walk is called 'Capturing the Light' and involves climbing the ancient sacred summit, of The Paps of Danu on the border of Cork and Kerry. The Paps are associated with mythology, mysticism and majesty. The Goddess Danú represents all that is earthly fertile, abundant and protective. Depart Killarney in the dead of night in order to capture the first light of the Summer Solstice

sunrise. This walk will be led by award-winning photojournalist Valerie O'Sullivan.

And the fun doesn't stop there. The Gleneagle Hotel, which is the festival's headquarters, has a jam packed programme of post walk entertainment lined up so the festival feeling can carry on late into the night. For more information log on to www.killarneywalkingfestival.ie.



LAUNCHING THE KILLARNEY WALKING FESTIVAL, IN THE HAGS GLEN, MCGILLYCUDDY'S REEKS, KILLARNEY, WERE, FROM LEFT, RAY WALSH 'WALK WITH ME' GUIDED TOURS, VALERIE O'SULLIVAN, PHOTOGRAPHY WORKSHOPS, MARY WALSH, 'WALK WITH ME', JOHN O'SULLIVAN, EXPERT GUIDE, LODGE AND REEKS GUIDING.

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ONE
DIRECTION**



Lee Strand

TASTE THE FRESHNESS



FRIDAY, MAY 23RD, 2014 - CROKE PARK, DUBLIN

Lee Strand is delighted to announce that we have **5 Pairs of Tickets to be Won** for One Direction's sold out concert on Friday, May 23rd! All tickets are seated which is great for the younger One Direction fans. Over the next five weeks a weekly winner will be selected every Friday. So don't forget to enter every week to be in with a chance to win!

SO START COLLECTING NOW ONE DIRECTION FANS ...

If you are a One Direction fan and want to *Live While We're Young*, while singing the *Best Song Ever* in Croke Park and know that the *Little Things are What Makes you Beautiful*. Then this is the *One Thing* you will need to enter to create some great *Midnight Memories* and you can say this is now part of the *Story of My Life*!

To enter simply collect 10 Mighty Mikey Milk mascots featured on the side of any Lee Strand milk 1 litre cartons or 2.5 litre plastic bottle sleeves. Complete the entry form and including your ten mascots return to: **One Direction Competition, Lee Strand, Ballymullen, Tralee, Co. Kerry.**

P.S. You may enter the competition as many times as you like every week!

CLOSING DATES - 5 DRAWS!

The closing dates for the 5 One Direction draws are as follows:

- DRAW 1:** Thursday, April 17th @ 5pm
- DRAW 2:** Thursday, April 24th @ 5pm
- DRAW 3:** Thursday, May 1st @ 5pm
- DRAW 4:** Thursday, May 8th @ 5pm
- DRAW 5:** Thursday, May 15th @ 5pm

ONE DIRECTION COMPETITION ENTRY FORM

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Weekly winners will be contacted each Friday morning. All winners will also be announced on our Facebook page www.facebook.com/leestrandmilk. For further details please visit www.leestrand.ie or 066 7121084. Please note all under 16's must be accompanied by a parent or guardian. Terms & conditions apply.



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ÉAMON KELLY ARTS BURSARY INVITES APPLICANTS



Artists in the Killarney area are invited to apply for the 10th Annual Eamon Kelly Arts Bursary. Killarney Arts introduced this Bursary (Arts Fund), in honour of Éamon Kelly in 2005 and has continued to award it on an annual basis since then. The idea was originally discussed at a Public Arts Meeting. Killarney native Eamon Kelly is arguably our best-known and best-loved artist to achieve a lifetime of success and

popularity in the world of the professional arts. 2014 is the 100th anniversary of his birth and also the 10th Anniversary of this Bursary in his honour and memory. Best known as a Seanchaí (Storyteller), he also earned much praise as an actor with the Abbey Theatre. Widely travelled, Éamon Kelly remained a Killarney man at heart and was proud of his Kerry heritage and traditions. Killarney Arts recognizes how important funding can be to artists and arts students in each and every artistic field and is delighted to offer this financial assistance. Story Teller and writer Ray O'Sullivan and Musician/Composer won the 2013 Bursary. Film Maker, Denis Buckley was the 2012 recipient. In 2011 Kilcummin's, Niall Crowley (Baritone) was successful. Niall continues to study singing and recently enthralled the audience at the Mons. Hugh O'Flaherty Concert in the Malton Hotel recently. Other recipients over the past eight years include Killarney School of Music at Park Road which provides training and performing opportunities to numerous young people in a variety of art forms and where winner Grace Foley (Contralto) is on the teaching staff

of KSM. Amy Ryan (Cellist/Flautist) another winner, performs regularly, trains choirs and also teaches at Trinity College, Dublin, Gemma Sugrue (Soprano).

Also a recipient, continues to perform as a singer and has also opened a training academy in Cork. Visual Artists winners, Elizabeth Lyne (Painter) and Treasa O'Brien (Film Maker), also continue to work in their chosen artistic fields. Killarney Arts is pleased to offer this Bursary in 2013 for the Development and Promotion of the Arts. Applications are welcome from artists involved in areas such as Music and Song, Theatre, Visual Arts, Writing, Dance, Sculpture and all art forms. The Bursary is open to Artists and Arts Students including students in Leaving Certificate. Applicants must reside in or be natives of the Killarney Postal Area. The closing date is May 17th, 2013. Application Forms are available from The Secretary, Killarney Arts, Town Hall, Killarney or email: mpigott@killarneytc.ie or by phoning 064 6631023 or www.killarneyarts.ie

MUMS RAISE FUNDS FOR AUTISM SERVICES



EVENT ORGANISER BRIGITTA LOONEY WITH HER SON RYAN WHO IS ON A YEARLY WAITING LIST FOR SERVICES.

Two Kerry mums are taking things into their own hands and raising funds for vital services for their sons who suffer from Autism.

The fundraiser, a Golf Classic, is being held in Beaufort Golf Club, today, Friday April 25th. The fundraiser is being organized by Brigitta Looney and Siobhan Daly both of whom have children with Autism.

Ryan and Tiernan will be among the many children who will benefit from the fundraiser



EVENT ORGANISER SIOBHAN DALY WITH HER SON TIERNAN WHO IS ON A YEARLY WAITING LIST FOR SERVICES.

through therapies for their condition.

An after party will be held tonight, Friday 25th at Bob's Bar Ballydesmond. Music on the night will be by DJ James Healy and there will be a monster raffle.

All proceeds from the event will go towards supporting Autistic children in the Mid Kerry area, including private therapies in schools such as speech and language, occupational therapy and play and music therapy all of

which are vital therapies for children on the ASD spectrum. Autism affects many families and many of their needs are not met by central government.

Autism is a neuro-developmental disorder that affects the development of the brain in areas of social interaction and communication and is marked by severe difficulties in communicating and forming relationships with people, in developing language and in using abstract concepts. Characteristics include repetitive and limited patterns of behaviour and obsessive resistance to any changes in familiar surroundings or routines.

Autism is often referred to as the hidden disability because people who are on the autistic spectrum show no significant physical difference to their peers rather it is their behaviours that mark them out as different. The main four areas of difficulty for people with autism is social communication social interaction social imagination and sensory processing. The first signs of autism usually appear as developmental delay before the age of 3. Autism is described as a spectrum disorder this means that the symptoms and characteristics of autism can present themselves in a wide variety of combinations and can range from mild to severe. Two children with the same diagnose can act very differently from one to another you would never find any two children the same.

IF YOU HAVE A STORY...

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MUCKROSS ICA GUILD HONoured



MEMBERS OF THE MUCKROSS ICA GUILD WHO WERE HONoured AT A CIVIC RECEPTION RECENTLY PICTURED WITH DEPUTY MAYOR OF KILLARNEY MICHAEL GLEESON AND FELLOW COUNCIL REPRESENTATIVES.

Muckross ICA were honoured at a Civic Reception from Killarney Town Council at Lough Guitane National School on last Monday 14th April 2014.

The occasion marked the 50th Anniversary of the founding of Muckross ICA which took place last December 2013.

Deputy Mayor of Killarney, Cllr. Michael Gleeson spoke on behalf of the Town Council saying "The Muckross Guild of the I.C.A. has over the past 50 years given great meaning to many lives, lives of both the members and of the wider community. It has instilled confidence and reinforced self-belief and you and those

who came before you have made your own place and your own people more committed, more caring and more and better able to make Muckross a vibrant and dynamic area for all who live here and for all who visit."

DANCING TO A WINNING TUNE

Dingle native and five times world champion David Geaney is dancing his way into the history books.

The nineteen-year-old returned to Kerry this week having just secured his fifth world title at the World Irish Dancing Championships in London at the weekend.

David performs with Celtic Steps, a traditional Irish Music, song and dance show which runs throughout the summer at the INEC.

"I'm thrilled to have won the world title again, I had been working towards it all year practicing a minimum of three hours a day as well as dancing in Celtic Steps in Killarney throughout the summer," says David.

David wasn't the only dancing champion to



THE WORLD AT HIS FEET.. DINGLE NATIVE AND FIVE TIMES WORLD CHAMPION DAVID GEANEY. PHOTO: VALERIE O'SULLIVAN.

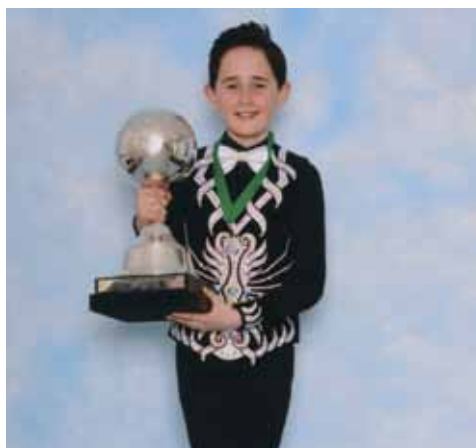
return to Killarney this week.

Mark Clifford from Knockeendubh came 2nd in the World Irish Dancing Championships in London in the Boys Under 11 category.

A pupil of Norrie Sheehan and Aine Murhpy, Mark is the son of Eileen and Mark Clifford and is a pupil at Gaelscoil Faithleann.

Mark's win means he will be heading to Canada next year to dance in the World's.

An avid footballer, Mark plays on the Under 12 Dr. Crokes team and has great support from his Mum Eileen, dad Mark and his family.



MARK CLIFFORD WHO CAME 2ND IN THE WORLD IRISH DANCING CHAMPIONSHIPS IN LONDON.

TROCAIRE ASKS PUBLIC TO RETURN TROCAIRE BOXES AS LENTEN CAMPAIGN DRAWS TO A CLOSE

Trocaire has thanked the public in Co. Kerry for their support of this year's Lenten campaign and is asking people to return their Trocaire boxes as soon as they can so that donations can be turned into support on the ground in the developing world.

This year's Trocaire Lenten campaign featured a family from Malawi and highlighted the global water crisis and how over one billion people do not have access to clean water. Thankfully donations from Ireland are helping tens of thousands of people, not just in Malawi but all over the developing world. Last year Trocaire's work directly benefitted the lives of over 2.7 million people for example, in Myanmar 20,000 civilian victims of the conflict were provided with food and shelter while in Ethiopia 25,950 families now enjoy access to safe water. In Kenya 2,451 survivors of sexual violence received care and in Guatemala 515 people secured titles to their land.

As well as returning Trocaire boxes donations can be made to Trocaire by logging on to www.trocaire.org or calling 1850 408 408.

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FUN FOR ALL AT ST. PAULS CAMP

THE annual St Pauls Basketball Club Easter camp at Killarney Sports Centre last week was a huge success attracting many young basketball players from all over Kerry. The presence of a collection of top level coaches was a great attraction for all participants who all benefited enormously from the experience. Veteran American colleges basketball coach Ed Hoffman directed the proceedings at the camp once again and was ably assisted by other American coaches Matt Vaughn, Shelton Hawkins and Sarah Cartmill. Great Britain International and Olympian Rachael Vanderwal and UL superleague coach James Weldon also parted with their knowledge while club members Cormac O'Donoghue, Rheanne O'Shea, Roisin Lucey, Sinead Lucey, Caoimhin O'Donoghue, Anna Wlodarczyk and Lora Beth Malloy were also very involved in coaching throughout the camp.

The fantastic facilities at Killarney Sports Centre also helped with the overall success of the event with the two full size indoor basketball courts and ample playing area proving very popular with all participants.

St. Pauls Chairperson Tricia O'Shea said that the club was thrilled with the success of the Killarney camp, which has already established



A GROUP OF PARTICIPANTS AT THE ST. PAULS BASKETBALL CLUB ANNUAL EASTER BASKETBALL CAMP IN KILLARNEY SPORTS CENTRE. INCLUDED IS CAMP DIRECTOR ED HOFFMAN WITH COACHES MATT VAUGHN, SHELTON HAWKINS, RACHAEL VANDERWAL, RHEANNE O'SHEA, ROISIN LUCEY, SINEAD LUCEY AND CAOIMHIN O'DONOGHUE. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AMERICAN BASKETBALL COACH SHELTON HAWKINS AND RACHAEL VANDERWAL (GREAT BRITAIN INTERNATIONAL AND OLYMPIAN) WITH RACHAEL MCINERNEY, SEODHINA O'DONOGHUE, LYSSELLE O'SHEA AND RUTH COURTNEY AT THE ST. PAULS BASKETBALL CLUB ANNUAL EASTER BASKETBALL CAMP IN KILLARNEY SPORTS CENTRE. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AMERICAN BASKETBALL COACH ED HOFFMAN WITH A GROUP OF PARTICIPANTS AT THE ST. PAULS BASKETBALL CLUB ANNUAL EASTER BASKETBALL CAMP IN KILLARNEY SPORTS CENTRE. INCLUDED ARE TARA DONNELLAN, ROISIN McAULIFFE, SARAH MCGRATH, CAITLIN BROSNAN, AISLING BROSNAN, ALICE O'LEARY, EVE CROWLEY AND AISLING STACK. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

itself as one of the top camps in Irish basketball. "We were delighted with the huge response and large numbers attending not just from our own club but from other Kerry basketball clubs. The presence of four American coaches

plus an Olympics star was a huge draw. All the participants really enjoyed the camp and the feedback from parents was also very positive. The camp was a great opportunity for young basketball players to develop their skills with the aid of some top top coaches and we were very pleased to provide that facility," she said. American coach Matt Vaughn, returning to Killarney for the first time in 21 years said the camp was a thoroughly enjoyable experience for him.

"It was wonderful to see the huge crowd of boys and girls that turned up and so many of them had excellent ability and great potential. I coached in the local schools and the St. Pauls teams in Killarney over 20 years ago and it was great to witness the huge interest in basketball and see that the sport continues to grow here. The fantastic facility at Killarney Sports Centre wasn't there in my time and it is a huge boost for basketball in the area," he said.

KILLARNEY / TRALEE ROAD DEVELOPMENT GROUP

Killarney/Tralee Road Development Litter Action Group were delighted to note that early morning 'little elves' had beaten them to their 10am litter pick up from Madams Height Picnic area on County Cleanup Day and wholeheartedly congratulate KWD for the initiative taken.

At this weeks meeting of Killarney/Tralee Road Development Group residents again praised the initiative taken by Cllrs John Sheahan & Michael Gleeson in securing the new seating which is on constant use, said Chairman Kathleen O'Regan-Sheppard. Local Area Engineer Breda Mulryan was also thanked. Residents are very concerned however at

the lack of a walking/cycling margin on N22 approaching Killarney from the Kilcummin Turn off to Aghadoe Cross which poses a grave danger to cyclists, walkers and litter volunteers. Cllr Sheahan said that he will again be raise this matter with Kerry County Council. The reply to his earlier appeal from Kerry County Council which stated 'lack of funding' was read out by Secretary – Eileen Moynihan.

Volunteers for the 2014 clean up campaign are Ger Quirke & Denis Earlie [Cleeney Roundabout to Madam's Height Picnic Area], Kathleen O'Regan-Sheppard & Amy Walsh [Madam's Height Picnic Area to Kathleens Country House] Cllr John Sheahan,[Kathleens Country House

to O'Callaghan's Coaches] Micheal O'Callaghan & Eileen Moynihan [O'Callaghan's Coaches to Lawlor's Cross] Ann Fleming.[Lawlor's Cross to Brennans Glen].

Donie Doody & Pat Moriarty Vice Chairmen congratulated all volunteers remarking that litter is noticeably reduced in the area. It was agreed that all Residents be encouraged to continue to assist because increased frequency of litter pick up is necessary during the summer months.

In conclusion management and staff of Killarney Court Hotel were thanked for facilitating these meetings.

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(BER Pending)



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BALLYDOWNEY, KILLARNEY**

REF 594

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(circa 1,550 sq ft) Large private back garden.
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Windows. (BER Pending)



**6 LARTIGUE COURT, CHAPEL
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STEPHANIE'S CYCLE LAUNCHED

The launch of this years Cycle for Stephanie will take place on Sunday June 1st 2014. This is the third year of the cycle which has two routes. 80km and 40km.

With registration in Milltown/Castlemaine GAA grounds from 8am – 10am on the morning of the cycle. The event starts at 10.30am.

There will also be an opportunity to register the evening before from 7pm to 9pm.

The cycle is organised every year by the family of Stephanie O'Sullivan following her tragic death and all proceeds to go Pieta House, Castleisland and Be Aware Prevent Suicide.

There will be refreshments available throughout the cycle and a free BBQ at the finish line for all involved.

For more information contact Dan Joe O' Sullivan (087) 6955819 or John O'Donoghue (087) 346 3893.



PICTURED AT THE LAUNCH OF THIS YEAR'S CYCLE FOR STEPHANIE ARE BE AWARE PREVENT SUICIDE REPRESENTATIVE, DEIRDRE FEE, BERNADETTE O' SULLIVAN, JONATHAN O'SULLIVAN, DANIELLE O'SULLIVAN, LORRAINE O'SULLIVAN, PIETA HOUSE REPRESENTATIVE - JOHN TOHER AND DAN JOE O SULLIVAN.

HEARTBEAT MEETING

Master Life Coach Astrid Longhurst will be talking this month about changes in our lives and how they affect us. From bereavement or friends and family moving away, to breaking a

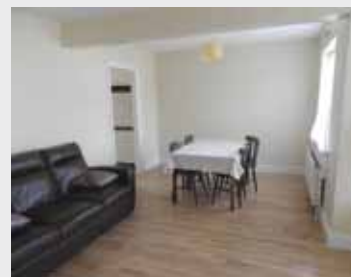
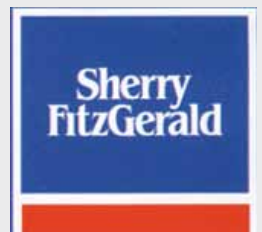
heel in a shoe, or the shop being out of your favourite chocolate – all can cause stress and strain. Astrid will offer ways to deal with things that upset. The talk is at the Serenity Centre, St.

Anne's Road, Killarney on Monday April 28th at 8pm. This is a free event and all are welcome.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



HOW OFTEN SHOULD I REVIEW MY PENSION AND WHY SHOULD I REVIEW MY PENSION?

There are very many important reasons to review your pension, including:

Performance of your pension and what funds you are invested in, this is **VERY IMPORTANT**, if your pension is invested in high risk funds your total pension fund can substantially reduce over a short period of time and if you are coming close to retirement this will result in you having a much less pension on retirement. Is your pension on target to reach the income you want on retirement? This should be checked for you on regular occasions, if your pension is not on target changes can be made to put your pension back on track again.

What pension provider is your pension with and how much do they charge you? Pension providers are different in the types of pension products they can offer you. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and not jargon. Charges are very important because you may be on a very high charging structure that can be decreased. For the above reasons I recommend an annual review of every pension.

To make an appointment in relation to the above or any other matter you can contact **Dermot Cronin** at **064 6622775** or kerrymortgagecentre@eircom.net.

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NOW AND THEN... BASKETBALLERS REUNITE AFTER 21 YEARS

AN All-Ireland winning basketball team that tasted success 21 years ago gathered together again this week for a nostalgic reunion event. The St. Pauls Killarney senior mens team, playing under the Revelles Nite Club banner, won the Irish Basketball All Ireland Regional League title in April 1993 and were united again for a 21st anniversary celebration and recreated a similar team photo that was taken 21 years ago.

It was the return of American coach Matt Vaughn back to Killarney for the first time since 1993 that sparked the idea of having a team reunion. Matt, who is currently head basketball coach at Lake Forest Academy in Illinois, was back in Killarney to coach at the St. Paul's annual Easter camp in Killarney Sports Centre. He was delighted to meet up with all his former players who made a special effort to come together.

The reunion also coincided with the anniversary

of the late Sean Coleman, who was Chairman of St. Paul's Basketball Club in 1993. Sean, who was a great servant of Killarney basketball in playing and administration roles, passed away on April 21st 2001. Club officers and the players on the 1993 team were delighted that Sean's brother Kevin Coleman was able to join them for the photo and represent Sean.

Team sponsor Niall O'Donoghue, O'Donoghue/Ring Hotels and formerly of Revelles Nite Club, was also a welcome guest at the 21st anniversary reunion.

Coach Vaughn and his squad enjoyed recalling stories and games from the 1992-93 season that reached its climax on the first weekend of April 1993 when St. Pauls Revelles were crowned Irish Basketball Regional League champions at the National Basketball Arena in Dublin. Earlier in the season, St. Pauls Revelles had enjoyed a remarkable senior national cup run as a non-league side and they had spectacular victories

over Dungannon and Limerick before bowing out to cup champions Neptune at the quarter final stage.

The Killarney side then clinched the Southern Ireland section of the regional league and qualified for a semi-final against Dublin side Mid Sutton Baldoye. They emerged victorious here on a 70-58 scoreline before meeting Blue Demons in the final. This was a closely contested match for a long time with St. Paul's leading 39-34 half time before going on to win 82-69.

It was this victory in April 1993 that secured St. Pauls Killarney a place in the National League for the following 1993-94 season. It marked a welcome return of national league basketball to Killarney following a long absence. The St. Paul's club competed in the the senior mens National League and Super League from 1993 until 2008.



2014 PHOTO: THE ST. PAULS REVELLES KILLARNEY TEAM THAT WON THE IRISH BASKETBALL REGIONAL LEAGUE TITLE IN APRIL 1993, GATHERED FOR A REUNION PHOTO WITH AMERICAN COACH MATT VAUGHN WHO WAS BACK IN KILLARNEY FOR THE ST. PAUL'S ANNUAL EASTER CAMP. FRONT FROM LEFT ARE MIKE STACK, BRIAN CLARKE, JOEY SHEEHAN AND NIAL O' DONOGHUE, (O'DONOGHUE/RING HOTELS AND FORMERLY OF REVELLES NITE CLUB) BACK FROM LEFT ARE MATT VAUGHN, COACH, SIMON O' SHEA, PAT O'CONNOR, EDWARD O'DONOGHUE, NIAL O' CALLAGHAN, CORMAC O'DONOGHUE, VINCE DALY AND KEVIN COLEMAN (BROTHER OF THE LATE SEAN COLEMAN, CHAIRMAN, (RIP)). PICTURE: EAMONN KEOGH.



1993 PHOTO: THE ST. PAULS REVELLES KILLARNEY TEAM THAT WON THE IRISH BASKETBALL REGIONAL LEAGUE TITLE IN APRIL 1993. FRONT FROM LEFT ARE MIKE STACK, BRIAN CLARKE, JOEY SHEEHAN AND NIAL O' DONOGHUE, REVELLES NITE CLUB, TEAM SPONSOR. BACK FROM LEFT ARE MATT VAUGHN, COACH, SIMON O' SHEA, PAT O'CONNOR, EDWARD O'DONOGHUE, PAT O'SHEA (CAPTAIN), NIAL O' CALLAGHAN, CORMAC O'DONOGHUE, VINCE DALY AND SEAN COLEMAN, CHAIRMAN, (RIP). PICTURE: DON MACMONAGLE.

- AWARD SCHEME RETURNS TO RECOGNISE LOCAL TOURISM EFFORT -

Applications are now being accepted by Fáilte Ireland from eligible towns across the country for the 2014 Tourism Towns Award – eligible towns are those ranked in the top 100 TidyTowns for 2013 and the closing date for applications is Thursday 22nd May 2014.

The award, now in its third year, is all about recognising Irish towns and villages where the local community goes the extra mile to enhance their appeal to tourists. Last year Kilkenny took home the overall crown with Portmagee the inaugural award in 2012. The award will continue to focus on how participating

towns have developed their local area in the following key tourism areas:

Sense of Place – How the town tells its own unique story to visitors, what's special about it, and what distinguishes it from other towns.

Local Involvement – How the local community works together to provide an authentic visitor experience. **Tourism Experiences** – What the town has to offer visitors. **Promotion of the town** – How the town takes a unified approach to marketing and promoting the town into a



"tourism town".

Fiona Buckley, Head of Experience Development with Fáilte Ireland emphasised the important characteristics of a tourism town and the how the award scheme seeks to recognise them:

In a change to previous years, the 2014 process will honour two overall winners – Best Small Town and Best Large Town each winning €5,000 along with marketing and development supports from Fáilte Ireland.

HERE COMES THE SUMMER

Destination Killarney and Killarney Chamber of Tourism and Commerce will host a special summer information evening at The INEC on Wednesday, April 30 at 6.30pm.

There is an open invitation and all are welcome to attend. Killarney has a jam packed schedule of events lined up for the summer and a number of representatives will be on hand to talk about these events along with a whole host of other festivals and initiatives like the #lovekillarney campaign and the potential for adventure tourism.

If you would like to attend simply RSVP before Monday, April 28 by phoning 064 6671553 or emailing maureenc@gleneaglehotel.com

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CLODAGH IS THE FIRST WINNER OF THE LEE STRAND 'ONE DIRECTION CAMPAIGN FOR CUSTOMERS'

This Easter has been an egg-stra special week for Clodagh O'Sullivan from Listowel..... she was drawn as the lucky winner of Lee Strand's latest promotional campaign. Clodagh (12) won two seated tickets for One Direction's sold out concert on Friday, May 23rd in Croke Park.

"I am delighted to win the tickets, we were trying to get tickets but they were all sold out. I am really looking forward to seeing One Direction. Niall Horan is my favourite. I entered the competition three times this week and was thrilled to win," said a delighted Clodagh.

There are four more chances to win two seated tickets, which is great news for the younger One Direction fans, as there is no age restriction on these tickets. Customers of Lee Strand can enter the competition as many times as they like each week. To enter simply collect 10 Mighty Mikey Milk mascots featured on the side of Lee Strand milk 1 Litre cartons or 2.5 Litre plastic bottle sleeves. Send your name, address and telephone number with your ten mascots to: One Direction Competition, Lee Strand, Ballymullen, Tralee, Co. Kerry. The closing date for the next four One Direction draws are as follows: Draw 2: Thursday, April 24th at 5pm; Draw 3: Thursday, May 1st at 5pm; Draw 4: Thursday May 8th at 5pm; Draw 5: Thursday, May 15th at 5pm. The weekly winners will be



WINNER OF LEE STRAND'S ONE DIRECTION CAMPAIGN FOR CUSTOMERS, CLODAGH O'SULLIVAN (12), LISTOWEL WITH HER MUM MARGARET AND JOHN O'SULLIVAN, GENERAL MANAGER, LEE STRAND.

contacted each Friday morning and all winners will also be announced on www.facebook.com/leestrandmilk. For further details on the

One Direction campaign please visit www.leestrand.ie or telephone 066 7121084.

A DREAM COME TRUE FOR MARY



MARY O'LEARY WITH MICHAEL FLATLEY AT AN COMHDHAIL WORLD IRISH DANCING CHAMPIONSHIPS HELD IN THE INEC KILLARNEY.

Holding An Comhdhail World Irish Dancing Championships in her home town of Killarney was a dream come true for Irish dancing teacher Mary O'Leary.

Last week marked a milestone in Mary's career as she celebrated her 35th anniversary as a dance teacher. The O'Leary school of Dancing opened its doors on Saturday October 5th 1979 in her local Spa GAA club house. The past 35 years hold great memories in Mary's heart. Pupils of the O' Leary school have achieved huge success at Provincial, All Ireland and International levels and meeting Irish dancing legend Michael Flatley at the championships last week made the occasion even more special.

CHARITY GAA MATCH

A charity match in aid of the Cancer Units at St. Luke's and St James Hospital will take place in O'Moore Park Laois on Bank Holiday Monday May 5th. The teams will be made up of players who have received treatment for cancer and the teams will be managed by Brian Cody and Mick O'Dwyer with other high profile GAA personalities on hand to help with training and advice.

The aim is that approximately 50 players will take part in the game with the trophy for the winners being dedicated to Professor Donal Hollywood, one of the countries leading Oncologists who lost his own battle with cancer at the age of 53, almost a year ago. For more information on the match log onto www.facebook.com/charitygaamatch

THE MON HOST PITCH & PUTT CLASSIC

The Parents Association at the Mon in Killarney are arranging a Pitch & Putt Classic to raise funds for the IT department at the school.

This is the second year of the Classic and all money raised in the event will assist in purchasing new iPads which will be a huge asset to the school.

The first round will tee off at 10am sharp on Bank Holiday Monday, 5th May.

A great day out is guaranteed with the three ball scramble suitable for adults children and families. Teams must be pre booked through the school on 064 6633687 and at €35.00 per team this includes a BBQ following the classic.

The Parents Association are also accepting donations or sponsorship from anyone who cannot make the event and if you would like to donate you can contact the school directly.

CONCERT AT ST. MARY'S

St. Mary's Cathedral Choir, Kerry Chamber Choir and Kerry Chamber Orchestra, directed by Aidan O' Carroll and with soloists Grainne O' Carroll (Soprano) and Amanda Neri (Contralto) will perform a choral and musical celebration of the Passion, Death and Resurrection of our Lord on Saturday, April 26th at 8pm in St. Mary's Church of Ireland, Kenmare Place, Killarney. The concert is open to the public and admission is free. A retiring collection will take place.

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|---|---|-----------------------------|---|

Name:

Address:

D.O.B:

MOBILE / TEL NO:

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I understand that I enter The Lee Strand Kingdom Come race at my own risk and that neither the organiser or the sponsors will be held liable for any injuries suffered or any property lost or stolen. All entries are final and no refunds will be made.

SIGNED:

DATE:

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Bib numbers can be collected at An Ríocht Clubhouse from April 21st. Entries will be capped at 1,000.

Please send completed form with cheque or postal order made payable to:
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REGISTRATION FOR NATHAN'S WALK

Nathan's Walk (Darkness into Light) will take place this year on May 10th.

The event, which is now in its fourth year begins at 04.15am with a symbolic 5k walk/run from darkness into light.

The Killarney walk is organised every year by Denis and Marie Carroll who lost their son Nathan tragically six years ago.

Pieta house are organising 37 walks all over Ireland this year and last year Killarney was one of leading venues with huge crowds of over 3000 people taking part and raising over €45,000 for Pieta House.

Pre-registration for this years walk will take place at the Dromhall Hotel on the following dates from 6pm to 7pm. Friday 2nd May, Thursday 8th May and Friday 9th May.

This year, Pieta House is linking Darkness into



AT THE OFFICIAL LAUNCH OF PIETA HOUSE, DARKNESS INTO LIGHT WALK AT THE DROMHALL HOTEL WERE KEVIN O'DONOGHUE, MAYOR PADDY COURTNEY, DENIS & MARIE O'CARROLL, KEVIN RYAN (ELECTRIC IRELAND) & JOAN FREEMAN (PIETA HOUSE).
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Light with their Mind Our Men campaign which aims to reduce male suicide in Ireland. They are asking participants to bring a male friend or

family member with them on the walk – it could be a friend, brother, father or work colleague.

STYLE ON SHOW FOR KERRY PARENTS & FRIENDS

Following on the fantastic success of the 2012 fashion show, KPFA Community group and R.T. group are hosting their fourth fashion show and again the Malton Hotel has generously agreed to host the evening.

The men and women attending the Community and RT groups were overwhelmed by the support given to them from families, sponsors and the general public in the previous three years and it was a wonderful positive experience for all those involved in terms of boosting self esteem, self confidence and having fun!

All the models are young adults with intellectual disabilities. They are the definite stars of the show as they dance & strut their stuff down the catwalk and enjoy the supportive response from the audience.

The show is truly unique as although the

models are adults with learning disabilities this has in no way impaired their ability to plan and take part as models in our fashion show. The models have been there from start to finish and put immense work into all aspects of the preparation, including choosing music and clothes, help in designing the posters and tickets. This is a genuine celebration of these young people and their individual potential.

We have been kindly supported by numerous businesses in Killarney town and further afield. This year they shall be modeling an array of both men and women's fashion from New Look, Tesco, Paco, Elvery Sports, Burton's, Kerry GAA Store, Wisteria and Niche boutiques.

The Fashion Show takes place on May 7th at The Killarney Malton Hotel at 7.30pm
Tickets can be purchased at The Old Monastery Port Road Killarney or at the door.

NEWS FROM KILLARNEY NATIONAL PARK LIASON COMMITTEE

By Patsy Hanley

Congratulations to the Killarney National Park at Knockreer House on being awarded an Eco Green Flag.

Eco Centres is an international environmental education programme, environmental management system and award scheme that promotes and acknowledges long term action for the environment within centres of learning. Centres that have successfully completed in all the elements of the programme are awarded the Green Flag. The award has now become well recognised and many schools around the country take part in the programme.

The woods in the National Park are gradually coming into life after a devastating winter of storms. Congratulations to the KNP&WS for clearing the debris and making roads passable and sympathies to them on the dreadful loss of trees – so many of a priceless variety.

THANK YOU KERRY! - IRISH CANCER SOCIETY THANKS SUPPORTERS FROM KERRY AND APPEALS FOR ALL MONEY RAISED TO BE LODGED

The Irish Cancer Society's 27th Daffodil Day, which is kindly supported by Dell took place on Friday 28th March. On the day, people from all over Kerry got involved – selling daffodils on the street, organising events, getting their work place involved or donating online. People went above and beyond, fundraising for Daffodil Day 2014 and the Society wish to thank and commend the communities in Kerry who supported our campaign.

The Society's target for Daffodil Day 2014 was €3.45 million. Money is steadily coming in from around the country and the Society is thrilled to say that they are well on the way to reaching their ambitious target. Despite last year's dreadful weather €3million was raised for Daffodil Day, with a 'whopping' €114,870 of this coming from the people in Kerry. Below are just some of the services the Irish Cancer Society provides in Kerry; - Our specialist cancer nurses

supported 17,469 callers to our National Cancer Helpline (Freefone 1800 200 700), 155 of these calls were from people in Kerry in 2013.

For those of you who haven't banked your funds yet please do so now, so the Irish Cancer Society can add your money to your county total! It's vital that Daffodil Day reaches its ambitious fundraising target of €3.45million in order to continue to provide and expand its vital services.



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GARDENING OUTLOOK



with **John O'Sullivan**

FOCUS ON ALPINES

The vast majority of Alpine plants are easy to grow in any reasonably well drained garden soil. Alpines are ideal plants for rockeries and gaps in stone walls and they will give you colour from early Spring right through the summer. The most important thing when choosing your alpine plants is to make sure you find out the growth rates so that one Alpine plant won't take over other alpine plants in the rockery.

A good example of this would be an alpine called Cerastium (Snow in Summer) which is quite a quick growing Alpine and spreads quickly in a short space of time. It can tend to take over small rockeries. Having said that it is a beautiful plant with silver foliage and is covered, as the name suggests, in beautiful white flowers.

It can be pruned back to keep it under control.

There are also lots of alpines which are compact and can make perfect mounds and shapes. Alpines are also great fillers for stone walls. An ideal plant for this would be a Campanula or Aubrieta.

The Aubrieta is a pink flowering plant that you see growing out of a lot of grottos. Alpines can also be used in containers such as in troughs or window boxes but try to choose ones that are evergreen so that you will have some colour all year round.

Next week I will focus on Summer Bedding.

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GREAT TURNOUT FOR VTOS OPEN DAY



AT THE KILLARNEY VTOS OPEN DAY WERE L-R BERNADETTE O' SULLIVAN, NOREEN HEALY, KATHLEEN KEATING & ANTHONY FOLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY VTOS OPEN DAY WERE L-R CLEA KING, CHLOE MURPHY AND SHARON HERRITY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY VTOS OPEN DAY L-R DOROTHY BYRNE, JUSTINA SIWIEC, MARY HARRINGTON & EMILIE TAKAROVA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY VTOS OPEN DAY WERE L-R EOGHAN O'MAHONY, IAN COFFEY, NATHAN O'SULLIVAN & DENIS MCAULIFFE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY VTOS OPEN DAY WERE L-R RONNIE MOORE, MARGARET MURRELL, EILEEN HEALY, JACKIE DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY VTOS OPEN DAY WERE MARGARET O'RIORDAN AND BRID BROSAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY VTOS OPEN DAY WERE TERRI GALLIVAN AND MONIKA KOLEK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Citizens Information

Know Your Rights:

RENEWING A PASSPORT

QUESTION

I'm planning a trip abroad later this year but my passport will expire a couple of weeks before I'm due to travel. Will that leave me with enough time to renew my passport before I travel? Can I renew it before its expiry date?

ANSWER

The time it takes to renew a passport can vary, depending on how you make the application. The Passport Office recommends sending your application using An Post's Passport Express service. In general, this guarantees that you will get your passport within 10 working days, but it may take longer at busy times of the year. Check passport.ie for current turnaround times. The standard adult passport costs €80 through Passport Express, with a processing charge of €9 – a total charge of €89. You can hand in your completed application at any An Post office.

The Passport Office no longer accepts applications submitted by regular or registered post from applicants living in Ireland and it is not possible to apply online.

Applying in person at the Passport Office costs €95 and is only recommended if you are due to travel in less than ten days. In this case, you can use the Passport Appointment Booking Service, passportappointments.ie. There is an additional Urgent Fee of €55 if you need your passport issued in 3–5 working days. It is not usually possible to issue a passport in less than three days unless immediate travel is required due to the death or serious illness of a family member or because you need emergency medical treatment.

If you are concerned about forgetting to renew your passport in time, the Department of Foreign Affairs and Trade provides a Passport Reminder Service, which sends you a reminder email before your passport is due to expire. You can register for this service at passport.ie.

You can apply for a new passport before your current one has expired. In this case your new passport will run from when you apply rather than from the expiry date of your current passport.

You can get a passport renewal application form at any Garda station or An Post office. It is not available online.

Further information is available from the Citizens Information Centre below.

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

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

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LEGION HONOURS ITS CLUB MEMBERS



HALL OF FAME WINNER JIMMY O'LEARY PICTURED WITH HIS FAMILY.

Supporters, players, coaches, managers and friends of Killarney Legion GAA club met on Sunday night last at the Killarney Avenue Hotel for their annual awards night.

Awards were presented on the night to those who were outstanding in the club on or off the field during 2013. Among those honoured were Jimmy O'Leary (Hall of Fame), Jim Culloty (Special Acknowledgement Award) Tim O'Regan (Junior Player of the Year), Podge O'Connor (Senior Player of the Year), Maria O'Sullivan (Club Person of the Year), Selina Looney (Ladies Player of the Year) and Jack O'Neill (Young Player of the Year).

There was also special honours for five of the club's players who had the honour of wearing the green and gold of Kerry last year. They included, Brian Kelly, James O'Donoghue, Shaun Keane, Conor Keane and Jonathon Lyne.



JUNIOR PLAYER OF THE YEAR, TIM O'REGAN WITH HIS PARENTS JEROME, CHRIS AND FAMILY.



CLUB CHAIRMAN JIMMY REEN, JIMMY O'LEARY, HALL OF FAME, WITH HIS WIFE ELLA AND FAMILY MEMBERS.



YOUNG PLAYER OF THE YEAR JACK O'NEILL PICTURED WITH HIS FAMILY.



WEESHIE FOGARTY AND JIMMY O'LEARY PRESENT JIM CULLOTY WITH HIS SPEICAL MERIT AWARD.



DAVID O'SULLIVAN, EAST KERRY YOUNG PLAYER OF THE YEAR WITH HIS MOTHER MARIA, CLUBPERSON OF THE YEAR AND CLUB CHAIRMAN JIMMY REEN.



TIM O'REGAN RECEIVES THE JACKIE LYNE CUP FROM CLUB CHAIRMAN JIMMY REEN AFTER BEING NAMED JUNIOR PLAYER OF THE YEAR.

Please forward entries to Outlook Publications, Tralee Road, Castleisland, Co. Kerry. Closing date for entries is Friday 9th May 2014.

Publ. 17 Feb. 1996, July 2011 | www.illamuseum.org



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“Manage Your Health

MEDICATION-INDUCED HEADACHE

Everyone suffers from headaches from time to time which can be effectively and safely treated with simple painkillers such as paracetamol, ibuprofen etc. However, frequent use of painkillers can inadvertently become a cause of headaches themselves.

This phenomenon is known as Medication-induced Headache, which is one of the most common causes of headaches - after migraines and tension-type headaches. It can occur at any age, but most common in people aged in their 30s and 40s and is more common in women.

Medication-induced headache would be suspected if headache medication is required more than 15 days in a month or 3 days per week on a regular basis. For codeine-containing painkillers, it is lower at 10 days in a month or 2 days per week.

How does this type of headache occur?

It starts by treating a headache e.g. during a time of stress. You take painkillers to treat this headache, and over time your body becomes used to the painkillers. So within a day or so of the last dose of the painkiller, another headache comes on which you think is a recurrence of the original headache. This, in fact, could be a rebound headache due to the withdrawal effects of the last dose of the painkiller. So you take your headache medication, which relieves the headache but starts the vicious cycle all over again.

This type of headache is regularly described as oppressive and tends to be worse first thing in the morning, or after exercise. It may be a constant dull headache which sometimes gets worse. Some sufferers may start to take their painkillers every day to try to prevent the headaches but this actually makes the condition worse.

Medication-induced headache is much less likely to develop if you take painkillers regularly for other painful conditions, such as arthritis or back pain. It usually only occurs if you take painkillers for headaches and migraines and it is not clear why this is so.

What is the treatment for medication-induced headache?

The first step is to acknowledge that the cause of your headaches is the medication you are taking to treat your headaches and then develop a plan to stop the medication. This plan should be actioned under the care of your doctor.

Generally what is involved is the offending painkiller must be completely stopped for at least 1 month to cure the problem. Withdrawal symptoms such as headaches, feeling sick or problems sleeping will be experienced during the first 7-10 days or longer in some cases. It is important not to take any pain medication during this period unless your doctor prescribes an alternative painkiller for you. You will have to accept that, for a week or so, it will feel like things are getting worse before they start getting better and your pattern of headaches/migraine returns to normal.

How to prevent recurrence of medication-induced headache.

It is important that you also have a plan agreed with your doctor on how to treat headaches/migraine in the future.

- You might decide not to treat some attacks or if you need to take headache medication, as a rule it is ok to take painkillers for a day or so to treat an attack.
- Just make sure not to take for more than 2 days in any week. Consider preventative treatments to stop your headaches.
- It is best to avoid any codeine-containing painkillers.



“If you have any Health Care query call in to Dan at Aherns Pharmacy for advice & help.

066 9764 110



GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 2 - WEEK BEGINNING APRIL 21ST - EQUIPMENT/CLOTHING

Here's to having kick started your Ring of Kerry cycle training programme and achieving the distance - 70km in week one - Congratulations!

The topic for this week is EQUIPMENT and the most important piece of equipment is YOU... So you have a choice to be smart enough to look after it!

Wearing a helmet is a very good idea and one that is highly recommended. It could make the difference between a minor injury and a serious injury should you fall off your bike. The main reason we wear a helmet is to protect our brains from damage in an unexpected impact. A helmet on the handlebars does nobody any good. An ideal road helmet will be comfortable and fit properly. Here are some pointers:

- Helmet should sit level on the head, covering the forehead.
- Chinstrap splitter should lie right under the ears.
- All straps should lie flat, not twisted.
- Chin straps should be tight enough to allow only one finger between the strap and the neck - without choking.
- Helmet should not rock from side to side, should only rock slightly forwards and backwards.

When deciding what clothing to wear, keep in mind comfort and practicality as key factors. Apart from the helmet, cycling shorts is the most important and essential item of clothing required for cycling. Cycling shorts are often frowned upon, scorned

due to their lycra content and unflattering tight fit, yet this humble piece of clothing can make all the difference to your ride. Cycling shorts are available in a baggy style too. So know that a good pair of shorts with a padded chamois liner will help eliminate any saddle soreness, and allow for comfort when cycling. This will of course assist in increasing the mileage, which is the aim of the game!

Layering is vital for comfort on the bike. Layering means you are ready for heat, cold, rain, sun and even sleet! If you are comfortable on the bike you will ride better and for longer. The well-prepared cyclist has three layers. The base layer - sits next to the skin keeping it dry by wiping away sweat and helps regulate body temperature. The mid layer - adds insulation to keep you warm. The shell layer - is the body armour from the elements and this can be wind proof, waterproof or both. Of course you don't always need all three, yet it is easy to remove a layer if needed.

This weeks cycle training programme, is the same as last week, so knowing you can do it, see if you can increase your effort/speed ever so slightly, particularly on the shorter rides. Reason being is that this extra effort will lead to increasing levels of fitness.

Sat, Sun, Mon, Tues, Wed, Thu, Fri, Total

20k 20k Rest 15k Rest 15k Rest 70km

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RETIREMENT ANNOUNCEMENT AND APPEAL

Personal Message from

CLLR. SEAN O'GRADY

As I already indicated it is my intention to withdraw from local politics having spent forty years as a member of Killarney Town Council.

I wish to record my eternal gratitude and thanks to the people of Killarney and district for the enormous vote of confidence afforded to me throughout all of these years, 1974-2014. It has been a great journey of service and I feel honoured and humbled to have been accorded the privilege of representing you over the years and for most of the time I have been able to deliver the objectives I set out to achieve on your behalf.



I would also like to thank the very excellent and professional staff of the council, the likes of which we will never see again, without whom it would not be possible to record the degree of progress achieved over my tenure of office.

Killarney is now entering a new and challenging era which has the potential to significantly reduce our ability to progress and seriously hinder our ability to determine our destiny.

We have lost our town council and mayoralty, our economic autonomy has been taken and the whole administrative structure that took decades to grow has been removed.

As the prime tourist town in the country, what has been visited on Killarney is outrageous and disgusting, not just for the citizens of the town but for the whole South West of Ireland.

The last occasion such destruction was visited on Killarney was when Cromwellian forces battered the walls of Ross Castle in 1649. Those responsible for "cutting us off at the knees" are, the governments aided and abetted by all other establishment parties and the executive of Kerry County Council.

This Issue, among many, is the overriding issue in the forthcoming local election and indeed the next general election. Killarney town must send the most vocal and strongest representatives into Kerry County Council on the 23rd May to very clearly set out the needs of Killarney and surrounding areas into the future.




"I will be supporting Cllr. Donal Grady as the man I believe has the qualities to take our fight into the halls of power in Tralee, that can play a significant role in reversing some of the destruction and mayhem that will evidently flow from the regressive measures proposed for Killarney." - Sean O'Grady

VOTE NO.

1

GRADY DONAL non party

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Vote No. 1
CLLr. CATHAL WALSHE
 on May 23rd local elections

Vote 2 and 3 in order of preference for CLLr. John Sheahan
 and CLLr. Bobby O'Connell my party colleagues.

- Has 100% attendance at all council meetings since being elected in 2009.
- Most proactive councillor with local issues brought to the council chambers.
- Community activist.
- Very involved in many local charitable fundraising projects including Ring of Kerry charity Cycle as P.R.O.
- Priorities if elected, Disability Issues, Local services, Tourism, Environment, Youth Issues.





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 FOR CASTLEISLAND / KILLARNEY ELECTORAL AREA

 **FIANNA FÁIL**
 THE REPUBLICAN PARTY

CHOOSE ANNE MCELLISTRIM

COMHAIRLEOIR GNÍOMHACH

Anne McEllistrim a new and young councillor for your area with ten years experience as a member of Kerry Council and having previously represented parts of this new electoral area.

Educated at Maynooth University with a degree B.A. Arts, Higher Diploma in Education. Fourth generation of McEllistrim in politics, granddaughter of Tommy Mac commander of republican forces who fought at Headford Junction and at Ballybrack, two incidents of note in the fight for Irish Freedom. Anne has served at local level on the following committees, Chair of Kerry County Joint Policing Committee, Kerry County Enterprise Board, Roads and Transportation Strategic Policy K.C.C., Kerry County Rural Water, Kerry Education and Training Board, Kerry Airport PLC Board, Governing Body I.T.T.

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Local Election Candidate for Killarney/Castleisland Area

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- Board Member of North & East Kerry Development
- Member of Housing & Social Support Strategic Policy Committee
- Member of Local Traveller Accommodation Consultative Committee
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FIANNA FÁIL
THE REPUBLICAN PARTY

"If elected, I will request that Kerry County Council purchase the Torc Hotel Site to use as a small town park for the people on the eastern side of town and part of it to be used as a Bus Park for the summer season."

One Mighty Session!

MUSIC & FUN!

Friday 25th April
The Gleneagle Hotel
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 9.30pm - Late
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FIANNA FÁIL CANDIDATE
Everyone Welcome!

Vote No. 1

JOHN O'SHEA

KILLARNEY CANDIDATE




PODIATRIST AT KERRY GENERAL HOSPITAL

At the recent Regional Health Forum Meeting, Cllr. John Joe Culloty put forward the following **Question:** "What is the delay in relation to providing the promised Podiatrist to Kerry General Hospital"?

For response, please see attached.

2) At this month's Council Meeting, John Joe Culloty put forward the following Motion:-

"To ask this Council:- a) How many septic tank inspections have been carried out? b) how

many of these inspections have failed? and c) what are the main causes of failure?"

62% of septic tanks failed inspection. Up to April, 8th, 55 domestic waste water treatment systems in the county had been inspected by Kerry County Council, and 34 of these, comprising 62% of the total, had been found to be non-compliant.

The figures were provided to Councillors on foot of a request for the information, by Cllr

John Joe Culloty.

The principal reasons for failure were clean water entry into the units (10), de-sludging (7), grey water discharge (6), black water discharge (7), ponding of effluent (2) and others (2)

Cllr Culloty said that de-sludging and clean water entry issues could be rectified in advance of inspections, if people were aware of them. He asked that an advertising campaign, advertising this, should be undertaken.

TOURISM INITIATIVE & HELP TOWARDS LOCAL FESTIVALS

Cllr Sean Counihan has welcomed the new Community Tourism Initiative for the Diaspora which seeks to build on the legacy of The Gathering 2013. The initiative, a joint partnership between Fáilte Ireland, IPB Insurance and the 34 Local Authorities (under the auspices of the County and City Managers Association), will provide an annual fund of €1m over the next three years to support up to 700 local community-based events and festivals each year.

The Community Tourism Diaspora Initiative is a direct response to one of the clear successes of last year's The Gathering where 5,000 communities mobilised to harness their diaspora links for the benefit of local and community tourism.

The initiative will be administered at county level where local authorities will seek applications for support from local community events. The objectives of the initiative are:

- To provide support in the form of small-scale funding incentives to community-based tourism events that have the capacity to carry through on the legacy of The Gathering in 2014 and beyond;

To create a national network of local events with the capacity to deepen diaspora links and networks that have been developed or re-activated during The Gathering year;

To foster the growth of strong county diaspora networks on the basis that diaspora relationships are rooted in 'people and place'.

MOTOR TAX COST

Cllr. Tom Doherty is calling on the Minister for the environment to reduce the amount paid in motor tax by drivers living outside of cities especially our capital city Dublin. Dublin has an excellent road network in perfect condition with a reliable quality of road surface to drive. They also have a public transport system with buses, the dart as well as the leus. The roads here in Kerry are in a deplorable state and a hazard to road users.

Cllr. Tom Doherty questions the purpose of paying the same price for motor tax as that in Dublin without receiving the same quality of road maintenance. It is costing the motorist more here with the added expenses of new tyres and other motor vehicle repair costs.

ROAD FROM COOLCORCORAN CROSS TO INCHYCULLANE CROSS KILCUMMIN

Kerry TD Tom Fleming has called on the Minister for Transport, Tourism and Sport, Leo Varadkar to make emergency funding available for the road between Coolcorcoran Cross and Inchycullane Cross Kilcummin. Deputy Fleming who raised the matter in the Dail this week said this road is in need of urgent restoration work. The Independent TD also stated the very bad condition of the road is now a danger to the public and a 'Health and Safety' issue.

REPLY: The improvement and maintenance of regional and local roads is the statutory responsibility of each local authority, in accordance with the provisions of Section 13 of the Roads Act 1993. Works on those roads are funded from local authorities' own resources

supplemented by State road grants.

The Department has allocated a total of €145 million to local authorities for the Restoration Improvement Grant Programme (RI) in 2014. Of this figure a total of €6.55 million has been allocated to Kerry County Council. The selection and prioritisation of works to be undertaken, taking into account available grant funding, is a matter for the local authority. Local authorities do have flexibility in relation to re-prioritising RI schemes as necessary.

It is, therefore, open to Kerry County Council to re-prioritise its RI programme to include these schemes, fund works from its Discretionary Grant or progress such projects through its own resources.

KILLARNEY TOWN COUNCIL

Cllr. Danny Healy Rae put forward the following notice of motion at the Kerry Co Council Meeting last Monday asking that the people of Killarney Town and the adjacent hinterland continue to be facilitated by retaining all the services they have had available to them in the town and the local area offices and that the staff would not be relocated from Killarney as this would disenfranchise all the people of the town and the entire area and to ask that the commercial rates collected in Killarney Town be left in Killarney to maintain the services, Cllr Healy Rae feels that this is vital to maintain services for Killarney.



LYNDA HORGAN INDEPENDENT CANDIDATE LAUNCHES HER CAMPAIGN AT SCRUFFY'S BAR, KILLARNEY, RECENTLY WITH FAMILY AND FRIENDS.



THE HEALY-RAE FAMILY ARE FAMED FOR THEIR INGENUITY IN GARNERING PUBLICITY AND THEIR HELPERS WENT TO ENORMOUS HEIGHTS TO AT THE WEEKEND TO ERECT TWO POSTERS ON THE TOP OF IRELAND'S HIGHEST MOUNTAIN, CARRAUNTOOHIL IN MID KERRY OVER THE EASTER WEEKEND. THE POSTERS FOR DANNY AND HIS SON JOHNNY WHO ARE BOTH CANDIDATES IN THE FORTHCOMING COUNTY COUNCIL ELECTIONS ARE ATTACHED TO ROCKS AT THE FOOT OF THE METAL CROSS 3,414FT ABOVE SEA LEVEL AND CLEARLY VISIBLE TO ALL CLIMBERS. PICTURE SUPPLIED BY MACMONAGLE, KILLARNEY

VOTE NO.

1



Cllr
Brendan Cronin
Independent

I am seeking re-election to Kerry County Council as an experienced, reliable Independent and I firmly believe that the incoming local authority will require an experienced Independent in its formation. The following are some of my election priorities;

- The urgent replacement of the **Mid-Kerry water supply scheme** which services the greater Fossa/Aghadoe, Furies/Ballyhar and Listry/Faha areas.
- That the council purchase **St. Finians Hospital and 66 acres of land** in Killarney from the HSE as these lands are of critical importance for the future growth, development and expansion for Killarney town.
- Continue to seek funding for **Kilcummin sewerage scheme**. The villages of **Scartaglin** and **Currow** also need to be included for sewerage schemes.
- I will fight for a fair and equitable level of rates and work in conjunction with the Chamber of Commerce to support the business sector to grow and prosper.
- I am leading the campaign for an **upgrade of broadband** services in rural areas as the current service is not acceptable or fair for rural dwellers
- Continue to seek funding for a complete overhaul of the current traffic layout of four major routes on the N22; Coolcaslagh junction, Lewis road junction on **Killarney bypass**, **Madams Hill junction** and the **Furies/Currow junction** in Farranfore.
- I am campaigning for proper **financial recognition** for home help and carers who do tremendous work. I will highlight this government's disgraceful cuts and reductions in medical cards to people with disabilities and the elderly.

Ballyhar, Killarney, Co. Kerry
Tel/Fax: 064 66 33534 | Mobile: 087 2069657
Email: cllrbrendan.cronin@kerrycoco.ie

Killarney Municipal District

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CASTLEISLAND AGRI BUSINESS RHYNOMILLS WINS BEST RETAILER AT BUSINESS EXCELLENCE FORUM 2014



BRAD SUGARS, FOUNDER OF ACTIONCOACH PRESENTS BEST RETAILER 2014 IN THE BUSINESS EXCELLENCE AWARDS TO PAUDIE AND JOE O'CONNOR, RHYNOMILLS, AND HELEN BURNS ACTIONCOACH.

There were celebrations in Castleisland this week following the success of Rhyno Mills winners of the Best Retailer award at the Action Coach Business Forum 2014. The presentation took place in Brighton, England. Rhyno Mills was one of six finalists in this category and was declared as the overall winner. The awards honour the achievements of business owners and their companies, from around the world.

The two day forum saw leading business experts share their views. Speakers included world renowned motivational guru Philip Hesketh, Colonel Tim Collins OBE, Jonathan McDonald owner of 'This Fluid World' and Brad Sugars

founder of Action Coach. Based in Castleisland, the family run business is renowned for the production of high quality feeds for the farming community. Rhyno Mills has been in operation since 1919 when the mill was opened by W.H. O'Connor, grandfather of the present owners. A pioneer in his field, his dedication to the production of high quality animal feeds has seen three generations of the O'Connor family in the business. The present Managing Director, Paudie O'Connor took over the reins of the company from his father Sean in 1988.

"We are delighted to have received this award as it acknowledges all the effort that everyone in the company has

put in. With the introduction of new plant and systems we have doubled our production capacity and further enhanced the quality of our feeds. All our employees are highly trained people, who's dedication, integrity and ability we value immensely and we are committed to working with the farming community to provide the feeding and nutritional solutions that they require," said Managing Director Paudie O'Connor. "This along with other positive changes in Rhyno Mills have been aided by our business coach Helen Burns. We firmly believe that the potential for the company is enormous and we have only just begun to realise that potential."



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The Directors and Management at Rhyno Mills
would like to take this opportunity to give a
very special "Thank You" to all of our
dedicated staff members and to all of
our loyal customers.

A special thank you as well to
Helen Burns, Action Coach.

This award is dedicated to all of you.

Paudie O'Connor, Managing Director
Joe O'Connor, Director.



GREEN FLAG SUCCESS

Children from Furies National School and Holy Family National School in Rathmore were "The Guests of Honour" at Killarney National Park Education Centre last Friday when they raised the Centre's first Green Flag.

The Eco-Centres Green Flag programme is very similar to the Schools Green Flag programme run by An Taisce. This is only the second Eco-Centre Green Flag to be raised in Kerry and only the fourth countrywide. Gortbrack Organic Farm, Fota Wildlife Park and Delphi Adventure Centre are the other centres taking part in the programme. The aim of the Eco-centre programme is to develop effective ways of engaging the public in greater environmental awareness and more sustainable practice having similar core themes to the Green Schools programme: Litter & Waste, Energy, Water, Travel, Biodiversity and Global Citizenship.

The Centre is always available for pre-booked activities such as School Tours (Primary School Nature Days) and Leaving Certificate Biology and Geography fieldwork days. During the Easter break and summer holidays the centre will be again running their ever popular Environmental Camps. Please ring 064 6635960 for details.



PUPILS FROM HOLY FAMILY NS RATHMORE AND FURIES NS. COLM McEVOY CEO KERRY EDUCATION & TRAINING BOARD, DONAL O'DOWD MANAGER CAPPANALEA OEC, PAT DAWSON REGIONAL MANAGER AND PAT FOLEY DEPUTY MANAGER NATIONAL PARKS & WILDLIFE SERVICE, CHRIS BARRON EDUCATION OFFICER, TARA BUCKLEY, DAVID NORRIS & SHONAGH GRAY KNPEC, BREDAS CASEY OPW, SEAN O'SULLIVAN CHAIRMAN BOARD OF MANAGEMENT KERRY OUTDOOR EDUCATION CENTRES, MICHAEL JOHN O'MAHONY & RACHEL BOYLE AN TAISSCE, LAURENCE LAID, DENISE LYNE, STEPHEN O'SULLIVAN & SINEAD CLIFFORD WILDLIFE BIOLOGY STUDENTS IT TRALEE, TEACHERS BERNIE O'SULLIVAN & PAUDIE DINEEN HOLY FAMILY NS RATHMORE AND TARA ROBINSON FURIES NS.

FAMILY CYCLE AGAINST SUICIDE

The KDYS have two Family cycles against suicide, both happening tomorrow, 26th of April in Killorglin community college and in Killarney at the Deenagh lodge entrance to the national park.

The goal of the cycle is to raise awareness in our communities that 'its ok not to feel ok'

Registration is €10 per family with all proceeds going to help the KDYS support youth clubs & projects across Kerry.

The KDYS have 20 trained mental health first aiders who play a vital role in the development of positive mental health amongst Kerry's young people.

The main cycle against suicide will be arriving in Killarney on the 1st of May with, St. Brendan's College, St. Brigid's Secondary School and Killarney Community College being the anchor schools for the cycle. If anyone can provide a homestay for a cyclist during the event please contact Karen Rice: karen.rice.j@gmail.com

SCHOOL, YOUTH GROUPS OR CLUBS

who would like to feature on **Youth Zone in Killarney Outlook**

contact Aisling on **086-0400958**

or editorial@outlookmags.com



ELOISE MANGAN FROM KILLARNEY PICTURED CELEBRATING HER 21ST BIRTHDAY IN THE INTERNATIONAL HOTEL KILLARNEY RECENTLY WITH FAMILY AND FRIENDS INCLUDING HER PARENTS KIERAN AND ANN, BROTHER CAIMAN, GRANDPARENTS BERNIE MACMONAGLE, KILLARNEY AND PAUL AND NOREEN MANGAN FROM CORK. PICTURE BY DON MACMONAGLE..



FOSSA SCOR THE LEIRIU GROUP WHO WERE RUNNERS UP IN THE COUNTY FINAL OF SCÓR NA BPAISTE IN BALLYBUNION RECENTLY. FRONT ROW L:R: SARAH O'NEILL, ELLEN SHEEHAN, SAOIRSE BENNETT, SCARLET O'REILLY, TOVA BUCKLEY. BACK ROW L:R: AOIFE KISSANE, AOIFE DOODY AND SOPHIE VOUSDEN.

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| EdCo Foinneamh: Textbook | €32.95 |
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SPA NEWS

COISTE NA NOG: SPA U14 BOYS: An understrength Spa A team took on Dingle in round 3 of the county league at home on Wednesday night. Spa raced into a commanding lead with goals from Keelan Deegan and Sean Cahill. However Dingle got back into the game and scored 2 fortunate goals in quick succession on the strike of half time to leave the sides level at 2-7 to 3-4. Points from Ryan Kelliher and Garry Vaughan put the boys in blue into the lead once more before 3 goals in quick succession handed the advantage to the West Kerry men which they didn't relinquish. Great defensive work for Spa by Evan Jones, Jordan Leahy, Daniel O'Sullivan ensured that it remained a tight contest. A cracking goal from Evan Jones wasn't enough to bridge to the West Kerry men who ran out worthy winners.

Our B team took on Laune Rangers in Killorglin at the same time. Despite having a 5 point lead at half time, the home side gradually got into the game scoring a couple of lucky goals. Still Spa dug in but it wasn't to be eventually losing by a couple of goals.

LADIES FOOTBALL: U12 GIRLS:

Spa 5-10 Inbhear Sceine Gaels 2-6

Played away in Dromore and came back with a comprehensive win. The girls played as a team and our forwards were on target. Sarah Fleming 4-2, Erin Holland 0-1, Orlaith Spillane 1-4, Eleana O Donoghue 0-2 and Marie Courtney 0-1 all

scored on the night. Equally impressive for Spa was Grainne Spillane, Elaine Kelly, Aoibhe O Doherty, Grace Courtney and Liadh Beazley.

SENIOR LADIES CO. LEAGUE:

Spa 3-11 Dr. Crokes 3-14

A brilliant game of football and the skills shown on the night by both teams was very impressive. The game was always tight and the score at half time was 7 pts a piece. The winner came down to the last kick of the game as teams were very evenly matched. The teams gave it their all and Crokes ran out as winners on the night. Niamh Kearney 1-5, Mags Cronin 1-0, Michaela O Connor 0-1, Cassandra Buckley 1-2, Claire Moynihan 0-1 and Camie Kelleher 0-2.

Best wishes to senior lady footballer Katie Hickey and Andrew Kenneally on their wedding this weekend from all your teammates.

LADIES FIXTURES: Senior ladies May 4th @12 noon home to Currow.

U16 girls May 1st away to Laune Rangers @6.30.

U14 Girls 27th April @5pm v Laune Rangers away.

U12 girls 22nd April home to Furies @6.30.

MINOR CO LEAGUE RD 4:

Spa 2-13 Dingle 3-13

EAST KERRY JUNIOR LEAGUE ROUND 3: Kilcummin 4-17 Spa 1-5

FIXTURES: Junior League semi-final Spa v Kilcummin in Kilcummin Tues April 22nd 7pm. Intermediate Championship Rd 1 Spa v

Castlegregory in Castlegregory on Sunday April 27th at 1.30pm.

MERCHANDISE SHOP: will be open on Friday evenings from 6.45pm to 8pm and on Saturday mornings from 11am - 12.15pm. Sale now on with up to 30% off on selected items. Any enquiries please contact Mathilda on 0876487356

SENIOR SCÓR: All Ireland final takes place in Castlebar this Sat 26th April. Best of luck to Ray O'Sullivan in the Recitation.

CLOTHES COLLECTION: Saturday May 17th is the date for collection. Now's the chance to declutter your wardrobe and help your club. Collecting clothes any condition (clean), bags, books (not school books) and cuddly toys. Contact Anne Holland 0857780883. All proceeds go towards the running of Coiste na nOg.

LILY OF KILLARNEY: Will be held this year on May 30th in Killarney Heights Hotel. Tickets €20. We would encourage everyone to support this social event and one of our major fundraisers. The ladies Committee has set up a FaceBook page so please follow them.

TIERNABOUL NATIONAL SCHOOL: School is collecting mobile phones to raise funds for Down Syndrome Ireland. All phone donations will be greatly appreciated. Please ensure SIM has been removed. Drop off to school or to the clubhouse. Contact Conor Gleeson 087 2565142

BEAUFORT NEWS

HEALTHY CLUB PROJECT IN AID OF KERRY

HOSPICE: Under Healthy Club Project Beaufort GAA hosted a Walk in association with the Kerry Hospice on Good Friday April, 18th. All monies raised will go towards Extension to the Palliative Care Unit at Kerry General Hospital. The GAA would like to thank most sincerely all the people who did the walk in lovely weather conditions and contributed to this great cause. Well done and a big thank you to everyone who helped out on the day.

LOTTO results next week. If interested, €50 annual Tickets or Standing Orders are available from usual Lotto sellers.

WANTED! Members for the Gaelic Mothers' Football Gang. If you are over 18 and not currently playing with a football club, then you are qualified to play! Fun training sessions led by Mary Jo Curran begin next Monday April 28th at 6pm at Beaufort football pitch. Come along and meet other ladies, keep fit and have fun at the same time. All welcome.

OUR SENIORS sponsored by Maurice Foley of MF Decorating will travel to Furies in the 1st Round of the Junior Championship on Saturday evening next at 6.30 pm.

More detailed Match Reports are available

weekly on the Club website

OUR B SENIORS played Glenbeigh/Glencar on Tuesday, in Glenbeigh and came away win a good win in the 1st Round of the Mid-Kerry Junior League. Cormac O'Shea got the all important goal just before half-time. Final score: Glenbeigh-Glencar 1-6 to Beaufort 1-13.

OUR MINORS minors had a fine win over Listowel Emmets in Beaufort on Friday evening and now qualify for the semi-finals of the County League. Final score Beaufort 4-16 Listowel Emmets 4-8

OUR U16S played Currow on Monday evening in Currow in the Eastern Region League and lost on a score-line of Currow 4-13 to Beaufort 2-12. Currow were a physically stronger team On the evening and will now play Furies in the final.

OUR U-14S played John Mitchels in the County League on Wednesday evening. Our U14s played John Mitchells in Beaufort on Wednesday evening and after a high scoring game were beaten on a score-line of Beaufort 6-5 to John Mitchells 7-17.

OUR U12 LADIES team travelled to Currow on Wednesday and were beaten by a stronger, more physical side. Final score: Currow 4-11 to

Beaufort 1-6. They are at home to The Legion on Tuesday evening.

OUR U-12S were away to Furies on Wednesday evening. Both teams were beaten.

Their next game is away to Churchill on Sunday next.

Our U6s-boys and girls, U8s-boys and girls, U10 boys will begin training on Sunday week 27th April at 11.30 a.m. If possible please pay Registration beforehand. See details below.

MEMBERSHIP REGISTRATION: Please pay Membership (if you haven't already done so) because players/adults are not covered if anything happens to them during games, training or using the Clubs facilities. New members welcome.

Family Membership €50 covers all children under 18 and 1 adult has use of the Gym. €50-Senior Player. €30-Individual Membership of the Club only. Reduced rate for Actively Retired and there is also Gym Membership for only €50. The Registrar is Patie Hartnett 0872515311 or Bridget 0879975737

CLOTHES COLLECTION: There will be a Clothes Collection at the GAA Clubrooms on Saturday, May 17th

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**

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Here Comes the Summer

Killarney Tourism and Trade Evening

Want to know what exciting events are happening in Killarney this Summer?

Destination Killarney together with Killarney Chamber of Tourism & Commerce invite you and a guest to an evening of information sharing and an insight into some of the events that will make this a successful Summer.

Drinks reception
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RSVP by April 28th
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A challenging, fun, sweaty practice which will build whole body strength.

Tuesday 29th April at 6.30pm

Hatha Flow - Tuesday 29th April at 8pm
Gentle Yoga - Wednesday 30th April at 6.30pm
Sunday Sanctuary - Hatha flow with restoratives
- Sunday 27th April at 7.30pm

At The Travel Inn, Fossa

€60 for 6 weeks Pre-booking is essential.

Contact Sara 087 - 2922851



WOMEN'S BEGINNERS JOG GROUPS

Commencing Mon 28th April

6 x week course to get you from zero to 5K!

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Saturday 3rd May at 7.30pm and
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Guest Speakers: Patti & Andy Moys
and Tim & Elaine Bruce Worship.

contact
087 7068533 / 087 9743497
email: newbgn@hotmail.com



KILCUMMIN NEWS

COMMUNITY GAMES: Mastergeeha was the venue on Sunday last for the County finals of the U12 Boys Soccer Competition. Unfortunately, Kilcummin failed to progress from group A despite a 3-1 win over Beaufort in the opener with the goals coming from Darren Lehane in the first half and Jack McClain and Cian Foley in the second half.

However, narrow defeats to both Kenmare and Fries-both of whom ended up in the medals-put an end to the hopes of Kilcummin. Well done to everyone on the panel of 16 and a big Thank You to coaches Tim O' Connor, Dave O'Leary and Dara Lehane who prepared the team. Finally well done to all the team at Kilbreen Park for hosting the event so wonderfully, from early morning stewarding of the parking, the provision of food for all teams and for kindly looking after the home team-efficiency with a smile as ever.

COMMUNITY GAMES QUIZ: Well done to our young Quiz Team who put in a fantastic performance in the County finals in Darby O' Gills on Good Friday to emerge third in the competition and brought home the Bronze medals for Kilcummin. This was a highly-competitive affair with 21 teams participating, many of them very experienced in the event but the troupe from Kilcummin were magnificent in achieving a whopping 87 points out of 100 to take third position a mere 4 points behind the winners.

Well done to Beibhinn Brosnan, Liadáin O'Connor, Conn Fleming and Micheál Sweeney and thanks to Jason O'Connor for generously giving of his time in preparing the team. Finally,

best wishes to all our swimmers who take in the County finals on Sunday May 4th.

ANNUAL SPRING CLEANUP: Our thanks to everyone who supported the cleanup of all roads in the parish. A number of roads are still to be covered and we are extending the deadline to allow residents complete these. Bags and pickers are available at the Rural Dev. Office. Your support is greatly appreciated.

COMHALTAS: The County Fleadh will be held in Cahirciveen from June 18th-22nd. Entries to Branch Secretary (tel.086 0810208) before May 7th. Details of Programme and Accommodation on www.kerrycomhaltas.ie.

STEWARDS: Stewards are needed for the County Fleadh in Cahirciveen (June 18th-22nd). Please contact Kilcummin Branch Secretary (086 0810208) if you are available to help. The deadline for Fleadh entries is May 7th and a list of accommodation is available from the Branch Secretary. A number of changes have been made to Fleadh rules-details on www.kerrycomhaltas.ie The TTCT (Traditional Music/Teaching) Course for 2014 will take place from Oct.26th-Nov.1st at an Chultúrlann and applications invited for applicants specialising in fiddle, flute, whistle, concertina, button accordion, harp and banjo. Closing date for applications June 11th (email siobhan@comhaltas.ie).

ANABLA NATIONAL SCHOOL NEW/USED CLOTHING COLLECTION: Anabla National School Parents Association will hold a new/used clothing and mobile phone collection on Thursday 8th May 2014. The following items of new/used unwanted clothing can be included;

men's, women's, children's clothing, household textiles (i.e. curtains, towels etc.), shoes, handbags, belts, soft toys etc (any condition once they are clean). If you have clothing or old mobile phones that you would like to donate and you are unavailable on the collection date, please contact any member of the committee or e-mail anablaparentsassociation@gmail.com. All items must be dropped to the school before 9.30AM on Thursday 8th May 2014.

KILCUMMIN LOOKING GOOD: Work is progressing apace on the Kilcummin Community Environmental Park. With great help from the pupils of our three National Schools and the Community Employment Scheme 1000 trees have been planted to date. We are appealing to all parishioners to help us raise the necessary funds to complete this park. Donations can be made to the following committee members; Dan Greaney (0868483450), Tony O'Connor (0876258641), Mike O'Connor (0872778828) and Mike McGurl (0876662707) or alternatively to our Bank Account Permanent TSB Sort Code 99 07 20, Account no. 22974763, BIC/SWIFT IPBSIE2D, IBAN IE541PBS99072022974763.

PARKINSONS SUPPORT GROUP: Coffee morning in aid of the South Kerry Parkinson's Support group will take place in Kilcummin Recreational Hall after 11.15am mass on Sunday April 27th. There will be a raffle as well. To donate a raffle prize or if you would like to bake a cake. For more information contact Catriona Doolan 0879573877.

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: Due to a bereavement in the parish. The next social day on 29th April 2014 out to Killorglin golf club is cancelled till later date.

LOTTO: Winning Number: 3. 16. 22. 24. No Winner. 1 x €100: Kevin Mannix. Keel. 2 x €50:

Caroline, Sarah & Anthony O'Brien. Timmy Cronin. Ballytrasna. 2 x €25: Catherine Lyons c/o Astellas. Mary McCarthy. Lissivane.

DRAW ENTRANT: Laura Daly. Laharn Faha.

Next week Jackpot: €6,500 on April 27th.

RING OF KERRY CYCLE: Just over 2 months to

go, so time to get the bike out and start training. You can resister locally for the following two charities. Margaret Gallagher 087-6327973 for Kerry Hospice. Tony Darmody 087-2563883 for Kerry Parents and Friends. Your support would be greatly appreciated.

RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

SLIABH LUACHRA COMHALTAS: Membership is now due, the last date for membership to be with Maureen is the 25th April, no change in the price of membership this year €6 Junior, €12 Senior and €20 Family.

Fleadh Cheoil Ciarraí will take place in Cahersiveen from the 18th to the 22nd June; closing date for entries is the 16th May. Membership and Fleadh Entry Forms can be got by contacting Maureen Dalton on 087 2871357.

Comhghairdeas to Bryan O'Leary on receiving the TG4 Gradam Cheoil 'Young Musician of the year 2014' award last Saturday night in the University Concert Hall, Limerick. This was televised Easter Sunday Night on TG4 at 9.30pm.

TUREENCAHILL N.S.: The pupils and staff

of Tureencahill N.S. wish to thank all who contributed to the Cake Sale and Raffle which was held in the School on Thursday April 10th. In total €201 was raised for the Donal Walsh Live Life Fund

SUPPORT OUR AUTISM AWARENESS

FUNDRAISER: Autism Golf Classic will be held on Friday April 25th at Beaufort Golf Club, Killarney. Team of 4 for €200 (incl. meal), or sponsor a tee box for €50. Contact Sonny (087) 2438535 or Brigitta (087) 6303659 for entries and enquiries. The fundraiser continues on that day with an "After Party" at Bobs Bar & Restaurant, Ballydesmond at 9.00 pm. Music by DJ James Healy. Monster raffle on the night, (top prize of a weekend away at the Sneem Hotel). Tickets on sale locally. A night not to be missed! Everyone welcome.

RATHMORE G.A.A. LOTTO RESULTS: for 14/04/2014. No's drawn: 3.12.25.26. No jackpot Winner. Next week's Jackpot €6,400.

GAA RESULTS: Eastern League U16 Div. 1 Football Final Rathmore 1-06 Dr. Crokes 3-22 U12 Lee Strand County League Div.3 Rathmore 5-09 Kerins O'Rahillys 5-07

FIXTURES: Friday 25/04/14 Lee Strand U12 County Hurling League Div. 3 Rathmore v Tralee Parnell's in Tralee at 7.00pm Rathmore have been draw to play Dr. Crokes in the 1st round of the Senior County Championship on Sunday June 1st. At 6.30pm. At Rathbeg. Congratulations to Shane Ryan on captaining the Kerry Minors to victory in the first round of the Munster Championship against Clare.


PREGNANCY YOGA CLASSES

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the Speech centre

Speech & Language Therapy, Killarney Medical Centre

Well done to all the primary school pupils throughout Killarney who entered The Speech Centre's Easter Colouring Competition! Many thanks to all the businesses who generously contributed prizes and vouchers for the competition: Buddies Play Centre, Kennedy's Pet Farm, O'Connors World of Wonder, and The Killarney Bookshop. Catriona Lysaght, Lorraine Walsh and all the team at The Speech Centre hope that everyone had a very Happy Easter!

For more information about The Speech Centre, contact **085 2088148** or see www.thespeechcentre.com

WINNING PICTURES



Junior Infants
1st Sadhbh Curran
Faha National School
2nd Stacey Li Mnkandla
Holy Cross Mercy School
3rd Eva Cronin
Fossa National School



Senior Infants
1st Daithi Kissane
Faha National School
2nd Gerard Long
Firies National School
3rd Aisling O'Leary
Lissivegeen National School



1st Class
1st Kinga Macherzynska
Holy Cross Mercy School
2nd Hugh Keane
Presentation N.S. Millstreet
3rd Cian O'Connor
Coolick National School

GLENFLESK NEWS

WITH DONAL KELLY

INTERMEDIATE COUNTY CHAMPIONSHIP:

The Glenflesk senior team, played out a thrilling draw with Annascaul in front of a large crowd in Glenflesk on Saturday evening (April 19th 2014), in the first round of the intermediate county championship. The game finished 1-11 apiece at the end of normal time and remained deadlocked at 1-14 each after extra time. Brian O'Donoghue scored the all-important goal for Glenflesk to take the game to extra-time, while Jeremy Moynihan popped over the equalising point at the end of extra-time to force the replay.

INTERMEDIATE COUNTY CHAMPIONSHIP REPLAY:

At the time of writing it seems likely that the Glenflesk vs Annascaul replay will take place in Annascaul on Saturday April 26th. The fixture will be confirmed via Clubtext and via the club's Facebook page. The winners of this game will play the winners of Finuge vs Kenmare.

GLENFLESK GAA LOTTO: Next club lotto draw will be held on Sunday the 27th of April 2014, in John Dan's, Jackpot: €3,000. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea 085 1741219 or Denis O'Donoghue at 087 2257915.

ALL-IRELAND SCÓR SINSEAR: Best wishes to the figure dancers from Glenflesk who travel to

Castlebar for the All-Ireland final this weekend (Saturday April 26th). The team is Joanne Cashman, Orla Kelliher, Mairead Cashman, Rose Kelliher, Marie Cronin, Norita Cashman, Lisa Cronin and Clíodhna Creedon. They are trained by Norrie Sheehan and Aine Murphy. Go n-éirí libh!

31 CARD DRIVE: Congratulations to Tim Murphy and Donie Mann, Connie Kelly and Jim Kelly who shared the cards on Friday April 18th. The cards have now finished for the summer and thanks to everyone who has played over the winter months. Looking forward to seeing you all again when the evenings get dark.

HAVE YOU GOT A PAIR OF WELLIES?

Glenflesk's World Record attempt is now just two weeks away! On May 11th 2014 at 12 noon, we need two thousand men, women and children to walk a kilometre in wellington boots to break the world record. Starting at the Brehon Hotel Killarney, and led by Nathan Carter, the walk is just one element of what promises to be a great family day out. Registration from 10:15am at the INEC: €5 per person or €20 per family.

COUNTY LEAGUE U-14: The Glenflesk U-14 team had a good victory over Kerins O'Rahilly's in Tralee on Wednesday April 16th on a scoreline of 8-12 to 4-8. They played Cordal/Scartaglin on Wednesday April 23rd in Glenflesk and

welcome An Ghaeltacht to Glenflesk in their final league game on Wednesday 30th April.

COUNTY LEAGUE U-12: The Glenflesk U-12s travel to Ballymacelligott in the next round of the county league on Sunday April 27th.

BARRADUFF NS RESOURCE CYCLE: The third annual Barraduff NS 80km cycle takes place on Sunday May 18th. Registration at Barraduff school between 8am and 10am, with cyclists departing immediately after registration. Following a route from Barraduff through Kilgarvan, Kenmare, Molls Gap, Killarney and returning to Barraduff again. Adults €20 and students (16 and over) €15. Refreshments afterwards in John Dan's bar Barraduff. Support for cyclists on the route will be supplied by O'Sullivan's Cycles Killarney and the Order of Malta.

RAHEEN NS: We would like to thank everyone who supported our recent bingo and take note that our next bingo will be in October at the change of the clock! Congratulations to Ann Patterson who had the winning lotto number 21 on April 5th; to Eilis Culloty who had winning number 33 on April 12th and to Errol & Jennifer Quinn who had the winning lotto number 24 on Saturday 19th.

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Sunday.

FOSSA NOTES

By Gene Moriarty

FOSSA GAA: FOSSA LOTTO 20/04/2014:

Numbers Drawn: 8, 10, 11, and 21. Jackpot: €3,900. No Jackpot Winner. Consolation Prizes 5x€40: Caoimhe Galvin, Nunstown; Ciara O'Donnell, Kiltinaslane Mitchelstown; Alan & Liam Buckley, Curragh Aghadoe; Mary McCarthy, Two Mile School; Niall, The Nugget. Easter Hamper, Diarmuid Galvin, Nunstown. New Jackpot: €4,050. Tickets on sale at the usual outlets, at the club grounds on Sunday mornings at juvenile training, and from club members and players. Next draw takes place on Sunday night April 27th 2014 at the Golden Nugget Fossa at 11p.m.

FIXTURES: Friday April 25th Minor County League semi-final Fossa v Na Gaeil at Fossa throw in 6:30pm.

Saturday April 26th Girls Feile na nOg Under 14 from 12:00noon at Fossa.

Sunday April 27th County Novice Championship rd 1 Fossa v Renard at Fossa throw in 1:00pm.

Ladies Senior County League Fossa v Glenflesk at Fossa TBC.

Under 12 County League Currow v Fossa at Currow throw in 6:00pm.

Wednesday April 30th County Under 14 Dingle v Fossa at Dingle 7:30pm.

MONTHLY MEETING: Next monthly meeting Thursday next May 1st 2014 at 9:00pm

Seniors: Fossa senior footballers play Renard in Round 1 of the Novice Championship on Sunday in Fossa throw in 1:00pm

MINORS: Our minors defeated Ardfert by 0-15 to 0-05 in the County league and now play Na

Gaeil in the semi final at Fossa on this Friday April 25th at 6:30pm.

COISTE NA NOG: Under 14s continued on their winning way with a good win over Castleisland Desmonds at Fossa on Wednesday evening, while our under 16s ended their East Kerry Regional league with a loss to Kilgarvan/Tousist on Saturday evening.

LADIES FOOTBALL Fossa senior ladies made the long journey to Duagh on Easter Sunday and eventually ran out winners 1 goal 10 to 1 goal 7points.

A very good team performance by the Fossa ladies. Next up is a home game v Glenflesk on this Sunday, check Facebook for throw in time.

SYMPATHY: Jerh Buckley of Lismongane passed away on April 16th. A lifelong follower of Gaelic Games, Jerh was a founder member of Fossa GAA club in 1970, and was our first Vice-Chairman. He has for many years been our Vice-President. He was also involved in setting up Fossa NACA athletic club and founded the Community Games in Fossa. Jerh was born in Aghadoe in March 1919, and worked at Aghadoe Gardens before moving to the Friary in Killarney where he worked for 33 years. A guard of honour was formed by members of Fossa GAA Club and Fossa Community Games, at his removal to Fossa Church on Saturday evening, and again on Sunday when he was taken for burial at Aghadoe Cemetery. To his wife Bridie, his daughters Kathleen O'Sullivan and Mary Concannon and their families, we extend our deepest sympathy. May he rest in

peace.

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sports field every Thursday evening from 6:00pm to 7:00pm until further notice. The next session takes place on this Thursday April 24th. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

FOSSA COMMUNITY ALERT: Just to let you know, our new signs are now in place, with the phone number of Killarney Garda Station on them. So to make sure our "Text Alert System" keeps working to its full potential don't hesitate to ring that number should you see any suspicious activity in the area.

For anyone who hasn't already signed up to the system and would like to do so, just contact any member of the committee.

KILLARNEY LIBRARY: Opening the Floodgates 2007", a painting by artist Paul Downey of Colm Cooper's goal in 2007 All-Ireland Final, has been kindly donated on temporary loan by Dr. Jim O'Sullivan to the Kerry Library Service. This unique piece of art will be on display in Killarney Library until Christmas during Library opening hours. Free admission. All welcome.

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

OUTLOOK ON THE STATE EXAMINATIONS

Plan your approach in the final term

(By Billy Ryle)

The state exams begin on Wednesday, 4th June so it's vital to make optimum use of the remaining time. Manage your revision efficiently and sharpen your exam techniques. Concentrate on a final revision of your course material and practice answering past exam papers. Be organised in your revision plan. Set down priorities in the subject areas, which you intend to revise. Be patient and methodical in your routine. Don't be over ambitious in your revision planning. Take a self-contained manageable unit of work in a revision session. Cramming – extended revision sessions with too much content – is the least effective way to prepare for exams. When answering past exam papers simulate exam conditions as far as possible. Using A4 paper, try to answer within the time period allowed for each question. Accurately number each question and part of question. Ensure that your handwriting is legible, that your diagrams are detailed and that your presentation is neat. Attend school each day up to the end of term as your best work is done under the expertise of your teachers, who will guide you through revision and exam techniques. Be familiar with the format of each exam paper. Be aware of the style of questions and the topics examined in each paper. Know how the marks for each paper are allocated and how much time should be spent on each question. As the final weeks are for revision and for answering past exam papers, avoid studying new unfamiliar material, if possible. If you have missed out on some part of the course, give that topic immediate priority. Study the topic, revise the topic and consolidate it by answering past questions based on it. The alternative is to omit that topic completely. In summary, an intensive revision period is the best prescription for effective exam preparation. Efficient management of your home study is vital. A regular routine is essential. Study for about four hours on each of the five weekday nights. Two sessions of about two hours each with a half-hour break in between will result in good quality work. Aim to do seven or eight hours of revision spread over Saturday and Sunday. Prepare a daily, weekly and full term study schedule. Review your progress at the end of each week. Be disciplined and organised in your approach to study. Stick to your routine and to your study schedule. Use short breaks between subjects. But avoid unscheduled breaks and beware of "time thieves" such as excessive TV watching and long telephone calls. Good working conditions are vital aids to effective study. A comfortable study environment at home is essential. If possible, study on your own where you will have peace and quietness. A comfortable room temperature, neither too hot nor too cold, aids concentration. You need a table or desk on which to write and a hard-backed chair on which to sit. Good lighting keeps you from getting tired. A desk lamp, if available, is a useful aid to mental application. Your total focus must be on your work, so don't allow yourself to be distracted. Use a reward system to reinforce your progress and to maintain your momentum. The aim of doing well in your exam is your greatest motivator but also build in a few treats. After an evening of study, your reward might be a favourite television programme or listening to some music. At the weekend treat yourself to a film or a swim in the local leisure complex. As a result, you will face the challenges ahead of you with confidence and renewed energy.

In the next article, I'll take a detailed look at mental preparation for the examinations.

CHECKLIST

- Final term work mainly consists of revision and exam papers
- Be patient and methodical in your revision programme
- Cramming is the least effective way to study
- Simulate exam conditions when answering past papers
- At school you will benefit from the expertise of your teachers
- Understand the lay out and marks distribution of each paper
- Avoid new unfamiliar material if at all possible
- Routine and organisation are vital in your home study
- A private working environment at home is conducive to effective study
- Beware of "time-thieves" such as long telephone calls and unscheduled breaks
- Face the challenges ahead of you with confidence
- Reward yourself for work well done

Billy Ryle is a Career Guidance Counsellor and freelance writer.



Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) – Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers.

Start Date: 19th May 2014. **Duration:** 46 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

MTA Software & Networking Fundamentals Course (ET1Z4) – Tralee.

If you wish to get started in a career in ICT this entry level course offers experience in the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course.

Start Date: 12th May 2014. **Duration:** 17 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

IT Support 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:** 26th May 2014. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Java Associate Course (ET0R7) – Tralee.

This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java

Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

Digital Web Design Course (ET3Z6) – Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites.

Start Dates: 19th May 2014 in Tralee. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience.

Information & Communication Technology Course (ET45R) – Castleisland.

This course is an excellent starting point for people wishing to develop their knowledge, skills and competence in a range of information and communication technologies. It's an entry level course for people who are eager to work with computers and learn a range of practical computing skills. **Start Date:** 6th May 2014. **Duration:** 20 Weeks. **Certification:** FETAC Level 3 Major Award in Information and Communication Technologies.

Marketing Course (ET4R9) – Tralee.

This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 6th May 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

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:** 19th May 2014. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

CAD – 3D Parametric Modelling Course (ET4R1) – Tralee Training Centre.

Are you a proficient CAD technician who wants to bring your 3D modelling skills to the next level? This course offers participants the opportunity to develop the advanced parametric modelling skills needed to design 3D models of components and engineering assemblies. **Start Date:** 9th June 2014. **Duration:** 21 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee,

TEL: 066 7149600, E-mail: training@kerryetbtrainingcentre.ie

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



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ED 17

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7317 ED 17

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RECIPES OF THE WEEK

BACON SPINACH AND CHEESE TARTS

This tart is delicious hot or cold. If you haven't got the correct flan tin use a similar sized small baking dish or roasting tin, which will do the job just as well. This is perfect for using up leftover ham or bacon from a joint.

SERVES 4

- 50g butter, plus extra for greasing
- 100g cooked ham or loin of bacon, cut into cubes
- 1 small onion, finely chopped
- 350g fresh spinach, washed, well drained and tough stalks removed
- 5 sheets filo pastry, thawed
- 75g cheese - strong cheddar or blue cheese
- 3 eggs
- 6 tablesp. of reduced fat creme fraiche
- Salt and freshly ground black pepper
- Lightly dressed green salad and boiled new potatoes, to serve

TO COOK

METHOD

Preheat the oven to Gas Mark 4, 180C (350 F). Lightly butter a 35 x 11cm loose-bottomed flan tin. Heat a large non-stick frying pan. Add a knob of the butter and cook the onion for 4-5 minutes

until softened but not coloured. Stir in the spinach and cook for a few minutes until wilted, stirring. Turn the mixture into



a sieve and press well with a wooden spoon to squeeze out all of the excess liquid. Melt the remaining butter in a small pan or in the microwave. Lay one sheet of filo across the base of the tin with the edges slightly overhanging the sides. Brush with melted butter. Repeat with the remaining sheets, arranging them at different, overlapping angles.

Spoon the spinach and onion mixture into the pastry case and scatter the ham or bacon on top, then grate or crumble over the cheese. Beat together the eggs, creme fraiche and seasoning in a bowl, then pour into the pastry case. Bake for 30 minutes until the filling is set and the filo pastry is golden. To serve, cut into slices and arrange on plates with salad and new potatoes.

ORANGE AND CHOCOLATE ICE CREAM

This is a delicious dessert that will keep in the freezer for up to six weeks!

SERVES 8-10

INGREDIENTS

- Zest of an orange
- Juice of ½ an orange
- 4 large eggs, separated
- 100g golden caster sugar
- 300ml cream

- 100g chocolate, finely chopped

TO COOK

METHOD

Line a 1 litre loaf tin with cling film. Put the orange zest and juice, egg yolks and sugar in a bowl. Beat until thick and creamy.

Beat the egg whites until stiff, set aside. Now beat the cream until it holds its shape.

Fold the cream into the egg mixture, then

carefully fold in the egg whites. Stir through the chopped chocolate and spoon into the loaf tin. Cover the surface with cling film. Place in the freezer for about two hours. When frozen wrap in tin foil.

SERVING SUGGESTIONS

Unwrap, place on a serving dish and decorate with chocolate curls/grated chocolate.

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DR. CROKES GAA CLUB

LOTTO: Draw took place in the Jack C's on Sunday last. Numbers drawn: 7, 16, 19, 23. The jackpot of €3,000 was not won. Match 3, 10 received €40. Next week's jackpot is €3,300. Draw will take place in the Speakeasy.

FIXTURES: Snr Club C'ship.: Away vs. Laune Rangers, Sun. 27th April, 2:30pm. Snr Hurling Lge: Home vs. Ladies Walk, Wed. 23rd April, 7pm. Mnr Lge.: Home vs. Daingean Ui Chuis, Tues. 22nd April, 6:30pm. U16 Hurling Lge.: Home vs. St. Brendans, Thurs. 24th April, 7pm. U14 Co. Lge.: Away vs. Austin Stacks, Wed. 23rd April, 7:30pm. Please support.

RESULTS: Snr. Hurling Lge.: Dr. Crokes 0-16, Kilgarvan 2-18. Snr Ladies Lge.: Dr. Crokes 3-14, Spa 3-11. Mnr Lge. Div. 1: Dr. Crokes 2-17, An Ghaelteacht 2-17. U14 Co. Lge.: Dr. Crokes 'A' 0-04, Listowel Emmets 8-09. Dr. Crokes 'B' 5-17, Listowel Emmets 2-03.

SENIOR HURLING: The senior hurlers suffered a defeat in their opening County League fixture away to Kilgarvan on Wednesday last. Kilgarvan got off to a brighter start securing 2 early goals. Dr. Crokes retaliated and were unlucky in front of goal late in the first half, Aaron Murphy denied by the up-right on one instance. The second half was a much better affair. Manager, Timmy Hourigan, made some positional changes which brought a renewed freshness to the game. Seanie Morris read play at centre-back and delivered to Seanie Burchill & Mike McCarthy for a number of points from open play. While this put the pressure on Kilgarvan, they held out to win 2-18 to 0-16.

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

KELLOGG'S GAA CUL CAMPS: The Kellogg's GAA Cúl Camps are a great way for boys and girls aged 6 - 13 to play the games and learn GAA skills in a fun child-friendly environment - and maybe even help make them a GAA star of the future! Dr. Crokes GAA Club will host a football camp from 30th June - 4th July. Fitzgerald Stadium will host a hurling camp from 28th July - 1st August.

GOLF SOCIETY: Next outing to Dooks on Saturday, 3rd May. Tee times 11.40am - 1.30pm. Timesheet now open on www.drcrokes.com and the usual places.

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

CONGRATULATIONS: to Micheal Burns and Jordan Kiely who were part of the Kerry Minor team that secured victory over Clare in the Munster Minor Football Championship on

Wednesday last.

LISTRY NEWS

LISTRY WEEKLY LOTTO RESULTS: 20th April, 2014.

Winning Numbers 3, 16, 22, 24

Jackpot €6,350 Not Won

1x€100 Kevin Mannix, Keel

2x€50 Caroline, Sarah, & Anthony O'Brien

Timmy Cronin, Ballytrasna

2x€25 Catherine Lyons c/o Astellas

Mary McCarthy, Lissivane

Draw Entrant Laura Daly, Faha

Jackpot next week: Sun 27th April €6,500

Monthly Club Meeting in the clubrooms Faha on Thursday 8th May at 9pm.

NOVICE CO CHAMPIONSHIP. MATCH REPORT: Listry V Moyvane.

Listry proved much too strong for Moyvane in this first round of the Co Novice Championship played in Listry on last Saturday evening winning in the score line of Listry 3-23 to Moyvane 0-7. The last time these teams met Listry were lucky to come away from Moyvane with a one point victory in a Div 5 co league game three years ago but times have changed since then with Listry now playing in Div 2 and Moyvane still in Div 5. The gap in their positions was very evident on Saturday night as Listry raced into a 5 point to nil lead inside 6 minutes. At half time Listry led 2-12 to Moyvane's 0-2.

Moyvane started the second half much better and had 2 points early on but this was as good as it got. Listry again took complete control and though they ran down their bench mid-way in this half they ran out convincing winners on the score Listry 3-23 Moyvane 0-7. Listry having lost 5 novice finals will surely meet more stiff opposition if they wish to finally win a county title at this grade and last Saturday night's game may be of some help in that it gave them the belief they can score. Next outing in the Novice will be against either Sneem/Derrynane or Cromane, who have yet to play.

MINOR FOOTBALL LEAGUE DIV 3A SEMI FINAL

Friday 25th April @ 6.30pm Venue Listry

Keel/Listry v Rathmore

MINOR FOOTBALL LEAGUE DIV 3A RESULT

Round 5 Venue Listry

Keel/Listry 5-14 Kilcummin 0-4

FAILTE IS FEILE FAHA: Mark your diary and keep Sunday, June 1st free for Failte is Feile Faha, a fantastic family day of dancing, craic and ceol at Killarney Country Club, Faha. This event, now in its 3rd year, has something for all ages in a safe, family-friendly setting. The line-up for this year includes a junior ceili followed by magic show, from 1 to 3 p.m., with goody bags for all. Senior ceili runs from 3 to 6 with the Deenagh Ceili Band, with events moving indoors for junior music session from 6 to 8, with Cailin and Mike O'Shea, and kids are invited to bring instruments and join in. Later, at 9, Sean

Murphy and friends will lead the music and all are invited to join in with a song or a tune. Full meals available all day in Killarney Country club, and "Devs In Every Square" will also be serving meals at the venue. Looking forward to welcoming you all to our free family fun day, in summer sunshine (hopefully!)

"Opening the Floodgates 2007", a painting by artist Paul Downey of Colm Cooper's goal in 2007 All-Ireland Final, has been kindly donated on temporary loan by Dr. Jim O'Sullivan to the Kerry Library Service. This unique piece of art will be on display in Killarney Library until Christmas during Library opening hours. Free admission. All welcome.

Co. League U-14. Wednesday 16th April

Kilcummin v Keel/Listry

On a fine sunny evening in Kilcummin, Keel/Listry started brightly but were unlucky to kick a few shots narrowly wide. Keel/Listry held the lead for a while but the warning signs were there early and Kilcummin looked for a goal with every attack. Kilcummin were ahead at the break 2-7 to 0-6. Keel/Listry started the second half brightly and were soon back level. However the strength of Kilcummin was beginning to tell and unfortunately for Keel/Listry the goals started to come again for Kilcummin. Keel/Listry finished the game with 2 good goals to leave the final score Kilcummin 7-16 Keel/Listry 3-11.

U-14 Co. league div.5 Sunday 20th April

Kilgarvan/Tousist v Keel/Listry

It was an early start on Easter Sunday for both teams. The match was played in Kilgarvan at 11.30. It was a beautiful sunny morning with a strong wind blowing down the pitch.

Kilgarvan started very well and quickly built up a good lead. Keel/Listry finished the first half with some great points but could not get the much needed goals. Kilgarvan/Tousist after playing against the wind were ahead at the break 2 - 5 to 0-6. Keel/Listry started the second half with 2 good points but Kilgarvan / Tousist with the aid of a strong wind pushed Keel/Listry back into their own half and piled on the scores. A lighter Keel / Listry team struggled to carry the ball against the more physical opponents. The final score was Kilgarvan/Tousist 5-19 Keel / Listry 1-9.

The game was excellently refereed by Fionán O Sullivan, Kenmare. Congratulations to Kilgarvan on the well-kept pitch and dressing rooms.

Chairman Listry juvenile football club.

LEGION GAA CLUB

FEILE: Hard luck to Legions u14 side who lost out by 2 points in the semi final of the county Feile competition. This side were unlucky not to keep going the recent good tradition of the clubs achievement in this competition as they went down to Austin Stacks last Saturday morning at John Mitchels pitch in Tralee. Trailing by a single point at halftime 0-05 v 1-01, they suffered a body blow early in the second half when they conceded two goals but



this never say die team rallied well and scored 1-03 without reply and were very unlucky on a few occasions towards the end of the game not to find a matchwinner. Final score Austin Stacks 2-06 v Legion 2-04.

BIRTHDAY GREETINGS: A big happy birthday to ladies trainer supremo John Doona who celebrates a significant milestone this week. Best wishes from all at the club. Hope Kay spoils you rotten.

Another big birthday greeting to Ann Fagan of Woodlawn park who celebrated her birthday during the week.

LADIES FOOTBALL: Well done to the u16 girls team that accounted for Banteer at Derreen last week. A great all round display and early scores on the board ensured a comfortable 4-15 v 0-01 victory.

The u12 side had a good win over Currow last Tuesday on a 6-03 v 1-02 scoreline and it was great to see our new players doing so well on the night, well done girls.

ANNUAL COLLECTION: Last weekend we had our annual churchgate and street collection and we say a big thank you to all those who helped out in any way.

HISTORY OF HURLING: We are delighted to inform you about the "HISTORY OF HURLING" one day seminar to be held in the schoolhouse in Muckross this coming Saturday 26 April at 10.30am. The seminar is kindly supported by the trustees of Muckross House and they have lined up an impressive panel of guest speakers including the legendary Eddie Keher of Kilkenny and none other than the voice of the GAA, Micheal o Muirheartaigh will be MC for the day.

AWARDS AND SOCIAL NIGHT: A great night was had by all last Sunday night when a very large crowd attended the Awards and Social night. Highlight of the night was the induction into the Hall of Fame of Jim O'Leary. Jim is a current vice president of the club and a son of one of the clubs founding members Mickey O'Leary.

Other award winners were Marie O'Sullivan who deservedly won the Clubperson of the year, Podge O'Connor senior player, Tim Regan junior player, Selina Looney ladies player, and Jack O'Neil young player of the year. Great to see horseracing guru Jim Culloty in attendance and he was presented with a special merit award. Last years County League winning Minor team were also presented with their medals for taking the plaudits in their campaign of capturing the Div 2 County League title.

CONGRATULATIONS: to netminder Brian Kelly who was named on the Daily Mail Team of the Future based mostly on his impressive displays during his successful run in the Sigerson Cup.

MAY RACES: Sunday of the May races promises to be a great day out with the emphasis being on GAA clubs from surrounding areas. There will be a placekicking competition with one player from each club taking part. Hector

will be on hand to perform the MC duties and Jim Culloty will also be in attendance. It promises to be a great day for both the racing enthusiasts and those who just want a fun day out. A limited number of cut price admission passes are now available

SENIORS: The draw for the first round of this years County Championship was made last week and our seniors have been pitted against local side East Kerry with the fixture being set for the June bank holiday weekend. But long before that, we have the first round of the Club Championship away to St. Michaels Foilmore this Sunday at 2.30pm

MINORS: The minor team travelled to north Kerry last Friday evening to play Ballydonoghue in the final game in county league and it was a real winner takes all affair with the winner qualifying for the semi final of the county league. Legion stayed with Ballydonoghue right up to halftime trailing by a single point but a fortuitous goal by the home side early in the second.

HURLING: Don't forget that hurling continues every Thursday evening from 6-7pm in Kilcummin, all ages from u-6 upwards are welcome to attend.

FIXTURES: Senior club championship Sunday 27 April away to St Michaels Foilmore 2.30pm U12 both teams away to Dr. Crokes Sunday 27 April at 6pm.

U14 at Derreen v Listowel on 30 April at 7.30pm

EAST KERRY

EAST KERRY JUNIOR LEAGUE: The East Kerry Junior League, sponsored by Patrick Doyle Haulage, is nearing completion. This week, Legion host Gneeveguilla in the Division 1 semi final to decide who will meet Dr Crokes in the Final. In Division 2 Rathmore has qualified for the final and they will meet the winners of Kilcummin v Spa. The Finals have been fixed for Tuesday the 29th April. Venue to be decided.

Legion 3-05 Gneeveguilla 0-08

Legion hosted Gneeveguilla in a Junior League match, sponsored by Patrick Doyle Haulage, that would see the winners gain home advantage in the semi final. Both sides served up a highly entertaining and competitive game. In the first half Gneeveguilla kicked some fine early points, but the home side raised the green flag three times, two of the goals came from David Gleeson, including one from the penalty spot and the third goal from Alan Brosnan. Legion went in at the interval leading 3-01 to 0-07. Scores were at a premium in the second half, both sides having a number of wides. Gneeveguilla goalkeeper Ger O'Sullivan pulled off a fine save with ten minutes remaining and the game delicately poised but it was the home side who finished the stronger, knocking over two late points. Final score Legion 3-05 Gneeveguilla 0-08.

Rathmore 5-12 Fossa 1-04

Rathmore qualified for the Division 2 Final,

having won all their games when they proved too strong for home side Fossa, in round 3. Rathmore opened with 2 unanswered points (Damian Casey) before Fossa took the lead when Don Mc Kenna goalied with an exquisite tip in to the back of the net from a pass by Chris Myers. Rathmore responded with a Damian Casey point and a goal to lead by a score at the end of the first quarter. The goal remained the difference between the sides for most of the remainder of the half, with the home side notching up 2 points (Dara Rice) to the visitors 3 (Damian Casey(2), Brian Moynihan(f)). In the dying minutes of the half, Rathmore's Donnacha Mc Carthy scored a goal, with a nice tap into the back of the net, to leave the score at half time Rathmore 2-06 Fossa 1-02. Rathmore scored two goals in quick succession early in the second half, the first a finished to the net by Pdraig O' Mahoney, followed a minute later with a Brian Moynihan goal. The visitors continued to build on their lead though out the half, with six points for the visitors (Damian Casey(2), Donnacha Mc Carthy, Joseph Mc Carthy, Conor Buckley, John O Keefe) to 2 for the home side (Dara Rice, Adrian Cronin). Rathmore finished strongly, with a Sean O'Riordan goal. Final score Rathmore 5-12 Fossa 1-04.

Referee: Denis O'Sullivan (Scartaglen).

Kilcummin 4-17 Spa 1-5

Played in Spa, the Kilcummin team dominated the exchanges and by the end of the first half they led 2-9 to 1-3, both Kilcummin goals coming from Eamon O'Donoghue and the Spa goal from Anthony Magnier. Daniel Kelly and John Devane extended that lead with two more second half goals and Kilcummin won out 4-17 to 1-5 in the end.

Referee: Eddie Walsh (Rathmore)

East Region Under 16 League

The East Region Junior League, sponsored by MD O'Shea's, is nearing completion. In Division 2, Beaufort, Currow and Kenmare finished level on League Points, after the final round of games and so there is a 3 way play-off to decide who meets Fires in the Final. A draw was made on Sunday. The result was that Currow have a bye into the Semi Final and there is a playoff game between Beaufort and Kenmare. The winners will play Currow in the semi Final.

BEST OF LUCK IN COUNTY FINALS

SCÓR SINSEAR: Very best of luck to all the competitors from Kerry in the All Ireland Finals of Scór Sinsear on Saturday 26th April 2014 in Castlebar and especial good wishes to the East Kerry participants. These are Rince Foinne - Glenflesk (Joanne, Mairead and Norita Cashman, Lisa and Marie Cronin, Cliona Creedon, Roisin Kelliher and Áine O'Sullivan), Recitation - Spa (Ray O'Sullivan), Rince Seit - Kilcummin (David Riordan, Timmy Leane, Colin O'Riordan, Niall Crowley, Marguerite O'Connor, Margaret and Noreen O'Sullivan, Marie Sheehan).

EAST KERRY BOARD MEETING: The April



meeting of the East Kerry Board is on Tuesday the 29th April in the Killarney Heights Hotel at 9pm.

EAST KERRY COISTE NA NÓG MEETING: East Kerry Coiste na nÓg delegates meeting is on Monday the 29th April 2014 at 9pm in Legion Club house.

Kilcummin Under 11's

A fantastic day out was enjoyed by Kilcummin Under 11 boys football team who represented Kerry at the National 32-County launch of the 2014 Go-Games in Croke Park last week. A full bus departed Kilcummin early in the day. The players, their families and friends enjoyed a guided tour of the Croke Park dressing-rooms, the warm up area, Players' lounge as well as the Corporate and other facilities before their games.

Despite going down narrowly to Clonakilty in the opener, the team showed their potential in recording a big victory over St Mary's of Derry in their second game. They rounded off the day in style with a fine victory over Kilkerrin/Clonberne of Galway in their last game. Well done to the Under 11 footballers of Kilcummin who represented their Club and County in style in Croke Park, on a day which will live long in the memory of the players and their supporters.

MID KERRY NEWS

LAUNE RANGERS crowned Mid Kerry U21 Champions for the first time in 11 years

MID KERRY U21 CHAMPIONSHIP FINAL 2014: Eugie Ferris Memorial Cup

Laune Rangers took on Cromane/Glenbeigh/Glencar in the final of the Mid Kerry U21 Championship in Milltown on a beautiful Saturday evening last. Rangers found themselves playing against a light breeze and had the first chance of the game inside the first minute when John Tyther had a goal chance saved by Pdraig McMahon CGG goalkeeper. The amalgamated side were first to register pts on the board when Tommy Cahill pointed two frees in quick succession to give his side the lead. Rangers had to wait 9 mins before Jack O'Connor, John O'Shea and Aaron Gamble gave the Laune-siders the lead, Danny O'Sullivan then scored a point for Cromane/Glenbeigh/Glencar to level the game up at the end of the first quarter. Jack O'Connor and John Tyther points for Rangers were cancelled out by points by Michael Kelly and Tommy Cahill (free). John O'Shea added two points before the break, the first a fine score from an acute angle & the second from a free.

Half time Score Laune Rangers 0-07, Cromane/Glenbeigh/Glencar 0-05.

The 2nd Half was less than a minute old when Rangers midfielder Michael O'Sullivan was brought down in the square to earn his side a penalty which was duly dispatched by Jack O'Connor to stretch the lead to five points. CGG raised their game again though and a sustained period of possession saw them eat into the Rangers lead with Tommy Cahill first

slotting a free, before Calvin Teahan found the net for his side. Sean Teahan's point levelled the game at 1-7 a piece before Tommy Cahill slotted another free to give his side the lead with a quarter of the game to go unfortunately this was to be their last score of the game for 17 mins, At this stage Laune Rangers took over the game digging their heels in to regain the lead when substitute David Costello found the net for a super goal on the 47th minute. This gave the momentum to the Laune-siders again, and victory was assured when, in quick succession, wing back Aaron Gamble got Rangers 3rd goal and Daniel Macbeth found the top corner with a stunning strike for the 4th. This gave Rangers an eight point lead with 5 minutes to go. Tommy Cahill stroked a final free for CGG but it was no more than a consolation score. C/G/G kept in the game till 10 mins to go but Rangers experience drove them on to win in style. Many thanks to Miltown/Castlemaine GAA club for the use of their facilities

JUNIOR LEAGUE: Rd 2 results

Glenbeigh/Glencar 1-06 Beaufort 1-12

Miltown//Castlemaine 1-09 Laune rangers 1-08 Keel had a bye.

Rd 3 would have been played this week with rd 4 on the 29th April

Beaufort host Miltown/Castlemaine

Keel entertain Glenbeigh/Glencar

Laune rangers - bye

All dates time and venues are correct at this time.

LADIES GAA

It was a busy week on the underage inter county front with all Kerry underage ladies teams in actions. On Wednesday in Kilcummin our U16 team were up against a very strong Cork team in the Munster U16 A Semi final. Cork with the wind advantage blitzed Kerry early on & it took a while for the young Kerry girls to get to grips with the game. Kerry were at a disadvantage from the get go with a few players unable to play due to international soccer commitments & injury & this was compounded with an injury to key forward Ciara Griffin early in the game. Kerry were down half time 2-04 Cork to Kerry 0-02. But the team have a never say die attitude & they battled to get within 2 points of the Rebel side. However Cork sensing danger & with superior fitness they pulled away in the end, with the scoreline flattering them as Kerry throw everything into attack. Final score Kerry 2-04 Cork 4-13. On Saturday both our U14 & Minor teams were in action. On Saturday morning our U14's defeated Waterford in Bishopstown to earn a Munster U14 A Final spot against Cork. Kerry were in control of this game from start to finish, despite a wobbly period in 15 mins of the second half. Aoife O'Callaghan hit 2 goals from the penalty spot as Waterford found it difficult the Kerry forwards. The Munster Final against Cork will take place on May 3rd best of luck to the team.

Unfortunately on Saturday our Minors

effectively bowed out of the Munster Minor A Competition with a defeat to a very experienced Tipperary side. The game played in Bansha was a tough fixture for the Kingdom, with the Premier side boasting players who have contested numerous school finals all year giving them more game exposure. Kerry's defence struggled with the pace & quick movement of players & of the ball by the Tipp side & went in at half time down 1-10 to 0-5. Kerry however did have 2 goal chances but failed to convert. Kerry regrouped in the second half & with some fresh legs threw all they had at Tipperary. However it was not enough, full time Tipperary 2-16 Kerry 1-12. Kerry will be looking at results of other games to decide our feat.

Our senior team face Cork in the semi final of the Tesco HomeGrown National League on Sunday at 2 pm in Drom/Broadford. Kerry in their first year back of the top flight of the league finished the group stages on top in an impressive campaign which resulted in just 1 defeat at the hands of Dublin. Cork however have had a disappointing campaign so far but Cork are experienced campaigners & will see this as a chance to reboot their season. This will be combative game as both teams will be eager to lay down a marker for the championship season ahead. Kerry defence have been extremely tight & will need to be up against Cork's Valerie Mulcahy, Doireann O'Sullivan & co. Midfield will hopefully be our platform as Bernie Breen Capt & Emma Sherwood have formed a formidable partnership, on which we hope to launch many attacks from on Sunday. Probably the game of the season so far & hopefully a Kerry win.

Due to all our inter county teams in action we had limited action in the domestic front, with just the Glebe Kitchens U12 Co League preliminary rd completing a full round of games. In the Rhyno Quality Feeds Div 1 Southern Gaels had a comprehensive victory over Castleisland Desmonds. As did Inbhear Sceine Gaels over Listowel Emmetts. In Div 2 an exciting game took place between Finuge/St Senans & Corca Dhuibhne with the West Kerry side just winning by the slimmest of margins 1pt. Na Gaeil with a tour de force performance from Marie Quirke were comprehensive winners against Rathmore. In Div 3 Currow inflicted a demoralising defeat on a weakened Miltown/Listry. While in the Killarney Derby Dr Crokes & Spa battled it out in the top of the table clash, with the Crokes coming out on top by just 3 points. In Div 4 Glenflesk inflicted a heavy defeat on Beale. While Fossa travelled to Duagh & in an exciting close game won by 3 points. Next round will take place on weekend of 4th May. The first round of the Féile 2014 took place on Easter Sunday, with Listowel Emmetts & Austin Stacks coming through the preliminary. Commiserations to Ballyduff & Miltown/Listry. The second round takes place on April 26th. As part of the Kerry ladies commitment to player development, U12 Development Squads will commence on Saturday in various venues across the county, all details will be posted on



the website etc. This is for players registered with clubs.

EAST REGION UNDER 16 DIVISION 3 FINAL

Scartaglen/Cordal V Tuosist/Kilgarvan

Venue: Dr Crokes, Lewis Road

Date: Monday 21 April 2014

Scartaglen /Cordal 5-14 Tuosist/Kilgarvan 1-07
Scartaglen/Cordal and Tuosist/Kilgarvan displayed excellent skills of blocking and tackling when they met last Monday in Dr Crokes Grounds in the East Region Division 3 League Final, sponsored by MD O'Sheas. Tuosist/Kilgarvan were two points up inside six minutes. Despite a lot of attacking play from both teams and thanks to 3 excellent saves by Tuosist/Kilgarvan goalkeeper Darragh Siocru, the score was 0-4 to 0-0 in favour of Tuosist/Kilgarvan after 15 minutes. Scartaglen/Cordal dominated the remainder of the half and notched up 2-3 to Tuosist/Kilgarvan's 0-1, the goals by Eddie and Sean Horan. Half time score: 2-3 to 0-5 in favour of Scartaglen/Cordal. In the third quarter Scartaglen/Cordal scored 1-6, the goal from TJ O' Connor, and Tuosist/Kilgarvan 1-2, Tadgh Siocru scoring 1-01, leaving the score midway through the second half 3-9 to 1-7 in favour of Scartaglen /Cordal. Jack Walsh found the net twice for Scartaglen/Cordal who added another 0-5 to their tally in the last 15 minutes. Tuosist/Kilgarvan showed great determination and played to the last whistle. Final score Scartaglen/Cordal 5-14 Tuosist/Kilgarvan 1-07.

Referee Tom Moriarty (Legion)

KILCUMMIN GAA

SENIOR CLUB CHAMPIONSHIP:

Kilcummin progressed to the next round of the Senior club championship with a home win over a determined Currow outfit on Saturday evening on a scoreline Kilcummin 1-17 Currow 0-11. We play Rathmore away next on a date yet to be confirmed.

CO CHAMPIONSHIP DRAW: Shannon Rangers v Kilcummin June Bank Holiday week

SENIOR SCÓR ALL IRELAND FINAL: This week-end our senior set dancers take to the stage in Castlebar in search of All-Ireland glory. Representing their club, Kerry and Munster they will be competing against the other three provincial winners. Six of the group have already tasted success at junior level either in 2002 or 2007 when Kilcummin won national titles. A bus load of supporters are travelling to lend their support and hopefully bring home the title of All-Ireland Set Dancing Champions. The dancers are Noreen and Margaret O'Sullivan, Marie Sheehan, Marguerite O'Connor, Jean Counihan, Timmy Lane, Colin O'Riordan, Niall Crowley and David O'Riordan. Trainer is Philip O'Connor. Incidentally Marguerite O'Connor

will compete against her sister Tara who represents Leinster Champions, The Downes of Westmeath. The dancers would like to thank all who supported their fund raising table quiz on Monday night. The club would also like to extend best wishes to Glenflesk Figure-Dancers and spa's Ray O'Sullivan (Recitation) who also compete in Castlebar.

RAMBLING HOUSE IN KILCUMMIN:

Following the great success of the first effort Kilcummin GAA present another night of song, dance, music and storytelling on Friday 2nd May at the clubhouse. Come along take part or just relax and enjoy Sliabh Luachra talent.

LADIES GAA CLUB: Second hand clothes collection on Fri 25th April from 7-9pm and Sat 26th April from 10-1pm. All clothing, curtains, blankets, towels, sheets and old mobile phones gratefully accepted.

CROKE PARK TRIP: The Kilcummin U11 boys football team who represented Kerry at the National, 32-County launch of the 2014 Go-Games, enjoyed a fantastic day out in Croke Park on Monday, April 14th. A full bus departed Kilcummin early on Monday morning and both the players and their families and friends enjoyed a guided tour of the Croke Park dressing-rooms, the warm up area and the players' lounge as well as Corporate and other facilities before their games. Despite going down narrowly to Clonakilty in the opener, these Kilcummin U11 boys showed their real potential in recording a big victory over St Mary's of Derry in their second game and they rounded off the day in style with a fine victory over Kilkerrin/Clonberne of Galway in their last game. So well done to U11 footballers of Kilcummin who represented their club and County in style in Croke Park on a day which

will live long in the memory of all the players, as well as their supporters, who travelled on the day.

U12 FOOTBALL: Our U12 footballers are competing in Division 3 of the County league this year and played the first 2 rounds in recent weeks. In the opener at home, the Green Team lost out to a stronger Furies side while the Red Team recorded a good win over the Furies second team. A week later both teams made the long journey to Listowel but unfortunately the home team failed to provide a second team. However, the Kilcummin Green Team recorded a big victory to make the journey worthwhile with all players contributing handsomely in a much-improved performance. In round 3 both teams head to local rivals Gneeveguilla for a throw-in time of 6pm Sunday evening, April 27th while round 4 a week later will see us on the road to Churchill.

U14 Girls play Dingle at home on 26th April at 5pm and Milltown Listry away on 27th April at 5pm.

GAA Juvenile Academy continues on Saturdays at 10.30am. New players welcome.

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

CLUB CALENDAR: Club calendars are still available if anyone wants to purchase one for €5. This month's calendar sponsors are Eddie O'Brien (Plumbing and Heating) Kilcummin and Gala Foodstore Killarney. This weeks sponsor is Paddy O'Keeffe's superstore in Gattabawn.

KILCUMMIN GAA CLUB RAMBLING HOUSE: Admission Free- Friday 2nd May from 8pm at the clubhouse. All welcome.



THE KILCUMMIN U11 TEAM PICTURED IN CROKE PARK ON MONDAY, APRIL 14TH WHERE THEY REPRESENTED KERRY AT THE NATIONAL LAUNCH OF THE 2014 GO GAMES. INCLUDED ARE COACHES JAMES FOLEY & LEO RANDES.



THE KILLARNEY SOUTH COMMUNITY GAMES QUIZ TEAM

KERRY COMMUNITY GAMES

KENMARE WIN GOLD AT COMMUNITY GAMES TABLE QUIZ IN KILLARNEY

On Good Friday, we had the County Finals of Table Quiz with 21 teams taking part. There was ten rounds of ten questions with one picture round and a Community Games question in each round. This was a very close competition and after five rounds there was only one mark between the top five teams. The top score was 92 with Kenmare taking Gold, Rathmore/Gneeveguilla got Silver; Kilcummin got Bronze and 4th Place Certs to Killarney South and Spa Muckcross. Well done to all the teams who have been researching and studying for this competition over the last number of weeks and months and to their managers and parents for preparing them and giving up their time to ensure that their teams were so well prepared for this very enjoyable competition.

UPCOMING EVENTS FOR APRIL/MAY:

Basketball U11 Mixed – changed to Saturday 26th April; Tag Rugby – 27 April; Skittles – changed to Friday 2nd May at Na Gael at 5.30pm; Swimming – 4 May; Girls Gaelic Football U12 – 5 May; Soccer Girls U12 & 15 & Gymnastics both on 11th May. Cross Country & Mixed Distance Races & Duathlon – 18th May. Cycling – Friday 23rd May. Spikeball changed to 25th May.

CHECK-IN TIMES FOR THIS WEEKEND EVENTS

– Basketball Under 11 – all teams check in on Saturday next at 9.30 am. Draw will take place at venue (Castleisland Community Centre). Tag Rugby Under 11 & Under 14 takes place on Sunday 27th at Tralee I.T. – check-in at 9.30am.

DATES FOR YOUR DIARY: Closing Dates for receipt of Completed Entry Forms: Thursday 24th April - Skittles (due to schools closed next week panel forms will be taken on night but areas must confirm by weekend which age groups they are entering (U12, U14, U16); also Thursday 24th – Swimming & Girls Gaelic U12 Football. Thursday 1st May – Gymnastics

& Soccer Girls U11 & U15. Fixture Dates for some of our bigger competitions - Swimming (Sunday 4 May); Gymnastics (11 May); Athletics (21st/22nd June). Check our website www.kerrycommunitygames.ie for up-to-date information on our fixtures, results and rules.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto dated 17/04/2014, numbers drawn were 6, 14, 23 and 27. Sellers prize went to Tom Joe O'Donoghue, €50 yearly ticket winner Marteen O'Keeffe Gattabawn, €50 dip to Batt Brosnan Glounlea, €40 each to Owen Reen Rathbeg East, Michael Lills, Kilmihill, Co Clare, John Capithorn Belgooly Co Cork. €1,000 bonus not won, numbers drawn were 7, 15, 20 and 24. Next week we draw €8,800 plus €1,000 bonus. Gneeveguilla Open sports will be held on Sunday May 18th at 1.00 pm in Riocht Track Castleisland.

The big event in the last week was the Jack O'Keeffe juvenile and road race which was held in Kiskeam on Easter Monday. A big crowd turned out for both events and a very enjoyable day was had. Results will be published next week.

FIRIES COMMUNITY GAMES

By Carmel Sheahan

BOYS SOCCER U12: Firies were drawn in a group made up of Kenmare, Beaufort and Kilcummin. Firies lost 3-0 in their 1st game against a strong Kenmare side who were eventual silver medals. Firies 2nd game was against Beaufort and Cian Doe scored the winning goal here. Firies then played against Kilcummin with the winner advancing to 3rd and 4th play offs. A fantastic overall team performance was displayed by this Firies team on the day where everyone on the panel played their part in their great achievement. Congratulations to the team on winning

bronze medals.

MODEL MAKING U10, U12, U14: Well done to all the children who took part in the model making competitions. Well done and congratulations to Kimberley O'Brien who won gold in U12 competition and will represent Kerry in All Irelands in Athlone in August. Also congratulations to Isabel Norris who won bronze in U10 and to Amy Cooper who also won bronze in U14.

OTHER FORTHCOMING EVENTS: Tag Rugby U11 and U14 will take place on Sunday next in the IT Tralee, check in is at 09.30 for both age groups. Skittles will take place on Friday May 2nd in Na Gael GAA, time to be confirmed. U11 Basketball will take place in Castleisland at 09.30 on Saturday 26th April.

MILLTOWN/LISTRY COMMUNITY GAMES

Training will be provided by trained coaches in both Milltown and Listry over the coming weeks starting next Monday April 28 in Milltown/Castlemaine GAA Grounds in Milltown at 4.30. This training will be open to all children residing in the Milltown/Listry area and not just the winners.

UPCOMING EVENTS: Please note that Swimming, Gymnastics and Cross Country events are coming up shortly and we will need to finalise entries.

If there is any queries re those events or any other event please don't hesitate to contact Denis 087-9662332 or Pa 087-6447788

QUIZ: Well done to our Quiz team in the Co. Final last Friday who while not in the medals did very very well considering there was a very high standard. **TEAM:** Mark O'Brien, David Murphy, Tom Keane, Darragh O'Donoghue, Paudie Horgan. Thanks to Joan and Mary for helping out here.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

QUIZ U14: Congratulations & well done to our U14 quiz team who were placed second, only being narrowly beaten at the county finals which were held in Killarney on Friday April 18th. Leading the way up to the final round, the team and managers should be very proud of their performance. This is the first time our area has rated so high in this competition. Bearing in mind these are a very young team their achievement was all the sweeter. Team managers were John O'Neill and Daniel Vincent O'Connor, team members were Niamh Finnegan, Padraic Finnegan, Dara Moriarty, Ciara O'Keeffe, Anthony Darmody and Brendan Casey. We thank John & Daniel Vincent for preparing the team so well for this competition and thanks to the children for the efforts they put in to preparing for this competition. Thanks to management & staff of Teach Iosagain for



the use of their facilities for training.

U11 MIXED BASKETBALL: On Saturday 26th our U11 mixed Basketball team along with managers Jameson Hughes, Eithne Hurley, Aisling Collins & Stephen Lehane will travel to Castleisland to part-take in this competition. Team members are Padraic Finnegan, Andrew Moynihan, Ciaran Cremin, Jack O'Leary, Michael Dennehy, Ciara Hickey, Roisin McAuliffe, Caoimhe Guerin Crowley, Tara O'Leary and Emma McGillicuddy. We wish the team and coaches the best of luck.

ATHLETICS: Rathmore / Gneeveguilla area will be holding our athletics day on Sunday April 27th at 2.00 pm in Riocht Track, Castleisland. There will be long and short distance races for boys & girls U8 – U16. The children that qualify at this event go forward to represent our area at the county athletics event in June. Cost €2.00 per child. We hope as many children as possible will turn up and participate.

WORKMEN'S ROWING CLUB

It's all good news again this week. We all celebrated Easter with style this year, with the annual Easter Egg hunt, the good news - everyone got an Easter Egg, including Timmy! Great to see our Club Captain Pat Doherty with us, doing his usual great work, lifting boats, helping crews and coxing... no stopping our Pat, and of course his own new launch boat, delivered this week. We wish him years of outings on the lake with it.

CONGRATULATIONS: To the U15 boys crew who came 1st in the Skibbereen Regatta, crew included, Dylan Bartlett, Kamil Kunicki, Ruán MacCurtain, Donnacha Ireland, coxed by Daire Doherty-O'Hare. The U14 boys crew came 2nd, crew included, Jacob Kunicki, Ruán MacCurtain, Séan Farndon, David Bartlett, coxed by Mikey Joe Burns. The U15 girls who

came third, Siobhan Burns, Kayla McCarthy, Ciara Moynihan, Leona Browne, cox Mikey Joe Burns, the sculling department, who were just fantastic, Donnacha Ireland, David Bartlett, Ryan O'Neill, Tom O'Leary, John Greene, Mikey O'Donoghue, Roisin Doherty-O'Hare, Jacob Kunicki and not forgetting Ruán who went for a swim! A big thank you to all the trainers, parents and coxes for all their help and commitment on the day.

KILLARNEY COUGARS BC

JUVENILES NEWS:

CONGRATULATIONS: Well done to two of the Killarney Cougars U14 girls who became the latest Cougars to represent the County recently. Erica McGlynn and Kate Stack were both selected for the recent Inter Area Tournament against Galway, North Munster/ Limerick and Cork. Congratulations girls.

BASKETBALL SUMMER CAMPS 2014:

Registration is now open for this summers Team Kerry Basketball Camps that will again be held for a third consecutive Summer at Killarney Community College. Limited places are available at the Camps and Registration forms are available from the club secretary or by contacting the Camp Organiser on 087 - 2219376. This years week long camp in Killarney runs from July 28th to August 1st.

SCHOOLS SUPER SEVENS 2014: The Annual Schools Super Sevens games resume after the Easter Break on Monday next April 28th with the second round group stages for the boys.

Boys Group I Knockaderry, O'Brennan, Gneeveguilla B, Tureencahill.

Boys Group II Fossa A, Gneeveguilla, Rathmore, Monastary.

Boys Plate Quarter Finals St Olivers v Twomile, Firies v Nohoval, Cullina v Fossa B, Athea v Kilcummin.

Girls games have reached the quarter finals stages and resume next week, dates will be posted on the website.

Full details on this years competition are available on the web www.schoolsupersevensbasketball.com

CORK INVITATIONAL TOURNAMENT:

Cougars travel to Cork this weekend for the Donaghmore Invitation U15 tournament. Cougars opening games are against Ballincollig and Donnaghmore on Friday morning.

A full details on upcoming events on the club website www.killarneycougars.com

KILLARNEY SOUTH

COMMUNITY GAMES NOTES

ATHLETICS QUALIFIERS: Our area athletics qualifying will take place on Thursday May 1st. Registration is at 6.30pm with first race due odd at 6.45pm. Any parents who wish to assist on the night will be appreciated. There will be a full programme of events catering for under 8's to under 16's.

TEAM QUIZ: Congratulation to our to our Under 14 quiz team who finished in 4th place at the team quiz competition held on Friday last at Darby O Gills. The team included Jamie Muldoon, Eoghan O'Sullivan, Killian Hickey & David Osbourne.

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



KILLARNEY COUGARS U14 GIRLS ALL IRELAND CLUB CHAMPIONSHIP FINALISTS.



COUGARS CUBS ACADEMY CELEBRATE END OF TERM THE CURRENT TERM WITH EASTER EGGS AT THE PARISH HALL KILLARNEY.

If you have a picture you would like to publish

Email to: editorial@outlookmags.com

KILLARNEY ATHLETIC A.F.C.

FIXTURES: Kerry Schoolboys/Girls League

Saturday 26th April

JK Sports Under 12 Premier

Killorglin A v Killarney Athletic A 10.30am

Seniors: Sunday 27th April

Killarney Athletic A v CSKA in the greyhound bar cup at 2.30pm

Killarney Athletic B v Inter Kenmare 11.30am

RESULTS: Seniors: The senior B team received a walkover by Shannon Wanderers as unable to play the fixture. Not the way we like to win games and we wish Shannon wanderers the best.

DENNY YOUTH'S LEAGUE RESULTS

Killarney Athletic 5 St Brendan's Park 1

An emphatic performance and win for the Youth team who played this game on 17th April in Ferndale. From the first whistle we dominated proceedings. In the 5 minutes Dylan O'Sullivan was taken down on the edge of the Park penalty area. From the resulting free kick Adam O'Shea confidently dispatched the ball into the Park net. With Dylan O'Sullivan, Adam O'Shea and Mark O'Shea leading the line and David Naughten and Alan Daly attaching down the flanks we had the Park defence under serious pressure and with more composure we could have scored more goals. Our second goal came from an Adam O'Shea corner where Caiman Mangan was unmarked at the back post to head the ball back into the mix where Captain Cillian O'Regan reacted quickest to smash the ball in the net. With the quality players Park have, they were always going to create chances, and close to half time a defence splitting ball from the Park midfield found Park striker Adam Barrett who slotted the ball low into our net. This left the score 2- 1 at half time. The second half we kept up the pressure, knowing if we let Park play they would punish us with their quality players. With this Athletic team the best form of defence is attack. With Aydan Mulvaney, David Sheerin and Danny Healy controlling midfield we created more goal scoring chances and early in the second half great pressure from Mark O'Shea on the Park defender set Dylan O'Sullivan free to calmly slot the ball into the Park net. Two more goals were scored, another goal from Cillian O'Regan and one from substitute Chris O'Meara completed a great performance and win for our lads. We are now playing with a confidence and assurance that is joy to watch, word must be getting around about this exceptional side with a nice crowd who turned up to Ferndale to watch the game. Played 15 won 15.

Killarney Athletic 2 CS Abbeydorney 0

Our unbeaten run continues in the league making it 16 from 16. With a depleted and injury hit squad this was our second match in three days and for most of the lads it was their third match in three days. Conditions were very tough for both teams today, blistering heat and a very hard surface didn't help either team. Although we dominated the match from the start we looked very tired and found it hard to break down the stubborn Abbeydorney defence. Going in 1-0 up at half time through an OG from an Adam O'Shea deflected cross,

we knew that getting a result was paramount over a good performance today. The second half was a similar affair, again creating chances but unable to convert them into goals. It wasn't until the 80th minute until we scored our second goal, great work from Chris O'Meara helped David Sheerin to score to secure the three points. Abbeydorney fought hard for every ball and credit due to their efforts today, a game played in good sporting manner where there was no yellow cards shown. All in all, credit to our lads, great effort was shown over the last three days and we're delighted to be in a League final now. Well done lads. Man of the match was David Sheerin.

UNDER 15:

Killarney Athletic 0 Killarney Celtic 3

This was always going to be a tough battle. Celtic poured pressure on the Athletic defence but everything Celtic threw at Athletic, we were able for them. Unfortunately the goal came on the stroke of half time from Mikey Potts. 2 late goals from Celtic killed off the game who were reduced to 10 men for 2 yellow cards. Having trained these lads for 4 years, they are more than a team, they are family. It's been a great pleasure to coach you and some great football was played yesterday. A big thanks to parents as well.

UNDER 13: Killarney Athletic 5 Ballyhar 2

Killarney Athletic under 13 beat Ballyhar in Woodlawn on Saturday morning 5-2. A very solid performance from Athletic with 2 goals a piece from strikers Eoin Talbot & Harry Potts in the 1st half. Ballyhar rallied in 2nd half to pull 2 back & kept battling but Oran O'Donoghue added another for the home side. Eamon Long was fantastic at back for blues.

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.

SCHOOLBOY/GIRL SOCCER

ALL SET FOR CUP SEMI-FINAL DRAW:

13's Cup: Listowel Celtic A 8-0 Killarney Celtic B
Killarney Celtic 4-2 Listowel Celtic C
Camp 4-4 Mastergeeha AET.

Mastergeeha win 5-4 on penalties.

Tom Hayse 14's Cup

Park B 3-5 Killarney Celtic A

Killorglin 2-5 Listowel Celtic A

Kingdom Boys 1-2 Park A

15's Cup: Listowel Celtic 5-2 Mastergeeha

Kingdom Boys 5-1 Ballyhar

Killarney Celtic 3-0 Killarney Athletic.

Killorglin 4-2 Camp

Tucker Kelly 16's Cup: Inter 4-4 Castleisland AET. Inter won 5-4 on penalties.

League Round-up: JK Sports 12 Premier

Kingdom Boys 2-1 Killorglin

12 Division 1

Park C 0-6 Killarney Celtic C

Dalys Supervalu 13 Division 1:

Killarney Athletic 5-2 Ballyhar.

Killarney Celtic B 1-5 Killorglin B

13 Division 2: Kingdom Boys B 5-1 Asdee

Kingdom Boys B 9-1 Listowel Celtic C

Park B 5-2 Killarney Celtic C

Killorglin B 3-4 Camp

Killorglin B 5-1 Killarney Celtic C

Foundation Sports 14 Premier

Listowel Celtic 3-2 Castleisland

Killarney Plaza 15 Premier

Listowel Celtic 0-2 Park A

Foundation Sports 14 Premier:

Listowel Celtic 3-2 Castleisland

15 Division 1

Killarney Celtic B 1-1 Asdee

ALL READY FOR THE CUP SEMI FINAL

DRAW: The Kerry Cup semi-final draws will take place live on Radio Kerry this Sunday at 4.15pm and almost all the positions have now been filled bar the 13's.

The last 4 in the John Murphy 12's Cup Killarney Celtic A, Ballyhar, Park A, Castleisland.

Three of the U13 quarter finals were played this week. As expected Listowel Celtic A were too strong for Killarney Celtic B and booked their place in the last 8 thanks to goals from Brendan O'Neill 3, Darragh Mackessy 2, Devon McKenna, Jack Kennelly and James Donegan.

The reverse clash of Killarney Celtic A and Listowel Celtic B went way of the Killarney Celtic side on a 4-2 score-line. Emmet O'Shea, Michael Lenihan, Niall McGillicuddy and Ryan Kelliher scored for Killarney with Sean McGrath and Mike Nolan getting the goals for Listowel Celtic.

Camp and Mastergeeha was a cracker with the sides drawing 4 all after normal and extra time. Dylan Murphy 2, Niall O'Connor and William Brosnan scored for Mastergeeha while Colm Moriarty and Christopher Kane who both got two. It went all the way to penalties and Mastergeeha were unerring and netted all five to reach the last 4.

The Tom Hayse 14's Cup had 3 places left in the semi-finals as Inter Kenmare had already qualified. Joining them will be Killarney Celtic A who defeated The Park B 5-3. Peter O'Sullivan and Ryan Kelliher both scored twice with Lee Downing netting the other. Sean O'Driscoll, Seb Vassu and Mark O'Regan got the goals for an unlucky Park B side.

Listowel Celtic A travelled to Killorglin and came back with a 5-2 win. Cathal Crosby and Mark O'Connor hit the goals for Killorglin but goals from Jake Kelly, Fergal Wall, Sean Keane, Jack Sheehan and Mike Kennelly saw Listowel Celtic through.

The Tralee derby saw The Park A taking their place in the semi-finals thanks to a 2-1 win. Thomas Burke and Rory McCarthy, with a 40 year cracker, got the Park's goals with Dillon Robinson replying for Kingdom Boys.

In the 15's Cup Killorglin defeated Camp 4-2 to go through to the last 4. Patrick Carey got 2 with Dylan O'Sullivan and Gary Mathews getting one each to put Killorglin into the hat. Cian Smiles and Joe Saunders replied for Camp. Listowel Celtic A were 5-2 winners over Mastergeeha. Conor Kennelly top scored with a hat trick and Sheldon Neill and Danny Power were the other scorers. James Nagle and Patrick Warren replied for the Kilbrean side.

Killarney Celtic won the derby quarter final over Athletic. Michael Potts got 2 and Oran O'Donoghue got the Hoops goals to see them into the hat. Athletic's Nelu Doherty was outstanding in keeping the score tight.

The Tucker Kelly semi-finals has Inter Kenmare, Park and Killarney Celtic already through. Inter and Castleisland was a cracker going all the way to the last penalty. Daniel Taylor, Darragh Siochru, Denis Cronin and Tom O'Sullivan scored in normal time for Inter while John McMahon hit 3 and Kieran Daly got the other for Castleisland. The same four Inter players scored in the shootout and John Crowley was the other player as they made it 5 from 5.

The Park beat Mastergeeha 3-2 and Killarney Celtic defeated Killarney Athletic 5-0 in earlier quarter finals. Listowel Celtic and Fenit will face off for the last spot.

LEAGUE ROUND: JK Sports 12's Premier: Kingdom Boys are the Champions and they wrapped of the title with a 2-1 against The Park. John Casmody's 2 goals was enough to do this. **12's Division 1:** Killarney Celtic were too strong for Park C 13's winning 6-0.

13 Division 1: There was lots of action in the 13's with action both during the and at the weekend. Killarney Athletic were 5-2 winners at home to Ballyhar and they won 5-2. Eoin Talbott, Harry Potts, Oran O'Donoghue scored for Athletic while Patrick O'Connor and Kevin Daniel got Ballyhar's goals. Athletic are now level at the top of the table with Inter but have games in hand.

13 Division 2: Here is where most of action took place with Kingdom Boys B defeating Asdee 5-1. Daniel Bowler, Nathan Holden, Mark Sheehan and scored for the winner while Conor Twomey got the Ballyhar goal.

Park B were 5-2 at home to Killarney Athletic. Mark Dziedziuch scored a hat trick and these were added to by goals from Tennyson Esgbere and Junior Ankhoma.

Listowel Celtic C hit 9 against Kingdom Boys B to keep up the race for second place. Sean Mcgrath got 3 as did Michael Nolan with Tadgh O'Carroll, Ronan O'Neill and Kevin Goulding all scoring one each. There was only one goal between Killorglin B and Camp with the visitors winning 4-3. Chris Kane got 2 and both Killian Falvey and Conor O'Brien hitting one each for the visitors.

Killorglin B were 5-1 winners over Killarney Celtic C in the Bank Holiday Monday game.

Foundation Sports 14 Premier: Listowel Celtic defeated Castleisland 3-2 in the 14 Premier to move the winners within 3 points of second placed Kingdom Boys. Scott Winter, Cillian Spillane and Darragh O'Donoghue were the scorers for the Hoops with Ciaran O'Donoghue and Sean Horan replying for Castleisland.

Killarney Plaza 15 Premier: The Park took the points from Listowel Celtic on a 2-0 score-line.

KILLARNEY CELTIC

Best wishes to Emma Vermiglio for a speedy recovery after a short stint in hospital.

FAMILY FUN DAY: Killarney Celtic will be hosting our annual Family Fun Day from 2.00 – 5.00pm on Monday, May 5th. One and all of

every age are very welcome.

SOCCER TOTS: Our hugely popular Soccer Tots Programme, an introduction to the game for 4-6 year olds, is back up and running on Tuesday nights from 6.00pm to 7.00pm. This is a completely non-competitive fun introduction to soccer and one and all are welcome to bring their kids along.

LAST MAN STANDING: After an epic battle the Last Man Standing was settled this weekend. Glenn Owens went for Newcastle to beat Swansea and came a cropper. Kevin & Colm Looney elected for Arsenal away to Hull. Starting and finishing with 3 nil away wins they take the glory. Well done to the boys.

Thanks to all for playing and we hope to start a new LMS in August.

RESULTS: Denny Premier: Killorglin 0 Killarney Celtic 4. A convincing win leaves Celtic in fourth place in the league.

U17 League: Killorglin 1 Killarney Celtic 5 Celtic remain at the top of the table after another superb display, but Dingle Bay Rovers have several games in hand and it could go either way yet.

U15 Kerry Cup: Killarney Celtic 3 Killarney Athletic 0

Celtic were on top throughout but Athletic put up creditable resistance. Michael Potts volleyed home from close range after a great team move. Oran O'Donoghue coolly finished our second, and Michael was on target again to seal a convincing victory.

U13 Kerry Cup: Listowel B 2 Killarney Celtic A 4 This was a tough battle. Mike Lenihan, Ryan Kelliher, Niall McGillicuddy, and Emmett O'Shea got our goals, while Dara Dennehy, Jared Barton, Mark Kelliher, and James Darmody were the pick of an excellent team performance.

U13 Kerry Cup: Killarney Celtic B 0 Listowel A 7 The lads gave it everything and can be very proud of a great effort, But Listowel were desrving winners on the day.

U13 Div One: Killorglin B 5 Killarney Celtic C 1 An understrength Celtic side played with pride and Pdraig Looney scored a great goal.

FIXTURES: Greyhound Cup: Killarney Celtic B away to Castleisland, Sunday, 2.30pm

U17 League: Killarney Celtic away to Dingle Bay Rovers, Saturday, 2.30pm

U14 Premier: Killarney Celtic at home to Kingdom Boys, Saturday, 10.30am

U14 Div One: Killarney Celtic away to Camp, Saturday, 12 noon.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5.30pm-6.30pm at Celtic Park. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729.

LOTTO RESULTS: Numbers drawn 14, 15, 22, 24. No winner, one x match 3, Jackie Healy Rae, €150. Next week's jackpot €6,600, draw in the Failte on Monday night. Tickets available from all club officers.

Lotto Sellers / Yearly Lotto: The club is calling

on all members to sell at least 5 Lotto tickets. We have all seen the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

MASTERGEEHA FC

U13 Camp 4 Mastergeeha 4 (aet) 4-5 on penalties.

Mastergeeha qualified for the semi-final of the Kerry cup after overcoming Camp away on Saturday. In this close game took the early lead but after this had to come from behind twice to put the game to extra time, with Dylan Murphy, Niall O'Connor and William Brosnan scoring. In extra time the home side again took the lead but Mastergeeha battled well and got the deserved equalizer when Dylan Murphy scored again. In the penalties both sides had a penalty saved during the first five and in sudden death Danny O'Callaghan scored for Mastergeeha and then Keith O'Leary saved to put the boys through to the next round. All played well.

U15 Listowel 5 Mastergeeha 2

The boys exited this year's cup away in Listowel on Saturday afternoon. For most of the game both teams were well matched but the physically stronger home side got the better of the tie in the closing stages.

U17 Castlegregory 1 Mastergeeha 4

Mastergeeha got off to a good start in this game when Donal Moynihan was fouled in the box and Paul O'Connor converted the resulting penalty. The boys double their lead 5 minutes later when Paul O'Connor headed home following a long throw by Gearoid Kerins. Mastergeeha continued to push forward and Micheal Brosnan scored in the 40th minute. Just before the break the home side pulled a goal back. In the second half Mastergeeha continued to be the better side and extended their lead in the 70th minute when Sean Twomey crossed for Gearoid Kerins to score. All involved played well.

Seniors Classic 2 Mastergeeha 1

Away on Sunday morning the seniors were unlucky not to get a draw. In this close game it was 1-1 with 20 minutes remaining however the home side scored from a deflected shot. After this Mastergeeha pushed forward but could not get the equaliser despite their best efforts.

MASTERGEEHA F.C. LOTTO: There was no winner on Thurs 17th April. Numbers drawn were 5, 8, 9 & 12. Consolation prizes were €100 Denis Cronin, 36 Arbutus Grove, Killarney; €60 Ciara & Kieran Nagle, Mastergeeha; €30 Neilus McCarthy, Kilbrean; €30 Katie O'Leary, Mastergeeha, Kilcummin; €30 Denis Fenton, c/o Jimmy O'Brien's Bar. Next draw Fri 25th April in the Village Inn, Kilcummin. Jackpot now €10,950.

KILLARNEY G.C. LADIES

SUNDAY 20/4/2014 DALYS SUPERVALU EASTER HAMPER SINGLES STROKE MAHONY'S POINT

| | | |
|--------|------------------------|----------|
| 1s | Kathleen Brosnan (21) | 65 nett |
| 2nd | Geraldine Tarrant (24) | 66 net |
| (BK 9) | | |
| 3rd | Mary O'Neill (26) | 66 net |
| B.G. | Catriona Griffin (5) | 75 gross |
| 4th | Noreen Coffey (12) | 67 nett |
| (bk6) | | |
| 5th | Eimear O'Donnell (10) | 67 net |
| CSS 70 | | |

Next Sunday 23/4/2014 Ladies 4BBB S/Ford Killeen Course Club Sponsored, Tee times 7.30 - 9.30

BEAUFORT GOLF CLUB (MEN'S BRANCH)

CLUB FUNDRAISER 18TH APRIL – Open 4Ball Better Ball sponsored by The Malton Hotel Also included Nearest the Pin sponsored by Killarney Valet Services and Longest Drive sponsored by Lake Hotel, Killarney 1st Pat Tangney & Pat O'Sullivan 47 pts 2nd Donal O'Connor & Willie Dom O'Connor 47pts 3rd Con O'Connor & Dermot O'Connor 45 pts Longest Drive – John Looney Nearest The Pin – Donnagh Moynihan Thanks to our very generous sponsors and to everyone who supported us on the day.

2'S COMPETITION RAN ON OPEN DAY

Dermot O'Connor x 1 Michael Cunningham x 1 Paderai O'Sullivan x 1 Gabhan O'Loughlin x 2

SUNDAY 20TH APRIL – 18 Hole Stableford Sponsored by P.J. Lynch Q.S.

| | | |
|-----|-----------------------|--------|
| 1st | James Jones (12) | 41 pts |
| 2nd | J.F. O'Callaghan (17) | 39 pts |
| 3rd | Larry O'Dwyer (13) | 39 pts |

FIXTURES: Sunday 27th April – 1st round G.O.T. Y. – Sponsored by Cliffords Groundcare Ltd Club Scramble Starts Wednesday 7th May at 5.45pm.

OPEN FRIDAYS (Single Stableford for Ladies & Gents) starts Friday 2nd May.

DRAWS FOR CLUB MATCHPLAYS (Mens Single, Mens Double & Mixed) will take place on 6th May (please make sure you have entered your name on the relevant entry sheet provided on the clubhouse notice board for inclusion in the draw.

ROSS GC, KILLARNEY, GENTS CLUB

RESULT: On Sunday April 20th we held the third round of the MD O'Shea spring league. This was sponsored by the Dunloe Lodge and due to the brilliant weather we had a very large turnout on the day.

The following were the winners:-

- 1..John O'Donoghue (21) 40 pts
- 2..Tony Lenihan (15) 38 pts
- 3..Ambrose O'Donovan (13) 38 pts

- 4..Maurice Coffey (21) 38 pts
- 5..Daniel Cronin (12) 38 pts.
- 6..Terence Mulcahy (13) 37pts.

The Final of the MD O'Shea Spring League will be held on May 18th.

On Sunday April 27th we will an 18 hole strokeplay competition. The timesheet is now available in the clubhouse so please add your name to it as soon as possible. All members should note that summer rules are now in play.

CLUB OPEN DAY: This will be held on Monday May 5th. We will have a 10 hole single stableford competition open to ladies and gents. The tee will be available for 8am and the entry fee will be €12 and re-entry will cost €6.

Best of luck to our Country Clubs team next weekend when they participate in that competition in Beaufort GC.

ST. FINAN'S LADIES GOLF SOCIETY

By Mary Conway

1ST OUTING OF 2014 with our Lady Capt Eileen O'Reilly, will be held in O'Mahony's, Killarney G.C., on Monday 28th April. Draw for partners @ 11.30am, Tee off at 12m/d. All members, and especially ex-members, are more than welcome to join us.

Fixtures for the coming year as follows: O'Mahony's 28/04/2104, 12m/d.

Beaufort 13/06/2014 2pm.

Kanturk 18/07/2014 2.30pm.

Killorglin 08/08/2014 9.30am.

(Lady Capt. Eileen O'Reilly's Day)

Dooks 17/10/2014. Xmas Hampers.

We would like to express our deepest sympathy, to Maura Fitzgerald and her extended family, on the death of her niece Dorothy (Dott) Moriarty Henggler, @ a very young age. May she rest in peace.

Also welcome Lady Capt. Killarney G.C., Maureen Culloty, into our Society this year.

CASTLEROSSE GOLF

RESULTS: Castlerosse Golf competition, 18 hole Stableford played on Sunday 20th April 2014. Winner Jason O Mahony (19) 46 pts, Runner-up Trevor Shine (15) 45pts, overall 3rd place Donal O'Reilly (22) 41 pts.

FIXTURES: next weekend 18 Hole Stableford, play Friday, Saturday or Sunday. Use time sheet for registration.

Thursday evening scrambles continue each week, meet at clubhouse at 5.45pm, tee off 6pm sharp. Ladies & Gents, guests welcome.

KILLARNEY G.C. MEN'S SINGLES STABLEFORD

Easter Hampers

Killeen 20/4/14

Sponsor Daly's Super Valu

| | | |
|--------------|----------------------|--------|
| 1st | MI O'Donoghue (18) | 42 Pts |
| 2nd | Dan Joe Cahill (16) | 41 |
| 3rd | Paul O'Donoghue (16) | 40 |
| 4th | Eric Dunlea (5) | 38 |
| 5th | Marco Taddei (12) | 38 |
| Best Gross | Ronan Kelliher (4) | 76 |
| CAT 2 (7-11) | Derry Mc Carthy (7) | 38 |

CAT 3 (12-17) Colin Feeley (13) 36

CAT 4 (18+) Tim O'Keeffe (20) 36

CSS 35pts

NEXT COMPETITION 27/4/14 John C Cooper Stroke on Mahony's Pt

KENMARE GOLF CLUB

RESULTS: Ladies:

1st Kim Kennedy [17] 39pts

2nd Leonie Lyons 36pts

3rd Mgt Hanley [18] 35pts

Men:

1st Tom Carey [16] 43pts

2nd Cian Long [11] 42pts

3rd James Cremin [13] 42pts

FIXTURE: 4Ball Qualifier.

BEAUFORT GOLF CLUB (LADIES BRANCH)

RESULTS: Beaufort Golf Club (Ladies Branch) 19th/20th/21st April – 18 Hole Stableford Competition (Sponsored Ladies Branch)

1st Peggy O'Riordan (33) 35 pts

2nd Irene McCarthy (23) 34 pts

3rd Noleen Mackessy (26) 33 pts

FIXTURES: 26th/27th April – 18 Hole Stableford – Sponsored by Ladies Branch

DRAWS for Ladies Single Matchplay will take place on 12th May (please ensure you have put your name on list in ladies locker room before then).

CLUB SCRAMBLE Starts Wednesday 7th May at 5.45pm.

KILLORGLIN GOLF CLUB

LADIES RESULTS: 3T's 18 Hole Stableford, Qualifier for Dundrum: Ladies Winner: Emma Daly (22) 36 pts.

12 Hole re-entry stableford sponsored by Lady President Mary Lawlor: 1. Eileen Bell (23) 26 pts (B6). 2. Coral Kiely (34) 26 pts. 3. Kathleen Keating (24) 25 pts. Next 12 Hole re-entry is now in progress and is sponsored by Junior Officer Emma Daly.

FIXTURES: 18 Hole Singles Stableford sponsored by O'Sullivan's Pharmacy can be played Sat 26th, Sun 27th or Tues 29th. Arrange own time & partners.

SILVER SWANS: 12 Hole Stableford: 1. Mary Conway (33) 24 pts. 2. Kathy Lyons (32) 21 pts.

TASTER SESSION: The free Golf Taster evening is taking place on Wed. 7th May at 6pm. Contact Agnes on 0879774946 for further information.

PRESENTATION NIGHT: A Presentation Night will be held on Fri 25th April at 9.00pm. All prize winners are requested to attend.

GLENEAGLE PITCH & PUTT

By John O'Halloran

Last Sunday we had a 3 ball with 2 scores to count and the winners were Mick Long, Michael Seve O'Leary and Sean O'Brien.

The club would like to wish our condolences to the family of Jerh Buckley who died recently.

This Sunday we will have our usual competition.

KILLORGLIN GOLF CLUB

WEEKEND RESULTS: Homepatrick Cup qualifier (Re-entry) sponsored by Donal Considine Killarney Golf Shop.

1st – Joe Kennedy & Paul O'Shea (45 pts)
2nd – Joe Kennedy & Dermot McKenna (44 pts)
3rd – Kevin Guilfoyle & Mike McCarron (41 pts)
3 person scramble sponsored by Pat & Julie Sheehan

1st – Paul O'Shea, Paul McKenna & Joe Kennedy (62.7)
2nd – Stephen & Kathleen Keating & Coral Kiely (62.8)
3rd – Mike Lawlor, Conor Counihan & Martin Smith (63.2)
12 hole competition:
1st – Billy O'Shea (31pts)
2nd – Mike McCarron (30 pts)

RING OF KERRY GOLF

RESULTS: 20th April: Easter Hamper sponsored by Murphy's Supervalu.

1st: Kevin McGrath (10) - 40pts ocb
2nd: Dermot Murphy (15) - 40pts ocb
3rd: Toby Steadman (6) - 40pts

FIXTURES: Saturday 26th April - Scratch Cup Day (3 category's, Junior (6 - 11 hcp) Intermediate (12 - 18 hcp) & Minor (19+ hcp yellow tees)

Sunday 27th April - Senior Scratch Cup (Blue Tees). €25 for visitors

Monday 21st April: 2-Person Scramble
1st: Joe O'Neill (5) & Joe Field (13) 64.4pts

DEERPARK PITCH & PUTT

WINNERS of Sunday Mornings competition were Sheila O'Donoghue and Jason O'Brien.

There was a large turnout for the opening round of the Wednesday evening competitions and the winners were Betty O'Brien and Sean Courtney.

DANNY NOLAN MEMORIAL: This Saturday

evening will feature the Danny Nolan Memorial Three Ball-Scramble at 6.30pm and a large turnout of members and non-members is expected for this annual competition which commemorates a great clubman the late Danny Nolan, Entry fee is €5 and registration is at 6pm. Presentation of prizes will take place in Corkery's immediately after conclusion of competition.

EASTER CAMP A HUGE SUCCESS: Ideal weather conditions and a huge turnout of children all contributed to the success of the Easter Camp which was held during the past week. A special word of thanks to the following who assisted PPUI Coach Stephen Enneguess Kieran Looney, Eileen Switzer, Sheila O'Donoghue, Conor McCarthy, Craigh Courtney, Michael Cronin, and Kieran O'Keffee. Also a special thank you to Lady Captain Mary O'Brien and Patricia Collins who made Easter Eggs available for the 25 children.

BESTWISHES are extended to our Intermediate and Junior teams who play Castleisland in Tralee on this Saturday.

NATIONAL QUALIFIERS: Best Wishes are also extended to our National Qualifiers in their games at Deerpark 6.30pm on Monday evening, Course will close at 6pm to facilitate this competition.

WEDNESDAY EVENING COMPETITION continues each Wednesday 7pm.

SENIORS OUTING ON MAY 6TH: Next Seniors Outing will take place in Deerpark on Tuesday May 6th 10.30am.

SPORTS PRESENTATION: During the course of this Summer Deerpark will be running a Sports Presenter, event which will be based on forecasting the winners of ten major sporting events which are taking place. This is a fundraiser with a difference as it will take place over almost six months to complete tickets at €10 each with a first prize of €5,009 up for grabs. We would encourage all members and supporters of our club to contribute to this

as funds accruing will go towards the upkeep of this wonderful facility. We will keep you updated after each event on our Website (www.deerparkpitchandputt.com) or on Facebook. Tickets now available from our committee members or alternatively you can contact Colm 087 7673742 or Aidan 087 3364705.

JERH BUCKLEY RIP: Sympathy is extended to the relatives of Jerh Buckley Fossa a former playing members of GlenEage Pitch & Putt club who died at the weekend, May He Rest In Peace.

ROSS LADIES GOLF CLUB

RESULTS: Easter Sunday April 20th Lir Chocolates sponsored 18 hole single stableford competition winner Lady Captain Mary Cronin (23) 34pts

Monday April 21st 10 hole mixed scramble kindly sponsored by Margaret O'Donoghue, 1st Con O'Mahony, Elizabeth Kelleher and Jim Casey 30 3/7. 2nd Eileen Fleming, Maurice Coffey and Seamus McCarthy 30 4/7. 3rd Rolandas Bendikas, Lisa Kerfoot and Joe O'Connell 31.

Thursday April 24th 10am will see the beginning of another course of the ever popular group lessons with Professional Mark Heinnemann.

On April 27th we wish our ladies Intermediate team the best of luck in their match against Waterville in Killorglin Golf Club at 11am. Support would be welcome.

On Monday May 5th the Gents club will hold an open 10 hole single stableford competition. Entry sheet is in the club house. Entry 12euro. Open to Ladies and Gents.

NOTE: Last date for Spring League matches to be played is Saturday April 26th.

WELL DONE to two of our Lady members Bridie Brosnan and Elizabeth Kelleher, who organised this year Kerry Junior alliance and from the proceeds of these events made a donations of €440 each to Killarney Hospice and Killarney Motor Neurone Association.



PHOTOS ATTACHED, MARGARET O'DONOGHUE SPONSORED 10 HOLE MIXED SCRAMBLE PRIZE WINNERS AT THE ROSS GOLF CLUB. L-R SEAMUS MC CARTHY MAURICE COFFEY AND EILEEN FLEMING 2ND. JIM CASEY 1ST. SPONSOR MARGARET O'DONOGHUE. ELIZABETH KELLEHER 1ST. LADY CAPTAIN MARY CRONIN. CON O'MAHONY 1ST. ROLANDAS BENDIKAS AND LISA KERFOOT 3RD. MISSING FROM THE PHOTO JOE O'CONNELL.



LIR CHOCOLATES SPONSORED COMPETITION. L-R LADY CAPTAIN MARY CRONIN WINNER, LISA KERFOOT AND SINEAD O'SHEA.

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ADVICE FOLLOWING ROAD TRAFFIC ACCIDENT

You need to know what to do if you have an accident. You want simple steps to deal with the situation and on how to stay safe.

What to do

● Stop as soon as you can
Always stop at the scene if you think your accident has caused:

- injury to people or pets
- damage to other vehicles
- damage to roadside fixtures such as lampposts, fences and walls.

When to call 999

Which emergency service to ask for:

- if anyone needs urgent medical attention – ask for an ambulance
- if the road is blocked or damaged – ask for the police
- if someone leaves the scene without leaving their details – ask for the police

Exchange details

All drivers involved should swap names, addresses, telephone numbers, vehicle registration numbers and insurance company details and policy numbers. This will all help with any claims process.

Get witness details

Take down the names, addresses and vehicle registrations of any witnesses who saw the incident.

Make a sketch or take a photo



Draw or photograph the scene and remember to include as many details as you can. Note the road names, vehicle locations and any skid mark directions and collision points. Be careful of busy roads when you're making sketches or taking photos of the scene.

Make a note of any additional details

Try to recall any extra information if you can – for example, if a driver was using a mobile phone.

Avoid it

As well as following the Rules of the Road and driving sensibly, consider these tips to avoid driving accidents:

- Car maintenance tips

Make sure that your car is well maintained, has enough fuel and oil and that your tyres are in good condition and the right pressure (including your spare).

Motorway driving tips

- Take care when approaching intersections where traffic joins the motorway and when joining the motorway.
- Follow motorway signals that warn drivers of dangers ahead including accidents and poor road or weather conditions.

Driving awareness tips

- Keep your distance – at least a 2-second gap on dry roads and a 4-second gap on wet roads or in poor visibility.
- Slow down in foggy conditions and use your lights. Keep a sensible distance. In very bad fog open your window slightly and turn off your radio so that you can hear other vehicles.
- Take regular breaks at service areas, but never on the hard shoulder. If you feel sleepy, get off the motorway at the first opportunity.
- Take extra care at road works and when approaching them. Reduce your speed and obey warning signs.

TOP TIPS FOR SAFE TOWING

Improvements in the weather traditionally mean more and more drivers will head out on the roads towing caravans and other loads.

Britain's most senior advanced driver is offering a few tips to help them tow as safely as possible. People should follow a series of techniques when towing other cars, boats, horseboxes and caravans, as they are obviously responsible for two vehicles rather than one.

The first check is to ensure that what is being towed is certainly no heavier than 85% of the kerb weight of the towing vehicle. Anything heavier is likely to be unstable and could easily

lead to accidents.

Drivers should check that nothing is loose or disconnected before they set off and again a short way into their journey. All light connections should be tested with the help of another person and all towed units and vehicles must have an illuminated number plate.

Tyre pressures across all vehicles should be checked and drivers should naturally increase their stopping distances because of the extra load, leaving plenty of room from the car in front in case it brakes sharply.

Overtaking, turning, parking, lane changes and

motorway entrances and exits will all take more time and require more space.

Although the law doesn't demand the use of extended mirrors, these are extremely useful and make up for not being able to use the rear view mirror.

Towing vehicles often have to adhere to different speed limits and they should allow other drivers to pass wherever possible.

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11 Kia Ceed

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09 Ford Focus

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10 Ford Mondeo

Grey



11 Ford Focus

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08 VW Golf

Comfortline, 1 owner, full VW service history, 65k, 1.9TDI



11 Ford Mondeo

2.0 TDCi, 90k, 5dr HB

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- 11 Ford Mondeo** 2.0L, Zetec, 1 owner, full Ford S/H
- 11 VW Golf** 1.6 TDi, 95kms, White
- 11 Hyundai i20** 1.4Dsl, Blue, 26k, 5yr warranty
- 11 Kia Ceed S.W.** Manufacturers warranty to 2017
- 10 Kia Procede** 39k, Manufacturers warranty 2018
- 10 Citroen Picasso** 1.6HDi, 35k, 1 owner, Full S/H
- 10 Nissan Qashqai** 1.5DCi, 60k, Panoramic Roof
- 10 Ford Mondeo** 2.0 TDCi, Titanium, Panther

- Black, alloys, 1 owner, Full Ford Service History
- 10 Ford Focus** 1.6 TDCi, sports, sat nav, bluetooth, alloys, foggs, 83k, full Ford S/H
- 09 Audi A4** 2.0TDi 92k, Black, Full Audi S/H
- 09 Ford Focus** 1.6 TDCi, Titanium, 97k
- 09 Ford Focus** 1.6 TDCi, Titanium, Full Ford S/H
- 09 Kia Procede** 1.6, Alloys, Foggs, 3dr H/B
- 08 Ford Mondeo** 1.8 TDCi, Zetec
- 07 Ford Focus** 1.6 TDCi
- 07 Renault Megane Scenic** 2yr Test

- 06 VW Passat** 1.9 TDCi, Black, NCT Tested
- 06 VW Passat** 1.9 TDCi, Green, NCT Tested
- 06 Citroen C5** 1.6 HDi, 106k, 1yr Test
- 04 Opel Zafira** 1.7 Dsl, 1yr Test
- 03 Skoda Octavia** 1.9 TDi, silver, 1 owner

CARS

- 09 Renault Clio** 1.2, Alloys, foggs, A/C, Sat Nav
- 08 Kia Rio** 1.4, Automatic
- 07 Renault Megane Cabriolet** 1.6, full leather
- 07 Suzuki Swift** 1.3, NCT Tested

- 05 Suzuki Liana** NCT Tested
- 04 Ford Focus** 1.4

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- 09 Opel Combi Van** 90kms
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You want to get your driving licence but don't know where to begin.
You know you'll have to take a driving test, though you're not sure what learning to drive involves.

WHAT TO DO

1. Get your provisional licence. You can get an application form from any Post Office or Garda Station.
2. Find a teacher. Anyone over 21 who has had a licence for 3 years can teach you to drive, but the best and safest way to learn is to take lessons with an Approved Driving Instructor.
3. Automatic or manual? Decide what you want to drive. Automatic is easier but doesn't qualify you to drive a manual when you pass your test.
4. Book your first driving lesson. Most people need about 45 hours of instruction before they pass their driving test.
5. Make sure you are insured to drive any car that you intend to practise in.
6. Practice makes perfect. It's wise to get in about 20 hours of practice time before your test. By law, you need to be accompanied by someone over 21 who has had a full driving licence for at least 3 years.
7. Get your L plates. You'll need to display L plates prominently on the front and back of any car you drive while you practise.
8. Study for the theory test. You'll need to pass the theory exam before you take your driving test.

AVOID IT

Avoid breaking the law when you learn to drive. Make sure you:

- Do not drive unaccompanied
- Wear glasses or contact lenses if you need them
- Drive a car which is legal, roadworthy, properly taxed and insured for you to drive

It's also worth remembering that it is illegal for anyone to charge you for driving lessons unless they are an Approved Driving Instructor.





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YOU ATTRACT WHO YOU ARE!

There has been much mentioned about "The law of attraction" over the years. The book "The Secret" blazed its way into popular media with its message that like attracts like and that what you are thinking about is what you will get. Essentially it's really positive and true – in that our thoughts really do have the power to become things. However, it's much **MORE** than just the way you are thinking – it's about who you really are as a person!

Many people feel disappointed when the law of attraction doesn't seem to work for them. They say, "I'm saying positive things. I'm thinking good thoughts. I'm doing everything right, so how come my dreams aren't coming true?"


The answer is because whilst all of the above is wonderful to do, they may be missing out on the key ingredient, which is the energy of their beliefs in themselves. If you don't fully believe that you are worthy of having what you want, you may attract it for a short period of time but it won't stay in your life.

So, one of the key ways to deepen your belief is to make a decision about the person you truly want to be and start being that person! Ask yourself, "Who am I and what do I desire?" Once you have the answers strip away anything that conflicts with this vision. This includes your own self-doubts, other people's judgments, what society may say etc. Follow **YOUR** heart and become the **YOU** that you want to be **TODAY!**


Do join me on Facebook and at my next Life Lounge! It's on Wednesday 28th May (7.30 – 9.30pm) at the Meadowlands Hotel, Tralee. My guest will be Life & Parent coach Joan Barrett. I am really looking forward to it!

Please call me or email to reserve your seat!

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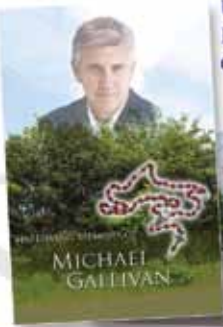



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SPIN TO TRIM

Long considered a child's apparatus, hula hoops are making a comeback for a stronger core and smaller waist.

Hooping – the modern evolution of the hula hoop, is no child's play, although you've probably spun it around aplenty as a kid. It has become popular in some parts of the world and proponents promote the activity as a total body workout. According to a study conducted at University of Wisconsin-La Crosse in the United States, hooping burns an average of seven calories a minute and around 210 calories for a 30-minute workout. Plus you get a sleeker midsection without having to do spot training for the abs. The rhythmic nature of hooping can also be relaxing and meditative.

History states that hula-hooping dates back thousands of years to ancient Egypt and Greece when children used hoops fashioned from grapevines for play. It spread to England and the rest of the world as a recreational and dance activity before gyms and fitness centres started using it for exercise.

The community grew to be so big that in 2007, two hoopers founded World Hoop Day. Thousands of hoopers synchronised their steps and gyrated their hips on six continents, and continue to do so on the first Saturday of October every year.

The day also brings cost-effective toys that double as a portable gym to remote areas of the world where resources are limited.

Hoopers perform in many cities and countries to raise money for charity, and donate hoops to societies that can't afford them. The intention is for children to have fun, exercise their imaginations, and keep physically fit.

Weighted hula hoops for adults weigh between one to five pounds (0.5 to 2.3kg) and are made of wood, rattan or plastic tubing. In contrast, children's hoops are typically made of lightweight plastic, have a very small diameter, and are incredibly difficult for most adults to use.

With smaller and lighter hoops, it takes more energy to keep the hoop going, so it's sheer

wonder how the children spin it so well.

The added resistance created by a somewhat heavier hoop allows it to rotate around the body slowly, and has a remarkable way of sculpting and reshaping in all the right places. How to choose a hoop? The right size reaches anywhere between just below your belly button and the middle of your chest when it's resting vertically on the ground. The weight is up to you. Most weighted hoops have a diameter between 38 and 42 inches (96-107cm).

You don't need to be a whiz to learn to hoop. Start with one leg in front of the other, and loop the hoop over your belly. Hold the hoop parallel to the floor, contract your abdominal muscles, give it a good twirl to start spinning, and slowly rock back and forth in a circular motion until you get the rhythm.

If your hoop wobbles and starts to fall, lengthen your spine and move faster. Move side to side with your waist and hips or back to front with your belly.

It's best to spin in both directions so both sides of the abs get an equal workout, although, if you're right-handed, it's easier to spin anti-clockwise.

THIS WEEKS QUOTE

"We call them dumb animals, and so they are, for they cannot tell us how they feel, but they do not suffer less because they have no words." Anna Sewell, Black Beauty

ON THIS DATE – APRIL 25TH

1744 - Death of Anders Celsius, Swedish inventor of the Celsius temperature scale.

1792 - Jacques Pelletier became the first victim of the guillotine in France.

1819 - Vere Foster inventor of copy books used in schools throughout Ireland until the 1950s born in Copenhagen.

1861 - William Ford, who crossed the Atlantic from Ireland by steerage, married fellow country woman Mary O'Hern. Their son Henry Ford, pioneered the mass manufacturing of the automobile.

1878 - Death of Anna Sewell, novelist (Black Beauty etc).

1915 - The Gallipoli landings (WW1).

1938 - End the 'Economic War': the 'Treaty' ports were ceded by Britain; the Government of Eire paid £10 million to settle financial claims; both sides repealed penal duties on imports.

1953 - The discovery of DNA announced by Englishman Francis Crick and American James Watson.

1998 - The first ever mass demonstrations against immigration laws and racism took place in Dublin, Cork and Limerick. At the same time, protests were staged by Irish people outside embassies all over Europe and the United States.

1999 - The RUC strongly denied fresh claims of police collusion and cover-up in the 1974 Dublin and Monaghan bombings that claimed 33 lives in the Republic 25 years ago.

THIS WEEKS GOOD NEWS

James Crane worked on the 101st floor of Tower 1 of the World Trade Centre. He is blind so he has a golden retriever named Daisy. After the plane hit 20 stories below, James knew that he was doomed, so he let Daisy go, out of an act of love. She darted away into the darkened hallway. Choking on the fumes of the jet fuel and the smoke James was just waiting to die. About 30 minutes later, Daisy came back along with James' boss, who Daisy just happened to pick up on floor 112. On her first run of the building, she led James, James' boss, and about 300 more people out of the doomed building. But she wasn't through yet, she knew there were others who were trapped. So, highly against James' wishes she ran back in the building. On her second run, she saved 392 lives. Again she went back in. During this run, the building collapsed. James hears about this and falls on his knees into tears. Against all known odds, Daisy made it out alive, but this time she was carried by a firefighter. "She led us right to the people, before she got injured" the fireman explained. Her final run saved another 273 lives. She suffered acute smoke inhalation, severe burns on all four paws, and a broken leg, but she saved 967 lives.

Daisy is the first civilian Canine to win the Medal of Honour of New York City.

WHEN YOU WERE A CHILD WERE THERE MAOL CATTLE IN YOUR HERD?

Irish Moiled Cattle are one of the most distinctive breeds of cattle in Ireland, and the only surviving domestic livestock native to Northern Ireland. The word moile (or maol) comes from Gaelic and refers to the distinctive dome on top of the animal's head. It is a hornless breed, usually red in colour with white features, such as the belly and a marked line along the back, though individuals' coats can vary. They are medium sized, and have a docile temperament. They are excellent converters of

forage, and thrive on the poorest of pastures, and can be easily maintained on less acreage than most other cattle breeds. It is believed that they have large stomachs to help them digest large quantities of poorer quality forage. A preference for willow ash and ivy makes them ideal for extensive grazing situations.

Irish maoled cattle produce tender, well-marbled beef with a distinctive flavour. The average steer carcass weight is between 220 and 260 kg. Cows are able to produce a calf every 12 months until at least 10 years of age if kept in good health, and when raised in extensive systems may produce up to 5000 liters of milk per year.

Today, Irish moiled cattle are quite rare, with only a couple of hundred females in existence. Maoled cattle are referred to in myths and legends dating back to 640 AD, and were taken by the Vikings to Scandinavia. Because this breed thrives on wetter ground than most cattle, it was traditionally the animal of choice in eastern and southern areas of the province of Ulster. In the late 1970's the breed was down to 30 females and a couple of bulls owned by two breeders in Northern Ireland. Since then, there has been renewed interest in the breed and numbers are building, though today it is still quite rare, with only a couple of hundred females in existence throughout the entirety of Ireland. Beef from the breed can be found in a limited number of specialty shops.

WHAT'S BIGGER THAN A BUS BUT HAS PREY SMALLER THAN A GRAIN OF RICE?

Basking sharks are the world's second-largest fish (only the whale shark is bigger) and can grow to the length of a bus, more than 12 metres from tip to tail.

Basking sharks can weigh more than four tonnes — heavier than a couple of cars — yet they feed primarily on zooplankton, which are smaller than a grain of rice.

Although sometimes mistaken for great white sharks, basking sharks are gentle giants with tiny teeth and are harmless to humans.

The basking shark's highly adapted mouth and gill structure can filter enough water to fill an Olympic-size swimming pool every 90 minutes. The mouth of a basking shark is so unique that the structure of the mouth cavity has recently inspired the design of a more efficient hydroelectric water turbine.

Where are these basking sharks?

Do you wonder why you've never seen a basking shark? Despite being found along both the Pacific and Atlantic coasts of Canada, basking sharks are rarely seen in the wild. On the Pacific coast only about one a year is officially sighted, a stark contrast to 60 years ago when schools of hundreds of basking sharks could regularly be seen.

Basking sharks faced aggressive extermination in the 1950s and '60s, and because they are often found "basking" near the surface, they can

become entangled in fishing gear and hit by shipping vessels. These threats have reduced basking shark populations to the point where some have disappeared and others need protection.

In January, Canada's Department of Fisheries and Oceans released a policy to assist in the recovery of the basking shark. It instructs vessels on how to operate around basking sharks and how to report a sighting if you are fortunate enough to see one.

DID YOU KNOW....

- There are three species of zebra and in the wild they are only found in Africa. They include: Burchell's zebra, also known as the common or plains zebra; Grevy's zebra, named for Jules Grevy, a 19th century French president who received one from Abyssinia as a gift; and the Equus zebra. All three belong to the genus Equus, which includes horses and donkeys.

- *Zebra's distinctive stripes are thought to offer protection — they provide camouflage against grasses and make individual animals difficult to single out in a herd when viewed by predators. But new research suggests that the stripes may have evolved as a deterrent to blood-sucking insects.

Each species of zebra has different types of stripes, varying in width and pattern distribution. Curiously, the farther south on the African plains the zebra lives, the farther apart its stripes will be.

- Within each species, no two zebras have the same stripes; they are as unique as fingerprints.

- "Tijuana Zebras" are not zebras, at all. They are painted donkeys used in the Mexican town as a tourist gimmick.

- Zebras weigh anywhere from 400 to 850 pounds, depending on the species. The Grevy's zebra is the largest wild member of the horse family.

- Constantly on the watch for lions and hyenas, a herd helps with all of its extra eyes to monitor for danger. If a zebra is attacked, other zebras come to its defence and form a circle around it to ward off the predator.

FISHERMAN FINDS WORLD'S OLDEST MESSAGE IN A BOTTLE

In 1913, 20-year-old Richard Platz wrote a note on a postcard, threw two stamps along with it into a brown beer bottle, closed it, and tossed it into the sea. More than 100 years later, Platz's words brought tears into his granddaughter's eyes. She had never known much about her grandfather until his message in a bottle.

Richard Platz was the son of a baker. In 1913, he was on a nature hike with a nature appreciation group along the Baltic Sea in northern Germany when he wrote his message. His postcard was dated May 17, 1913, and the message asked that whoever would find it, would put the two stamps on it — and please return it to his home

address in Berlin.

More than 100 years later, Richard Platz's message in the old beer bottle was found by 65-year-old fisherman Konrad Fischer last month in Kiel, which is in northern Germany and not too far from where Platz had tossed it into the ocean. After finding the beer bottle, the fisherman gave his amazing find to the International Maritime Museum in Hamburg.

Mr. Fischer used a wire to get the rolled-up postcard out of the bottle and he knew the bottle was authentic because it had a picture of an old German brewery on it, the postcard was written in old German letters and many of them were faded because of the longtime exposure to the sunlight and the dampness. However, he was able to read the year 1913 he said.

Holger von Neuhoff from the International Maritime Museum described the beer bottle to be in the utmost perfect condition. Despite the passing of time and the dampness, many of the words on the postcard were still legible. "This is certainly the first time such an old message in a bottle was found, particularly with the bottle intact," he said. So far, Guinness World Records identified the oldest message in a bottle dating back to 1914. It had spent nearly 98 years at sea before being fished from the water.

Instead of returning the 100-year-old message to Platz's address in Berlin, researchers tracked down his 62-year-old granddaughter Angela Erdmann in Berlin. When Ms. Erdmann answered the knock on the door and discovered the person was a family researcher who had tracked her down, she could hardly believe that her grandfather had written a message in a bottle more than 100 years ago. Her grandfather Richard had died before she was born, and she never knew much about him.

After seeing the 100-year-old message and reading her grandfather's words, Ms. Erdmann conducted her own family research and was able to find old diaries and letters from her grandfather Richard Platz who was her mother's father and who had died in 1946 at the age of 54.

100 SONGS FOR CANCER

Pat Cassidy from Castleisland will sing 100 Songs in aid of Kerry Cancer on Saturday, May 3rd in The Ivy Leaf Theatre, Castleisland from 1pm to 5pm.

A Special Cause, A Special Day, Everyone Welcome to sing and dance the afternoon away. All Musicians Welcome.

Please support Pat in this Singaton - Admission is free and donations will be accepted at the door.

FINALLY THIS WEEK

Did you know that as long as the first and last letters of each word stay put, the brain can totally read sentences like this, even though the letters in the middle are all jumbled up?



SELF-ACCEPTANCE II

Last week we highlighted our tendency to be self-critical and extremely hard on ourselves. Self-acceptance on the other hand means accepting ourselves just as we are whilst acknowledging that there is always room for improvement. This can be very difficult however and requires a change in how we view and what we tell ourselves. By developing a 'self-accepting' voice we focus on validating ourselves rather than paying heed to the automatic negative thoughts. Instead of listening to the thought that says 'I'm not good enough' or 'I'll never get it right' we validate ourselves (much as a parent might a child) saying something like 'I know your feeling useless right now. It's Ok. This is challenging and difficult and frustrating. But you are capable. How about taking a break and coming back to it later' Despite the feelings of guilt, self-criticism and negative put downs, we can start by telling ourselves, that we've done the best we could do.

We need to look at what is it within ourselves that we don't accept – and begin to bring more compassion and understanding to those aspects of ourselves. Perhaps there is a part of us that we are rejecting based on the internal programming (and not the actual reality) that we received as a child. Sometimes our lack of self-acceptance is due to our unwillingness to feel or experience uncomfortable emotions. At other times unrealistic expectations can lead to lack of self-acceptance. When we are unable to forgive ourselves for our 'humanness' then it is very difficult to develop self-acceptance.

Practicing mindfulness can be a great way to begin to become aware of the negative, self-judging thoughts we continuously tell ourselves. It becomes like watching a movie – where you are having these thoughts but these thoughts are not who you are.

Self-acceptance isn't about fixing anything in ourselves. Instead it is affirming who we are (warts and all) at this point in time. It's not that we ignore our faults or weaknesses – we just view them as not relevant to our overall sense of acceptability. We accept ourselves today, just as we are, regardless of our shortcomings. Whilst we can commit to make changes in the future that will enrich our lives - it's about being Okay right now. The only thing we need to change **at this moment in time** is the way we view ourselves.

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

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

Health Matters....

With Dr. Michael O'Doherty

TRAVEL VACCINATION PART 2

Rabies: Rabies is a fatal disease, which humans can contract from the bite of a rabid animal. It is present in many countries but is higher risk in some developing countries.

- Rabies Vaccination pre-exposure course consists of three doses, one on day 0, then one on days 7 and 21 or 28. Single reinforcing dose every 2-5 years for those at risk.

Pneumococcal Disease: Pneumococcal Disease is an infection caused by bacteria. It can cause serious, possibly life threatening illnesses, notably: pneumonias (an infection of the lungs), septicaemia (blood poisoning) or meningitis (an infection of the linings around the brain)

- Pneumococcal Vaccine, for most patients a single dose is sufficient

Influenza: Influenza is an acute viral infection of the respiratory tract affecting all age groups. It can cause serious, possibly life threatening illnesses, the most frequent complication is bacterial chest infection.

- A primary course is completed

Meningococcal Meningitis: A dangerous illness that is spread through coughs, sneezes and close contact. The types that are common in Africa, the middle east and some parts of Asia are mainly preventable. The Saudi Arabian government requires all pilgrims to the hajj and umrah to be vaccinated with a meningococcal vaccine A,C,W and Y strains. The certificate of vaccination is valid for 3 years from 10 days after the vaccination.

- Meningococcal Meningitis Vaccine consists of a single injection which helps protect patients for at least 3 years and up to 5 years. The certificate is valid from 10 days after vaccination and for 3 years thereafter.

Japanese Encephalitis: A life threatening virus which affects the brain. It is spread by mosquitoes during the rainy seasons in SE Asia and the Far East.

Tick Borne Encephalitis: This disease is spread by ticks that live in forested areas of northern and central Europe especially during late spring and summer.

Hepatitis B: Hepatitis B is a highly infectious virus spread through blood, semen and other body fluids. Contact even through tiny quantities of an infected person's body fluid can pass the virus on.

Travelling tips: At least 2 months prior to travel, seek more detailed advice from your health care advisor.

Food and water: When travelling in countries where hygiene is poor:

- Avoid eating shellfish, salads, unpeeled fruit and uncooked food, make sure cooked food is piping hot
- Remember "boil it, cook it, peel it or forget it".
- Drink either mineral water or branded / canned drinks at all times, including when cleaning your teeth.
- Do not have ice in your drinks, as it is usually be made from tap water – stand your glass in ice instead.
- Ask your pharmacist about oral rehydration therapy to help you cope in case of dehydration.

- Carry anti – diarrhoea tablets.

Sun: • Avoid sun exposure from 11.00 am – 3.00pm

- Always use appropriate strength sun block suiting your skin type.
- Remember: Slip your shirt, slop on some sunscreen and slap on a hat.

Insects: • Use Insect Repellents.

- Take antihistamine tablets / cream to treat insect bites or skin rashes.

If you require any information on the above article please do not hesitate to contact us. All Travel vaccines can be given at Killarney Medical centre, we can arrange an appointment to suit you, contact us on 064-6620628 or visit our website at www.killarneymedicalcentre.ie



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

In Loving Memory of



SVEN NÖLKE



29th April 2009

IT IS FIVE YEARS SINCE YOU LEFT US

The memories of you - our beloved Son, Brother and Uncle - are here every day and still we learn of the full life you lived. We treasure the continuous flow of tributes by the many friends you have.

*We miss your smile,
Your joking ways.
We miss the things
You used to say
And when old times
we do recall,
That's when we miss you
most of all.*

SVEN, WIR DENKEN IMMER AN DICH
Christel & Klaus NÖLKE
Lars and Kjell and their families

2ND ANNIVERSARY

*In loving memory of a dear
husband, father, father in law and
grandfather*



**STEVE
KENNEDY**

Lahard, Beaufort
Who passed away on April 24th 2012.

*So many people knew you,
And that's what makes us proud,
You were that special person,
Who stood out in the crowd,
And for us who lost and loved you,
And whose parting brought such pain,
We will cherish your memory forever,
In a world that is never the same.*

**Love and miss you, Mary, Jackie, Kieran,
Aoibhinn, Sarah, Paul, Paula, Kieran
and Laura.**

DEBT REMOVAL PRAYER

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

NOVENA TO ST. CLARE

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

PRAYER FOR MOTHERS IN DISTRESS

Our Lady of Guadalupe wrap your mantle around the woman most in distress at this moment. St. John the Baptist hold them by the hand and lead to all the alters of the world where the Precious Blood of Jesus is shed.

Our Glory Be to the Father.
M.M.

DEBT REMOVAL PRAYER

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NOVENA TO THE SACRED HEART

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

x

NOVENA TO THE 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.

PRAYER

NEVER KNOW TO FAIL

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence to beg of the favours that I need (make request). From 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 perfect love for me and therefore 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. **S.P.**

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. **F.E.**

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. **B.B.**

NOVENA TO ST. CLARE

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

THANKS GIVING

Sacred Heart of Jesus, Padre Pio and Our Blessed Lady, a thousand thank you for everything and all the Saints and Souls.

NOVENA TO THE SACRED HEART

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

x



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YOUR LOCAL INSURANCE BROKER

IMPORTANT NOTICE FOR SETANTA INSURANCE CUSTOMERS

We have arranged temporary insurance cover for all our Setanta Insurance policyholders from **00:01 on 17th April until 5pm on Wednesday 30th April** next. The underwriter is Liberty Insurance - Terms and conditions apply, and most importantly there is no charge for this temporary cover, subject to no claims.

We are contacting all our Setanta Customers to arrange alternative cover. Please feel free to contact us if you have queries. We have access to over 20 Insurance Companies, Irish and International, to get the best quotes and cover for Van and Car Insurance.



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