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MALEFICENT 11:45 1:30pm 7 Days Sat/Sun/Wed 4.15 8.05 Late Show Fri 11:25	BLENDED 11:45 1:30pm 7 Days 8.30	GOODILLA 11:45 1:30pm 7 Days Sat/Sun/Wed 4.15 8.05 Late Show Fri 11:25	
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Main Course Lunch in The Brehon Bar with Tea or Coffee



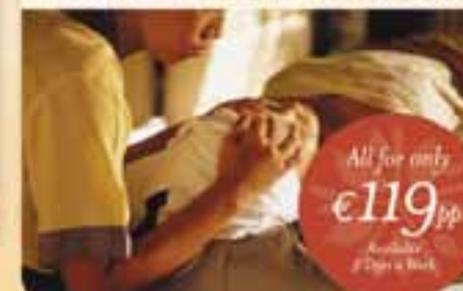
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ST. BRENDAN'S COLLEGE STUDENTS GO FORTH

Parents, families and teachers joined sixth year pupils in the chapel at St. Brendan's College on Wednesday night last to celebrate as a community, the going forth Mass of the 2014 Leaving Cert students. Under the theme "there is calm after the storm" the Mass, celebrated by school Chaplains, Fr. Joe Begley and Fr Niall Howard, focused on the uniqueness of each individual's life path. Head Prefect, David Phelan, regaled the congregation with their memories and experiences of their life passing through St. Brendan's. Principal, Sean Coffey, congratulated the students on adding a further layer to the proud traditions of the school. He hoped that each student would achieve his best in the upcoming Leaving Certificate Examination. With 6th Year Head, Seamus Grealy, he presented a Past Pupils Union Tie to each student. The tie, a gift from the Board of Management of the school, will undoubtedly serve as a reminder of life at the College in years ahead.

Following the Graduation Mass, students, teachers & parents alike gathered in the



DEAN MURPHY, JONATHON COFFEY, CIAN O'BRIEN AND CHRIS O'MEARA AT THE ST BRENDAN'S COLLEGE GRADUATION MASS IN THE CHAPEL AT ST BRENDAN'S COLLEGE KILLARNEY ON WEDNESDAY.

College Quad for a BBQ generously provided by Parents' Association.



EDMOND MORRISSEY, JOSH FLYNN, DYLAN MARSHALL AND COREY MANGAN AT THE ST BRENDAN'S COLLEGE GRADUATION MASS IN THE CHAPEL AT ST BRENDAN'S COLLEGE KILLARNEY ON WEDNESDAY.



CONNIE KISSANE, COLM WALSH, EOGHAN WALSH AND BRENDAN LYNE AT THE ST BRENDAN'S COLLEGE GRADUATION MASS IN THE CHAPEL AT ST BRENDAN'S COLLEGE KILLARNEY ON WEDNESDAY.



JAMES BURKE WITH HIS FAMILY BRIAN, SEAN, HELEN AND EIMEAR AT THE ST BRENDAN'S COLLEGE GRADUATION MASS IN THE CHAPEL AT ST BRENDAN'S COLLEGE KILLARNEY ON WEDNESDAY.

CITYLINK LAUNCH KILLARNEY-GALWAY SERVICE

Irish Citylink, one of Ireland's largest independent Express Coach Operators, has announced the creation of the first ever express coach service between Galway and Killarney. The new route, launching today, Friday 30th May, will provide passengers with the shortest travelling time between Galway and Killarney and will feature morning and evening services in each direction. Four services will operate each day and as the service is non-stop express no change of coaches is required.

The company confirmed it will deploy luxury coaches on the route, providing passengers with free Wi-Fi, on-board toilet facilities, air conditioning and reclining seats. According to David Conway, General Manager, Irish Citylink: "Our daily early morning and late evening services, which are currently not being offered



by any other operator, will be of particular benefit to tourists and students."

"Our online reservation system enables passengers to reserve a seat on their chosen service and there are special introductory return fares of only €19.98," Mr. Conway added. Irish Citylink is headquartered in Galway City. Over 100 people are employed in the provision of Irish Citylink services. Citylink operates four main routes, with 80 daily services. Citylink's operations include Express services between main cities and airports, and Commuter services serving towns and villages across the country. For more visit www.citylink.ie.



PICTURED ON THE MAIDEN VOYAGE OF THE BIG RED BUS ON THURSDAY 22 MAY WAS EILEEN O'CONNOR OF RATHCOMMANE, BALLYHAR.





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WHERE MEMBERS MATTER MOST



7-A-SIDE LAUNCHED BY KILLARNEY ATHLETIC FC

Killarney Athletic A.F.C. has announced details of the 38th Annual 7 A Side Tournament in conjunction with sponsors Killarney Credit Union which will kick off on Monday 30th June.

This year is the thirty eighth year and there will be competitions for Senior Men and Ladies, Over 35s and underage boys and girls.

The competitive underage event will be run over a few days, with age groups from U10s to U12s on the weekend of 11th/12th July. And U14 and 16 taking place too.

Along with the Premier and Reserve Cups, The Kieran Cahillane Senior Player of the Tournament Award will be on offer for the outstanding player on view, while The Johnny Heffernan Underage Player of the Tournament Award will also be up for grabs. There will be free entry to the 2014 tournament for the Premier Cup winners.

In acknowledgement of the economic climate, Killarney Athletic are maintaining the entry fee at last year's amount and are hoping for a high entry across the categories. Senior Men: €200; Over 35s: €150; Ladies: €150; U10/12: €50; U 14/16: €75.

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

Application forms are available from Killarney Credit Union, Beech Rd. and Park Rd.; Scotts Bar



LAUNCHING THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 38TH ANNUAL 7 A SIDE TOURNAMENT WERE MARK MURPHY (KILLARNEY CREDIT UNION) AND KILLARNEY ATHLETIC CHAIRMAN TOM TOBIN, SEATED, WITH CLUB OFFICERS, FROM LEFT, DON O'DONOGHUE, MARY MCCARRICK, DONIE MURPHY AND JP MULLINS. THE TOURNAMENT WILL KICK OFF ON MONDAY 30TH JUNE. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

and at www.killarneyathletic.com

The closing date for senior entries (to be returned to the above venues) is Friday 20th June and the draw will take place on Sunday

evening, June 22nd in Scotts Bar @ 9pm.

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

RIDERS DO KERRY PROUD IN RAS



PICTURED ARE RIDERS NEIL LONG, BENNY CASSIDY, MATT SLATTERY AND TEAM MANAGER BRENDAN CASSIDY OF THE "KERRY AHERNS BMW/OPEL" TEAM AT THE FINISH OF THE AN POST RAS INTERNATIONAL CYCLE RACE ON 25 MAY 2014 IN SKERRIES, DUBLIN. THE AN POST RAS IS A GRUPELLING EIGHT STAGE PRESTIGIOUS CYCLE RACE AROUND IRELAND COVERING 1,266 KM INCLUDING A FIELD OF BOTH PROFESSIONAL AND AMATEUR RIDERS.

The Kerry Aherns BMW/Opel Team had a magnificent performance in the overall General Classification coming 5th in the County Team Category. Matt Slattery was the 7th county rider overall and Brendan Cassidy finished 2nd in the Category 2 competition. The Team also included Mike Shaughessy, Mechanic, Brendan Slattery, Soigneur and Cian

Hogan, Sports Massage Therapist. Unfortunately rider John Mannix had to withdraw from starting the race due to injury and also riders Mike Lucey and Cathal Moynihan had to depart from the race due to injury and illness having contributed significantly to the Teams performance in the race. Overall a tremendous result for the Kerry Team.

CONCERTS AT ST. MARY'S

This month promises a fantastic variety of music from local and international groups. On Saturday June 7th at 8pm Tim O'Shea and his wonderful traditional Spraoi Chiarraí collective, which mentors and encourages some of Killarney's finest young local performers and musicians. Their performances at St. Mary's Church of Ireland in Killarney are proving more and more popular each year with locals and visitors alike.

A wonderful opportunity to hear some of the locality's up and coming talent, this is an evening's entertainment not to be missed!

On the following Tuesday June 10th at 8pm we welcome more young performers and the Kirkwood Children's Chorale, Kirkwood, Missouri, USA. A non-profit educational organization, which offers vocal training to young singers, the choir currently boasts a membership of nearly 100 students representing many schools in the St. Louis area.

The choir, under the directorship of Jeff Lackey, is looking forward to their time in Killarney. Admission is free

INEC KILLARNEY

www.inec.ie

#IRELANDBIKEFEST



ENTERTAINMENT

FRIDAY MAY 30TH

OUTDOOR STAGE BackStage Bar *Karley Bar*

12.00 - 18.00 **DJ DONAL**
KERRY'S ONLY LIVE VIDEO DJ

18.00 - 20.00 **DEUCES WILD**

20.30 - 22.00 **audio circus**



22.30 **PAT BYRNE BAND**



STRAIGHT THRU THE GATE
BLUES CAJUN ROCKABILLY BAND

SATURDAY MAY 31ST

OUTDOOR STAGE

INEC

12.00 - 15.00 **DJ DONAL**
KERRY'S ONLY LIVE VIDEO DJ
17.30 - 18.00

15.30 - 17.30 **KODAKID**



22.00 **NA BUACHAILÍ DÁNA**



FOLLOWED BY DJ

Karley Bar



SUNDAY JUNE 1ST

OUTDOOR STAGE

INEC

12.00 - 14.00 **DJ DONAL**
KERRY'S ONLY LIVE VIDEO DJ

18.00 - 20.00 **DRAW FOR A HARLEY-DAVIDSON®**

14.00 - 16.00 **Sin iad**



22.00 **CHILDREN OF SON**



FOLLOWED BY DJ

Karley Bar



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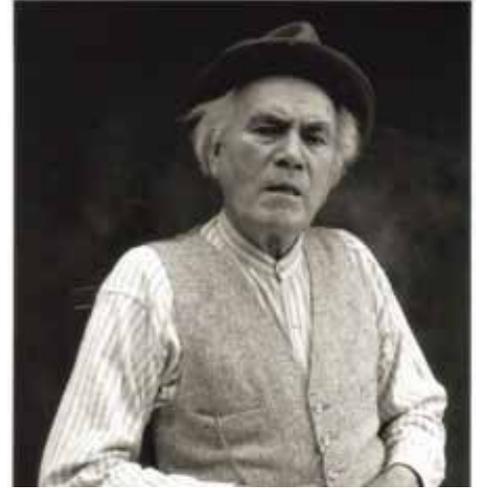
f Ticketmaster 0818 903001 | www.ticketmaster.ie



LAST CALL FOR ÉAMON KELLY ARTS BURSARY

June 6th is the closing date for the 10th Anniversary Eamon Kelly Arts Bursary. Killarney Arts (a sub-committee of Killarney Town Council), introduced this Bursary (Arts Fund), in honour of Éamon Kelly in 2005 and has continued to award it on an annual basis since then. This is our 10th Anniversary. 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. Best known as a Seanchaí (Storyteller), he also earned much praise as an actor with the Abbey Theatre. Widely travelled, Eamon 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 Ray O'Sullivan and Music Composer Sean Daly won the 2013 Bursary. Film Maker, Denis Buckley was the 2012 recipient. Denis currently has a number of Kerry-related projects on hand and also received a major award at Dingle Film Festival. In 2011 Kilcummin's, Niall Crowley

(Baritone) was successful. He continues to study singing and recently enthralled the audience at the Mons. Hugh O'Flaherty Concert in the Malton Hotel, 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 2014 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



ÉAMON KELLY SEANCHAI

Killarney Postal Area. The closing date is June 6th, 2014. Application Forms are available from The Secretary, Killarney Arts, Town Hall, Killarney or email: mpigott@killarneytc.ie or by phoning 064 6631023.

BIKE MANIA IN CURROW..... AND ITS ALL IN AID OF CURROW LADIES GAA CLUB



ON YOUR BIKE: MEMBERS OF CURROW CYCLING CLUB AND CURROW LADIES GAA CLUB PREPARING FOR THE CURROW LADIES GAA CLUB LEISURE CYCLE ON JUNE 15TH. FRONT L/R: MAGGIE O'SULLIVAN (CURROW LADIES GAA CLUB), MARGO BROSNAN (CURROW LADIES GAA CLUB), ROISIN DALY (CURROW LADIES GAA CLUB). BACK L/R: NOELLE SCANLON (CURROW LADIES GAA CLUB), STEVE KEY (CURROW CYCLING CLUB), MARCUS CRONIN (CURROW CYCLING CLUB), EILEEN CRONIN (CURROW LADIES GAA CLUB) AND HUGH MCSWEENEY (CURROW CYCLING CLUB). PIC BY OUTLOOK PICS.

Bike mania is set to sweep Currow on June 15th when more than 150 cyclists are expected to peddle their way around the region during the Currow Ladies GAA Club Leisure Cycle. The colourful event, supported by Currow Cycling Club, will attract cyclists from all over Kerry. Apart from the hundreds of individuals preparing for the Ring of Kerry Cycle the event will also attract a number of clubs including Tralee Cycling Club, The Chain Gang (Tralee), Killarney Cycling Club, Tralee Bicycle Club, Sliabh Luachra CC, Currow CC, Fingue Wheelers and Killorglin Cycling Club. "It promises to be a wonderful day with a great social aspect to the event. After the cycle the participants will be treated to refreshments in Currow Community Centre. This annual cycle is now one of the highlights of the cycling season in Kerry and a great training spin for the Ring of Kerry cycle," said Margo Brosnan, chairperson of Currow Ladies GAA Club. Sign-on will commence at 9:00 in the Currow Community Centre. Start time is 10:00. "This is a leisure tour that will cater for all levels of fitness. We have two routes covering 60km and 100 km. The 100km route will start in Currow and take in Castleisland, Tralee, Castlemaine, Killorglin, Killarney, Aghadoe, Ballyhar, Firies, Farranfore and back to the finish in Currow. The 60K will travel to Castleisland, Tralee, Castlemaine, Firies, Farranfore and on to Currow. We are hoping to have Currow sports stars Siobhan Fleming and Seamus Scanlon as the official starters of the cycle. All funds raised from the cycle will assist the ongoing development and promotion of Ladies Football in the Currow region which currently caters for 100 members ranging in age from Under 8 to seniors. The cycle will have a full medical and mechanical back up service on the day with food stops on route and everyone is welcome."

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

THANK YOU!

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KENMARE PLACE KILLARNEY



TASTE OF TRALEE IS BACK IN MANOR WEST RETAIL PARK

Manor West Retail Park is delighted to once again play host to the finest Artisan Food Producers Kerry has to offer for the Taste of Tralee Food Fair after its fantastic success in April. The event, in association with Taste Kerry is a fantastic opportunity to showcase the massive amount of talent and creativity of the Kingdom's Artisan Producers. Taking place in the main shopping Mall, thousands of visitors will be given the opportunity to sample and purchase locally produced products and we can assure you, you will be spoiled for choice. In true Kerry style there will be something for everyone on the day. So not matter your preference, whether it is sweet or savoury, you will find yourself the perfect treat.

Centre Manager, Derek Rusk who is organising the event stated "The success of the Taste of Tralee Food Fairs here in recent years has been massive and we are delighted to welcome the event back several times throughout 2014. It is fantastic that we can support this range of small Kerry businesses by holding events like this; the businesses are able to interact with a wider pool of customers and the atmosphere created in the shopping centre during the Food Fair is phenomenal. As well as the bonus of supporting local businesses, it is a fun weekend with the opportunity to try something new during your shopping trip. There are many different businesses involved with Taste Kerry and holding several events throughout the year allows many businesses to partake".

Manor West Retail Park has been working with



TERSEA FOLEY HEAVNELY BAKED, DERCK RUSK MANAGER MANOR SHOPPING CENTRE AND MELANINE HARTY OF HARTY'S TRALEE.
PHOTO BY: DOMNICK WALSH / EYE FOCUS LTD © TRALEE

Taste Kerry in its role to promote the county's home-grown food producers for the past three years and it is a partnership that has gone from strength to strength. Taste Kerry, which is a group set up to promote the development of local food based businesses, is delighted to once again be visiting the prime retail location that is Manor West Retail Park. John Harty, of Taste Kerry stated "We get fantastic support from Derek Rusk and the Manor West team every time we visit and we know this Food Fair in June will be no different. Come along

to Manor West and support your local artisan food producers and taste something new on the day."

The event will take place from 12 noon to 6pm on Saturday 7th and Sunday 8th of June in the main shopping mall in Manor West Retail Park with many more events and activities planned to take place over the next few months. For further information on Manor West visit www.manorwest.ie or follow Manor West on Facebook.

ALL ROADS LEAD TO FAHA FOR FUN WEEKEND

The tight knit community of Faha are coming together this weekend to celebrate their parish at two fun events.

On Saturday evening clubs and groups in the parish invite everyone to a free fun evening which will include novelty races, football matches, wellie throwing, a free barbeque, childrens races, sheaf tossing and much much more.

The event kicks off at 5pm and will continue until 7pm with everyone encouraged to bring a little home baking with them.

The following day, Sunday June 1st Failte is Feile Faha is taking place at Killarney Country Club. This event which is organised by Milltown/Listry Comhaltas Ceolteoiri Eireann is a family day full of dancing craic and ceol.

There will be a junior ceili, followed by a magic show from 1-3 and then the outdoor senior ceili takes place from 3 to 6 with the Deenagh Ceili



Band.

Events will move indoors with a traditional music session later in the evening and everyone is invited to join in with a song or a tune.

All in all a busy weekend for everyone!

STEPHANIE'S CYCLE TAKES PLACE ON SUNDAY

The third annual Stephanie O'Sullivan Cycle against Suicide will take place this weekend.

The cycle has two routes 80km and 40km.

Registration takes place in Milltown/Castlemaine GAA grounds from 8am – 10am on Sunday morning and 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 Stephanie's family 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.

IF YOU HAVE A STORY...

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



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DR COLM O'LOGHLEN, BDS (NUI) MSc (U. LOND) 3 Bridge Place, Tralee, Co Kerry

AWARD WINNING TADHG IS OFF TO MEXICO

From Killarney to Mexico; U.C.C. student, Tadhg Moore from Headford, Killarney has won an eight-week EIL Travel Award to Mexico. The fully funded award was given by Cork-based EIL Intercultural Learning, which organises cultural and educational travel programmes worldwide.

Tadhg is studying Environmental Sciences at University College Cork and was awarded by EIL with one of four Travel Awards for Access Students. Tadhg has done various voluntary work with his local community and will spend eight weeks on a volunteer project in Mexico working on an eco-tourism project.

Tadhg said, "I am absolutely over the moon! My main motivation for volunteering abroad is to go out and make a difference in people's lives, to work directly to tackle problems and use my skills to help people."

Established in 1994, the EIL Travel Awards give people the chance to apply for fully or partially funded learning trips abroad. The Access Student Travel Award is open to full-

time third level students registered on an Access programme. Tadhg was nominated for the Travel Award by the Access Coordinator in University College, Cork. He will spend eight weeks in La Ventanilla, Mexico, where he will learn basic Spanish language skills, live in the local community and volunteer with a co-operative conservation project.

"It's great to see the change in people from when they go away to when they come back. Meeting them again, hearing their stories, feeling their excitement, and listening to how they're going to apply what they've learned in their future endeavours is very satisfying for everyone at EIL," said Kevin Hickey, Director of EIL Intercultural Learning.

EIL is a not-for-profit organisation that is recognised as a "Peace Messenger" by the United Nations. The Cork-based organisation celebrates its 50th Anniversary this year and is marking this with a number of celebratory programmes and activities. The mission of the



TADHG MOORE... OFF TO MEXICO.

organisation is to provide intercultural learning experiences which enrich lives, promote understanding of other cultures and challenge individuals to be more globally aware and responsible. Further information on EIL is available through www.eilireland.org.

NEILUS AND TINA WIN THE SIX BOOK CHALLENGE



L TO R: ELAINE CLIFFORD, KERRY ETB - TUTOR; KATHLEEN RICE, KILLARNEY LIBRARY; SIOBHAN RANGLES, KILLARNEY BOOKSHOP; NEILUS O'CONNOR, WINNER SIX BOOK CHALLENGE; TINA MAXWELL QUAZI, WINNER SIX BOOK CHALLENGE; MARY CONCANNON, KERRY ETB - ALO; AOIFE MCCORMACK, KERRY ETB - CALO; EAMON BROWNE, KILLARNEY LIBRARY.

Neilus O'Connor and Tina Maxwell Quazi have been announced as the winners of the Killarney Library 2014 Six Book Challenge.

30 learners signed up for the challenge which was sponsored by Killarney Book Shop. The challenge encourages learners to read 6 books/articles and record each piece of reading in a reading diary. Kathleen Rice and Eamon Browne who choose the winners were on hand to present the winners with their book vouchers.

The key benefits of the Six Book Challenge are:

- Engages people in an enjoyment of reading – often for the first time

- Opens up communication between readers and kick-starts reading group activity
- Supports skills development and progression to further learning
- Encourages use of libraries in all settings
- Provides a simple but powerful tool for partnership working.

For further information please contact Mary Concannon, Adult Literacy Organiser, Kerry ETB – 064 6636990.

IT'S SUMMER TIME IN KILLARNEY

Summer is finally here and Spraoi Chiarraí are back. This Killarney based Irish Traditional Music, Song & Dance performance collective is presenting the finest young local performers. They had great success over the last nine summers. They are very happy to report all sponsors are again onboard this year making this 10th year Anniversary series of Free Concerts possible. The first of seven FREE Concerts is this Saturday, June 7th at St. Mary's Church of Ireland, Killarney at 8pm. Michael Ó Sé (Pipes/whistle) and Donagh McElligott (Concertina), will open the proceedings and then Pádraig Creedon (Fiddle) and Catherine Carey (Fiddle/Accordion) will join Spraoi Chiarraí Producer/Director Tim O'Shea (Guitar/Vocals/Bodhrán).

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

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PROPERTIES OF THE WEEK



ALOHART, BEAUFORT
REF 575

Guide Price €140,000.

Charming 2 bed traditional style cottage, beautifully restored, with natural stone garage with PVC patio doors, situated on a c.0.5 acre site.

BER D2



2 GARDEN VALLEY, KILBREAN MORE, KILLARNEY

REF 332

Guide Price €210,000.

5 bed detached property located 3 1/2 miles to Killarney Town. Landscaped gardens & private gated entrance. (BER Pending)



TIERNABOUL, KILLARNEY

REF 564

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QUEENS OF THE ROAD IRELAND BIKE FEST 2014

JUNE BANK HOLIDAY WEEKEND

Over 40,000 bikers and biking enthusiasts will converge on Killarney this weekend for Ireland Bike Fest and many of the bikers will be women.

"Women are taking to the roads in record numbers and not as pillion passengers but as fully fledged motorcycle riders," says Patricia O'Donoghue, who has been biking for nearly five years.

"To be honest, people still look sideways when we take off our helmets and they realise it's a woman underneath. We get remarks like, are you sure you can handle it, before they watch us fly off over a beautiful mountain pass like Ballaghasheen."

"My advice to women interested in taking it up is get the proper training, start off with a bike where your feet are flat on the ground and then just go for it. It's all about confidence, freedom and being out in fresh air come rain or shine." Ireland Bike Fest is Ireland's only free, open biker festival meaning every make and model of motorbike imaginable along with their owners are welcome to attend.

The festival headquarters, located at The Gleneagle Hotel, will once again be the main hub of activity. Here you will find The Bike Village, featuring trader stands with specialised biker gear and more, along with plenty places to eat, grab a drink and listen to the live bands



QUEENS OF THE ROAD PATRICIA O'DONOGHUE, FIONA CARROLL AND EILISH COFFEY FROM KILLARNEY PICTURED WITHN THEIR SUPER MOTORBIKES AS THEY ARE GEAR UP FOR IRELAND BIKE FEST 2014 WHICH RUMBLES INTO KILLARNEY FOR ITS EIGHT CONSECUTIVE YEAR THIS WEEKEND. PHOTO: DON MACMONAGLE

and DJs.

Visitors do not even have to own a bike, they can just bask in the glory of some slick, well-built machines and enjoy the unique party and festival atmosphere of Ireland Bike Fest.

Highlights include daily ride outs around famous touring routes including the Dingle Peninsula, Ring of Kerry and Wild Atlantic Way - marshalled by Celtic Thunder Chapter Ireland and Gaelic Chapter Ireland, free Harley-Davidson® demo rides, Waterford and Dublin Harley-Davidson® Dealers, H.O.G.® & Rider Services, Jumpstart, Technical Area and the Custom Bike Show.

The Wild Atlantic Way will hear the hum of bikes before, during and after the festival as many bikers plan to take in sections of the long distance route as part of their trip to Ireland Bike Fest.

Three days, three stages and tons of free live music may leave your wheels feeling a little neglected. For a bit of rocking al fresco there's

the Outdoor Stage located at the heart of the Bike Village, the favourite Chapters' haunt at The Harley Bar and the Main Stage in The Gleneagle Hotel which is where you can rock on late into the night.

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

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

Ireland Bike Fest Killarney takes place from the 30th May - 2nd June 2014.

Ireland Bike Fest Killarney

T: +353 (0)64 6671549

E: info@irelandbikefest.com

W: www.irelandbikefest.com

DERMOT O'CALLAGHAN TOWN TWINNING TOURNAMENT

Killarney Celtic are hosting the Dermot O'Callaghan Town Twinning Tournament this weekend. Featuring The Gathering Cup the programme was started by the late Killarney Councillor Dermot O'Callaghan. Killarney Celtic welcome 24 teams including 5 teams from Staffanstorp Sweden. The tournament will involve 24 under 12 teams who will play in 7 aside competitions.

The teams involved in the tournament are: Staffanstorp, Sweden - 5 teams, Killarney Celtic - 6 teams, Rockmount, Cork -- 3 teams, Kenmare - 3 teams, St Brendans Park - 3 teams, Kingdom Boys - 1 team, Killorglin - 1 team, Ballyhar - 1 team,

Killarney Athletic - 1 team.

The matches start at 10am and are 20 minutes per match (no Half-time).

There will be 6 pitches set up and a group of 4 on each pitch.

Every team will get 5 - 20 minute matches.

Lunch is 1-2pm. Games resume at 2 and continue until 4pm

The O'Callaghan family who have sponsored the cups will be on hand to present the group winners cups.

BALLYDRIBEEEN RESIDENTS ASSOCIATION AGM

The AGM of the Ballydribeen Residents Association will take place on Tuesday 3rd June 2014 at 7pm in the Killarney Celtic Clubhouse. All residents of Doirín Álainn, Bruach na hAbhann, Oak Hill, Elm Grove, Ash Close and Willow Grove are invited to attend.





Jerome O'Regan

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CLOONEYDONIGAN, BALLYHAR, KILLARNEY
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POA



CAHERNANE MEADOWS, MUCKROSS RD. KILLARNEY

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



BALLYMALIS, BEAUFORT, KILLARNEY

Cottage with partly constructed extension standing on 1 acre approx. Very centrally located.

Private much sought after location.

GUIDE PRICE €60,000 O.N.O.



HOUSE ON C. 17 ACRES (APPROX) AT FARRANFORE, KILLARNEY

Less than 1 mile from the village and just off the Killarney road on a scenic and elevated position. 3 bed detached single story. Very unique property. Very reasonable price.

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BEAUFORT Old style cottage with an unfinished extension, on c. 1 acre,dry land,Ballymalis area, beautiful convenient location.Great value with many options.

MILLTOWN VILLAGE, Killarney Beautiful 3 bed semi in a small well built private development. beside schools, shops etc. Fully furnished as new. €115,000 Beaufort Area Old house c.2 acres.Very scenic, dry & elevated. Bargain.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,8000 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

REEKS GATEWAY TO KILLARNEY Commercial/office space for sale or lease.Variou sizes and configurations available to suit the client. Prices negotiable.

BALLYMALIS, BEAUFORT, KILLARNEY Cottage with partly constructed extension on c. 1 acre. Great central, attractive location. Guide price €60,000 o.n.o.

KILLARNEY TOWN 2 bed Town House great location - very reasonable price.

BEAUFORT, KILLARNEY, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights.Panoramic views.

UPPER PARK ROAD, KILLARNEY, 3 bed detached bungalow on a large site.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

COUNTESS ROAD, KILLARNEY (back of Malton Hotel) Superb 2 bed apartment, ground floor, as new.

FIRIES VILLAGE Detached, 4 bed bungalow, close to school shops etc

MILLTOWN VILLAGE Commercial property w/ back yard. Great investment V. reasonable reserve.

MUCKROSS, KILLARNEY 6 bed detached, v. scenic, priced to sell.

TIRNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2mls to Killarney town.

BALLYMALIS, BEAUFORT, KILLARNEY Detached, luxury 4 bed detached bungalow, almost new, great location.

GLENFLESK, KILLARNEY Expansive, executive style home (c. 5,000 sq. ft) on approx 6 acres with beautiful views. Unique, modern sophisticated house with real character.

KILLARNEY 6 miles approx. to rent or for sale old farm yard on c. 1 acre off the Tralee Road. Secure and convenient location.

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN 2 MLS Beautifully restored stone house on c.6 acres. In pristine condition.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

FIRIES VILLAGE 3 bed semi, bungalow, great value.

CARAGH LAKE Old farmhouse with panoramic views on c. 1/2 acre or more land if required.

GNEEVGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish

BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

FOSSA KILLARNEY Large commercial/private property beside the golf complex and on the main road.

MUCKROSS ROAD/WOODLAWN CROSS, KILLARNEY- c. 1/3 acre site. Superb location.

ARDCANAUGH, KEEL, CASTLEMAINE New bungalow, almost finished.4 bed. 1850 sq. ft. approx. Many extras.

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow. Nice views. BARGAIN.

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

BEAUFORT, Killarney Beautiful, almost new detached dormer bungalow with stunning mountain views. Comprising approx. 2,300 sq. ft. 4 bedrooms, 2 ensuite. Kitchen/dining room, utility, lounge, bathroom. Built to the highest standards.

FARMS/LAND

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.10 acres with good sheds, extremely scenic.Artigalvin,Headford area. 5mls from Killarney.

c. 12 acres approx on the main Ring-Of-Kerry road only 4 miles from Killorglin.(extensive road frontage)

Tullorum, Tirnaboul,(Spa) Killarney 11.5 acres approx.3 miles from Killarney.

Kilbonane, Beaufort, Killarney 57 acres approx. with an old farmhouse, on the main road and bounded by the river Laune. Top quality land and extremely scenic.

SITES

AGHADOE Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

COOLIES, MUCKROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

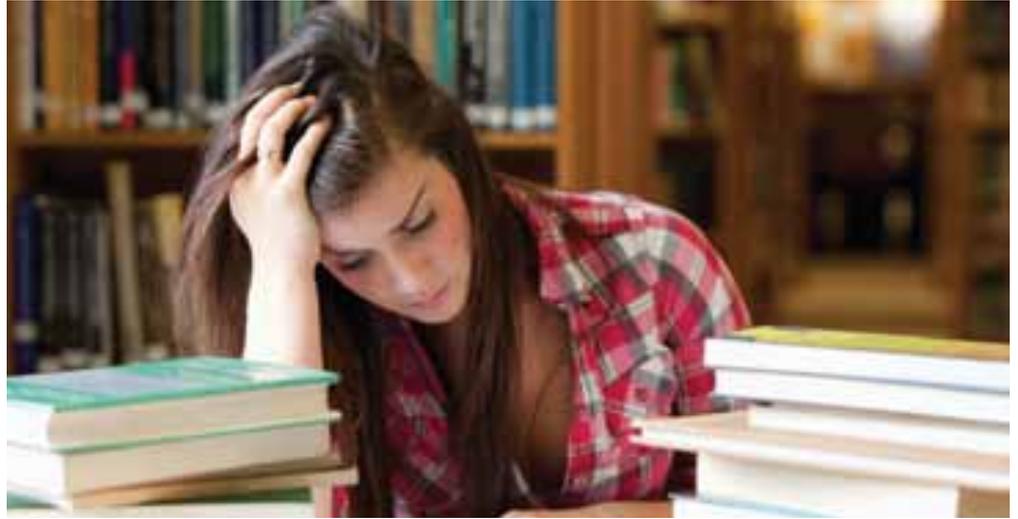
Sunhill, Killorglin approx. 1 mile from town, 1/2 acre or more dry, roadside, elevated, scenic site. Bargain.

Faha, Killarney, c. 1/2 acre, dry, roadside,great location, bargain.

Raheen, Headford, Killarney, Site with full planning permission €20,000.

HEADSUP LAUNCH PERSONAL LEARNING STYLE TOOL FOR STUDENTS AHEAD OF STATE EXAMS

As the Junior and Leaving cert exams approach, HeadsUp, is offering students some study advice to ease some of the stress that they may be feeling. These tips can help students identify their learning style to enable them to focus on the quality of study in the final weeks of exam preparation. Exam time can be stressful and HeadsUp's studying tips can make the countdown to exams a little easier. Students can fill out an online questionnaire on www.headsup.ie to produce individualised results which will determine which category of learner each student is. These recognised categories are auditory, kinaesthetic, visual, read-write, or multi-model. Students can then watch short videos by psychologist Susie Coakley which will give tips and practical advice on how to study effectively according to their individual learning style - thereby enabling them to use exam preparation time more efficiently. Students who retain information better through words and by listening are auditory learners. Reading aloud any definitions they are trying to learn, keeping notes short and reading aloud any summaries, recording themselves reading their notes and listening back to them at a later stage or using podcasts or YouTube tutorials will all help them to get the best from their study time. Also, auditory learners like



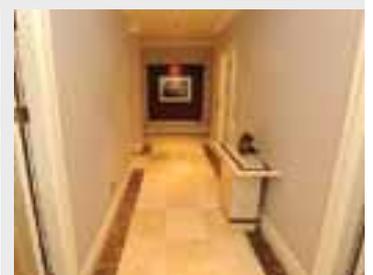
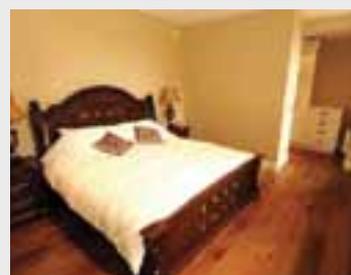
to talk out loud, so studying in a place where they won't disturb others by talking out loud is important. Kinaesthetic learners take in information best by doing, and learn by touch and movement. Advice includes bringing study sessions to life with a whiteboard, and taking lots of short breaks as these types of learners are prone to being fidgety. Visual learners retain information best by seeing and by using charts, diagrams, images, flash cards and mind-maps. Using different fonts and colours in their text will also improve their study.

Read-write learners should surround themselves with text such as online material, textbooks, presentations and dictionaries. Rewriting essays and notes as well as writing definitions in their own words, as well as writing a topic they are studying into bullet points or lists will really help them to take in the information. Multi-model learners like to learn in a variety of different ways, so a range of methods are suggested to help these students to get the best out of their study.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

PENSIONS

Do you have a pension? If so there is some very important information that you need to know about your pension, such as.... What is the present value of my pension? What funds is my pension invested in? Who manages my pension and how much am I being charged to manage my pension? These are just some of the important questions you need to know the answers to. You need this information in order to compare your pension to what is available in the market place today from pension companies who may be able to get you a better return for your money and therefore getting you a higher lump sum and income on retirement. So whether your pension is from an ex employer, you were self employed in the past or are self employed now it is very important that you have your pension reviewed and assessed by an independent advisor now.

For more information or to make an appointment to discuss the above contact **Dermot Cronin** APA, at
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GOLF CLUB'S WINNING STREAK CONTINUES

There is plenty to celebrate at Killarney Golf & Fishing Club these days. The club's Pierce Purcell team, along with the Ladies' Junior Cup and Challenge Cup teams were all triumphant in their respective competitions on Saturday 24th & Sunday 25th May.

The Pierce Purcell team put in a superb performance, defeating home favourites Dooks in the section final held in Dooks Golf Club on Sunday. They won a tight decider by 3-2, with the final match going into extra holes. The Pierce Purcell team is managed by Brian O'Regan with the assistance of Sean Duggan. The winning panel included Eddie Coleman, Shane Connole, Enda Curtayne, Daniel Doona, Patrick Fleming, Tommy Galvin, Ted Healy, Neil Kiely, George Lenihan, Donie MacSweeney, Eddie Mac Sweeney, Denis McCarthy, Steven McCarthy, Tim O'Meara, Harry O'Neill, Shane Treacy, and Gerard Walsh. They now go on to meet Ballybunion in the West Munster Area Final on June 6th at Newcastlewest Golf Club.



PIERCE PURCELL TEAM MEMBER GEORGE LENIHAN GETS SOME PUTTING ADVICE FROM BRIAN CHOMPIE O'REGAN AND EDDIE COLEMAN.



PICTURED AT DOOKS GOLF CLUB RECENTLY WERE L:R: TOMMY GALVIN, CHRIS COLLINS, SEAN DUGGAN MANAGER PIERCE PURCELL TEAM, MIKE DALY CAPTAIN KILLARNEY GOLF CLUB AND OLIVER BARRETT.

The Ladies' Junior Team, managed by Noreen Buckley & Clair Bowler, was victorious against Waterville in Dooks on Sunday in the second round of the Junior Cup. Representing the club were Ann Moynihan, Nicola Rainsford, Margaret Campion, Fidelma O'Connor, Mary Geaney, Ursula Daly and Mary O'Doherty. The team will now advance to the third round of the competition where they will meet Castletroy in Ballybunion on June 24th.

Finally, the Ladies' Challenge Cup team defeated a strong Kenmare side 3-2 in Killorglin Golf Club on Sunday also. The team will meet either Skibbereen or Bantry Bay in the next round to take place in Ballybunion on June

21st. The Challenge Cup team are managed by Joan Buckley and Margaret Brosnan. The winning panel included Bernie Gallivan, Mary Kelly, Han Linehan, Katie O'Connell, Angela O'Connor, and Mairead O'Sullivan.

'It's really great to see our club teams doing so well. It's created a fantastic buzz at the club. The team managers and panels have all been putting in a huge amount of work and it's been great to see such tremendous team spirit,' said Cormac Flannery, General Manager. 'We wish the teams all the best in their next rounds and hopefully beyond.'

S.A.O.R. PSYCHOTHERAPY AND COUNSELLING CENTRE

The deepest desire in the heart of any human being is the desire to feel truly free. The pain and disappointment inevitably experienced with our seeming failure to achieve this will show itself in a variety of symptoms we are now all too familiar with, ie depression, anxiety, addiction to name but a few – leaving us feeling frustrated, confused angry or depressed. Many of us doubt our ability to cope, hide or deny our pain or find ourselves relying on artificial support and ultimately lose heart. But this journey of life is all about heart and using the courage of your own heart to find your way towards what is true and allows you full and free expression of yourself, despite life's challenges and disappointments.

8 29.05.14

With this in mind, Brighid Daly was first moved to design her own self care and development programme now called SAOR, while living in New York in 1993 exploring creative ways to inspire and encourage people to understand how important it is that we take on responsibility for our own precious health and well being.

SAOR is now a Psychotherapy & Counselling Centre operating in counties Galway and Kerry. Each centre has a team of dedicated professionals providing confidential one-on-one therapy for the individual, play therapy for the child, and family therapy for the family unit, in a welcoming environment where what

you are living through meets professional care, experience and respect.

SAOR also offers:

- Educational evening talks... Conversations that truly matter.
- Here we identify topics and areas most relevant and valuable to explore in these times. Beginning this Summer with:
- The Healing Power Of Play Therapy by Emma Kennedy.
- Explaining Family Therapy by Grainne Sheppard.
- Understanding Depression by Brighid Daly.
- SAOR annual self-development programme

This course begins mid - September, set up to be taken one step at a time.

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Supervisor, Health Creation Mentor,
Creator of SAOR
Self Development Programme
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Email: info@brighiddaly.com

Emma Kennedy

Registered General Nurse
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RATHMORE GIRL IS THE NEW KERRY ROSE

Mary Hickey from Rathmore is Kerry's new Rose. The 26-year-old's name was announced at around midnight last Friday to a sold-out event at the Ballyroe Heights Hotel Tralee.

Mary was one of 27 young women taking part in the 2014 Kerry Rose Selection, hosted for the eleventh year by RTÉ TV host Dáithí Ó Sé.

Entrants came from the length and breadth of the county, including Tralee, Listowel, Killorglin, Castlesland, Killarney, Caherciveen, Waterville, Dingle and Knocknagoshel and included Outlook Magazines representative Caoimhe Scannel. Mary was sponsored by O'Donoghue Ring Hotels, and played the accordion after her on stage interview with Dáithí.

Mary is a primary school teacher working in Millstreet, is from Rathmore and is currently living in Killarney. The 26-year-old



MARY HICKEY FROM RATHMORE KERRY'S NEW ROSE.



graduated from Trinity College with an honours degree and a Vere Foster Medal in 2010. This September, she will undertake a Masters in Education. She is a leader with the Social Action Group, and volunteers with Barretstown Camp for children with serious illnesses. She was recently awarded the Gold Gaisce President's Award. From Sliabh Luachra, Mary has a keen

interest in music, and plays the concertina. She is a member of the Marian Players Pantomime Group and the Glen Theatre. All proceeds of a raffle held on the Selection Night went to the Donal Walsh Live Life Foundation who raised over €1,400 from the event. Mary will support the charity for her year as Kerry Rose.

PICTURED LEFT: CAOIMHE SCANNELL REPRESENTING OUTLOOK MAGAZINES PICTURED WITH HER WORK COLLEAGUES KATHERINE MCCARTHY, DIARMUID O'SULLIVAN, EIMEAR DALY, PATSY MAHER AND AISLING CROSBIE AT THE KERRY ROSE SELECTION.

THREE IN A ROW FOR AWARD WINNING KILLARNEY WRITER

THE drama surrounding Colm Cooper's cruciate ligament injury provided the inspiration for a Killarney teenager to win a top literary award.

Molly O'Mahony was chosen as one of the prize winners at Listowel Writers' Week for an unprecedented three years in a row, adding an award for creative writing in the under 16 category to the under 14 title she won last year and in 2012.

Molly (15), from Lackabane Village in Fossa, penned a humorous 1,000-word short story in which she takes a look at life from the perspective of the Gooch's cruciate ligament and its bizarre encounters with Rose of Tralee contestants, inmates from a maximum security prison and scalpel-wielding surgeons.

Molly, who is about to sit her Junior Cert examinations in the Intermediate School Killorglin, said like all teenagers, she is a big Gooch fan and she greatly admired the positive attitude he adopted and the sense of humour he displayed after he was injured.

"Even though he was really disappointed, he



MOLLY O'MAHONY WHO WAS ONE OF THE PRIZE WINNERS AT LISTOWEL WRITERS' WEEK.

didn't let it get him down. It's a lesson to all of us that we shouldn't take life too seriously," said Molly who received her prize in the presence of poet Paul Durcan and Writers' Week President, Colm Tóibín at a ceremony in the Listowel Arms Hotel on Wednesday night.

KILLARNEY BRIDGE CLUB

Summer Bridge has commenced in The Glen Eagle Hotel and will continue from Monday June 9th at 7.30pm. Everyone welcome. There is no game on Bank Holidays.

THANKS FROM KERRY LIFE SKILLS

Kerry Life Skills would like to thank everyone who contributed so generously to the street collection in Killarney on Saturday May 24th. The amount raised was €892, a great achievement on a wet afternoon. We would also like to extend our gratitude to those who gave of their time to collect on the streets and help us out on the day. A special word of thanks to our youngervolunteers, it was really wonderful to see so many kind young people give of their time so generously. Kerry Life Skills receives no Department funding and so is reliant on fundraising initiatives such as Saturday's collection for much of their running costs.

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*Chefs Special
Please Ask Your Server For Details*

*Gnocchi With Roast Tomato Sauce (C)
Caramelised Vine Tomato And Shaved Parmesan*

*6 Oz Rib Eye Steak
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*Poached Rhubarb
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*Chefs Evening Pastry Selection
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COLM CAGNEY WITH HIS PARENTS ELLEN AND JOHN AND SISTER AINE AT THE ST BRENDAN'S SPORTS AWARDS IN THE MALTON, KILLARNEY ON THURSDAY.



RISTEARD CLIFFORD WHO WON THE OVERALL SPORTS AWARD WITH HIS MOTHER GERALDINE AND SISTER SADHBH AT THE ST BRENDAN'S SPORTS AWARDS IN THE MALTON, KILLARNEY ON THURSDAY.



ST BRENDAN'S COLLEGE ATHLETICS TEAM WINNERS OF THE MUNSTER COLLEGES CONNIE KISSANE, RISTEARD CLIFFORD OVERALL SPORTS AWARD WINNER, ARTHUR FITZGERALD TRAINER, MATT RENNIE AND PAUDIE CLIFFORD AT THE ST BRENDAN'S SPORTS AWARDS IN THE MALTON, KILLARNEY ON THURSDAY.

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AOIFE CRONIN, BALLYCASHEEN NS WHO CELEBRATED HER FIRST HOLY COMMUNION ON SATURDAY. PICTURED HERE WITH HER FAMILY L-R SISTER NIAMH, DAD DENIS, SISTER MOLLY, MUM BERNIE AND BROTHER TOM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ANNA MOYNIHAN, BALLYCASHEEN NS, WHO CELEBRATED HER FIRST HOLY COMMUNION ON SATURDAY. PICTURED HERE WITH HER FAMILY L-R HER DAD EOIN, SISTER AOIFE, SISTER CIARA, BROTHER DIARMUID & MUM ÁINE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



COLUM O'MAHONY, WHO MADE HIS FIRST HOLY COMMUNION ON SATURDAY, WITH HIM ARE HIS FAMILY, ANTHONY, MARY AND SISTER JENNIE O'MAHONY. PHOTO: VALERIE O'SULLIVAN.



RYAN MCCARTHY ON HIS COMMUNION DAY PICTURED HERE WITH HIS MUM TARA, LITTLE SISTER MIA & DAD TED. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DOUBLE CELEBRATIONS FOR THE COFFEY'S & LYNCH'S. KAYLEM (SEATED CENTRE) RECEIVED HIS FIRST HOLY COMMUNION WITH BABY MICHAELA WHO WAS CHRISTENED AT THE CHURCH OF RESSURECTION ON SATURDAY MORNING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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ALL SMILES ON THEIR SPECIAL DAY



TJ O'SULLIVAN, LORETTO NS, WHO MADE HIS FIRST HOLY COMMUNION ON SATURDAY AND IS PICTURED HERE WITH HIS FAMILY L-R SISTER ZOE, MUM FRANCES, DAD PATRICK & SISTER LAURA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



OUT OF MY SHOT... RORY O'GARA-COYNE, WHO MADE HIS FIRST HOLY COMMUNION ON SATURDAY, PLAYING WITH HIS BROTHER MAX IN THEIR GARDEN. PHOTO: VALERIE O'SULLIVAN.



KEELAN LOONEY PICTURED WITH HIS SISTERS CHLOE AND ALEX FOLLOWING HIS FIRST HOLY COMMUNION IN ST MARYS CATHEDRAL RECENTLY. PIC TEDDY SUGRUE.



KATIE MCCARTHY WITH HER DOG SALLY ON HER COMMUNION DAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GRACE SMITH, WHO MADE HER FIRST HOLY COMMUNION ON SATURDAY, ENJOYING THE BLUE BELLS AND THE RAIN WITH HER COUSIN, SARAH FLEMING AND BROTHER DALE SMITH.

PHOTO: VALERIE O'SULLIVAN.

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON SUMMER FLOWERING SHRUBS

From now until late Autumn there is a large range of flowering shrubs in all different sizes and from evergreen to deciduous for you to choose from. Some can have a short flowering time and other can flower right through the summer.

Remembering when choosing your flowering shrubs that you find out the flowering period as this can determine the position that you are going to plant your shrub.

A good example of a deciduous flowering shrub that will flower for a long period over the summer is a shrub called Potentilla. It comes in a good range of colours also, including white, yellow, orange and red. It is a medium to small sized shrub and if you have a small space, Potentilla Red Ace is quite a compact one and would be suitable.

As with most flowering shrubs the flowers will go off as the season goes on so remember to dead-head every few weeks.

Next week I will focus on Herbaceous Perennials in season.

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DOUBLE CELEBRATIONS FOR THE O'SHEAS & MURPHYS AS COUSINS PATRICK O'SHEA (CENTRE) AND ÁINE MURPHY (CENTRE) RECEIVED THEIR FIRST HOLY COMMUNION IN CASTLEISLAND EARLIER THAT DAY. PICTURED HERE AT THE CASTLEROSSE HOTEL WITH THEIR FAMILIES AND FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CELEBRATIONS IN FIERIES FOR MAURA CULLOTY'S 40TH BIRTHDAY (SEATED IN BLUE) AND PICTURED HERE AT PAT SHEEHAN'S BAR IN FIERIES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FOLLOWING A DANCE AT THE TORC HOTEL, KILLARNEY, LOCAL FUNDING IN EXCESS OF €12,000 WAS RAISED FOR THREE CHARITIES. FRIENDS OF LEUKAEMIA CORK, BONE MARROW FOR LEUKAEMIA TRUST AND BRU COLUMBANUS CORK. PICTURED HERE AT THE TORC HOTEL (FORMERLY DARBY'S) WERE L-R KATIE MOYNIHAN, SINEAD MOYNIHAN, SEAN O'KEEFFE, SHEILA MOYNIHAN, PAT BARRETT, ANNE MARIE O'CONNOR (BRU COLUMANUS CORK), KIT O'CONNOR, SHEILANN MOYNIHAN AND JOHN REYNOLDS (FRIENDS OF LEUKAEMIA CORK). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY COMMUNITY COLLEGE RAISES OVER €3000 OVER 40 STUDENTS AND 6 TEACHERS TOOK PART IN THE NATIONAL CYCLE AGAINST SUICIDE IN RECENT WEEKS. THE GROUP CYCLED FROM CORK TO KILLARNEY AND IN DOING SO RAISED AN UNBELIEVABLE €3145. THIS MONEY WILL GO TOWARDS SUPPORTING THOSE WHO ARE EXPERIENCING DIFFICULTIES WITH THEIR MENTAL HEALTH. ABOVE JER O'SULLIVAN ALONG WITH STUDENTS AND PRINCIPAL FIONA O BRIEN AND FORMER PRINCIPAL EAMON FITZGERALD PRESENTS A CHEQUE OF €2195 TO GERALDINE SHEEDY, DIRECTOR OF SOUTHWEST COUNSELLING. THE €950 BALANCE WILL GO DIRECTLY TO 'CYCLE AGAINST SUICIDE'.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY ACTIVE RETIREMENT ENJOYING THE ACTIVE RETIREMENT IRELAND, NATIONAL CONCERT, 'FRIENDS IN LOW PLACES' GARTH BROOKS TRIBUTE ACT AT THE INEC, KILLARNEY, BERNIE O'LEARY AND PAULINE FLEMING. PHOTO: VALERIE O'SULLIVAN



MAYOR OF KILLARNEY, CLLR PADDY COURTNEY PRESENTS A CHEQUE FOR €10,119 THE PROCEEDS FROM THE MAYORS BALL AT THE MALTON HOTEL, KILLARNEY LAST WEEK TO DEIRDRE QUINN FROM THE KERRY - CORK HEALTH LINK BUS. ALSO IN PICTURE ARE FROM LEFT, IN FRONT, JAY GALVIN, KCLB, MARGARET PIGGOTT, KILLARNEY TOWN COUNCIL AND BREDA DYLAND, KCLB. AT BACK, JOHN WICKHAM, KCLB, CONOR HENNIGAN, THE MALTON, LAURA WICKHAM, KCLB, MARY MACMONAGLE AND EMER CORRIDAN, THE MALTON. PICTURE BY DON MACMONAGLE



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GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 7 – Week Beginning May 26th – Nutrition – Fluid Intake

So we are just beyond reaching the half way point...another 6 weeks to go of dedicated training for the Ring of Kerry Charity Cycle – so keep focused and enjoy the time!

This week's focus will be on nutrition - primarily fluid intake. I will preface by saying that I am not a qualified dietician; however I am willing to share my experiences and knowledge gained, as a means of positively assisting your cycling experience.

Cyclists can cover large mileage over any given week, with a traditionally 'long' ride over the weekend. Although the energy expenditure isn't as high as running; it is important to ensure that cyclists consume enough energy through out the day and over the week to sustain the volume of training required.

Drink Plenty!! - It is recommended to drink 500-1000ml of fluid an hour while riding, which equates to minimum 1 bike water bottle per hour. And bear in mind this is only a rough guide. The amount consumed will vary depending on intensity, duration and weather conditions. The longer, harder the work out and hotter the conditions, the more one ought to drink, and vice versa. So drinking when riding is very important so as to replace the water you sweat and breathe out.

For longer training rides and during the Ring of Kerry cycle event, it is important to use drinks to help refuel. By that I mean a drink that is 5-7% carbohydrate based. This is known as an isotonic drink. Some people prefer a hypotonic drink, which is a drink of less than 5% carbohydrate concentration. The bottom line is to drink a drink that contains the same concentration of dissolved particles as your body fluids, so they will be absorbed faster. Also choose a drink that contains electrolytes, particularly sodium, as this will speed up the delivery of the fluids to your body parts.

It is vital to go for a drink flavour that you enjoy the taste of, as you will be more inclined to drink it! So add an orange of

blackcurrant flavour – your choice. Unless you have a weak bladder, drink plenty before you go out on the bike, so that you start off fully hydrated, and continue drinking afterwards. Little and often will aid recovery. If your training ride is over an hour make it a carbohydrate drink, and if under the hour, flavoured water will suffice. The most important thing is to remain hydrated, as being dehydrated compromises recovery.

Also it is very important to refuel within half an hour to an hour after cycling so as to replace the nutrients used up during the ride. Ideally these drinks would be of a protein base, so that the body can fast track the nutrients towards muscle repair. So as to eat within this recovery window, make sure you are prepared, by having a drink on the ready when you arrive back at base, be it a bottle to hand in the car, or at the front door. If you like milk, the flavoured milk shakes work a treat.

Next week we will be focusing on food intake, so for now, this week's cycle training programme, according to the Ring of Kerry Charity Cycle Training programme is below. Another week's total of 100km is to be ridden...you know you can do it, if not more?!

Remember our aim each week is to increase the mileage... one thing for certain is that this mileage will make the trip around the Ring much easier on the day. Enjoy your week's mileage.

Week	Sat	Sun	Mon	Tues	Wed	Thu	Fri
Total	7						
	40k	40k	Rest	25k	Rest	25k	Rest
							130km

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BANKRUPTCY – a growing phenomenon in Kerry



Bankruptcy is a rapidly growing new phenomenon spreading across Kerry, where people with unsustainable debts are having these debts immediately wiped from their name and availing of what is literally, a second chance or a fresh start. In other countries with more developed and evolved personal insolvency laws and procedures, bankruptcy is now viewed similar to pressing 'Restart' on one's computer. People like Donald Trump who recently purchased Doonbeg golf resort were declared bankrupt, not once, but in fact twice in the USA.

This recent development stems from the change in the bankruptcy laws last December, where people are now automatically discharged from bankruptcy after three years debt free. It (bankruptcy) is feared by people, understood by few but now offers real hope and a real solution for many people with unsustainable debts. A key advantage with bankruptcy is ones banks/creditors have no say or veto over the process and this uniquely also includes debts owed to the Revenue.

Individuals entering bankruptcy remain bankrupt for three years and are obliged to operate within living expenses that correspond with the Insolvency Service of Ireland's Reasonable Living Expenses (RLE) guidelines. If ones income is above these RLE, one will be expected to pay any such surplus to the Official Assignee for 5 years under a Payments Order. Once declared bankrupt one immediately becomes debt free, i.e. all unsecured debts are immediately dissolved from the individual and people frequently end up retaining the family home provided a deal can be agreed with their mortgage provider, now that all other debts are gone.

Brian Leslie is **Managing Director of Prima Finance Debt Solutions**, Ireland's leading personal Insolvency and bankruptcy experts and is an authorised Personal Insolvency Practitioner.

Please refer to www.primafinance.ie for further information or call to schedule a free and private consultation on **1890 456 700** or at **info@primafinance.ie**.

Cllr. DONAL GRADY

I would like to thank all those who voted for me in the recent local election. Your vote, whether it was a number 1 or another preference is very much appreciated. I am delighted to be elected to Kerry County Council and I will strive to work for the people of the Killarney Municipal Areas for the next five years. I would like to thank my good family and friends for all their support on my campaign. A special thanks to my brother, Sean, who worked tirelessly with the rest of my family and friends to ensure that I was elected and also to Michael Leane, my nephew, who did a wonderful job on my website. I sincerely thank you all.

Always at your service.

Ellie Donal Grady.
 087 2596464
 gradydonal@eircom.net



tel: **087 2596464**
 Web: www.donalgrady.com

INDEPENDENTS LEAD THE WAY IN KILLARNEY



Cllr MICHAEL GLEESON CELEBRATES HIS ELECTION TO KERRY COUNTY COUNCIL FOR THE KILLARNEY ELECTORAL AREA AT THE ELECTION COUNT IN KILLARNEY SPORTS CENTRE. PICTURE BY DON MACMONAGLE.

The Killarney Sports and Leisure Centre was a hive of activity last weekend as four Independent candidates, two Fine Gael Candidates and two Fianna Fail Candidates were elected to Kerry County Council.

Topping the poll, Cllr. Danny Healy Rae,

Independent, polled 4,388 votes, which was more than twice the quota to ensure his seat. The Healy-Rae dynasty continued with Danny's son Johnny being elected in the first count in the South and West Kerry Municipal District after polling 3,495 first preference votes. Jackie Healy-Rae missed the count due to a recent knee replacement but was able to cast his vote.

Danny Healy Rae was followed by Cllr. Michael Gleeson, South Kerry Independent Alliance, who was also elected on the first count with 2,139 votes. A former school teacher, Michael was one of the founding members of the South Kerry Independent Alliance and has been a member of both Killarney Town Council (since 1991) and Kerry County Council (since 1999). Cllr. Brendan Cronin, Independent, from Ballyhar was also elected on the first count with 2,050 votes. A son of the legendary PJ Cronin, Brendan has served on Kerry County Council for the past 15 years.

On to the second count and the election of Fianna Fail's John Joe Culloty. The building contractor from Killarney, Culloty was co-opted onto Tom Fleming, TD's seat in 2011. He was

elected following the transfer of more than 500 votes from Danny Healy Rae's surplus.

It was in the final count of the election that the last four candidates were elected. Cllr. John Sheahan, Fine Gael, who was co-opted onto his brother Tom's seat in 2007 was elected on the last count just falling short of the quota.

He was joined by Rathmore businessman Niall Kelliher Fianna Fail, who was elected following the distribution of Sean Counihan's votes. Cllr. Kelliher is a member of the Fianna Fail National Executive and is MD of Tangerine Management.

Cllr. Donal O'Grady, Independent, was also elected on the 11th count. The former Fire Officer was joined by his brother Sean on the political trail and was second member of Killarney Town Council to be elected to Kerry County Council.

Cllr. Bobby O'Connell, Fine Gael, relied on his strong base in Castleisland to get him elected and makes up the eight members of Kerry County Council representing the Killarney Municipal District.



MICHAEL CAHILL, JOHN FLYNN, JOHN JOE CULOTY AND NIALL KELLIHER PICTURED AFTER THEIR ELECTION TO KERRY COUNTY COUNCIL AT THE COUNT CENTRE IN THE KILLARNEY SPORTS & LEISURE CENTRE ON SUNDAY. PICTURE BY DON MACMONAGLE.



Cllr JOHNNY HEALY RAE CELEBRATES HIS ELECTION WITH HIS WIFE CAROLINE IN THE EARLY HOURS OF SUNDAY MORNING AFTER TOPPING THE POLL IN THE KERRY SOUTH/WEST REGION WHILE HIS FATHER DANNY WHO TOPPED THE POLL IN THE KILLARNEY ELECTORAL AREA, IS PICTURED WITH HIS WIFE EILEEN AT THE ELECTION COUNT IN KILLARNEY SPORTS CENTRE. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE L-R HUGH SULLIVAN, ALAN McCROHAN, SEAN O'GRADY, MICHAEL O'GRADY, DONAL O'GRADY, PAT FLEMING, MARY FOLEY, PAT SULLIVAN & PAUDIE MANGAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.

Danny and Johnny Healy-Rae

Would like to sincerely thank all the people that gave us such a magnificent vote to ensure our election at the head of the pole in both the Killarney and South West Kerry electoral areas.

We want to especially thank our outstanding canvassers and workers for their super human efforts on our behalf.

Danny Healy-Rae 087 2316055
Johnny Healy-Rae 087 2354793



COUNCILLOR JOHN JOE CULLOTY

THANK YOU

I want to sincerely thank each and every one of you for voting for me, and for giving me the opportunity to serve you in the new Killarney Municipal District. I deeply appreciate your support, kindness and friendship. I will continue to work hard on your behalf for the next 5 years.

I am truly grateful to my Campaign Team, Friends and Family for their hard work, commitment and dedication over the past 6 months. Looking forward to working for you, and with you in the future.

087 130 8000
cljrjculoty@eircom.net
John Joe Culloty @cljrjculoty





FIANNA FAIL
THE REPUBLICAN PARTY

I would like to thank you the electorate for the kind welcome you gave me and my team during my campaign.

And to congratulate the eight newly elected candidates in the Killarney Electoral Area.

M: 087 2348824 :: E: john.osheaff@gmail.com

JOHN O'SHEA
KILLARNEY CANDIDATE THE FIANNA FAIL



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Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night

Kilgarvan Clinic
Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

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

Office No.: 064 66 32467
Mobile: 087 2461678
Michael.Healy-Rae@oireachtas.ie
Danny Healy-Rae MCC: 087 2316055
Johnny Healy-Rae MCC: 087 2354793



ELECTION 2014 - KILLARNEY MUNICIPAL DISTRICT



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE L-R MARY & JOHN JOE CULLOTY WITH JOHN MITCHELL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE WERE L-R BREDA GEANEY, BOBBY O'CONNELL & HELEN O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE BACK ROW L-R PHIL KELLEHER, MARIE O'DONOGHUE, TOM O'CONNOR, ELAINE MAYSE, NIALL KELLEHER, JULIE KELLEHER, DANNY FLEMING & DENIS KELLEHER. FRONT ROW L-R MAGS KELLEHER, LINDA GORDON & JEFF GORDON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE WERE L-R GER GALVIN, PAUL COLLINS, STEPHEN PRENDERGAST & MICHAEL SHEEHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE WERE FRONT ROW L-R NORMA HORGAN, MARY MCCARTHY, CHRISTIAN HORGAN. BACK ROW L-R AOIFE O'SULLIVAN, MARGUERITE KERRISK, LINDA HORGAN, MARIA FOLEY, JOHN HORGAN, CATHERINE O'MAHONY & MICHAEL O'MAHONY. PICTURE MARIE CARROLL-O'SULLIVAN.



PICTURED AT THE 2014 KILLARNEY ELECTORAL AREA, LOCAL ELECTIONS COUNT AT THE KILLARNEY SPORTS & LEISURE CENTRE L-R EILEEN HANRAHAN, MARY BUCKLEY, JOHN BUCKLEY & CHRISTINE FLEMING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.

MICHAEL HEALY RAE-TD TO QUESTION GILMORE

Minister for Foreign Affairs, Mr. Eamon Gilmore, the Minister speaking in Killarney with a local government action group last Friday said that the tourist town is perfectly right to protest at the transfer of essential function from the town to a central base in Tralee. The Minister has stated that it was always intended to retain an open based focus

in the provision of local government services and there is no requirement in the new local government act to centralise services. Surely this is the height of hypocrisy as this is the very Minister who supported 100% the abolition of our town councils, who supports 100% the breakup of our local partnership companies and who has supported 100% the breakup of

local democracy in every shape and form that we have had. In the pre-election gimmick he comes around then trying to say that they never intended for this to happen. Could the Minister at least have the courage to stand up for the decisions that he and his colleagues have made in the past and make a statement on the matter?

PROGRESS WITH DIGNITY



The Kilometres have been travelled and your homes have been visited.

Sincere gratitude for your warm welcome and unfailing courtesy.

I am deeply grateful to All who voted for me and to Sean and his superb Team who worked tirelessly.



Mo Bhuíochas ó chroí le gach éinne.

Michael Gleeson

t: 064 6632767 | m: 087 2130973
michaelgleesonkcc@eircom.net



Cllr
Brendan Cronin
Independent

'I would like to sincerely thank everyone who gave me their first preference vote which secured my re-election to Kerry County Council on the first count. I also wish to thank those who gave me further preference votes. I want to thank my magnificent team of helpers who assisted me during the campaign. I look forward to representing you, as your Independent councillor over the next five years.'

Go raibh maith agaibh,

Brendan.

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

NIAL KELLEHER P.C.



Dear Constituents,

Last week I had the immense privilege of being elected to Kerry County Council. As a first time candidate I know this was not expected, but I'm delighted with level of support I received.

While it was very satisfying to receive such a strong first preference vote, the scale of the transfers that I received, which saw me take the 6th of the 8 seats, demonstrated that people also gave me their number 2 or their number 3 vote in very high numbers. I started my campaign last September and I'm very thankful for the faith placed in me by the people of the Killarney Electoral Area. I hope to bring a new style of politics to my work on Kerry County Council and that I am able to repay the trust placed in me.

I have listened attentively to the views of people who I met in their homes, to local organisations and groups, to local businesses, farmers and to the unemployed. However, I don't have all the answers and I'd encourage you to feel free to get in contact with me with any ideas you have or issues you would like to see addressed on Kerry County Council.

On Kerry County Council I will endeavor to continue to highlight the issues that were central to my campaign. I hope to be a voice on the Council who will bring some business reality to the chamber.

My poster declared 'New Candidate - New Ideas'. With the support I received last week in my election to Kerry County Council, I hope I will be 'New Councillor - New Ideas'.

Is mise le meas

Niall Kelleher

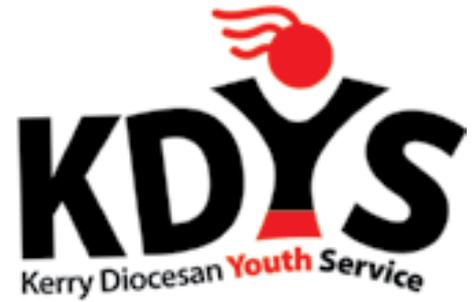


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KDYS KILLARNEY LAUNCH ITS SUMMER PROGRAMME

Why not join us at KDYS, Killarney for a new and exciting Summer Programme aimed at 1st & 2nd year Students. The Programme will run 4 days per week Tuesday - Friday on the following dates 17th - 20th June, 24th - 27th June and 1st - 4th July

Mosaics, Creative Projects, Hair & Beauty, Fifa 14 Competition, BBQ, 'The Cube', Outdoor Pursuits, Boot Camp, and Weekly Day Trip to an Activity Centre which will include Water Sports and lots more. There is a €40 registration fee per young person to cover the charities costs.



The Summer Programme will include a range of activities such as Furniture Upcycling / Recycling, Fun Games, Cooking, Tai Chi, Music Workshop, Treasure Hunt in the National Park,

For further information and registration forms contact Geraldine O Halloran on 087 0517695 or call into the KDYS, Fairhill

LEAVING CERT HEADACHE

Did you know?

Under certain circumstances special arrangements can be made by schools to facilitate a student with migraine when taking state examinations.

The student should provide a letter from their GP/neurologist to the school stating that they suffer from migraine. The school may then authorize the following:

- Granting breaks or rest periods in each examination session that are warranted

by the physical or medical condition of the candidate. Under this type of arrangement the time taken for rest or as a break may be compensated for at the close of each examination period to a maximum of 20 minutes.

- Taking of medicine, food or drinks into the examination centre where this is required for medical reasons.
- Allowing the candidate to move within the centre.

- Use of a special desk or chair used in the classroom.
- Use of low vision aids used normally in the classroom.
- Ensuring that a candidate with a hearing impairment is positioned close to the superintendent.

For more information on Migraine please contact the Migraine Helpline on 1850-200-378 or visit www.migraine.ie



STAFF AND PUPILS AT SCOIL PHOBAIL SLIABH LUACHRA, RATHMORE WERE THRILLED WHEN NEWS BROKE THAT THE 2014 KERRY ROSE WAS ONE OF THEIR OWN. MARY HICKEY, WHO WON THE TITLE ON FRIDAY NIGHT LAST WAS EDUCATED AT THE SCHOOL, WHILE HER MOTHER MARY IS THE SCHOOL SECRETARY. STAFF WERE ON HAND EARLY THIS WEEK TO PRESENT MARIAN WITH A BEAUTIFUL BOUQUET OF FLOWERS TO CELEBRATE THE NEWS AND HOME ECONOMICS TEACHERS, MARY WOODS AND GERALDINE BARRETT MADE A BEAUTIFUL ROSE THEMED CAKE. EVERYONE AT THE SCHOOL IS HOPING THAT MARY WILL HAVE TIME IN HER BUSY SCHEDULE TO VISIT THEM SOON.



AT THE MALTON HOTEL FOR THE LAUNCH OF THE KERRY SATRS SPECIAL OLYMPICS CLUB WERE THE ATHLETES WHO WILL BE PART OF TEAM MUNSTER IN THE SPECIAL OLYMPICS IRELAND GAMES WHICH WILL BE HELD IN LIMERICK FROM JUNE 12TH-15TH. BACK ROW L-R TIMMY DAN O'SULLIVAN, CONOR GRIFFIN, VINCENT LACKE, MICHAEL O'DONOGHUE & LIZ O'CONNELL (COACH). FRONT ROW L-R PAT LOONEY (COACH), JOHN PAUL DOYLE, ANTIONETTE O'LEARY, ANNEMARIE LADDEN, EMMA DOOLAN & JANE CURRAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.

Articles for inclusion in

Youth Zone

can be emailed to editorial@outlookmags.com

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Lila Calypso

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Lila Calypso

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KILCUMMIN NEWS

SYMPATHY: Sympathy is extended to the family of Danny Horgan, Knockatagglemore, who died recently. May he rest in peace.

COOLICK NS CYCLE: Get on your bike in aid of Coolick National School on 7th June 2014 for a serious cycle or a fun family day. Choice of routes available 100km, 60km, 40km and a 4km kids walk. Entry fee €20 for all routes family rate of €35 registration at Kilcummin GAA Club in Friday 6th June 7pm – 9pm. Saturday 7th June 8.30 – 10.15am. Cycle starts at 10.30am. Refreshments provided on the day. For more information and regular updates follow us on facebook; coolicknationalschoolcycle or twitter; #CoolickNSCycle

COMMUNITY ALERT: A meeting will be held on Tuesday 3rd June at 9pm in Anabla N.S. All parishioners are welcome to attend.

I.C.A.: Instead of the Monthly Meeting on Wednesday 4th June, the Guild will have a walk in aid of Recovery Haven, The Reeks, Killarney, leaving the Rural Development Office at 8pm. All Welcome.

COMMUNITY GAMES: A few very busy weeks in Community Games but plenty good news with more medals coming to the parish from recent County Finals.

GYMNASTICS: Heartiest congratulations to young Kyla Shine who put in a magnificent performance in the U9 grade in the recent Gymnastics County Finals. This is a superb achievement by Kyla in what is a very hotly contested group and Kyla now goes forward to represent her parish and county in the All-Ireland Finals in August. Well done also to Rachel Leane who took the Silver Medal in the U15 Finals, losing out by the narrowest of margins.

CROSS COUNTRY: Beaufort was the venue

on Sunday last for the County Cross-Country Finals and Kilcummin was well represented with 7 Athletics in action. Well done to Darragh Fleming who put in a powerful finish over the final 100m to power to victory in U12 400m Final. Darragh now goes forward with the Kerry Cross-Country Team to the All-Irelands in Athlone in August. Well done to all who competed in Beaufort on the day.

ATHLETICS FINALS: Kilbreen Park, Mastergeeha was the venue for our Annual Athletics Final on Saturday afternoon last. Excellent weather and a fine attendance of young competitors made for a most enjoyable evening of sport. Well done to all medal winners on the day who now go on to the County Finals in the Riocht Track in Castleisland on June 21st/22nd. A special mention to the wonderful Tiny Tots, many of whom collected their first ever Athletics Medals. New winners emerged also in the Moms and Dads Races with Mary Kelliher sprinting to victory in style in the former and one of the performances of the day emerged in the Dads Race when Mike O'Sullivan of Buddihans left a huge field in his wake to romp to victory in record time.

PARISH PILGRIMAGE TO KNOCK: Parish Pilgrimage to Knock on Saturday 14th June. Fare €25 this includes breakfast. Mass will be celebrated in the Apparition Chapel with the group. Bus Seats will be allocated on a first come first served basis. Please book at Kilcummin P.O. Pick up points Glounonea Grotto 6.30am, Anabla 6.40am, Post Office 7am & Lawlor's cross 7.10am. Please contact to organise your pick up arrangements and booking. For further details contact 064-6643176

**KILCUMMIN GAA:
CO. CHAMPIONSHIP. RD 1:** Shannon Rangers

v Kilcummin. Scheduled as a double-header on Sunday at 2pm in Listowel Kilcummin get their seventeenth Senior championship campaign under way with a tricky encounter against Shannon Rangers.

JUNIOR FOOTBALL LEAGUE:

RD 4 Kilcummin v Rathmore on Friday at 7 p.m. in Kilcummin. RD 5 Kilcummin v Strand Rd on Friday June 6th in Kilcummin at 7p.m.

GOLF CASSIC: Fund-raiser for Kilcummin GAA club June 21st in Beaufort. The timesheet is filling up and anyone who is planning to play or sponsor a team is asked to contact David O Riordan on 087 9321364 or Joe Collins on 086 8305523 for choice of tee-time. There is also an opportunity to support the effort and gain good exposure by sponsoring a tee box or green.

SYMPATHY: Sympathy is extended to the family of Danny Horgan, Knockataggle who died at the week-end. May he rest in peace.

KILCUMMIN GAA LOTTO: There was no winner on Sunday May 25th. Numbers drawn were 4, 6, 13 & 27 consolation prizes were €100 Betty Twomey, c/o Dept of Justice, €60 Niall Brosnan, Kilcummin, €60 Larry Hickey, c/o John Lenihan, €30 Dan O'Sullivan, Dooneen €30 Laura & Jerry Healy, Kilcummin Next draw Sunday June 8th. Jackpot now €10,000.

JUVENILE GAA: U12 Girls play Firies at home on 3rd June. Time TBC. GAA Juvenile Academy continues on Saturdays at 10.30am, new players welcome. As First Holy Communions will be taking place in the parish on the 31st May, the Academy will not be taking place on that day. Hurling/Camogie continues every Thursday evening at 6pm at the club and at Legion's club grounds for all children aged 5 to 10 years.

FOSSA NOTES By Gene Moriarty

FOSSA GAA: Fossa Lotto 25/05/2014: Numbers Drawn: 2, 11, 19, and 24. Jackpot: €4,650. One Jackpot Winner: Marhu Gleisberger 10 Liebherr Apartments Aghadoe.

Consolation Prizes 5 x €40:

New Jackpot: €3,000. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night June 1st 2014 at the Golden Nugget Fossa at 11p.m.

MONTHLY MEETING: The June monthly meeting of Fossa GAA club takes place on Thursday next June 5th at 9:00pm.

SENIORS: EAST KERRY DRAWS: Fr Galvin Cup Intermediate Championship: Preliminary Rd: Scartaglin V Fossa.

Semi Finals: Firies v Listry.

Cordal v winners of Scartaglin / Fossa.

O SULLIVAN CUP JUNIOR CHAMPIONSHIP:

DRAW FOR BYES: Listry, Rathmore and Firies.

Legion v Kilcummin, Crokes v Glenflesk,

Fossa v Gneeveguilla, Spa v Currow

Cordal v Scartaglin

O DONOGHUE CUP SENIOR

CHAMPIONSHIP: Byes: A - Crokes, B - Legion (last year's finalists) and C - Firies.

D - Fossa v Currow, E - Listry V Cordal

F - Glenflesk v Rathmore, G - Scartaglin v

Kilcummin, H - Gneeveguilla v Spa

QUARTER FINALS: F v A, C v B, H v E, D v G.

LADIES FOOTBALL FOSSA GAA LADIES

FOOTBALL FUNDRAISER: Fossa will now

go on to represent Kerry in the National Féile Peile na nÓg final in Westport 27th to 29th June. They are holding a table quiz in the Old Killarney Inn on Friday 6th June at 8pm, tables of four 40 euro, juveniles 20 euro. Your support would be much appreciated.

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 May 29th. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

CONRADH NA GAELIGE: Tionol na Mumhan 2014 (Irish Language Weekend) 6-8 Meitheamh Ostán Travel Inn Fossa. Also Keel/Castlemaine Campa Samhraidh 30th June-4th July 10am-3pm daily, 9-15 year olds at Keel GAA grounds. Celebrate and cultivate love of Irish language. Tel 087 2586374.

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

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- St Columba's Comprehensive School, Donegal

SPA NEWS

COISTE NA NOG: U8 BLITZ: Our U8's hosted Dr Crokes and Kilcummin in this years East Kerry GoGame Blitz over the last 3 Monday evenings. Great fun was had by all the boys and they provided excellent entertainment for everybody who attended. The players were Billy Breen, Darragh Brosnan, Danny Coffey, Ian Coffey, Aidan Cronin, Fionn Daly, Luke Doolan, Shane Doolan, Cormac Healy, Adam Herlihy, Maurice Joy, Joey Mc Carthy, Jack O Donoghue, JJ O Donoghue, Jason O'Reilly, Shane O'Sullivan, Conor O'Sullivan, Cian Russell and Emmet Spillane. We will continue to train Saturdays at 11.30 and as always all new members are welcome to come along.

SPA U14B FINAL REPLAY:

SPA 2-7 DR. CROKES 3-10

In a fantastic contest Spa took on cross town rivals in this county league final replay in Fitzgerald Stadium on Monday evening. Dr Crokes took an early lead in this contest before an Adam Kelly goal gave the initiative back to the Boys in Blue. Spa were soon under severe pressure but great defending from Conor Brosnan and Darragh O'Leary kept Spa in the lead. However a Dr Crokes goal just before half time gave them a 2 point lead. On the resumption Dr Crokes extended their lead but a great goal by Liam Spillane left only a three point margin between the sides entering the final 5 minutes. A breakaway goal for the Dr Crokes with a couple of minutes left gave them a 6 point cushion which they held onto till the full time whistle. The Spa boys must take great heart in their fighting spirit and the fact that all players will be underage next year to fight another day.

LADIES FOOTBALL: Senior and U16 football is on a break at the moment to allow for exams.

BEST OF LUCK: To all players sitting their Leaving and Junior Certs.

U8 AND U10 BLITZ: Continues home and away each week with neighbouring clubs. This week home to Beaufort at 6pm.

U14S: Training continues each Wednesday night at 6.30pm.

UPCOMING FIXTURES: Junior Co League Spa are away to Cordal/Scart at 7pm on Friday May 30th and Spa are home to Ardfert on Friday June 6th at 7pm.

TICKETS: Now available from Club Secretary for the Kerry GAA Night of Champions at the Kingdom Greyhound Stadium on Friday June 6th. Contact Deirdre on 087 6332773 for more info.

LOTTO: Draw held in Killarney Oaks Hotel. Numbers drawn 09, 15, 19, 23. Jackpot €10, 800 not won. Lucky dip winners €50 each: Noreen O'Donoghue Ardenanig, Jimmy O'Brien Countess Road, Muireann Quane Ballybunnion, Elaine Kavanagh Muckcross Road. Next week's jackpot €11, 000 in Darby O Gills.

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.

LILY OF KILLARNEY: Will be held this year on May 30th in Killarney Heights Hotel. We would encourage everyone to support this social event and one of our major fundraisers. Change of format this year buffet/dance. Tickets only €20. Contact Mags Brosnan 087 7714516. Tickets must be prebooked.

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

TIERNABOUL BAKE SALE: Annual bake sale is on Friday June 13th in the school. Delicious home baking on sale. Please support.

SPA COMMUNITY NOTES: Sympathy is extended to the Regan family on the recent death of their uncle Tom Regan Inchicullane and to the relatives of Pdraig O Meara late of High Street who died in Sligo during the past week. May They Rest in Peace.

LOCAL ELECTIONS: Congratulations to Michael Gleeson and John Joe Culloty on their elections as Kerry County Councillors over the weekend. Hard luck to Tom Doherty, thanks for all your hard work over the years for the town of Killarney.

TIERNABOUL GIRLS EAST KERRY CHAMPIONS CUMANN NA MBUNSCOL 2014:

Congratulations to the Tiernaboul National School girls team who won the East Kerry final last Thursday in Spa. Tiernaboul got off to a strong start with a number of superb individual scores from Meghann Cronin, Emma Cronin and Orlaith Spillane. However, Two Mile staged a strong comeback before halftime and they could have been closer but for some excellent goalkeeping by Esel Acun. Grainne Spillane's art of blocking the ball down was a feature of the game while her first cousin Erin Holland was full of energy and worked tirelessly with Mairead O'Donoghue up front. Caoimhe Claffey and Rebecca Howe were solid as rocks in defence and helped keep the relentless pressure from Two Mile at bay. Tiernaboul captain Emma Cronin was delighted to receive the trophy on behalf of her wonderful teammates. Well done from everyone in Tiernaboul and best wishes in the county semi-final.

LISTRY NOTES

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

LISTRY COMMUNITY COUNCIL LTD: Held it's Annual meeting on Thursday 22nd May. 25 people attended. Guest speaker was Mary Grandfield, Information Officer with Citizens Information Services. Mary gave a very interesting talk on the range of services provided and available through Citizens information she encourage people to make full use of this valuable free service. There are Citizens information Offices in most towns, with the nearest to Listry being Killarney and Killorglin. Mary left a range of information leaflets and books at Listry Community Centre which are available to the public.

A number of founding members and Directors of Listry Community Council Ltd retired at the AGM. George Kelly, Kathleen and Bart Buckley and Timothy Sheehan all played a vital part in setting up Listry Community Council and their legacy is the beautiful community centre and the range of quality services available in Listry

today. Kathleen Buckley was the recipient of the O'Shea Award for the outstanding service to Listry Community Council and our community. We wish all who retired every best for the future. Margaret Gallagher and Anette Brodrick retired from their roles as Treasurer of Listry Community Council Ltd and Secretary of First Steps Childcare respectively. Thanks to all of you for great commitment and service to our community. We were delighted to welcome 5 new members onto Listry Community Council at the AGM. New members are essential in any organisation and are always welcome.

DEFIBRILLATORS: Listry Community Council Ltd have installed 5 defibrillators throughout the community with the support of South Kerry Development Partnership Ltd. More than 30 people have been trained to use defibrillators and further training and refresher courses are planned in near future. Defibrillators can save lives and it important that everyone knows where defibrillators are located in our community and that as many people as possible are trained to use them. Listry GAA also have defibrillators installed on the wall

of the clubhouse. Defibrillators are located as follows throughout the community.

- Listry Community Centre. (near the entrance)
- Church in Listry. (near the entrance)
- Kerry Woolen Mills. (in car park)
- O'Sullivan Shop Beaufort bridge.
- Rockfield (on wall at Denis Courtney's farm).
- Listry GAA clubrooms.

NEWSLETTER: A Community newsletter was distributed throughout our community over the past few days. This is full of information about various groups and clubs in Faha, Listry and surrounding areas. It is hoped to publish every 3 months.

LOTTO: Listry Weekly Lotto Results Sunday 11th May, 2014. Winning Numbers 11, 12, 13, 17. Jackpot €7,100 Not Won
1 x €100 Brendan Cronin, Ballyhar.
2 x €50 John Courtney, Rockfield.
Sharon Cartwell, Killarney.
2 x €25 Mike O Shea, Killarney.
Ibrahim Dogru, Germany.
Draw Entrant Eilish Kimmage, Faha.

Jackpot next week Sunday 1st June €7,250.



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GLENFLESK NEWS WITH DONAL KELLY

JUNIOR COUNTY LEAGUE: The Glenflesk Junior team, sponsored by Molly Darcy's, defeated Dr. Crokes in the second round of the Junior county league in Glenflesk on Friday May 23rd. A low scoring first-half had the teams level at 1-2 a piece at half time. However, a dominant second-half display by Glenflesk saw them outscore their opponents by 0-11 to 0-2, and they won on a final scoreline of Glenflesk 1-13 Dr. Crokes 1-4. The next junior fixture is against Renard in Glenflesk on Friday May 30th at 7pm.

LOTTO: Glenflesk GAA Club Lotto draw was held on Sunday the 25th of May 2014, in The Corner Bar. Jackpot: €3,400. Numbers drawn:

1, 6, 15, 22. No Winner. €50 DRAW: First draw: Pat O'Donoghue, Two-mile school. Second draw: M. O'Connell, c/o Ruairi O'Sullivan. Third draw: Bernie Buckley, Faha. Fourth draw: Carrie Spillane, c/o Ruairi O'Sullivan. Next GAA club lotto draw will be in The Kerry Way, Jackpot: €3,600.

BARRADUFF SAYS "THANKS": Barraduff Community Field golf organising committee would like to thank all local sports clubs, golf societies, companies, businesses and the general public who sponsored and supported our very successful Golf classic in Kenmare on May 17th. We thank Kenmare golf club who were our hosts for their hospitality on the day.

We thank the Kerry Way bar for all hospitality for our Prize giving ceremony with great entertainment by Border Boys on the night.

EXAM TIME: Best of luck to all the students from the parish who begin their exams next week.

KILLAHA GRAVEYARD: Mass will take place on Monday June 9th at 7:30pm

RAHEEN NS: Congratulations to Mary Galvin who had the winning lotto number 4 on Saturday 24th of May.

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

RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

LOCAL ELECTION CANDIDATES: Congratulations To Niall Kelliher who was elected to Kerry County Council last weekend in local elections. Our other parish candidate Lynda Horgan was unsuccessful after putting in great performance in election last weekend, congratulations to other candidates who were successful in elections.

SLIABH LUACHRA COMHALTAS: Fleadh Cheoil Ciarraí will take place in Cahersiveen from the 18th to the 22nd June.

"GIVING FOR LIVING" CD FOR SALE Hickey's Centra - O'Keeffe's Esso - McCarthy's Londis. All proceeds to South Kerry Parkinson's Association. Thank you for your support.

GNEEVEGUILLA BASKETBALL CLUB: We are holding a Scrap Metal Collection on Saturday 7th June as part of our fundraising. Full details of drop off point and times will be available next week. We would very much appreciate your support. Please contact 087 - 2685448

for further details or if you need any assistance having items collected.

RATHMORE CEMETERY: Survey work will begin shortly to produce an accurate map of the Cemetery. All headstones will be recorded and an online database created to enable parishioners to do an online research. It would be helpful if those who have unmarked graves, could give an indication of their position so that we compare them with our own records.

ANNUAL MASS/ IN TURBOT HOLY WELL IN MILLSTREET: This Friday May 30th at 8pm. Everybody welcome.

RATHMORE GAA CLUB NOTES: RESULTS: CREDIT UNION COUNTY LEAGUE DIV. 1 Rathmore 2-11 Dingle 2-14.

KEANE'S SUPERVALUE COUNTY MINOR LEAGUE DIV. 3A FINAL Rathmore 1-13 St Mary's/Renard 1-12.

LEE STRAND COUNTY LEAGUE DIV.3 U14 FOOTBALL FINAL. Rathmore 1-12 Scartaglen

/Cordal 1-14.

LEE STRAND COUNTY LEAGUE DIV. 2 U14 HURLING Rathmore 4-07 St Brendan's 8-05

LEE STRAND COUNTY LEAGUE U12 DIV. 1 PHASE 2.

Rathmore (Red) 5-15 Dr Crokes 5-19.

Rathmore (White) 5-15 Dr Crokes 5-18.

FIXTURES: Friday 30/05/2014 Credit Union Junior County League Rathmore v Kilcummin in Kilcummin.

Sunday 01/06/2014 Garvey's Supervalu Senior County Championship Rathmore v Dr Crokes in Rathbeg at 6.30pm. Come and support the team in this huge game for the Club.

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

BEAUFORT NEWS

BEAUFORT TIDY TOWNS: WE NEED VOULENTEERS! Do you want to make a difference and take pride in your place? Well if so, we need you! We meet every Tuesday at 7pm, meeting at the Barracks in Beaufort, for one hour. With only a week to adjudication,

a lot of work needs to be done. If you can not make our Tuesday evenings but would still like to make a difference, a full list of jobs are on Beaufort.ie, for our grab-a-job initiative. Come along on Tuesday at 7pm and bring a friend.

COMMUNITY GAMES: Our U13 Boys Futsal

Team play on Sunday 1st June in Listowel. The team: Ethan Coffey, Max Doyle, Oisín Cronin, Jack O'Leary, Kieran Dennehy, Sean O'Brien, Sean Kissane & Niall Carey. Best of luck to all the boys.

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The Hague Convention (1961) specifies how a document issued in one of the signatory countries can be authenticated or certified for legal purposes in all the other signatory states. Such a certification is called an apostille (in French this means certification). An apostille stamp is an international certification, like a notarisation in domestic law, which authenticates or legally certifies a document.

The Irish Department of Foreign Affairs and Trade (including staff in Irish embassies, consulates and honorary consulates overseas) can authenticate documents for Irish-born people getting married abroad.

In the UK apostille stamps are issued by the Legalisation Office of the Foreign & Commonwealth Office (FCO). Visit fco.gov.uk/legalisation to find out more about the process. You can also email legalisationenquiries@fco.gsi.gov.uk or telephone +4420 7008 5959.

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 7828, Listowel 0761 07 7840, Kenmare 0761 07 7810, Kilborglin 0761 07 7830, Castleisland 0761 07 7790, Caherstevn 0761 07 7780

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



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

Sports Recreation & Exercise Course (ETK69) – Killarney.

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

Start Date: 30th June 2014. **Duration:** 46 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise SM5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Radio Broadcasting Foundation Course (ET41Z) – Tralee.

This entry level course is for people who wish to pursue careers in the radio industry. Participants will gain an extensive grounding in the everyday tasks carried out in a radio station in the areas of broadcast pre-production, production and post-production. **Start Date:** 23rd June 2014. **Duration:** 8 weeks. **Certification:** City and Guilds Units of Credit in: Researching, Recording and Presenting Information and in Radio Studio Production.

Media Techniques – Radio Course (ET283) – Tralee.

This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 1st September 2014. **Duration:** 42 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Java Associate Course (ET8R7) – 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:** 16th June 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:** 16th June 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:** 23rd June 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:** 23rd June 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 714968, E-mail: training@kerryetbtrainingscentre.ie

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



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COOKING WITH KIDS FROZEN BANANA YOGURT

This no-churn frozen dessert is a great alternative to ice cream. Serve topped with crunchy banana chips.

INGREDIENTS

- 4 overripe bananas - the blacker the better - about 375 after peeling
- 500g pot full-fat Greek yogurt
- 175g condensed milk
- 6 handful banana chips

METHOD

1. Whizz the flesh from the bananas, yogurt and condensed milk together in a food processor or blender until smooth. Scrape into an ice cream container or loaf tin, or divide between individual pots.
2. Crush up the banana chips, if using, by tipping them into a food bag and bashing with the end of a rolling pin - like you would biscuits for a cheesecake base. Swirl through

the frozen yogurt mix, then cover the container or containers well with cling film and freeze overnight until solid. Will keep for 3 months in the freezer.



SPAGHETTI & MEATBALLS WITH HIDDEN VEG SAUCE

INGREDIENTS

FOR THE MEATBALLS

- 300g good quality pork sausages (about 4 large or 8 chipolatas)
- 500g lean beef mince
- 1 small onion, coarsely grated
- 1 carrot, finely grated
- 1 tbsp dried oregano
- 50g Parmesan, finely grated, + extra to serve
- 1 medium egg
- 1 tbsp olive oil

FOR THE TOMATO SAUCE

- 1 tbsp olive oil
- 1 courgette, coarsely grated
- 3 garlic cloves, finely grated

- 1 tbsp tomato purée
- pinch caster sugar
- splash red wine vinegar
- 2x 400g tins chopped tomatoes

TO SERVE

- cooked spaghetti

METHOD

1. Children: Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.
2. Children: Roll the meatball mix into walnut-sized balls and place them on a plate - this is a job children as young as 2 can help with and a great job to help teach older children basic division.

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3. Grown ups: While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if, like mine, they hate courgettes then blitz the sauce with a hand blender - either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.
4. Grown ups: Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce - continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn.



BEAUFORT GAA NOTES

BEAUFORT U-12S: Hosted John Mitchels in the County League on Sunday evening last. After drawing with Ballymac in the first game of Phase 2 Beaufort were hoping to get back on the winning trail and this they did in style. Beaufort began well and had points from all the forwards, mid-field players and half-backs. Mark Sheahans goal put the game beyond doubt in the first half. The 2nd half saw Max Doyle score a fine goal and they ran out easy winners.

THE U11S: Were also in action and though tried hard were beaten by John Mitchels. Jimmy O'Connor, Darragh O'Connor and Nicholas Doyle were the pick of the players on the night.

THE U10S: Continue to participate in the Mid-Kerry Blitz in Keel on Thursday pm.

TRAINING: Continues for the U10, U8 boys and girls and U-6 boys and girls on Sunday mornings at 11.30am.

THE U12 GIRLS: Have 2 games this week. They are away to Moyvane on Tuesday evening and home to Beale on Thursday evening. Both games at 7pm.

THE U10: Girls are away to Spa on Wednesday evening at 6pm

GAELIC: For Mothers and others continue on Monday evenings from 6.00pm to 7.00pm.

THE JUNIOR (B) TEAM: Travelled to Dromid on Friday evening and after a tough encounter came away with a draw. They play Milltown-Castlemaine in the Mid-Kerry Junior Final on Tuesday evening in Cromane at 7pm. Extra time if necessary. They hit the road again on Friday evening when they are away to Skellig Rangers in Portmagee at 7pm.

BEST OF LUCK: To Mid-Kerry and the Beaufort players involved in the U14 semi-final of the County Championship on Wednesday evening. They play Tralee District in Killorglin at 7pm

Best of luck also to the Mid-Kerry Seniors who play St. Kierans in the County Championship in Castleisland on Sunday at 2.30pm.

LOTTO: Next draw for jackpot of €4,600 will be held in Beaufort Bar on Sunday, 1st June. Tickets are available from usual sellers, local shops and bars. Anyone interested in setting up a Standing Order or an annual ticket of €50 should contact any of the sellers or officers.

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

EAST KERRY NOTES

With **Aine Ní Shúilleabháin PRO**

COUNTY CHAMPIONSHIP: The County Championship kicks off for the East Kerry Senior team, sponsored by KWD Recycling, next Saturday, the 31 May 2014 at 6.30pm in Fitzgerald Stadium, with a local derby against Legion.

EAST KERRY SENIOR CHAMPIONSHIP LAUNCH AND DRAWS:

Last Thursday the annual launch and draws for the East Kerry Senior Championships, was held in the Gleneagle Hotel. In the O'Sullivan Cup competition (Junior Championship), sponsored by O'Sullivan Cycles and Outdoor Centre, Killarney, the result of the draw was that Listry, Rathmore and Firies all got Byes in the first round. The matches in the first round are Legion V Kilcummin, Dr Crokes V Glenflesk, Fossa V Gneeveguilla, Spa V Currow and Cordal V Scartaglen.

The draws for the Fr Galvin Cup (Intermediate Championship), sponsored by the Aquila Club, Gleneagle Hotel, were as follows: in the Preliminary round Scartaglen host Fossa. The Semi Finals see Firies play Listry and Cordal meet the winners of the preliminary round game, Scartaglen /Fossa.

In the Aquila club O'Donoghue Cup (Senior Championship), sponsored by the Aquila Club, Gleneagle Hotel, Dr Crokes, Legion and Firies each have a bye in the first round. Dr Crokes and Legion were automatic byes, being last year's finalists. The third bye was drawn between the teams that have Kerry Senior players and Firies came out of the hat here. So Kilcummin and Rathmore went into the hat with the other 8 team for the first round draws, which ran as follows: Fossa V Currow, Listry V Cordal, Glenflesk V Rathmore, Scartaglen V Kilcummin and Gneeveguilla V Spa. In the Quarter Finals, Fires are at home to Legion. Current champions and 4 in a row County Champions, Dr Crokes are away to the winners of Glenflesk V Rathmore. The remaining 2 quarter finals will see the Winners of Gneeveguilla V Spa host the winners of Listry V Cordal and the winners of Fossa V Currow at home to the winner of the Scartaglen V Kilcummin tie.

EAST REGION MINOR LEAGUE: The East Kerry Region minor league, sponsored by the Tatler Jack, commences on the 19th June 2014.

SPECIAL PRESENTATIONS TO RETIRING OFFICERS AND REFEREES: Special presentations were made to recently retired Officers of East Kerry Coiste na nÓg, Paudie Breen and Maria Falvey, both of whom gave great service, furthering our games over 9-10 years in their roles as Chairman and Vice Chairperson. Special Presentations were also made to 2 recently retired Referees, Glenflesk's Michael O'Donoghue and Tom Wrenn of Cordal, who also gave great service to the Board, in a role that is so important to the running of our competitions. Thanks to all four who gave great service and commitment to the East Kerry Board.

EAST KERRY/KENMARE PRIMARY SCHOOLS GIRLS SKILLS: East Kerry Primary Schools, girls skills event, took place last week. Twelve teams took part with an excellent standard on the day. Fossa N.S. team performed well, to secure victory in the team event with Sarah O'Neill, Anna Clifford

and Ellen Sheehan combining well. Ciara Randles representing Loreto N.S. qualified in the individual event. Thanks to Dr Crokes club for the use of the club grounds. St Brendan's College students supported the primary school teachers in marking the sheets on the day.

KENMARE PRIMARY SCHOOLS GIRLS SKILLS EVENT: Took place last Thursday. Four Teams took part with Tuosist N.S. team of Julie O'Sullivan, India Grant and Ellen Torpey winning the team event with a polished display. Eileen O'Riordan representing Kilgarvan N.S. qualified in the individual event. Thanks to Kenmare club for the use of the club grounds on the day. Best of luck to all girls in the county final on Thursday 5th of June.

FOSSA UNDER 14 GIRLS TO REPRESENT KERRY IN FÉILE: This year Fossa Under 14 girls will represent Kerry in the Girls Féile competition. This is a great honour and achievement Fossa Ladies in their fourth year of existence. Fossa GAA club are holding a Table Quiz in The Old Killarney Inn, Aghadoe on Friday 6th June at 8pm (tables of four €40, Juvenile €20). All welcome.

LEGION GAA CLUB NOTES

SENIOR CLUB CHAMPIONSHIP: For the second year in a row, the seniors have qualified for the club championship final virtue of a hard fought 3 point victory over Rathmore last Saturday evening at Fitzgerald Stadium. This game was nip and tuck for the entire hour and it took a Shaun Keane led surge and a late James O'Donoghue goal to finally see off a determined Rathmore side. Score Rathmore 0-10 v Legion 2-07 Coincidentally we now meet Dr. Crokes in a repeat pairing of last years final.

U12 GIRLS: The u12 girls team played a good Scartaglen side last week and put in a fine performance but ended up 4 points adrift at the fulltime whistle.

BIRTHDAY GREETINGS: Best wishes to Suzanne Smith who celebrates her birthday this week from all at the club.

SEM U15 SOCCER: Fresh from their All Ireland final success, the u15 side from the Sem travelled to England to represent Rep of Ireland in an international tournament. Over the course of the weekend, the lads which included Cian Gammell, Robert Osbourne, Luke O'Donoghue and Thando Dube beat England and Northern Ireland enroute to the final where they were unlucky to lose out by a single goal to Wales. Well done lads.

O DONOGHUE CUP LAUNCH: Last Thursday night at the Gleneagle Hotel, the East Kerry board launched this years O Donoghue cup, O'Sullivan cup and the Fr. Galvin cup. During the night our own Paudie Breen was presented with an award for his years of dedication and work for the board. Following this the draw for the first round of each competition was made which saw us being paired with Kilcummin in the O'Sullivan



cup and in the O'Donoghue cup, we received a bye in the first round and a quarter final game against Firies.

SYMPATHY: Sincere sympathies are extended to the Blackwell family on the recent death of their mother and to the Hegarty family, Park rd on the death of Dave. Ar Dheis De go raibh a Anam.

BON VOYAGE: Safe journey to Shaun Keane as he heads off to USA next week for the summer, hope you have a great time.

EXAMS: Best of luck to all students who are preparing for the upcoming Junior and Leaving cert exams which start next Wednesday.

FIXTURES: All roads lead back to Fitzgerald stadium next Saturday evening for the first round of this years Senior County Championship where we take on East Kerry at 6.30 pm. All support very welcome.

LISTRY NEWS

LISTRY WEEKLY LOTTO RESULTS: Sunday 25th May, 2014. Winning Numbers 11, 12, 13, 17. Jackpot €7,100 Not Won.

1 x €100 Brendan Cronin, Ballyhar.

2 x €50 John Courtney, Rockfield.

Sharon Cardwell, Killarney.

2 x €25 Mike O'Shea, Killarney.

Ibrahim Dogru, Germany.

Draw Entrant Eilish Kimmage, Faha.

Jackpot next week Sunday 1st June €7,250.

JUNIOR FOOTBALL LEAGUE GROUP 2 ROUND 3: Result

Gneeveguilla 0-10 Listry 1-8. Great start to the campaign.

JUNIOR FOOTBALL LEAGUE GROUP 2 ROUND 4: Friday May 30th at 7.30pm Venue: Listry. Listry v Ballymac.

2014 O'DONOGHUE CUP FIRST ROUND: Venue Listry time & date tbc. Listry v Cordal.

The winner of this game will play away to the winner of the game between Gneeveguilla v Spa in the Quarter Finals.

INTERMEDIATE CHAMPIONSHIP - FR GALVIN CUP: Semi-Finals date & time tbc.

Firies v Listry.

JUNIOR CHAMPIONSHIP - 2014 O'SULLIVAN CUP:

Listry has a bye in the first round.

U-12 COUNTY FOOTBALL LEAGUE PHASE 2: Result. The final score was Cordal 4-8 Listry 5-15.

BANK HOLIDAY WEEKEND: On Saturday next from 5pm, there will be a free fun evening at Listry Gaa pitch for all the family. There will be fun games, barbecue, face painting, goodie bags and lots more. Mark your diary and keep next 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. Looking forward to welcoming you all to our free family fun day, in summer sunshine (hopefully!)

LOCATIONS OF DEFIBRILLATORS IN THE PARISH

Listry GAA Ground, Kelly Woollen Mills, Listry Community Centre, O'Sullivan's Shop, Beaufort Bridge, Listry Church, Courtneys Yard, Rockfield.

LISTRY JUVENILE NEWS: Sunday the 25th May was a super Sunday for our young footballers from Listry. First into action at 12 noon were the U-8/10 girls and the U-8 boys. Both teams were playing Fossa in Fossa. Listry played great football in both games, displaying all the skills of the game. Our catching, kicking, hand passing and appetite for the game was great to watch. It was also great to see a lot of block-downs, especially in the boys game. Our team work was great and the most important thing of all is the kids enjoyed themselves. Thank you to Fossa for hosting the games and thank you to Listry coaches, Fergus Clifford, Pat Fleming, Tim Fitzgerald, Paul Gosney and Mike Breen for their organisational skills and kindness to the kids.

So, we went home happy from Fossa, had the dinner and headed to Castleisland to take on the Cordal U-12 team at 6pm. Listry U-12 boys and girls team were playing their first game in phase 2 of the Co. league. Cordal started with a goal, but, Listry playing with great intensity, took control of the game. With our defence marking tightly, linking up well with midfield and great ball delivered into the forwards the scores started to flow. The half time score was Listry 5-10 Cordal 1-1. Cordal played much better in the second half, got some good scores, but, Listry reacted when they had to and kicked another 5 points. A good team performance, great work rate by all the panel, excellent skill level and a very disciplined display. The final score was Listry 5-15 Cordal 4-8. Thank you to coaches Brian McCarthy, Peter Keane, Paul O'Donoghue and Tony O'Dowd for making sure all the panel got plenty game time. All the panel can be proud of the way they played but I have to mention Aaron O'Shea who kicked 3-9. Roll on next Sunday, Up Listry.

MID KERRY GAA

Garveys Supervalu Senior Football Championship round 1 sees Mid Kerry take on St. Kierans in Castleisland Sunday 1st June at 2.30pm (extra time payable).

MILLTOWN/CASTLEMAINE GAA NOTES

LOTTO: There was no winner of last weeks lotto, the numbers drawn where 6, 7, 9, 24. Consolation prizes where
€50 Timmie O'Sullivan, Callinafercy.
€50 John Casey, Annascaul.
€25 Ted Murphy, Castlemaine.
€25 Michael O'Shea, Annagh.
€25 Siobhan Kelliher, Castlemaine.
€24 Seamus Landers, Ballymac.

The next draw will take place on the 6th of June in Cosgroves Bar, when the jackpot will be up to €7,800. Tickets available from local businesses. Thank you for your support.

SENIORS:

MILLTOWN/CASTLEMAINE 18 POINTS WEST KERRY 2-12

Milltown Castlemaine hosted this first round of the Garveys Supevalue Senior county championship of 2014, the home side got off to the ideal start with two pointed frees from Cathal Moriarty and Derek Twiss. Castlegregorys Alan Fitzgerald opened the visitors account with a powerful shot to the back of the net leaving Joe Daly with no chance. Both side traded points over the next number of minutes with two for Pa Wren and two from the boot of Eanna O'Connor. Both sides where playing some great football but Eamon Hickson netted another goal for West Kerry on the twenty minute mark. West Kerry upped the tempo in the last few minutes of the first half with points from Declan O'Sullivan and Jason Hickson leaving the score at half time West Kerry 2-7 Milltown Castlemaine 7 pts

Milltown Castlemaine struck with intent in the opening minute of the first half with two points from Derek Twiss. Both sides playing some free flowing football with Declan O'Sullivan infiltrating the Milltown defence with some dangerous runs. Jack McCarthy was introduced to the play after thirteen minutes for Jer Hayes. Declan O'Sullivan received a black card for pulling down Pa Wren, Derek Twiss again took the free bringing his tally to seven points for the game, Johnathon O'Sullivan was introduced for Cathal Moriarty with ten minutes to go and had an immediate effect scoring two points. The home side still trailed by three points with the score 2-11 to 14 points. Derek Twiss again scored another two points bringing the difference to the minimum of a point. Colm O Muircheartaigh responded with a point for West Kerry but Milltown Castlemaine sensing it could be there day launched another attack with a point from Jack McCarthy but it was again Derek Twiss who pulled the home side closer with an equalising point on the stroke of full time. Referee Gerard Murphy blew the full time whistle leaving the final score at Milltown/Castlemaine 18points West Kerry 2-12.

SEM SOCCER SUPREMOS REPRESENT IRELAND WITH PRIDE



ST. BRENDAN'S PICTURED BEFORE THEY BEAT ENGLISH CHAMPIONS CHRISTLETON HIGH SCHOOL (2-1)



LUKE O'DONOGHUE, MARCOS MARTINEZ AND CHRIS O'DONOGHUE PICTURED AFTER ST. BRENDAN'S BEAT EDMUND RICE FROM NORTHERN IRELAND 7-4.

Having won the U15 Schools All Ireland soccer title St Brendan's College were invited to take part in the Allen McKinstry tournament in Lisseshall. There they faced representatives from the other home countries. Having travelled on Friday morning from Kerry Airport the boys

showed no ill effects and ended the day with a very impressive 2-1 over the representatives from England. Niall O'Donoghue and Michael Potts got the goals.

On Saturday it was another early start with a 10.30am kick off against Northern Ireland. This

game began in whirlwind fashion with the Sem 2-1 up inside 10 minutes thanks to Niall O'Donoghue and Marcos Martinez and were 4-1 after 15 minutes. The Sem added another and looked to be cruising but injury enforced changes at the back saw Northern Ireland sense an opportunity and they brought it back to 5-4. However this Sem side, made up of players who play with and against each other, are very experienced. They added two more to qualify for the final – a great achievement. Michael Potts ended with a hat trick added to by Chris O'Donoghue 2, Marcos Martinez and David Clifford.

In the final Wales were the opposition but unfortunately the Sem went down 1-0 despite a great second half where they struck the bar and the Welsh keeper made a string of great saves.

St Brendan's College were awarded the Fair Play Trophy to wrap up a great weekend for the squad who are coached by Trevor Nagle and JP Mullins with Ed O'Neill and Paul Kelliher acting as Heads of Delegation.



ST. BRENDAN'S TEAM AND MENTORS PICTURED BEFORE THE FINAL AGAINST YSGOL PLASMAWR OF CARDIFF (WELSH SPEAKING SCHOOL) WHICH THEY LOST 1-0.



KILLARNEY SOUTH COMMUNITY GAMES NOTES

RELAY TRAINING: Relay practice continues on Wednesdays at the earlier time of 6.03pm. All athletes who are on relay squads are urged to attend practise as this will have a bearing on team selection for county finals.

ATHLETICS: All athletes who qualified for county athletics finals are urged to commence their training for the competition. Please follow this notice board and facebook page for updates on team/ group training and preparation for the event.

SWIMMING: Congratulations to Sean Farandon, won gold in the boys U14 breastroke in the swimming competition recently. Sean will now make the trip to compete in the National finals.

GYMNASTICS: Congratulations to Katlyn Nolan won a bronze medal in the U13 gymnastics recently.

FOOTBALL: Training for the under 10 football continues at St. Oliver school grounds Ballycasheen on Wednesdays at 7.30pm, (directly after relay squad training). The players and coaches are in intense preparation for their competition which takes place on June 2nd. The committee wishes the entire team and squad great luck on the day!

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.



CONOR MURPHY, SEAN HOULIHAN, MICHAEL O'CONNOR AND SHANE O'CONNOR FROM KILLORGLIN ROWING CLUB WHO WON THE MEN'S JUNIOR 14 QUAD EVENT.

KILLORGLIN ROWING CLUB

LEE REGATTA, MARINA CORK: Big well done to all junior crews who raced at Lee Regatta on Saturday, the 24th of May. Especially big congratulations to our Men's Junior 16 Double

Scull of John F O'Grady and Cathal O'Donovan who won a very tight race against Lee Rowing Club who finished 2nd. Also well done to Conor Murphy, Sean Houlihan, Michael O'Connor and Shane O'Connor who won the Men's Junior 14 Quad event. The Men's Junior 18 Double finished 2nd to Lee Rowing Club of Cork, the single scullers of Emma Murphy and Conor Murphy both finished 4th, while the Men's Junior 15 quad raced very well but missed out on podium finishing 4th overall. It was an enjoyable day for all and even though the sun was not splitting the rocks, we managed to race some good, competitive races.

EUROPEAN ROWING CHAMPIONSHIPS

2014: Best of luck to Monika Dukarska who will represent Killorglin Rowing Club and Ireland at the European Senior Rowing Championships in Belgrade, Serbia. Monika is flying out this Tuesday and she is racing the Women's Double Scull event with her partner Eimear Moran. The girls are a new Irish double combination and it is their first European championship race together. The racing starts on Friday, the 30th with Finals taking place on Sunday, the 1st.

Also, there is a Coastal Regatta being held at Killorglin Rowing Club on the 31st of May and 1st of June to support Monika on her international endeavours for Ireland. All locals and Kerry Rowing Clubs are welcome to attend and all support would be greatly appreciated.

KILLORGLIN RC REGATTA 2014: Killorglin Rowing Club 21st Anniversary Regatta in association with KFest Killorglin is nearly here! When?

Heats - 31st of May at 6:30pm

Finals - 1st of June at 7pm

Where? Killorglin Rowing Club, Killorglin, Co. Kerry

4 Boats Heats. 4 Fastest boats in each category to go through to finals on Sunday, the 1st of June. Medal ceremony will be held on Sunday after the last race. Come along and enjoy some great racing on the river Laune. Great atmosphere guaranteed! Profit made will support our international athlete, Monika Dukarska at competitions abroad.

WORKMEN'S ROWING CLUB

BEST WISHES: Are well and truly in order this week as our own Timothy Moynihan and Grace Smith both made their First Holy Communion on Saturday. Heard you both had a great day!

CONGRATULATIONS: Also to the Heffernan Family especially parents Gerard and Clodagh on the christening of Baby Brendan Heffernan on Sunday.

WELL DONE: To all our crews who competed at the Lee Regatta, at Cork Marina, on Saturday. Great Results as many of the crews came 2nd in the closely contested regatta. They were a great support to Muckross RC, providing them with extra coxes for their races. Now that's what good sportsmanship is all about! well done to the following crews: Mens J16 4X+ Ryan



MEN'S JUNIOR 16 DOUBLE SCULL OF JOHN F O'GRADY AND CATHAL O'DONOVAN KILLORGLIN ROWING CLUB WHO WON A VERY TIGHT RACE AGAINST LEE ROWING CLUB.

O'Neill, Tom O'Leary, Michael O'Donoghue, John Greene, Cox, Mikey Joe Burns, Mens J16 2X, John Greene, Michael O'Donoghue, Mens J16 2X, Tom O'Leary, Ryan O'Neill, Mens J16 1X, Ryan O'Neill, Mens J15 4X+, Dylan Bartlett, Kamil Kuniki, Ruadhan MacCurtain, Donnacha Ireland, Cox, Mikey Joe Burns, Mens J15 1X, Donnacha Ireland, Mens J14 2X, Ruadhan MacCurtain, David Bartlett, Mens J15X, John Greene, Michael O'Donoghue, Ryan O'Neill, Women's J15 4X+, Siobhan Burns, Kayla McCarthy, Ciara Browne, Leona Browne, Mikey Joe Burns, Women's J15 2X, Kayla McCarthy, Siobhan Burns, Women's, J14 2X, Ciara Browne, Leona Browne, Mens J15 2X, Dylan Bartlett, Kunicki Kamil.

KILLARNEY RUGBY CLUB NEWS

TAG TUESDAYS: Is back in action. Tag rugby makes a welcome return to the calendar when it returns to Killarney Community College on Tuesday June 3rd at 7pm. We resume the craic and fun at the school grounds on Port Road off New Road in Killarney. €5 per person over 18s can participate for the fun of it. Make up teams on the night so come along and bring a friend. New people will be given instruction to how the rules go. For details contact Mike Fuller on 087 6489 628.

CLUB AGM: The Club's Annual General Meeting took place in mid-week and we will have a full report on the new changes etc in our next edition.

KERRY COMMUNITY GAMES

By Margaret Dineen

COMMUNITY GAMES - EXCITING SPIKEBALL IN BEAUFORT!

SPIKEBALL: On Sunday last, we had the County Final of the Community Games Under 14 Spikeball competition for girls and boys.



This was held in the Glenbeigh Hall and we were treated to some very exciting and close games. In the girls competition, which was played in round robin format, Castlegregory won the bronze medals defeating Rathmore/Gneeveguilla who received the certs. In a very exciting final, the home side Glenbeigh/Glencar claimed the county title and gold medals with 26-21 & 24-22 victory over Fossa who received the silver medals.

RESULTS: 1. Glenbeigh/Glencar; 2. Fossa; 3. Castlegregory; 4. Rathmore/Gneeveguilla.

In the boys competition, three teams competed in round robin format and again we had very exciting and close games. Glenbeigh/Glencar were the bronze medal winners, with Rathmore/Gneeveguilla becoming the county champions and gold medal winners with 23-16 & 21-19 victory over Fossa who received the silver medals.

RESULTS: 1. Rathmore/Gneeveguilla; 2. Fossa; 3. Glenbeigh/Glencar.

Both Glenbeigh/Glencar (Girls) and Rathmore/Gneeveguilla (Boys), our winning teams, will now represent Kerry at the provincial finals in the U.L. on the 5th July.

CHECK-IN TIMES FOR NEXT WEEKEND

EVENTS: Check-in for Cycling on Grass Friday 30th May at 5.30 pm at Tralee Sports Complex. Sunday 1st June – Under 13 Boys Futsal at Listowel Soccer grounds check-in 10.30 a.m. Monday 2nd June – Under 10 Mixed Football at Na Gael GAA Pitch Tralee – check-in 10.30 a.m.

CLOSING DATES FOR RECEIPT OF COMPLETED ENTRY FORMS: Thursday 29th May – Futsal U13 Girls.

FIXTURE DATES: Cycling Friday 30th May; Futsal U13 Boys Futsal Sunday 1st June; Gaelic Football U10 Mixed Monday 2nd June; Futsal U13 Girls Saturday 7th June; Athletics Track & Field 21st & 22nd June. Check our website www.kerrycommunitygames.ie for up-to-date information on our fixtures, results and rules.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES:

SPIKE BALL U14 BOYS & GIRLS: On Sunday 25th we had a both a boys & girls team with team manager Mike McGillicuddy taking part in this competition. The girls met with teams from Glenbeigh, Fossa and Castlegregory, despite the best efforts of the girls they were met with strong opposition and ended up by receiving certs on the day. Team members were Michelle Brosnan, Niamh Cronin, Chloe Fitzgerald, Ciara Brosnan, Aisling Brosnan and Hannorah Hurley and Niamh Finnegan. The boys lost to Glenbeigh and beat Fossa in the 1st round, they were lucky enough to qualify on scoring difference to advance to the final, where they again met with Fossa. Displaying a great team effort the panel of five boys

overcame a very strong Fossa team winning by 2 sets to 0. The boys thus received gold medals and will now forward to represent Kerry at the Munster Finals along with the U11 basketball team. Team members were Paul O'Leary, Lorcan Keane, David Gleeson, Owen Fitzgerald, Donal Hurley, Anthony Darmody & Sean Clifford. Special thanks to Paul O'Leary who despite being injured, made himself available to his team mates to play in the final. We wish to thank Mike McGillicuddy for training the boys and girls over the past number of months and Breeda Clifford for assisting at training. We thank the boys and girls for showing interest in this competition. Thanks to Gneeveguilla GAA for the use of the hall for training. We wish Mike, Breeda and the boys the best of luck in The Munster Finals and continued success.

CYCLING ON GRASS U12 & U14: This competition will take place on Friday 30th at 7.00 pm, we have Paud O'Leary, T J O' Leary, Donal Daly and Jamie O'Leary taking part in this competition.

FUTSAL U13 BOYS: A new competition for our area, trained by Mike Kelly, Mike Dineen and Paul Darmody, the team will take part in this competition on Sunday June 1st in Listowel. Team members are Ian O'Connor, Cathal Ryan, Alan Dineen, Cian Dineen, Doonagh Fitzgerald, Kieran Fitzgerald, Michael Twomey and James Darmody. We wish both managers and boys the best of luck.

FOOTBALL U10 MIXED: On Monday June 2nd our U10 football team along with coaches Mags Fitzgerald and Donal Cronin will take part in this competition. Team members are Darragh Fitzgerald, Ross O'Leary, Alex O'Leary, Danny Hickey, Sean Finnegan, Sean Hurley, Stephen Dalton, James Doyle, Sean O'Keeffe, David McCarthy, Fionn Murphy, Jamie O'Donoghue, Conor O'Donoghue, Darragh Nagle, Shane Daly and John Hughes. Again we wish both managers and players the best of luck.

DEERPARK PITCH & PUTT NOTES

We offer our deepest sympathies to the Blackwell family on the death of our former club Secretary Kathleen, Kathleen was a permanent fixture in the club throughout the 1980's as she ran our clubhouse with great enthusiasm and vigour. A special word of thanks to all our club members who provided the Guard of Honour at the removal on Sunday and funeral on Monday morning. May She Rest In Peace.

COUNTY STROKEPLAY: Well done to Jason O'Brien (Intermediate) and Betty O'Brien (Ladies) on their victories in last Sunday's competition, Sheila O'Donoghue was placed second in the ladies section.

CLUB STROKEPLAY: Commencing on this Monday June 2nd and continuing through to Sunday evening (June 8th) this competition will

be a multcard event with a player's best two cards towards their 36 Hole total-Sponsored by Charlie Foley's Bar. Further details will be forwarded to members in due course.

WELL DONE: We had some prizewinners outside the county recently. James Fleming won the last 18 prize in the St Stephens, Nett Cup in Cork while Creagh Courtney won the Intermediate and Damian Fleming were also in the prizes at another Cork Course, Rocklodge. Creagh won the Intermediate Nett prize in the Clubs Open while Damian was on the winning Gross team with Cork duo Ray Murphy and Darren Collins in the scramble competition.

BEST WISHES: Best wishes to Damian Fleming and Jason O'Brien as they take part in the National Matchplay Finals in Parteen this Bank Holiday Weekend.

BON VOYAGE: Best wishes are extended to Conor McCarthy as he travels next Thursday to represent Ireland in the International Challenge against Catalonia, Conor becomes the second club player to wear the Irish jersey after Derry McCarthy and we wish him a safe journey and enjoyable experience on the continent.

WEDNESDAY EVENING FOURBALL: The O'Briens were again very much to the fore on last Wednesday with Johnny teaming up with Eileen Switzer to win the main prize while Mary O'Brien had a Hole in One.

FIRIES COMMUNITY GAMES

Firies Community Games held their annual sports night on Wednesday May 14th in Farranfore field. This is a fun night with lots of races and novelty races from tiny tots to U16. Children also qualify for the athletics County Final as the competitions are run off on this night. Children will have already been signed up for races now. It was great to see so many children participating and having fun at the race events. We would like to thank Dan Ahern and his team from Aherns pharmacy who provided a health promotion stall on the night. Dan provided information and advice on sun care, mental health, healthy eating and other health topics and advise people required. Information was also provided on the HSE Get Ireland Active. This is a website that provides information on how much activity a person should be doing and how to get started and highlights events happening in areas. This website is www.getirelandactive.ie Firies Community Games would also like to thank Aherns pharmacy for sponsoring sun screen for our 1st aid bag. Jerome Crowley and Mary O'Driscoll will keep you informed of further athletics training dates. Thank you to helpers and the parents who helped out with the smooth running of the event.

TRALEE BAY SAILING CLUB & SCHOOL: Are now taking bookings for their Summer Sailing Courses which start June 23rd for juniors, teenagers and adults.

Boats and equipment are supplied.



Log on: www.traleebaysailingclub.com for more information and a booking form or Phone: Liam Freeman on 087 7606795 Email: info@traleebaysailingschool.com

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto dated 23/05/2014, numbers drawn were 9, 16, 25 and 29. Sellers prize went to Timmie Brosnan, €50 yearly ticket winner Annette O'Brien Furies, €50 to Reen's Syndicate c/o Reen's Garage, €40 each to Carmel Galivan c/o Mgt Hayes, Brigit Clarke c/o Mgt Hayes, Eileen Fleming Tureengarriff. Bonus not won numbers drawn were 4, 22, 27 and 30. Next week the jackpot is €9,800 plus €1,000 bonus.

We had a busy weekend on the athletics scene, firstly we found out that we are on 100 points in the National League Ladies division after round 1. This puts us in second place overall and nicely placed to contest the final in August, if we can do as well in round 2 on June 22nd in athlone. A big congratulations to Elaine and all concerned. Ed Murphy's men's team need a big performance the next day to get through. A few of the lads were missing on day 1, their participation the next day would make a big difference.

The school sports held on Saturday 24th were well attended with medals coming to Alex O'Leary Gneeveguilla, Jack O'Leary Gneeveguilla, Jack Greaney Loretto, Donal Daly Gneeveguilla, Maeve O'Connor Newmarket, Francis Cronin Cullen, Katie Buckley Rathmore, James Doyle Anablaha, Delia Foley Meentogues.

At the County Masters Championships in Riocht on Sunday we had the following winners - Elaine Cronin, Eileen O'Riordan, Annette O'Brien, Mary O'Connell, and Shelia O'Donoghue in the ladies. John Barrett and Robert Purcell in the men's section. Our juveniles did very well with Maeve O'Connor winning 9 medals - good for her!. Other medal winners were Jack Walsh, Jack O'Leary, Donal Daly, Tomas O'Neill, Sinead Warren, Liam Casey, Francis Cronin, Amy Cronin, Jack O'Leary, Jack Greaney and Delia Foley. We must now prepare for Munster which will be starting shortly.

SPA MUCKROSS AC

Spa Muckross AC, along with the South and



KINGDOM CYCLING CLUB SQUAD: - KERRY'S ONLY YOUTH CYCLING CLUB. BACK ROW (L-R): TOM GUERIN, DARRAGH COSTELLO, ALISON JONES, SEAN McELLIGOTT. FRONT ROW: EOIN LYNCH, KIERAN COGGINS, DAVID BARRETT, DAVID FITZGERALD. MISSING: ADAM LENIHAN & SALLY GREY.

East Rural Recreation Micro Track Ltd are delighted to announce that we will holding a road race in Killarney on September 27th. The 10 mile race is being organised to raise funds for the proposed track at St Brendan's College. The route, which starts and finishes at the Sem, will take runners up through Aghadoe and the National Park - not only is the race the ideal preparation for any athletes intending to run the Dublin City Marathon, it is also the perfect route for any walker interested in taking part - entries are now being taken on-line at the following: www.killarney10mile.com and the entry fee is €20. More information will be made available shortly however if you have any queries in relation to the race you can contact Jerry Griffin at (087)6879186.

The Kerry Primary Schools were in Castleisland on Saturday and well done to all the Killarney children that took part. Club medal winners: 1st Class 60 m - Oisín Lynch 3rd, 3rd class 200m - Cian Lynch 1st and Jack McGuire 3rd, 4th Class 10m - Darragh Fleming 1st, 5th class 600m - Marie Courtney 3rd, Long Jump - Vivien Recztar 3rd, 6th Class 600m - Eoghan O'Sullivan 2nd. The Second Class boys relay from Lissivigeen boys relay were 2nd and their sixth class girls were also 2nd, Loreto boys fourth class were 3rd while the sixth class boys from The Monastery won the gold medal.

Day 2 of the County Juvenile Championships went ahead on Sunday, and many of our athletes were in action again - despite the One Direction boys claiming some of them! There were some outstanding performances on the day by our athletes, Peter O'Sullivan had a great run in the U14 200m to win by two hundredths of a second and with a new championship best time of 26.62 while Shona O'Brien also had a fantastic win in the U15 1500m also with a new championship best time of 5.22.31. Our Masters men also had a very exciting and tightly contested run in the 4 X 100m relay, they were neck and neck with Kenmare for the entire race and just lost out on the line to earn themselves the silver medal. The team was made up of Tony Kelleher, Pauric O'Donoghue, Donal O'Doherty and Mark Cooper. The rest of the results are as follows: U10 - 500m Alex Hennigan 3rd, U11 - 600m Cian Lynch 2nd, Long Jump 3rd, U13 - 600m Darragh Murphy 1st, U15 - 1500m Mícheál Devlin 2nd and Tristan O'Donoghue 3rd, U18 - 400m Christine Cooper 2nd.



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MASTERGEEHA FC

U14: MASTERGEEHA 4 KILLARNEY ATHLETIC 1

In their final game of the season the boys claimed runner up spot thanks to a good victory. In the first half Mastergeeha created some good chances before Niall O'Connor opening the scoring. Just before the break Dylan Murphy double the difference with a good strike. In the second half the visitors pulled a goal back but Mastergeeha continued to push forward with Niall O'Connor scoring his hat trick with two further goals. All played well and deserved the win.

U17: MASTERGEEHA 4 ASDEE 1

Mastergeeha advanced to the next round of the cup thanks to the win over North Kerry opponents. In the opening half Mastergeeha were the better side with Andrew Sheehan and Micheal Brosnan (2) getting the goals. In the second half Mastergeeha continued to push forward and Donal Moyhnan scored again. For the remainder of the game the boys created many chances with Sean Twomey, Shane Crowley and Cian Jenkins going closest. All played well.

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

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 23rd May. Numbers drawn were 1, 9, 14 & 18, consolation prizes were €100 Katie Walsh, c/o Jimmy Brien's Bar, Kilcummin; €60 Mary Burke, 14 Woodlawn Road, Killarney €30 Bill Wiseman, 127 Pinewood, Killarney, €30 Dave Doyle, Knockataggle More, Kilcummin €30 Dylan Cronin, Knockinane West, Kilcummin, Draw every Friday night in The Village Inn, Kilcummin. Jackpot now €11,700.

SCHOOLBOY/GIRL SOCCER

ALLEN MCKINSTRY CUP:

St Brendan's College 2-1 England Reps.
St Brendan's College 7-4 Northern Ireland Reps.

FINAL: St Brendan's College 0-1 Wales.

U13 CUP FINAL: Park A 1-3 Killarney Celtic A

TUCKER KELLY 16'S CUP SEMI FINAL: Fenit 2-5 Park.

DALY'S SUPERVALU 13'S DIV 1:

Listowel Celtic 1-7 Killarney Athletic B.

DIVISION 2: Listowel Celtic C 2-0 Fenit.

Listowel Celtic C 8-3 Kingdom Boys B.

FOUNDATION SPORTS 14 PREMIER:

Inter Kenmare 0-2 Listowel Celtic A.

14 DIVISION 1:

Mastergeeha 4-1 Killarney Athletic.

14 GIRLS: Killarney Celtic 2-0 Listowel Celtic.

KILLARNEY PLAZA 15 DIVISION 1:

Ballyhar 6-0 Killarney Athletic A.

REPORTS:

KILLARNEY CELTIC TAKE U13'S CUP:

Killarney Celtic went into the Cup Final unbeaten in the League and odds on to take

the Premier title. They were looking for the first leg of a possible double and went ahead in the final, played on a very good Castleisland pitch. Ryan Kelliher put the Hoops ahead but like all Park sides in a final they battled for their lives and equalised through Leon Shambala. However Kelliher was in unstoppable form and he netted two more to wrap up his hat trick, take the Man of the Match trophy and of course a winners medal.

TUCKER KELLY 16'S CUP SEMI FINAL:

The Park showed no hangover from their National Cup heartbreak as they defeated Fenit away in the semi-final of the Tucker Kelly 16's Cup. Sam Tarrant scored twice while Seguire Duyile, Luke Moynihan and Fergal Ryan all scored one in their win to set up a final against Killarney Celtic.

DALY'S SUPERVALU 13 DIVISION 1:

Killarney Athletic's 7-1 away win over Listowel Celtic ensured they were crowned the Division 1 champions after a very impressive campaign. Danny and Thomas Cronin both scored two each and these were added to by Keith Suter, Tadgh Doolan and Eoin O'Donnell goals to wrap up the title.

13 DIVISION 2: A run of victories over the last month has seen Listowel Celtic C secure second place and even give themselves and outside chance of taking the title. The Listowel Celtic side took 6 points from two midweek games defeating Fenit 2-0 and Kingdom Boys B 8-2. In the latter game Sean McGrath scored 4 while Conor Horgan and Ted Moloney both hit two each.

It leaves Listowel Celtic C on 33 points from 13 games with one left while unbeaten Camp lead the table on 36 points from 12 games.

FOUNDATION SPORTS 14 PREMIER:

With one game left Listowel Celtic have gone joint top of the table. They are level with Kingdom Boys but the Tralee side has completed their campaign. Listowel Celtic's latest three points came after a 2-0 win away to Inter Kenmare. Fergal Ryan and Cillian Spillane got the goal. A point against Killarney Celtic will give Listowel Celtic the title.

14 DIVISION 1: It was a case of winner takes second in Kilbreen Park as the home side and Killarney Athletic went into the final game of the season level on points behind League winners Camp. At the final whistle it was Mastergeeha that were celebrating after a 4-1 win. Niall O'Connor and Dylan Murphy put Mastergeeha 2-0 up before Athletic got one back. Into the second half and it was the O'Connor show as he added two more – one from the penalty spot to take a well-earned runners-up spot.

14 GIRLS: 3 points against Listowel Celtic ensured Killarney Celtic continue their run that has seen them be crowned Munster Champions and now Premier League Champions.

KILLARNEY PLAZA 15 DIVISION 1:

Ballyhar have been chasing long time leaders Camp and have now drawn level with them at the top of the table and still have two games in hand. The team from Murt Scott Park were two strong for Killarney Athletic A and took the points thanks to hat tricks from both

Donnchadh O'Sullivan and Aaron McCarthy.

KILLARNEY ATHLETIC A.F.C.

SENIOR FIXTURES:

Rattoo Rovers v Killarney Athletic A Saturday 31st May.

CSKA v Killarney Athletic B Sunday 1st June at 11.30am.

RESULTS: UNDER 13:

Killarney Athletic 7 Listowel 0

Goals from Danny Cronin 2, Thomas Cronin 2, Keith Suter, Tadgh Doolan and Eoin O'Donnell. A great performance from a great team and deserve to be league winners.

AGM: Killarney Athletic A.F.C. AGM is on 6th June in Scott's hotel at 8.00pm. Nominations taken for all positions – e-mail sec@killarneyathletic.com with nominations by 30th May- new faces and voices wanted.

KILLARNEY ATHLETIC ANNUAL 7 A SIDE TOURNAMENT KICK-OFF:

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

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

AWARDS: Along with the Premier and Reserve Cups, The Kieran Cahillane Senior Player of the Tournament Award will be on offer for the outstanding player on view, while The Johnny Hefferan Underage Player of the Tournament Award will also be up for grabs. Also there will be free entry to the 2014 tournament for the Premier Cup winners.

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

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

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

What To Do Next... Killarney Credit Union, Beech Rd. and Park Rd.; Scotts Bar and at www.killarneyathletic.com

N.B. The closing date for senior entries (to be returned to the above. Application forms are available from venues) is Friday 20th June and the draw will take place on Sunday evening, June 22nd in Scotts Bar at 9pm.

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

CONGRATULATIONS: Well done to St Brendan's on reaching the final in the Allen McKinstry tournament in England last week.

MERCHANDISE: Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

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

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

KILLARNEY CELTIC NOTES

CONDOLENCES: To Joe McCarthy and to all the Horgan family on the bereavement of his father-in-law Danny Horgan. Condolences also to the Blackwell and Hegarty families on the sad passing of Kathleen and David last week.

AGM: Killarney Celtic's Annual General Meeting will be held on June 9th at 8.00pm in Celtic Park. All members are asked to make a special effort to attend.

THE DERMOT O'CALLAGHAN TOWN TWINNING TOURNAMENT: This popular Tournament in honour of of late President, featuring the Gathering Cup, will be held Saturday May 31st, 2014. The tournament will involve 24 under 12 teams who will play in 7 aside competitions. The teams involved in the tournament are Staffanstorp, Sweden (5 teams), Killarney Celtic (6 teams), Rockmount, Cork (3 teams), Kenmare (3 teams), St Brendans Park (3 teams), Kingdom Boys (1 team), Killorglin (1 team), Ballyhar (1 team), Killarney Athletic (1 team).

The matches start at 10am and are 20 minutes per match (no Half-time). There will be 6 pitches set up and a group of 4 on each pitch. Every team will get five 20 minute matches.

Lunch is 1-2pm, games resume at 2 and continue until 4pm.

ST BRENDAN'S IN THE UK: Having won the U15 Schools All Ireland soccer title St Brendan's College were invited to take part in the Allen McKinstry tournament in Lisseshall. There they faced representatives from the other home countries. Having travelled on Friday morning from Kerry Airport the boys showed no ill effects and ended the day with a very impressive 2-1 over the representatives from England. Niall O'Donoghue and Michael

Potts got the goals.

On Saturday it was another early start with a 10.30am kick off against Northern Ireland. This game began in whirlwind fashion with the Sem 2-1 up inside 10 minutes thanks to Niall O'Donoghue and Marcos Martinez and were 4-1 after 15 minutes. The Sem added another and looked to be cruising but injury enforced changes at the back saw Northern Ireland sense an opportunity and they brought it back to 5-4. However this Sem side, made up of players who play with and against each other, are very experienced. They added two more to qualify for the final – a great achievement.

Michael Potts ended with a hat trick added to by Chris O'Donoghue 2, Marcos Martinez and David Clifford.

In the final Wales were the opposition but unfortunately the Sem went down 1-0 despite a great second half where they struck the bar and the Welsh keeper made a string of great saves.

St Brendan's College were awarded the Fair Play Trophy to wrap up a great weekend for the squad who are coached by Trevor Nagle and JP Mullins with Ed O'Neill and Paul Kelliher acting as Heads of Delegation.

RESULTS WEEK:

GREYHOUND CUP: KILLARNEY CELTIC

3 TRALEE DYNAMOS 3: There was always and ever very little between Celtic and Dynamos and I doubt very much if there was ever a bad match played between them – this was as thrilling as any and, inevitably, neither side could quite pull away for a winner. U13

KERRY CUP: KILLARNEY CELTIC 3 ST. BRENDANS PARK 1

Park are a very good as well as a very sporting side and proved it yet again, but Celtic produced a spellbinding display of soccer and were deserved winners. Star of the show was Ryan Kelliher with a hat-trick, while Peter O'Sullivan, David Dineen, and Darragh Dennehy also stood out, but this was all about great teamwork from everybody.

BARNADOS

TOURNAMENT:

Congratulations to Killarney Celtic u11 team who won the Barnados Munster Tournament,

winning the final 1-0 with Cian McMahon scoring the winning goal. Well done to a brilliant team and especially the management of Ciaran Butler and John O'Mahony.

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.

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

There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 1, 3, 12, 15. No winner, no match 3, three lucky dip Therese McDonagh, Martina Lyne Countess Grove, Grainne O'Connor Pinewood, €50 each. Next week's jackpot €7600, 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.



AT THE LAUNCH OF THE EAST KERRY SENIOR CHAMPIONSHIP (O DONOGHUE CUP, FR GALVIN CUP AND O SULLIVAN CUP) AT THE GLENAGLE HOTEL WERE CLUB MEMBERS AND COMMITTEE MEMBERS IN FRONT ROW L-R AINE NI SHUILLEABHAIN (PRO), PAT DELANEY (TREASURER), PEGGY HORAN (SECRETARY), TIM RYAN (CHAIRMAN), MICHAEL PIGGOTT (ASSISTANT SECRETARY), JOHNNY BROSNAN (VICE CHAIRMAN) & PAT DOYLE (ASSISTANT TREASURER). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

ROSS GC, KILLARNEY, GENTS CLUB

On Sunday May 25th we held an 18 hole single stableford competition in good weather conditions.

The following were the winners :-

- 1... Renaldas Bendikas Jnr (19) 42pts.
- 2... Mike Brosnan (6) 40 pts.
- 3... Michael J Casey (22) 39 pts.
- 4... Timmy Kelly (18) 38 pts.

On Sunday June 1st we will hold a 10 hole mixed scramble with shotgun starts at 9.30am and 12.30pm. The timesheet is available in the clubhouse so please add your name to it as soon as possible.

Monday June 2nd will be the Club Open Day :- We will hold 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. Please get your name on the timesheet as soon as possible. All members are urged to bring along some guests, friends to ensure the success of the day.

PIERCE PURCELL TEAM: Our Pierce Purcell team were victorious over Beaufort in the first round of that competition in Dooks at the weekend but were unlucky to lose to Killorglin in the second round on a score of 3 to 2.

2014 CAPTAIN'S DAY: Our Captain Aidan O'Connor will hold his Captain's Day on Saturday June 21st, more details later.

CLUB MATCHPLAY: All participants are reminded that all preliminary round matches must be played by May 28th.

SYMPATHY: We extend our sympathy to the family of long standing Ross GC member, David Hegarty R.I.P. on his recent passing.

CASTLEROSSE GOLF CLUB

RESULTS: Competition held on Sunday 25th May 18 hole Stableford,

WINNER: Donal O'Reilly (21) 40pts, Runner up, Daniel Shine (9) net 38pts, Overall 3rd place Steve Shine (17) 38pts.

RESULT: Of Scramble on Thursday 22nd May, 3 person teams, 9 hole best return, Dan O'Connell, Daniel Shine & Denis Tangney.

FIXTURES: Next weekend 18 hole competition Strokeplay, play Friday, Saturday or Sunday, use time sheet

Thursday evening, regular 9 hole scramble, open to Gents & Ladies, outside players welcome, meet at Clubhouse at 6pm, shotgun start at 6.15pm sharp.

MURPHYS GOLF SOCIETY

Next outing Saturday June 7th, venue, Lee Valley, time 2.00pm. Time sheet on display in Murphys Bar.

BEAUFORT GOLF CLUB (LADIES BRANCH)

RESULTS: BEAUFORT GOLF CLUB (LADIES BRANCH) 24TH/25TH MAY - 18 HOLE STABLEFORD - SPONSORED BY KILLARNEY CAR VALETING.

- 1st Joan O'Sullivan (23) 29 pts.
- 2nd Noeleen Mackessy (26) 27 pts.

21ST MAY - 9 HOLE SCRAMBLE

WINNERS: Noeleen Mackessy (26), Gary Fagan (19), Terry Ryan (24) - 28 1/7th.

FIXTURES: 31st May/1st June - Golfer of The Year - Stroke - Sponsored by Golf Pro Mark Heinemann

Ladies Only Open Day - Tuesday 10th June - 4Ball Betterball - Sponsored by Dunloe Hotel.

RING OF KERRY GOLF CLUB

RESULTS: ROK Results 24/25th May Single Stableford GOTY

1st Michael Kirby (16) 39pts acb.

2nd Eamonn O'Driscoll (6) 39pts acb.

3rd Sebastin Jardine-Otway (16) 37pts.

UPCOMING FIXTURES: Vice Captains day 31st May & 1st June, visitors welcome.

Please book tee times 064 66 42000.

KILLORGLIN GOLF CLUB

LADIES: 18 HOLE V-PAR SPONSORED BY THE CLUB: 1. Coral Kiely (33) 2 up. 2. Mary Healy (22) Leval. 3. Kathleen Keating (22) -1.

CASTLEISLAND EXCHANGE DAY 18 HOLE STABLEFORD SPONSORED BY CROWLEYS SHOE SHOP: 1. Kathleen Keating (24) 34 pts.

2. Jenny Pigott (19) 26 pts.

12 HOLE RE-ENTRY STABLEFORD SPONSORED BY JUNIOR OFFICER EMMA DALY: 1. Eileen Devane (30) 29 pts. 2. Coral Kiely (34) 28 pts. 3. Emma Daly (22) 28 pts.

Next 12 Hole re-entry stableford sponsored by Vice Captain Phil Anne Foley continues until further notice.

SILVER SWANS 12 HOLE STABLEFORD 20/05/2014: 1. Agnes O'Connor (36) 23 pts. 2. Phil Anne Foley (36) Vice Captain 19 pts.

FIXTURE: The 3 Ball Crumlin Rumble re-entry with a different partner (any combination) can be played Saturday 31st, Sunday 1st and Monday 2nd June. Qualifier for Nenagh in September.

KILLORGLIN GOLF CLUB

KILLORGLIN GOLF CLUB WEEKEND RESULTS OF THE CLUB SPONSORED COMPETITION:

1st - Tom Foley (16) 40 pts.

2nd - Joe Kennedy (5) 39 pts.

3rd - Robert Gallagher (12) 39 pts.

4th - James Lucey (17) 36 pts.

Well done to our Pierce Purcell team who defeated Ross golf club Saturday evening but were narrowly defeated by the home team Dooks Sunday morning. After a slow start Killorglin fought back hard only to lose 2 games on the 19th and one on the 18th.

BEAUFORT GOLF CLUB (MEN'S RESULTS)

RESULTS: Beaufort Golf Club (Men's Results).

15th May - **SWAP DAY CEANN SIBEAL - SPONSORED BY PAT GILL, WEST LODGE HOTEL.**

1st Mike Quirke (13) 37 pts.

2nd D. Carroll (20) 32 pts.

24TH/25TH MAY - MONTHLY MEDAL - SPONSORED BY PAT & JOE TANGNEY:

1st Dan Moynihan (6) 72 Net.

2nd Shane O'Sullivan (6) 73 Net.

3rd John O'Callaghan (17) 75 Net.

FIXTURES: 1st Jun - 2nd RD Golfer of The Year - 18 Hole Stroke (white Tees) sponsored by Randles Court Hotel.

PRESENTATION: Of outstanding prices on Wednesday 4th June after Scramble.

Open Fridays (Single Stableford for Ladies & Gents) continues Friday 30th May.

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

PHONE: 064 66 44440,

Email: info@beaufortgolfresort.com

ROSS GOLF CLUB NOTES

RESULTS: SUNDAY MAY 25TH PROFESSIONAL MARK HEINEMANN SPONSORED SINGLE STABLEFORD COMPETITION.

1st Margaret O'Donoghue (19) 33pts B9,

2nd Lady Captain Mary Cronin (24) 33pts.

UPCOMING COMPETITIONS: Sunday June 1st the gents club are holding a 10 hole mixed scramble. Shot gun starts at 9.30am and 12.30pm. Time sheet in the club house.

Monday June 2nd the gents club are running a 10 hole single stableford competition, open to both the ladies and the gents. Entry sheet in the club house.

KENMARE GOLF

RESULTS FROM KENMARE GC: 18H Sford

1st Pdraig O'Shea [10] 40pts.

2nd Dave Burke [9] 37pts.

3rd Colm O'Sullivan [19] 35pts.

FIXTURES: Sat/Sun - 18 Hole Open Singles Sford sponsored by Mc Swiney & Sons (Expert). Mon - Open Mixed Foursomes.

RESULT OF CORPORATE CLASSIC SPONSORED BY NEVADA BOBS AND MACROOM MOTORS:

1st PJ Pigott [14], Cormac McCarthy [20], Kieran O'Sullivan [16], Cian O'Sullivan [16] - 97pts

2nd Sean Daly [16], Johnny Brosnan [14], John Cuskelly [20], Donagh Moynihan [10] - 93pts

3rd Dermot Healy [12], Noel Downing [18], Cian O'Siochru, Alan Sheehy - 93pts

4th McDonnell [12], M O'Brien [18], Eugene O'Sullivan [21], Rita O'Brien [30] - 92pts

NEAREST PIN: 5th Alan Sheehy, 9th Derek Coakelin, 14th Noel Downing, 17th Noel Downing.

LONGEST DRIVE: Ian Mulready, Clare.

Noel Downing was only 2ft 9ins away from winning the Lexus on the 17th.

KILLARNEY GOLF CLUB

RESULTS OF HAYES CUP/KERRY PHONE CENTRE S/FORD, KILLEEN COURSE:

1st Christine Carroll (13) 38 Pts.

2nd Kay O'Connor (14) 37 pts.

3rd Bridie Doyle (33) 36 pts.

B.G. Noreen Coffey (12) 23 pts.

4th Susan Tong (17) 34 pts.

SSC 74

RESULTS OF MIXED FOURSOMES SPONSOR WALSH COLOUR PRINT CASTLEISLAND:

1. Sheila Crowley (25), Joe Hartnett (11) 68 pts bk 9.
 2. Kathleen Brosnan (19) Brendan Brosnan (12) 68 pts.
 3. Deirdre Prendergast (6) Richard Ferris (11) 68.5.
- BG. Nicola Rainsford (11) Dermot Roche (10) 81 (b9).

Our Junior Team were victorious against Waterville in Dooks on Sunday 25th in the first round of the Junior Cup.

Next round will be played in Ballybunion against Castletroy. Our Challenge Cup team beat Kenmare on Sunday in Killorglin. Next round will be played On June 21st in Ballybunion.

Draw for Club Mixed is on Main Notice Board.

NEXT COMPETITION Will be next Sunday 1st June, President Mary Geaney's Prize - Singles Stroke- Killeen Course. Tee times 7.30 to 12.00.



PATRICIA WALSH OF WALSH COLOUR PRINT (SEATED CENTRE) PRESENTING FIRST PRIZE IN THE WALSH COLOUR PRINT MIXED FOURSOMES TO WINNERS SHEILA CROWLEY AND MAUREEN CULLOTY LADY CAPTAIN, MARY GEANEY CLUB PRESIDENT 4TH (BACK FROM LEFT) BRENDAN AND KATHLEEN BROSNAVAN 2ND, DERMOT ROCHE BEST GROSS, DEIRDRE PRENDERGAST 3RD, SEAN CASEY 4TH, MAUREEN CREEDON AND JIMMY CREHAN 5TH, LIZ AND EAMON O'CONNOR 6TH WITH TONY WALSH OF WALSH COLOUR PRINT CASTLEISLAND SPONSORS AT THE KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON FRIDAY.

SNEEM TAKES TO THE ROADS FOR 50 K WALK



A GROUP OF PARTICIPANTS BEFORE THE START OF THE SNEEM MACE JFK 50 MILE CHALLENGE ON SATURDAY MORNING AT 5.00 AM. INCLUDED ARE LIAM ATTRIDGE, MACE REGIONAL MANAGER BERTIE CHRISTIAN, CHRISTIAN'S MACE STORE SNEEM. THE JFK 50 MILE WALK FIRST CAME ABOUT IN THE 1960S IN THE USA WHEN PRESIDENT JOHN F. KENNEDY (JFK) ANNOUNCED THAT AN ENDURANCE TEST OF WALKING 50 MILES WAS TO BE PERFORMED BY U.S. SERVICEMEN TO PROVE THEY WERE IN READY MILITARY CONDITION. BENEFITING CHARITIES FROM THE SNEEM MACE WALK ARE IRISH CANCER SOCIETY AND ST.MARY OF THE ANGELS, BEAUFORT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

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IF YOU CAN DREAM IT – YOU CAN BE IT!

There is a law in quantum science that states that every dream you've ever had is already there just waiting for you to go and collect it! As soon as you have thought something – on some level you have already created it. This is why our thoughts are so powerful. Every single thought you choose to think carries a vibrational energetic frequency that exists as pure potential in the Universe. For example... imagine you think a thought that you're not good enough, this thought triggers a chemical response in your body, which produces a feeling of being inadequate. The feeling then produces a behaviour or an action – (maybe you won't apply for that new job after all), which reinforces the negative feeling which reinforces the negative thought! And so the energetic circle of negativity continues. The Universe doesn't have an opinion about whether your thoughts are positive or negative – it will simply give you the results based on the energy you are broadcasting! To manifest your dreams you have to choose to see your dreams as real and existing NOW and to feel as if they have already happened! The more you begin to live as if your wildest dreams have come true the more you attract your dreams into your life right now!

I think you will **LOVE** my next **LIFE LOUNGE** on **Wednesday June 25th!** My special guest is Angela Kerry who will be talking about Angels, crystals, becoming an author and creating the dream!

Join Angela and myself at the Meadowlands Hotel (7.30-9.30pm). Reserve your place NOW by calling 066 9766374 or emailing me at life_coachingunlimited@yahoo.ie. Entry is €15.00 – payable on the night! (Refreshments included!).

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KILCUMMIN MAN JOINS O'LEARY'S OF LISSARDA

If you are in the market for a new motor then a trip to O'Leary's in Lissarda is a must. Kilcummin man Tony Fleming recently joined the sales team there and with 12 years experience under his belt, Tony's knowledge is second to none, having previously worked in Tralee selling Peugeot and Hyundai. O'Leary's Lissarda is one of the busiest Volkswagen and Commercial Dealerships in Cork and has marketed these brands since 1989. They stock a huge range of Volkswagen cars and Commercials and always include some unusual and exciting models. O'Leary's Lissarda also have a wide range of used vehicles, cars and vans, at all times. Tony has joined their team of dedicated and professionally trained staff and they have a fantastic reputation in keen pricing and individual attention.



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SLOW DOWN THIS BANK HOLIDAY WEEKEND

RSA & An Garda Síochána Appeal for Public Support for Bank Holiday National "Slow Down" day.

11 Fatalities and 16 Serious Injuries over June BH in 2013 and 2012.

80,000+ drivers detected speeding to date in 2014.

Applegreen to give away free coffees at participating stations on 30 May.

The Road Safety Authority (RSA) and An Garda Síochána have appealed to drivers, ahead of the June Bank Holiday weekend to reduce their speed by taking part in a national 'Slow Down' day, which will take place for a 24 hour period, from 7am on Friday 30th – 7am Saturday 31st May 2014.

The call comes as figures show that the June Bank Holiday has consistently been the most dangerous weekend over the past two years. Five people lost their lives and five were seriously injured over the June Bank Holiday in 2013. Six lost their lives and 11 were seriously injured in 2012.

Commenting ahead of the June Bank Holiday Weekend the Minister for Transport Tourism and Sport, Mr. Leo Varadkar T.D., urged road users to support national "Slow Down" day:-

"Five people lost their lives over the June Bank Holiday weekend last year. We should all work together to ensure we do not have a repeat of

such carnage this year. The only way to avoid a repeat this year is if we all work together. Speed is still one of the biggest risk factors. By slowing down we reduce the likelihood of a crash, and the severity of injuries. We are also asking drivers this weekend to watch out for dangerous road conditions because the weather is so changeable. We want everyone to enjoy the weekend, but please do so safely." Assistant Commissioner John Twomey, Garda National Traffic Bureau, speaking at the launch in Garda HQ today said:-

"Excessive or inappropriate speed remains a significant contributory factor in road traffic collisions. Unfortunately, many drivers believe they are immune to the laws of physics as over 80,000 fixed charged notices have already been issued for speeding so far this year, an increase of over 20% compared to 2013 figures. Of greater concern, 9 out of 10 detections were made in situations where the driver was travelling 10km/h or more above the posted speed limit. 1 in 10 of those drivers detected were for speeds in excess of 30 km/h above the limit. This is particularly worrying for pedestrians and cyclists in 50km/h zones, which were the worst locations for speeding offences."

Assistant Commissioner Twomey continued:- "Since we started the national "Slow Down"

initiative 2 years ago, we have seen the public get behind and support it, so the message is getting through to most. We are making great use of our social media sites to advertise the "Slow Down" day also, so people can be aware of it and support it online."

Assistant Commissioner Twomey concluded:- "Help us all make this June Bank Holiday a particularly safe one. Ask your family, friends and colleagues to heed the advice given today to slow down. To support the initiative, and for those that refuse to heed all the safety messages and put the lives of other road users at risk, all members of An Garda Síochána will be specifically targeting motorists exceeding the speed limit over this June Bank Holiday period."

In a further practical effort to promote road safety ahead of the June Bank Holiday Weekend the RSA, An Garda Síochána and Applegreen are planning an initiative aimed at tired drivers. On national "Slow Down" day Friday 30th May, Applegreen will provide free cups of coffee to drivers between 2pm and 8pm at 17 participating service stations around the country.

Drivers simply mention the 'RSA' to the till operator and they will receive a free cup of coffee on Friday to ensure they get to their destination safely.

TYRESTOP TIPS: THE CORRECT OIL!

Nowadays, car servicing mileage is much more than many years ago. Previously you would have to change oil every 3000 miles and now some service intervals are 15,000 miles. The main reason for this is the advancement in the quality of oil.

How important is the correct oil?

The correct oil is critical to the life of your engine. For example if you take the example of 5w 40 fully synthetic oil and if someone does a cheap service and uses 10w 30 oil which is not suitable, the engine will be damaged and the customer may not be aware of this. The result

is not immediately obvious, but the damage to the engine will happen over a period of time. The real danger is that the oil will not do its job and the real damage is done when the oil has lost its ability after a few thousand miles and the damage starts.

What type of damage is done to your car with incorrect oil?

Literally the engine of the car can cease. All the components can be damaged and the incorrect oil can build a scum or ash and thus the oil will clog us and not flow correctly to moving parts.

How do you insure you get the correct oil?

You can go to a trusted dealer or you can buy the correct oil at your local motor factors and bring to Tyrestop and we will service your car. Tyrestop offers the service that the customer can purchase their own parts and we only charge a labour charge to carry out the work. This also creates a transparency of charges.

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OUTLOOK ON THE STATE EXAMINATIONS

- It's time to do the exams.

(By Billy Ryle)

The state exams begin next Wednesday, so this is the final weekend for major revision. Stick to your study plan on Saturday and Sunday while concentrating on subjects being examined during the first week. As the exams run into the second and third weeks, the optional subjects are nicely spaced out allowing free days for study.



Prioritise last minute work in English, Home Economics, Engineering, Geography and Mathematics and get it done by Sunday night. On Monday, concentrate on the tips and predictions that have been made for subjects being examined on Wednesday, Thursday and Friday. Don't cram on the days before the exam as this may cause confusion and is physically tiring.

Spent an hour or two on Tuesday skimming over your notes for Wednesday's exams and leave it at that. A period of relaxed leisure will be more beneficial than spending the day cramming material that you may not recall anyway. Your most important asset going into the exam is a clear and alert mind. Remember that exams test not only your knowledge but also your staying power.

On the evening before each paper spend an hour or so looking over your notes so that the important concepts and ideas are fresh in your mind. Heavy study sessions on the night prior to any paper are not a good idea as you will be exhausted the following morning. Instead, relax and get a good night's rest. Put all thoughts of the following day's exam out of your mind. If you find it difficult to sleep try a little non-academic reading for a short while.

Over the next few days check your equipment and assemble your exam materials – biros, pencils, ruler, eraser, drawing instruments, calculator and so on. Always have at least two biros or fountain pens in case one runs out of ink or doesn't work properly. It's time, too, to organise your personal needs such as a watch and tissues.

A few nerves are normal on the first day. You might feel a little tense so be prepared to deal with it. Perhaps a relaxation exercise or maybe a shower to freshen up will do the trick. Eat a nutritious breakfast as you'll need the extra reserves of energy. Many students like to say a quiet prayer or attend Mass on the morning of each exam. Finally, go through your equipment checklist before you leave home.

On Wednesday morning arrive at the exam venue at least a half hour before the exam begins. For all subsequent exams be present about fifteen minutes before the appointed time. Spend the few minutes before entering the exam venue on your own in peace and quiet. At all costs, avoid groups which are involved in last minute revision. If you need to, use the bathroom before you enter the exam venue. Be in your seat a few moments before the exam is due to begin. Synchronise your watch with the clock on the wall and use your watch to help you pace your work.

Check your seat and desk for firmness and stability. A shaky desk will torment you and distract you during the exam. When the answer book is distributed, fill in your exam number and the other required details. Read the directions on the back cover. This will help you relax and focus your mind on the task in hand. When you receive your question paper read the instructions carefully in case there is any change of format. Don't be put off by your first glance at the paper. It's new and it will look unfamiliar at first. Once the exam begins, keep to your prepared answering plan and address the questions which are asked.

If you finish a paper before the allotted time has elapsed, do not leave the exam venue. Recheck your work and extra information may come to you. Attempt an extra question only when you have thoroughly answered the previous questions. Once an exam is over, spend as little time as possible on a post-mortem. Focus on the next paper and when the entire exam is over forget about it and enjoy your summer. There is no advantage in dwelling on what might have been. Every candidate, no matter how brilliant, will feel that s/he could have done better if only s/he had done this or that. Be happy and satisfied that you have done your best.

The very best of good luck to all candidates who are taking state examinations over the next few weeks.

Billy Ryle
is a Career Guidance Counsellor
and freelance writer.



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- 11 Kia Ceed S.W. Manufacturers warranty to 2017
- 10 Kia Proceed 39k, Manufacturers warranty 2018
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- 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, fogs, 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 Proceed 1.6, Alloys, Fogs, 3dr H/B
- 08 Ford Mondeo 1.8 TDCi, Zetec
- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCi, Black, NCT Tested
- 06 VW Passat 1.9 TDCi, Green, NCT Tested
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SOME OF THE MOST UNIQUE FERAL ANIMAL POPULATIONS ON EARTH:

1. Monkeys in Florida.

For over 80 years, a colony of Rhesus Macaque monkeys has made their home not in the mountains and grasslands of Asia but along a river in swampy Florida. In the 1930s, a local tour operator brought 6 of the monkeys to live on an island in what is now Silver Springs State Park. His reasoning? Well, the monkeys brought that special “jungle” feel he was looking for. What he seemed to not have realised, though, was that the monkeys could swim — and swim they did, right off the island. Today there are over 1,000 of the monkeys in the colony. Some have been discovered in backyards hundreds of miles away.

2. Camels in Australia

Australia’s population boomed during the late 19th century, and, camels came along with many of these new settlers. Seen as a cheap and efficient form of transportation, the camels were eventually replaced by automobiles, and thousands were set free. By 2008, there were about one million feral camels — the largest population of wild camels. Since then, the number has dropped due to aggressive government population control efforts and drought.

3. Pigs in the United States.

You’ll find wild pigs all across North America, but none of them are native to the continent. It’s thought that the first pigs travelled across the Atlantic Ocean from their native Europe on Christopher Columbus’ second voyage to the new world in 1493. Today, there are over 6 million wild pigs in the United States alone — some are recently-escaped domestic pigs, some the descendants of long-feral pigs, and some the descendants of wild boar that were introduced for hunting.

4. Parrots in San Francisco.

Established flocks of feral parrots can be found on 6 continents for a variety of reasons, most of which remain a mystery. Some were probably

pets that were let go by their owners or escaped from their homes. But that doesn’t quite solve the whole mystery — wild parrots usually need to live in a large flock to survive, and captive-born birds wouldn’t have what it takes to stay alive in the wild. What’s more likely, then, is that these flocks are the descendants of birds that were caught in the wild, exported to a new place, and eventually escaped or were let free en masse.

5. Guinea Pigs in Hawaii.

Sometimes, all it takes just one pregnant animal to establish an unwanted feral population. That’s what likely happened in 2008 on the Hawaiian island of Oahu, where at least 40 guinea pigs made themselves at home in Nu’uanu.

6. Hippos in Colombia.

Notorious drug kingpin Pablo Escobar certainly wasn’t shy about throwing around his money — his palatial estate was home to a huge zoo, complete with elephants, giraffes and hippopotamuses. After the Colombian government took control of the property, most of the animals either stayed in captivity on the estate or were donated to zoos across the globe. The hippos, though, were left to their own devices. In the 20 years since, by all accounts, the animals seem to be thriving: the population has swelled from 4 to 40.

7. Wallabies in the U.K.

From the Outback to the British Isles. There are several troupes of these marsupials across the U. K, though the largest is found on the Isle of Man and numbers around 100 animals. So how did they get there? Well, remember, wallabies — like their cousin, the kangaroo — are keen jumpers. Every single feral wallaby roaming the U.K. is the descendant of an animal that hopped a fence to escape captivity.

While it can be amusing to spot wallabies in the UK or camels in Australia, feral populations aren’t always seen as welcome guests. When humans transport animals to their non-native habitats, it can wreak havoc on the natural environment. Camels in Australia, for example, depleted water resources and caused some plant species to become extinct. While this isn’t

the fault of the animal, it can lead to negative outcomes for everyone.

A “DOUGH” THAT ACTS AS SLUG BAIT:

Eating fresh, healthy food straight from the garden lifts both the body and spirit. Unfortunately, many insects and other pests like to sample the fresh produce as well. Most store-bought pesticides are chemical concoctions that indiscriminately kill insects, including beneficial bugs such as pollinators and insects that prey on the pests eating our produce. These pesticides also end up on the food we are growing and ultimately find their way into our bodies where their toxic effects continue.

Here is a recipe based on the principle that if it is made with ingredients we can eat, they are healthy enough to use:

- ½ cup of flour;
- 3 tbsp. of cornmeal;
- ½ tbsp. of yeast;
- 1 tbsp. of molasses; and
- 1/3 cup of water.

Mix the first four ingredients together and slowly add the water to blend the mixture into a bread-like dough. The dough is placed in a sealable container or re-sealable sandwich bag and kept in a warm spot to rise overnight. Place the dough in a small waterproof container and cut four 1 inch by 1 inch holes in the lid to allow the slugs entry. The entire container is placed in the ground so the lid is flush with the surface of the ground. The container and bait can be replaced each week.

It may seem like more work but does it really take longer than driving to the garden centre and shelling out money on toxic chemicals that damage both your garden’s ecosystem and your body? Let your kitchen be your laboratory for effective pest management in your garden. Oh, and just because it’s good enough to eat doesn’t mean you should.

So often the home garden pest control remedies work as well or better than the chemical counterparts, and with the added bonus that with these formulas made of kitchen cupboard ingredients, you don’t need to worry about poisoning yourself, your pets, or your garden!

TO PREVENT FIRE PLEASE CHECK YOUR CAR ENGINES FOR BIRDS NESTS:

Car owners in Orkney have been warned to check under their bonnets regularly after a spate of fires caused by birds nesting in vehicle engine compartments.

There have been at least three car blazes over the past few weeks to fuel powered cars which have been caused by nests.

In the latest incident, a car was completely destroyed by a fire caused by a nest built by

a starling over the space of an evening. The owner of the car said that it would not start and then in a matter of minutes smoke and flames emerged from under the bonnet.

One man who discovered a nest in his electric vehicle has decided to leave it until the birds hatch out and leave. The man - who is a dealer specialising in electric vehicles on the islands - said he would be using another car until the birds were fledged.

THIS WEEKS QUOTE:

"The question is not Can Animals Talk nor Can Animals Reason – the question is Can Animals Suffer" (Jeremy Bentham 1789).

ON THIS DATE – MAY 30TH:

1783 - Benjamin Tower of Philadelphia publishes first daily newspaper in US

1784 - Belfast's first Catholic church, St. Mary's, opened for public worship.

1844 - Daniel O'Connell was fined and sentenced to 12 months in prison for 'conspiracy'.

1906 - Death of Michael Davitt, "Father" of the Irish Land League. He was born at the height of the enforced Famine. At four, his family were evicted and forced to emigrate to England. He joined the Fenians in 1865, became organising secretary and was arrested in 1870 for arms smuggling. Released after seven years, he returned to County Mayo as a national hero. His travels in Connaught showed conditions had not improved. Realising that, if the power of the tenant farmers could be organised, it would be possible to bring about improvement, he arranged a convention in August of 1879. The result was a body called the National Land League of Mayo.

1944 - Eamon de Valera was returned as Taoiseach

1951 - Fianna Fáil regained power in a general election

1969 - Irish nationalist and the first Jewish Lord Mayor of Dublin, Robert Briscoe, died in Dublin

1972 - The Official IRA announced a ceasefire, but the Provisional IRA said it would continue fighting until the British leave Northern Ireland

1973 - Erskine Childers defeated Tom O'Higgins by a very narrow margin and was elected President of the Republic of Ireland

2002 - Writer John B. Keane died at his home in Listowel.

BLIND KITTEN FINDS "SEEING-EYE" CAT COMPANION AT SHELTER:

She was just 5 months old when found cowering under an abandoned rusty Toyota in Redwood City, California.

The kitten had no food. No water. No mother. No love.

And no eyesight, having been born blind.

A Good Samaritan brought her to the Nine

Lives Cat Shelter, where shelter staff named her Celica – after the car model she used as an excuse for a home.

There, she received expert care from shelter staff – and something else thanks to Jett, another kitten brought to the no-kill shelter the same day as Celica.

Initially, the beautiful black kitten stayed away from the other cats, as is frequently the case with a new arrival. However, this changed when Celica was placed in the same living space with him. The little male immediately approached the blind kitten and snuggled against her. In the days that followed, the two became inseparable as Jett became not only Celica's companion but her 'eyes' as well.

Volunteers who worked with Celica were touched by the sweet, affectionate little cat who loved laps and perching on shoulders and, despite her blindness, displayed the typical playful behaviour of a curious kitten. Both soon became favourites of the Nine Lives staff and volunteers.

It gets even better: After learning of the story of Celica and Jett on social media, a Sacramento woman adopted the bonded pair together so they can continue their inspiring partnership.

WOULD YOU LIKE TO BUY A VILLAGE?

An entire Devonshire seaside village with popular surfing beaches and a harbour are on the market at a reserve price of £11.5m.

Residents in Bantham, near Kingsbridge, were told last November that land and buildings in the village would be sold.

The privately-run estate, owned by the Evans family for several generations is offering for sale about 750 acres of land including the village, which has more than 40 homes, a pub, a harbour and a shop.

Estate agents said they had received interest from around the world.

Tony Goddard, widower of Gill Goddard, the last member of the Evans family to live in Bantham, acknowledged it was "a happy community".

SHIPWRECK CAMERA FOUND AND RETURNED TO OWNER:

A camera that was lost two years ago in a shipwreck off the west coast of Canada has been found with its memory card and pictures intact.

The camera - encrusted in sea organisms - was brought up from the sea bed by a group of students on a diving trip near Vancouver Island in British Columbia, to their amazement they discovered the memory card was still working, and saw one photo in particular - a group shot - that they thought might help them find the owner.

After about a week, a water taxi driver responded to a sign on a local notice board,

saying he thought he recognised one of the men in the photo and a coast guard member said he had actually taken part in the man's rescue.

The camera owner, an artist, was sailing 500km from Vancouver to his summer home in British Columbia, when the boat sank in an accident during the night.

GOODBYE TO YET MORE JOBS:

Francesco's Pizzeria in the Indian city of Mumbai says it successfully used a remote-controlled four-rotored drone to send an order to a skyscraper about 1.5km away. In a city that's famous for its snarling traffic jams, the restaurant says drone deliveries could be a green solution that saves on time too.

The city police say they're checking whether the restaurant asked permission from the civil aviation authorities. "As per norms, permission must be taken for flying any such object," an air traffic control official said.

JUST ABOUT ANYTHING CAN BE REPURPOSED:

The ability to envision multiple possibilities for any object is the true hallmark of successful repurposing mavens.

Often inspiration may not strike you at first glance. If you just know that a repurposing revelation is in the works, stash the item where your family, roommates or pet won't be constantly tripping over it, such as a dedicated closet, a corner of the garage or even a workroom of your very own.

Store leftover paint, interesting thrift store hardware, fabric scraps and whatever other bits and bobs appeal to you. Repurposing is about creativity and saving a few Euros so collecting cheap or (free!) accessories and ornaments for future projects is all a part of the process.

Keep an open mind. For instance, you may be going great guns upcycling salvaged wood and metal, electronics and more, but did you ever think of repurposing the sprouted onions in the bottom of your veggie drawer as new plants?

Truly great upcyclers are always looking for new repurposing frontiers to cross!

FINALLY THIS WEEK:

Finally this week I would like to wish all readers, advertisers, correspondents and all at the Killarney Outlook office a safe and pleasant Public Holiday weekend. Please take care if you are trekking, mountain climbing, visiting the seaside or taking part in water sports. If you are driving please slow down and stop and take a rest if you are feeling tired. If you are visiting the area you are very welcome and I hope you enjoy your stay amongst us.



SouthWest
Counselling Centre

EXAM STRESS

SOME TIPS FOR PARENTS AND STUDENTS

FOR PARENTS

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

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

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

FOR STUDENTS

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

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Health Matters....

With Dr. Michael Moloney

CARPAL TUNNEL SYNDROME

What is it?

Carpal Tunnel Syndrome refers to a nerve disorder occurring at the wrist which causes pain, sensory changes and a loss of function within the hand.

How does it happen?

Carpal Tunnel Syndrome results from compression of the median nerve as it passes through the carpal tunnel. The carpal tunnel is made up on three sides by the wrist bones, with the roof of the tunnel consisting of a strong, broad ligament. Passing through this tunnel is the median nerve which sends signals from the brain to the hand, and a number of tendons which move the fingers. As the walls of the tunnel are inflexible, if any of the contained tendons become inflamed or swell, the median nerve can become compressed. This can interfere with the messages or signals transmitted by the nerve.

How does it feel?

Carpal tunnel syndrome can produce a number of sensations, all resulting from the compression of the median nerve. The most common include pain in the wrist and hand, and numbness and tingling in the fingers (not including the little finger). These may be present when the wrist is moved. However, they may also be present when the hand is resting or even at night-time. Carpal tunnel syndrome may also cause a sensation of weakness within the hand. This may result in a clumsy hand, the frequent dropping of objects and the poor performance in any sport which requires a strong grip.

What should you do?

If you have or suspect you have carpal tunnel syndrome, you should consult your GP or sports professional. In the meantime you should avoid any activities which cause your pain or numbness and tingling to worsen.

What shouldn't you do?

If you have or suspect you have carpal tunnel syndrome, you shouldn't ignore the problem. This can lead to your problem getting worse. If this occurs, your recovery may be prolonged.

Could there be any long-term effects?

In many cases of carpal tunnel syndrome there are no long-term effects, as long as it is properly diagnosed and appropriately treated. However, in serious cases and in cases that are left untreated recovery may be prolonged. In these cases, the muscles in the hand may weaken and the hand may feel numb most of the time. To remove the compression on the nerve and enable recovery in these cases, surgery may be required.

Management:

The assistance of a sports medicine professional is important in the treatment of carpal tunnel syndrome. Initially, they can assist in confirming your diagnosis and establishing its severity. This may require the use of special nerve conduction tests which assess the transmission of signals along the median nerve. From their assessment, the sports medicine professional will be able to determine an appropriate treatment plan. This may involve activity modification, the taking of anti-inflammatory medications and splinting of the wrist and hand. In severe or long-standing cases, surgery may be required.



Dr. Michael Moloney,
MB, BCH, BAO, BMedSci MMedSci, DOWH, MRCGP
Specialising in Sports Medicine, Acupuncture,
Paediatrics and Womens Health.
Doctor to the Kerry Senior Football Team.
Doctor to Ireland Under 17 Soccer Team.
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Acknowledgement & 1st Anniversary



In loving memory of
NELL (Ullick) O'SULLIVAN
 (nee O'Connor, Scartaglin)
 Ballinamanagh, Kilmcummin,
 Killarney, Co. Kerry
 who died on the
 9th June 2013
Rest In Peace

On this the 1st Anniversary of Nell's death, we, her family would like to express our thanks and deep appreciation to all those who sympathized with us on the sad loss of our beloved mother. Thanks to our relatives, neighbours and friends who called to the house, attended the rosary, the removal, the funeral Mass and the burial. We wish to thank those who sent floral tributes, letters of sympathy, Mass cards and perpetual enrolments. We wish to thank all those who helped provide food and refreshments during the difficult days following our Mother's passing.

A special word of thanks to all those who showed great kindness and generosity of spirit by visiting Nell regularly. She deeply appreciated the company, care and assistance she received from her grandchildren her relatives, her friends, home helps and district nurses who made it possible for her to live comfortably in her own home. Go raibh mile tuilleadh agabha go hEit.

We would like to thank Dr Patricia Mangan and the doctors at Ross Medical Centre, the doctors attached to South Doc, to the ambulance staff in the Killarney Centre, to the Doctors and Medical Staff at Kerry General Hospital and the staff at Killarney Community Hospital who cared for our Mother as her health declined. We would also like to thank Tim O'Shea and his staff, who organised the funeral with professionalism and serenity.

We wish to express our appreciation to Fr Joe Begley; our Mother looked forward to his visits. We would also like to thank Fr Joe for his kindness at the time of our Mother's passing. We wish to thank all those involved in the removal and the funeral Mass - the clergy, the sacristan, the readers and musicians who helped to make the Mass special.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.

*In our heart you will always stay,
 Loved and remembered every day*

Sadly missed by your daughter Eileen, your sons Donie, Michael, Dermot, David, Mick and Fae, your son-in-law, daughters-in-law, your grandchildren and great-grandchildren, your brothers-in-law and your nieces and nephews.

1st Anniversary Mass for Nell will be held on Thursday 5th June at 7.30pm in Our Lady of Lourdes Church, Kilmcummin.

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.
C.W.

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.

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

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

PRAYER TO PADRE PIO

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

ST. THERESA

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

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

NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
 O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.

NOVENA TO 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.

THE MIRACLE PRAYER

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 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.

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.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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