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Pictured at Lir Café supporting Down Syndrome Kerry Coffee Morning were L-R Madeline Doyle, Grainne O'Sullivan with her daughter Aoibhin Cronin, Maria O'Sullivan & Bernie Cronin. PICTURE: MARIE CARROLL-O'SULLIVAN

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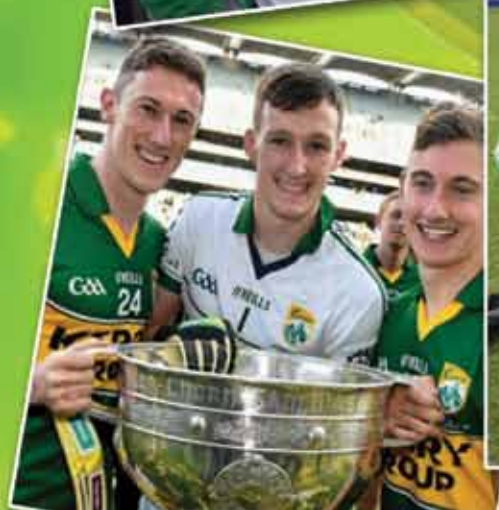
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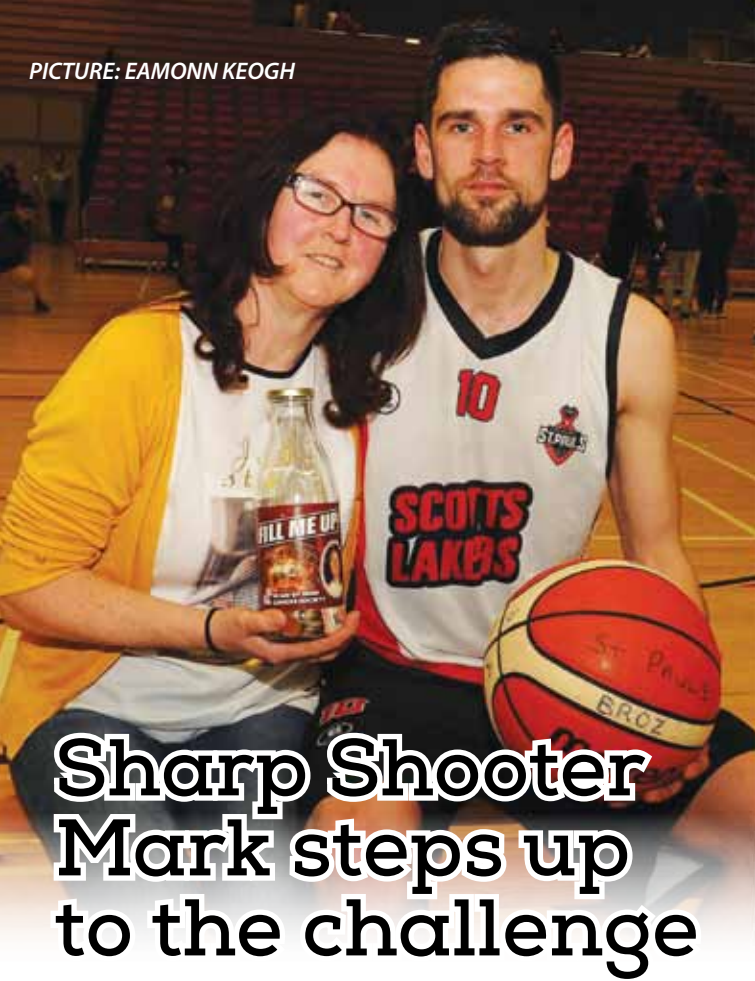
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Sharp Shooter Mark steps up to the challenge



As well as hitting a record nine three-pointers in the in the national league division one match in Killarney Sports Centre on Saturday night, Scott's Lakers captain Mark Greene also participated in a half time blindfolded free throw competition to raise funds for the Irish Cancer Society. Mark's mother Karen is competing in Strictly Come Dancing event at the INEC Killarney tonight, March 8th and her fundraiser is the 'Fill Me Up Milk Bottle Challenge. Supporters at the basketball match last Saturday night contributed generously to the fundraiser while Lakers captain Mark Greene and coach Cormac O'Donoghue were blindfolded during the novelty free throw shoot-out.



Ian is pictured at his home with Liam Daniels, Chairman of the annual GAA Golf Challenge

EDITOR'S NOTE

As we celebrate International Women's Day, we have a busy magazine for you this week..... Inspirational Ian O'Connell is making headlines, the dancers from Strictly take to the stage tonight and Kerry make it five out of five.

1500 young people are expected in Killarney on Sunday for Kerry Youth Day, new facilities have been opened at Killarney Sports & Leisure Centre and Killarney hosted the Irish Hotels Federation Conference. Pres girls are taking a different route to school, Circle K has opened on the Park Road and the generous people of Killarney continue to contribute to their favourite charities. With the Killarney Mountain Festival set for the weekend, there are some fantastic events taking place – read all about it on pages 26 and 27. Enjoy!

Aisling Crosbie | Editor



Aisling Crosbie | EDITOR

IF YOU HAVE A STORY...

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Inspirational Ian RECORDS FIRST PODCAST

The IANspirational that is Ian O'Connell has recorded his first YouTube podcast titled "Be Your Self". The recording recounts the events of the day that changed his life completely after falling from his bike in Killarney National Park in August 2017.

Over the past 18 months Ian has been inspiring people of all ages. His attitude towards the events of that day, and his message of positivity to look forward, not back, has resonated with so many people. His interview on the Late Late Show last summer especially left a lasting impression with many people, spreading his message If You Can't Stand Up Stand Out! So much so, the motto featured on Conor McGregor's training top recently!

In this first episode Ian details the events that followed after that fateful moment, explaining the scans, tests, hospitals stays and rehab that he went through for the next nine months before returning home to Killarney.

Have a listen here as Ian tells the story in his own words and the three things that he says he has learned from this experience.

His second podcast will continue his story and tell us about life after coming back home!

It has also been announced recently that Ian will be the 2019 Ambassador for the GAA Golf Challenge, an event where he was the beneficiary of a new wheelchair-adapted car in 2018. Ian is pictured at his home with Liam Daniels, Chairman of the annual GAA Golf Challenge. The 20th annual GAA Golf Challenge will return to Monaghan on August 9th/10th 2019 and this year's beneficiary is seven year old Fionn McAnaney from Ratharney Hurling Club in Co. Westmeath who is raising funds to travel to the USA for medical treatment.

The podcast can be accessed on the following link:

<https://www.youtube.com/watch?v=vhblMaZasxw&feature=youtu.be>

Ian O'Connell #BeYourSelf

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5 DAYS 5 NEW WAYS FOR PRES GIRLS

As part of the Green School Initiative, St. Brigid's Secondary School Killarney are tackling a new travel campaign called 5 days 5 New ways. The main aim of this campaign is to encourage alternative means of travelling to school in order to reduce congestion outside the school entrance. This campaign also focuses on the health and wellbeing of the student to encourage them to walk and cycle to school. The school also hopes to promote the very topical issue of climate change by reducing carbon emissions. On Monday the 4th of March at 8.30am the Greens Schools Committee launched the Park and Stride initiative. Students were

dropped to Tesco car park in town and walked to school from there. Carpooling was the mode of transport for Tuesday. Cycling was the third method of transport for Wednesday. Thursday, students assembled in the Lidl carpark and were escorted to school. Friday, encouraged more people to use the bus service. The Green Schools Coordinator of St. Brigid's, Sheree Murphy said "The support from various organisations such as Killarney Gardaí, Killarney Tidy Towns Committee and Mayor of Killarney John Sheahan has been phenomenal. I think everyone would like to see the public, in particular students getting more active in the morning as it is

not only beneficial to our health but also to the environment and Killarney town itself." A particular thank you to the Tidy Towns committee who sponsored a €30 voucher per day for any student who got involved in the 5 Days 5 New Ways Initiative. The student's names were entered into a raffle for a voucher. Mr. Colm Copper representing AIB also sponsored a voucher for students who got involved in two or more mornings. Kerry footballer and All-star winner, Ms. Sarah Houlihan was also on hand during Thursdays event in order to encourage more walking to school. Thank you to Garda Jamie Lenihan who organised Garda presence on each of the days.

Pictured on the green schools initiative are: Front Left to right: Sheree Murphy Green Schools Coordinator St. Brigid's Presentation, Mayor of Killarney John Sheahan, Colm Copper AIB, David Brookes An Taisce, Micheal Gleeson Killarney Tidy Towns. Second Row Left to Right: Garda Jamie Lenihan, Eileen O Donoghue Tidy Towns and Garda Darren Ronan with a group of students and staff who took part in Park and Stride day 1 of their 5 Days 5 new ways campaign of alternative means of travelling to school.

Not a sign in sight....

With Killarney National Park as her second home.... Award winning photographer Valerie O'Sullivan has highlighted the confusion caused by Google Maps and Eircode for visitors to Killarney

We are truly blessed to live in the wonderful surrounds of Killarney and surrounding valleys and mountains, we do appreciate every moment of its natural beauty. This renowned 'heaven's reflex' has been celebrated, in prose, verse, painting, and its location has been the inspirations for filmmakers and photographers.

As a tourist destination the signage for trails, walks and paths in Killarney National Park, leaves a lot to be desired, actually leaves a lot to the imagination.

The most obvious is the lack of sign posts for Torc Waterfall and Torc Mountain. With the help of Google maps and Eircode, it has enhanced our sense of direction. However confusion is heightened at the road that leads to the 'Old Kenmare Road' where visitors are sent by Google Maps to Torc Waterfall! - 3km off course! to 'Upper Torc Car Park'

or Cloghereen Upper. The road itself is one continuous pothole, not fit for purpose, when the visitor and local arrive, after swerving to avoid enormous crevices. The visitor looks around aimlessly at the map which indicates, red, blue and yellow dots! There is no signage for Torc Mountain, the most accessible and trail friendly mountain in the Park, neither are there proper signposts for Torc Waterfall, Cardiac steps loop or the many lovely loops of Barr na Currane.

It's hard to believe the Kerry Way Ultra, run by Eileen Daly, is the toughest ultra marathon in the Country, a 200km race, that sees athletes traverse all the ancient trails, highways and byways some in darkness, along the Iveragh Peninsula. The biggest obstacle is the final leg of the journey from Torc to Muckross Abbey, the lack of signposts is inadmissible. This is just one example of what hundreds

of wayward and confused visitors endure. Surely it must be a safety requirement to position signposts either made of recycled products, wood, or simple finger posts, so that visitor and local alike can enjoy a memorable experience our of National Park, which we treasure and hold dear to our hearts.





NEW RELEASES NOW SHOWING

Friday 8th - Thurs 14th Mar 2019

 <p>THE AFTERMATH 15A 110 minutes 7 DAYS 6:30 8:50</p>	 <p>CAPTAIN MARVEL 12A 130 minutes 7 DAYS 6:30 8:55 SAT/SUN 2:00 4:15</p>
 <p>COLD PURSUIT 16 125 minutes 7 DAYS 8:55 NO SHOW ON SUNDAY</p>	 <p>LEGO MOVIE 2: SECOND PART PG 110 mins SAT/SUN 12:15 2:30 4:40</p>
 <p>THE HOLE IN THE GROUND 15A 100 minutes 7 DAYS 6:45 9:00</p>	 <p>HOW TO TRAIN YOUR DRAGON PG 110 mins SAT/SUN 12:05 2:10 4:25</p>
 <p>FIGHTING WITH MY FAMILY 15A 110 minutes SAT/SUN 2:30 4:30 7 DAYS 6:40 9:00</p>	 <p>A DOG'S WAY HOME PG 100 minutes SAT/SUN 12:15 2:30 4:40</p>

ALSO SHOWING

INSTANT FAMILY 12A 125min 7 DAYS 6:35

RALPH BREAKS THE INTERNET 15A 155 minutes SAT/SUN 12:05

MARY POPPINS 6 130 minutes SAT/SUN 12:05

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Over €26,000 raised for the IMNDA in Kerry & North Cork

The Killarney Plaza Hotel was the venue for a presentation of money to Motor Neurone. Christy Lehane, Chairman of Kerry Friends of Motor Neurone, made the presentation of €26,500 to Marie Reavey, Regional Development Officer of the Irish Motor Neurone Disease Association (IMNDA). This amount was raised through various fundraising events and donations made in Kerry to support the work of the IMNDA.

These events included Flag Days in Killarney in 2017 and 2018, Cheque Presentations from Tralee Lions Club for 2017 and 2018, Killarney Soroptimists, Ring of Kerry Charity cycle, Ballinagree Vintage Club and numerous ceili's and coffee mornings to raise awareness and funds for Motor Neurone.

Marie Reavey, IMNDA said, "We cannot thank everyone from Kerry and North Cork enough for their fantastic support. Kerry Friends of Motor Neurone have been tirelessly fundraising for the IMNDA since 2011. We would be lost without their continued support as over 83% of our income comes from fundraising and donations. Without support such as this, we would be unable continue providing vital services for people living with Motor Neurone Disease."

Motor Neurone Disease (MND) is a progressive neurological condition that attacks the motor neurones, or nerves, in the brain and spinal cord. This means



Pictured at the Killarney Plaza Hotel for the Kerry branch annual cheque presentation to Marie Reavey (Regional Development Officer IMNDA) handing over €26,500 were Front Row L-R Nora Murphy, Marie Reavey & Christy Lehane (Chairperson of Kerry IMNDA). Back Row L-R Paddy O'Keeffe, Mary Lehane, Tom Mac Donnell, Sheila Casey, Pat Kelleher & Denis Russell. PICTURE: MARIE CARROLL-O'SULLIVAN

messages gradually stop reaching muscles, which leads to weakness and wasting. MND can affect how you walk, talk, eat, drink and breathe. MND is often referred to as the 1,000 day disease as most people die within 1,000 days of symptom onset. 1 person dies every 2 days from MND.

The national charity is the primary support

organisation for those affected by Motor Neurone Disease. The IMNDA provides specialised services for people affected by this debilitating disease such as equipment on loan, financial assistance towards home help, advice and home visits by MND Nurse. There are currently over 360 people living with MND in Ireland, 11 of which are from Kerry.



SHERRY BUILDS A NEW LIFE IN KILLARNEY



Having suffered immense loss during the war in Sierra Leon, a Killarney resident has turned her life around and this week travelled to Dublin to receive an award for her accomplishment in Education.

Sherry Jimoh arrived in Killarney two years ago from the war torn country and has since immersed herself into the local community. She has completed courses in Care of the Elderly, Community Development and an introduction to Third Level Education. Currently Sherry is studying a pre-nursing course in Tralee and hopes someday to train as a nurse.

Sherry is an active member of Killarney Tidy Towns Association and a choir member in the Church of the Resurrection as well as volunteering in a local nursing home.

Safe Crossing ahead for Countess Residents

Cllr Brendan Cronin has made an allocation of €6,000 from the Councillor Specific Municipal District Operations Fund towards a new table top pedestrian crossing and associated works at the Countess Road junction to 3 estates in Killarney. Kerry County Council have recognized his allocation towards the cost of the provision of a pedestrian crossing, as this pedestrian crossing is vitally important for the residents of Countess Grove, Muckcross View and Dromhale Close housing Developments. The estimated total cost of undertaking this project is €20,000 and if the balance is made available from the Councillor Specific Municipal District Operations Fund, arrangements will be put on hand to have the job undertaken. Cllr Cronin has said "I am sure that other Killarney MD Cllrs will allocate money towards this work so that it can be undertaken in 2019. Killarney Municipal District roads Department are due to publish the statutory Section 38 public consultation along with drawings and layout plans in the coming weeks and I look forward to seeing this important work completed."



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Mon-Fri 7pm - 10pm Night Owls Study

Saturdays 10am - 5.30pm Saturday Study

Sundays 10am - 5.30pm Sunday Study

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Sat 9th March

Intensive One Day Irish Oral Preparatory Course

Sat 16th March

Intensive One Day French Oral Preparatory Course

Sat 16th March

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Sat 16th March

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EASTER REVISION COURSES

Mon. April 15th to April 19th

Intensive Revision for Leaving and Junior Cert

BLOCK STUDY

Mon. April 22nd – Fri. April 26th

Supervised Study 9am-5.30pm (Easter Break)

ART HISTORY

Sat 4th May

One Day Revision Course of Art History for Leaving Cert.

AGRICULTURAL SCIENCE

Sat 11th May

One Day Revision Course of Agricultural Science

CHEMISTRY

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GRAND OPENING CIRCLE K KILLARNEY



Last Saturday saw the end of an era for Topaz Killarney with the launch of the all new Circle K store. The day was celebrated with Kerry footballing legend Colm Cooper cutting the ribbon on the newly rebranded store. The staff at Circle K were joined by the former staff of Statoil and Topaz including Billy O' Lehan and Andrew Joy from the original management team to help celebrate the re-launch. The day included a live DJ, along with a Winning Streak style Spin the Wheel offering customers the chance to win free prizes. The forecourt was a hive of activity with the Order of Malta Ambulance Corps offering free blood pressure and sugar level checks and the Fire Service on hand to give children a tour of the fire engine. The launch featured Top Gears Stig who joined forces with Charlie Hickey Motors to promote the use of the Miles fuel brand. Norma Moynihan, Store Manager paid tribute to the Order of Malta and Killarney Fire and Rescue Service who volunteered their time to support the event. She went on to thank the stores loyal customers, some of whom she has personally welcomed for over 21 years. Circle K continue to have exciting instore offers, offering their renowned Miles brand fuel which guarantees to bring customers 3% further.



Pictures: Marie Carroll O'Sullivan



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KERRY HOTELS FEEL

BREXIT EFFECT

Business sentiment amongst hotels and guesthouses in Kerry and across the country has deteriorated sharply year on year, representing a stark change in outlook compared with 2018 according to the Irish Hotels Federation (IHF). An industry survey undertaken by the IHF ahead of its annual conference in the Gleneagle Hotel & INEC, Killarney, Co Kerry, reveals that only 40% of hoteliers nationally now have a positive outlook for their business over the next 12 months. This compares with 79% who reported a positive outlook at the start of 2018.

Major concerns for the sector include the continued risk of a disruptive Brexit and reduced competitiveness due to the hike in tourism VAT, increases in the cost of doing business and growing economic uncertainty internationally. In particular, the higher VAT rate is putting investment in additional

hotel capacity at risk, with 75% of hoteliers stating they are now reassessing plans to increase capital investment as a result of the increase.

Performance so far this year has been mixed, with 39% of hoteliers across the country reporting a drop in overall business levels compared to this time last year while 48% report an increase. This has largely been driven by growth from North America and Europe, which is masking continued poor performance of the UK market. Almost two thirds of hoteliers (65%) say advance bookings for 2019 from the Great Britain are down while almost six in ten (57%) are seeing a fall in advance bookings from Northern Ireland.

With the vast majority of hoteliers (91%) concerned about the impact Brexit will have on their business over the next 12 months, Niamh O'Shea, Chair of the Kerry branch of the Irish Hotels



Donagh Davern, Lecturer at CIT & PhD Candidate (part-time) at the University of Surrey, Niamh O'Shea, General Manager, The Killarney Park Hotel and Tom Randles, Randles Hotel, Killarney pictured at the IHF Annual Conference in the INEC in Killarney on Monday. PHOTO: DON MACMONAGLE

Federation says growth in recent years cannot be taken for granted. "With the prospect of a disruptive Brexit looming, the sharp fall in business sentiment amongst hoteliers is not surprising. Our fear is that regional tourism businesses risk being hardest hit, especially those operating in areas that are heavily reliant on seasonal and UK markets." Tourism currently supports 15,700 jobs in Kerry and contributes some €533m to the local economy annually.

Ms O'Shea states: "Tourism plays a vitally important role as an engine of growth and regional economic balance. However, this could be put at risk if the Government does not take decisive action to mitigate the impact of Brexit and address the other serious challenges we now face such as the high cost of doing business in Ireland."

"Tourism is an exceptionally competitive activity. We compete daily for business at both a domestic and international level and every tourism Euro spent by overseas and domestic tourists in Ireland is hard won. Maintaining our competitiveness is absolutely vital to sustaining the growth of the industry, which supports jobs in every country and town."

"With 70 per cent of tourism jobs based outside of Dublin, tourism's wide geographic distribution is critical to sustaining regional economies, and addressing the rural imbalance. And, as the biggest investor in Irish tourism, the hotels sector is playing a critical role. Hotels and guesthouses not only provide local employment opportunities, we buy local services, source locally produced food and provide a vital infrastructure in support of local business and communities," she added. Welcoming the Government's commitment last year to introduce a Tourism Satellite Account within the Central Statistics Office (CSO), Ms O'Shea called for it to be implemented as a priority. "This account will provide a full analysis of the economic activity in the tourism industry and show how much it contributes to each county throughout the country to inform future taxation and economic policy," he said.



Kerry hoteliers, Michelle Rosney, Killeen House Hotel, Bernadette Randles, The Dromhall Hotel, Emer Corridon, The Cahernane Hotel and Sean O'Driscoll, Inua Hospitality pictured welcoming delegates at the IHF Conference in the Gleneagle Hotel, Killarney. PHOTO: DON MACMONAGLE



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KERRY CONVENTION BUREAU SHARES PLANS TO GROW BUSINESS TOURISM FOR KERRY



Becky Hargrove KCB, Mike Buckley Kerry Coaches, Mary Browne Fáilte Ireland and Danielle Favier Fáilte Ireland at The Kerry Convention Bureau members evening at J.M Reidy's in Killarney.
PHOTO: SALLY MACMONAGLE

J.M Reidy's on Main Street was the venue for the first members update for 2019 for Kerry Convention Bureau (KCB). Representatives from over 20-member organisations were in attendance to hear KCB share it's plans for the year ahead.

The bureau were joined by Mary Browne from Fáilte Ireland's Meet In Ireland team and Danielle Favier from the Wild Atlantic Way team and following an official welcome by KCB Chair, Mike Buckley, the guests were given an update on the exciting plans and industry support programs being put in place by Fáilte Ireland to grow business tourism in the region. KCB's Sales Manager, Becky Hargrove then delivered a recap on the success of 2018 and outlined the key Sales and Marketing activities being undertaken by the bureau in the coming months.

Working closely in partnership with Meet in Ireland, Fáilte Ireland's business tourism unit, KCB fosters the promotion and growth of Kerry as an iconic and diverse destination for business tourism events including national and international conventions, meetings and incentives.

For further information on the Kerry Convention Bureau, visit www.kerryconventionbureau.com or contact Becky Hargrove on +353 (0)83 848 2564 or becky.hargrove@kerryconventionbureau.com



Josie Kelly The Muckross Park, Sheila O Callaghan The Lake Hotel, Mike Buckley Kerry Coaches and Becky Hargrove KCB at The Kerry Convention Bureau members evening at J.M Reidy's in Killarney.
PHOTO: SALLY MACMONAGLE



Mike Buckley Kerry Coaches, Breffni Ingerton, The Gleneagle Group, Alan O'Connor, The Killarney Park, Trish Covarr & Steven Williams, Aghadoe Heights pictured at The Kerry Convention Bureau members evening at J.M Reidy's in Killarney.. PHOTO: SALLY MACMONAGLE

"SISTER" takes centre stage at Siamsa Tire

The talented actors of Saint John of God Kerry Services are preparing to thread the boards of Siamsa Tire yet again on Tuesday 26th and Wednesday 27th March 2019 at 8pm in their musical production of 'SISTER'. This show provides individuals with a musical platform to showcase their acting, dancing and singing talents. The Director of the show is Jackie O Mahony and the Music Director is Lauralee Curtin. The show will also feature students from the TY year in Mounthawk School in both the dancing and chorus with our service users. This is a wonderful event and we look forward to the great support of families, friends and members of the public. Tickets are selling fast so get them quick. Tickets, €15, on Sale from Siamsa Tire on 066 7123055 or at boxoffice@siamsatire.com



Talented actors from the Killarney/Killorglin area who will take part in Sister at Siamsa Tire.

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Young folk gather for KERRY YOUTH DAY

KDYS Youth Day takes place at the INEC Killarney this Sunday March 10th and brings together over 1,500 young people from all over Kerry to celebrate, innovate and illustrate what it means to be young in Kerry today. Youth Day has now grown to become one of the largest annual youth events in Ireland.

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

healthy and successful future.

KDYS provides state of the art youth spaces where all young people can create and access a huge variety of exciting programmes in these dedicated Youth facilities. These important Centres help to equip young people with life changing skills through opportunities which help them to grow, learn and develop- Building Futures for all young people.

Tim O Donoghue, CEO said "Youth Day is our flagship event. It also allows us a chance to reaffirm our commitment to supporting all young people- no matter what. Despite all the

challenges facing young people today KDYS is committed to Building Futures for all young people and the communities where they live. In fact we have ambitious plans to build on and expand the range of spaces, skills and opportunities we provide to young people."

A small selection of what is on offer throughout Youth Day 2019 includes Surf Simulator, Dance, Jousting, Master classes, Virtual Reality demos, Fitness Challenges including spinning, rowing and push ups, Hair & Beauty, Board games, special guests, and of course the Mega Disco.

Killarney Boost For Kerry Hospice with €82,000 Donation



The Killarney Branch of Kerry Hospice Foundation recently handed over a cheque for €82,362.37 to Mr Joe Hennebery, County Fundraising Manager, Kerry Hospice at a cheque presentation event at Muckross Garden Restaurant.

The sum includes amounts raised from fundraising activities by the Killarney branch during 2018, including €25,883 from our annual "Models in Recovery" fashion show. Included also are public donations from individuals and businesses in Killarney and surrounding areas.

"We are indebted to the people of Kerry without whose generosity and support we would not be able to provide our services. These include the provision of inpatient, day care and home care services for people with life limiting illnesses. I wish to thank all our donors and sponsors for their ongoing support." Said Pat Doolan, Killarney Branch Chairperson.

The official cheque presentation to Joe Hennebery, Chair person of Kerry Hospice Foundation, Pat Doolan (Killarney branch of Kerry Hospice Foundation) for €82,362.37. Back Row L-R Dermot O'Reilly, Kay Spillane, Patricia Barrett, Cathal Walshe & Angela Curran. Front Row L-R Joe Hennebery & Pat Doolan.

PICTURE: MARIE CARROLL-O'SULLIVAN

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NEW FACILITY AT KILLARNEY SPORTS AND LEISURE CENTRE



John Purcell (Facilities Manager, Kerry County Council), Cllr John Sheahan, Cathaoirleach Killarney Municipal District, Minister Brendan Griffin, Cllr Michael Gleeson, Cllr Donal Grady.

The new Strength and Conditioning Area at Killarney Sports and Leisure Centre's gym were officially opened by Minister of State for Transport, Tourism and Sport Brendan Griffin TD on Saturday.

Minister Griffin was delighted to be able to provide funding under the Sports Capital Grant towards the upgrading of the strength and conditioning area. The Minister acknowledged the important part played by sport in promoting health and wellbeing. "It is great to see the facility so busy this morning with groups such as the Kerry ladies football team and badminton teams using the facility. There is huge social and community benefit to facilities such as these".

Cathaoirleach of Killarney Municipal District, Cllr John Sheahan commented "when looking at a facility like this we need to remember not alone is it a facility that has a pool and a gym but it is a facility used by swim clubs, basketball clubs, badminton clubs and by having top class facilities it enables these clubs and organisations to develop and grow". Councillor Donal Grady who is Director of the Killarney Sports and Leisure Centre acknowledged the support of the Minister along with Kerry County Council in providing matching grant funding. The upgrade comprises new flooring and equipment which will provide much needed opportunities for individuals who may need rehabilitation, along with providing modern equipment for people to continue with their own personal journey to physical and mental wellbeing. The open plan layout allows for accessibility for all.

To celebrate the opening, the centre held free taster class sessions on the new equipment all weekend.

Liebherr Container Cranes showcases advanced Research and Development for Engineers Week

Taking place from 2 – 8 March, Engineers Week 2019 encourages primary and post-primary students, their teachers and parents to explore the exciting world of engineering as well as highlighting the diverse career opportunities engineering offers.

Liebherr Container Cranes, one of Ireland's leading engineering firms, with a global presence, are delighted to be a part of Engineers Week 2019. Engineers representing the company will visit schools and will host students from schools in the Cork/Kerry region at the company's facility over the course of the week. This year, visiting students are in for a real treat. In addition to touring the facility, the students will get to see an advanced container-handling crane as it is being prepared to undergo extensive research and development into autonomous driving, remote control, and alternative energy sources to supply power to the machine.

Engineers Week represents a fantastic opportunity for students to meet and chat with the engineers responsible for developing this technology, which will be deployed in ports and terminals around the world. As they tour the factory, they will see highly skilled staff using state-of-the-art manufacturing techniques to build and assemble cranes,



Students pictured on a recent visit to Liebherr during Engineers Week.

and witness a wide variety of engineering disciplines and, trades at work to make a world-class product.

The container handling industry requires reliable, robust, long lasting, yet exceptionally precise equipment. The crane being researched and developed on site, will be capable of moving a 40 tonne container many

millions of times, yet placing it automatically each time onto the back of a truck or train with millimetre accuracy, and without human intervention. Remote control driving is being developed in parallel, allowing an operator in a remote room, locally or even in a different country to control the cranes.



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Exceptional detached four bedroom residence located on Upper Lewis Road, on one of Killarney Town's largest private sites with southerly views over the town. The residence is well maintained, with four double bedrooms and bathroom at first floor and three reception rooms and kitchen at ground level, with the kitchen and livingroom overlooking the garden.



Price Region: €535,000

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BER E1

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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Julia Dunworth and Tim Murphy, Templeglantine, Co Limerick, at the Gathering Traditional Irish Festival at the Gleneagle Hotel, Killarney this weekend. The Gathering features concerts, céilis, impromptu sessions, storytelling and masterclasses. Photo: Valerie O'Sullivan



Mathona Ní Muirgheasa, a pupil at Gaelscoil Faithleann, Killarney, County Kerry, taking part in the Traditional Gathering Festival Schools Outreach Music Programme, which included Irish traditional Musicians and Dancers. Photo: Valerie O'Sullivan



full circle...taking part in the set dancing workshop, at the Gathering Traditional Irish Festival at the Gleneagle Hotel, Killarney this weekend. The Gathering features concerts, céilis, impromptu sessions, storytelling and masterclasses. Photo: Valerie O'Sullivan



Aine Ní Chonaill, left, Izzy Ní Chealláin, Zio Ní Geibhneigh, Ciara Ní Leighin, Valerie Ní Shuilleabháin, Leah Ní Chraidaigh, pupils at Gaelscoil Faithleann, Killarney, County Kerry, taking part in the Traditional Gathering Festival Schools Outreach Music Programme, which included Irish traditional Musicians and Dancers. Photo: Valerie O'Sullivan



Pupils at Gaelscoil Faithleann, Killarney, County Kerry, taking part in the Traditional Gathering Festival Schools Outreach Music Programme, which included Irish traditional Musicians and Dancers. Photo: Valerie O'Sullivan



In Full Swing. Céilí Mór in session at the Gathering Traditional Irish Festival at the Gleneagle Hotel, Killarney this weekend. The Gathering features concerts, céilis, impromptu sessions, storytelling and masterclasses. Photo: Valerie O'Sullivan



Jessica, a pupil at St Oliver's Primary School, Killarney, County Kerry, taking part in the Traditional Gathering Festival Schools Outreach Music Programme, which included Irish traditional Musicians and Dancers. Photo: Valerie O'Sullivan

From Russia with gra

By Nicky Barry

Kerry is a special place;
it has its own rhythm,
Their footballers are big and strong, and
are used to winning.
People come to Dingle,
from places near and far,
To enjoy the scenery, the craic,
and lots of jar.
In shops and pubs they hear, the mellifluous
Kerry blas, As folks chat in Irish,
which is musical and fast.
Some say Irish is dying, and some day will
be dead, Unless there is an effort made,
so they brought in a Red.
No! - not a Man U player, or even one from
Liverpool, But a professor from Russia, who
finds the language cool.

Dr. Victor Bayda, has just got the nod, to try
and stop the rot, For he fell in love with Irish,
and his Russian blas is hot.
He has moved from Moscow, down to
Ballinskelligs, And is now the guru, to revive
the Irish language.
Victor is a winner, and has the gift of
tongues,
He can curse in eight languages,
and converse in every one.
He can chat in Dutch and Welsh,
German and Scot's Gallic,
French, Swedish and Russian,
along with Irish and Icelandic.
He had no pull to get the job, f
or the Udaras folk saw,
That Victor had come to Kerry,
from Russia with gra!

Picture: Valerie O'Sullivan

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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: 48 Rossdara, Loreto Road, Killarney, Co. Kerry. 4 bed semi detached house just launched to the market. Nice house in good condition, suitable to first time buyer, investor, holiday home buyer.

Agent: ● DNG Ted Healy ● 11 New Street ● Tel: 064 6639000 ● E-mail: tedhealy@dng.ie www.dng.ie

Price Region: €290,000

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



Enjoying the Irish Cancer Society's coffee morning at the Towers Hotel ahead of Daffodil Day which will take place on March 22nd were L-R Kathy Ivory, Geraldine Guilfoyle & Caroline Hurley. Picture Marie Carroll-O'Sullivan



Pictured at the Curious Cat for their fundraising evening for Nepal at the Curious Cat were L-R Jenny Vidal & Holly de Burgh. Picture Marie Carroll-O'Sullivan



Supporting the Irish Cancer Society coffee morning at the Towers Hotel were L-R Hotel Manager Paul O'Sullivan, Ava O'Doherty, Mags O'Sullivan, Ava O'Sullivan & Cllr Donal O'Grady. Picture Marie Carroll-O'Sullivan



Pupils from Gaelscoil Faitheane Killarney who took part in the Chapter 23 Credit Union Table Quiz at Ballyroe Heights Hotel, Tralee on Sunday Liadh Nic Gíotharair. Clodagh Nic Fhlainachadh, Liam Mac Uileagoid and Dara Nic Chartleagh Photo Joe Hanley



Denise Fogarty, centre, Secretary at Killarney Legion receiving her award for Club Person of the Year with her sister Carolann & Mum Joan at the Killarney Plaza Hotel on Friday evening. Picture Marie Carroll-O'Sullivan



Pictured at the Towers Hotel for the Irish Cancer Society Coffee morning at the Towers Hotel were L-R Selga Kreituze, Marian Carroll, Eugene O'Sullivan & Deirdre Fleming. Picture Marie Carroll-O'Sullivan



Supporting the fundraising evening for the Nepal Appeal at the Curious Cat on Friday evening were L-R Danielle Ryan, Helen Ryan, Catherine Enright & Margaret Dalton. Picture Marie Carroll-O'Sullivan



Enjoying the coffee morning raising funds for the Irish Cancer Society at the Towers Hotel were L-R Karen Walsh, Betty McCarthy & Madeline McCarthy. Picture Marie Carroll-O'Sullivan

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KILLARNEY TOWN TALK



CAOIMHE SPILLANE

The Killarney Mountain Festival is taking place this weekend with lots of events taking place all over town. For a full schedule of events visit www.killarneymountainfestival.com. To find out what's happening in Killarney, look no further than the Town Talk Page. The

page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

ART EXHIBITION

On Friday 15th March an exhibition of Transition Year visual art 'No Judgement' will take place in the Art House, Killarney. 6-8pm. This is a collection of work which students carried out with local Artist Tracy Cronin in the Art House as part of the Creative Engagement school/artist collaboration. They would like to cordially invite all students, parents and friends of St. Brigid's Presentation. Plenty of refreshments, chat and a sensory for the eyes available!

REMINDER COFFEE MORNING

There will be a Coffee Morning in aid of Irish Cancer Society on Saturday 16th March at the Killarney Plaza Hotel (upstairs) from 9:45 am to 12pm, Call in for a coffee, cake and a chat. There will be face painting for the kids, a raffle on the day with amazing spot prizes to be won. Free of charge so why not pop in! All donations are welcome and greatly appreciated. Organizer Lauren O'Sullivan is running the event in association with Boots Killarney.

There will be baked goods, sandwiches, tea and coffee available on the morning – lots of delicious treats and all for a great cause.

LIBRARY EVENTS MARCH

As ever, Killarney library will be host to many events over the month of March and all for free! The Sewing & Fashion Club will take place on



AT THE UNVEILING OF A PLAQUE TO CELEBRATE THE 50TH ANNIVERSARY OF ST. BRENDAN'S PLACE IN 2018 THE ESTATE'S TWO LONGEST SERVING RESIDENTS MRS. IMELDA COFFEY AND MRS. BRIDIE COURTNEY AND IT'S YOUNGEST RESIDENT DANIEL FLAVIN ALONG WITH RESIDENTS COMMITTEE MEMBERS MIKE NEESON, JOHN BUCKLEY AND ELAINE FLAVIN.

Friday 8th 11am. The very popular Storytime for Children will take place on Saturday 9th 10.30am, Saturday 23rd 10.30am and Saturday 30th 10.30am.

The drama reading club is on Tuesday 12th 6.30pm. The Spanish-English Conversation Exchange takes place on Thursday 14th 6.30pm. The Ciorcal Comhrá/Irish Conversation Exchange takes place on Déardaoin/Thursday 14ú 6.30i.n. Déardaoin/Thursday 21ú 6.30i.n. and Thursday 28ú 6.30i.n. And the evening Book Club: Thursday 21st 6.30pm. These are free events and open to everyone.

LOG ON LEARN CLASS

St Brendan's College, Transition Year Students are looking for older people who would like to become familiar/better users of their computers, laptops, mobile phones (iPhones & Smart), iPads and tablets. They tutor during their LOG ON LEARN class, on a one to one basis every Tuesday morning from 9am-11am for a period of approx. 6- 8wks, commencing this Tues 5th March, excluding Easter holiday weeks. If you are interested and can commit to attending each week please contact the school to get your name down for this very popular course which is Free of Charge, Tel No. 064 6631021

LENT

Trocaire Boxes will be available in the Churches this weekend, a great way to support the developing world over Lent. Please take one, and go to www.trocaire.org to find out more about their work. There will be a Lenten Talk In The Killarney Heights Hotel on Tuesday 12th March at 7.30pm with Gerry Hussey, "When Spirit comes alive; awakening your best self". Free Admission, All Welcome.

KILLARNEY MOUNTAIN MEITHEAL

Killarney's Mountain Meitheal group they will be meeting on Sunday 10th March at 9am at Muckross main gate, this will be their 20th outing since January. They are doing a fantastic job and welcome any new members.

RAMBLING HOUSE

Rambling house at Heritage Centre Scartaglen Monday 11th March at 8.30 pm. Admission free, raffle and refreshments.

WELL DONE

St. Brigid's Secondary School Killarney launched 5 Days 5 New Ways on Monday 4th March. The New Green School Initiative aims to encourage alternative means of travelling to school in order to reduce congestion outside the school entrance. This campaign also focuses on the health and well-being of the student to encourage them to walk and cycle to school. The school also hopes to promote the very topical issue of climate change by reducing carbon emissions. Well done to everyone involved, a great idea.

BLUES BAND

Gerry Quigley & the Durty Blues Band will be coming to Killarney on Sunday April 21st at 9pm in Courtney's Bar. Blues rock and prog guitarist and composer Gerry Quigley and his band have been captivating crowds with his hypnotic melodies and spine-tingling guitar solos in a career that spans 4 decades. Now back home in Ireland after 30 years in Australia, when you see Quigley play live you hear almost immediately why he is so often compared to guitar legends like Gary Moore, Rory Gallagher or Jimi Hendrix - jaw-dropping! Gerry, Frank, John and Sharon will re-invent your idea of spectacular! If you love to hear the best of the best blues, rock and originals, then don't miss this show!

KERRY MOUNTAIN FESTIVAL FOR KIDS

There is a huge programme of events for the Kerry Mountain Festival this weekend and especially for kids. There is the Kids Quest Adventure Event at 10am on Saturday 9th March- register at Base Camp at 9:30am. The kids 1039M virtual tour of Carrantuohill- a walking tour of Killarney with a dingbat theme- takes place on Sunday March 10th at 2pm- register at Base Camp). A kids treasure hunt on Saturday March 9th from 2-5pm, find 20 clues and receive a present at the end!(register at Base Camp). There will also be loads of activities at Basecamp - a bouncy castle, sand art, facing painting and lots more! Basecamp is located in the New Street car park - for more information see www.killarneymountainfestival.com



BABY TESS HEGARTY, PICTURED AT ST MARY'S CATHEDRAL ON HER CHRISTENING DAY WITH HER MUM CHRISTINE (SEATED), DAD SEAN (RIGHT OF CHRISTINE STANDING), SISTER CLODAGH, BROTHERS CIAN & JOHN AND FAMILY & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN

WEDDING FAIR

The Spectacular Vintage Wedding Fair Killarney takes place on Sunday March 10th at the Killarney Park Hotel from 12-3pm. Tickets are just €5. There will be an array of Ireland's most beautiful unique wedding vendors, products and services presented to you from some of the country's most gorgeous venues. For the bride and groom to-be looking for something a little more unique, personal, handmade or vintage for their big day. Dozens of stalls offering everything from bridalwear, cakes, flowers and favours to cars and musicians. You can relax and plan at our Vintage Tea Party while the grooms can take time out and watch the match or a boy-movie whilst munching on Yorkie bars at their Man-Creche! There will also be Live music, Delicious Food served on site, Vintage Bridal Models, Hair and Make Up Demos, DIY, ideas and inspiration.

KMS SAYS THANK YOU!

The curtain fell on Killarney Musical Society's 34th production, The Sound of Music, last week. The Von Trapp family had taken up residence in Killarney's INEC for shows on February 26, 27 and 28. The dedicated and talented members of Killarney Musical Society (KMS) have been rehearsing for months in preparation for their adaptation of the Sound of Music with scenes being set, props being sourced and gathered, sets under construction and costumes ordered. The show was a massive success with a packed audience every night. Members of Killarney Musical Society wish to say thank you, firstly to those brave souls who got together back in 1984 to bring back to life once again a musical society in Killarney, because of their courage, belief and passion for musical theatre the society is still

going strong 34 years later producing shows that do the town proud. Their journey this year brought them through the Austrian Alps as they endeavoured to climb every mountain and as they knocked on doors for patronage and sponsorship, they wish to thank their patrons sincerely for the continued support. They especially wish to thank their main sponsor Independent Irish Health Foods as they are truly grateful for the generosity and continued help. And to the many other organisations that kindly donated to them they thank you for the support. They also want to take this opportunity to thank the loyal audiences who filled the INEC and raised the roof nightly, the support of the audience has meant the world to them. There would be no show if it was not for their amazing crew both back and front of house, they wish to thank them for giving of their time and energy to ensure KMS keep their standards up where they so rightly belong, at the top! And of course they wish to thank the amazing cast for their continued commitment and support, and in particular this year's amazing children's cast and to their wonderful parents too. And last but by no means least they wish to thank their incredible chairperson, Irene Hurley, and her committee who worked tirelessly, to make this year's show. We can only look forward to another amazing show next year, well done to everyone involved!

FLEA MARKET

The Old Market Flea will take place on Sunday March 10th from 12-5pm with lots of handmade, vintage, bric a brac, crafts, art, food, photography...and live music.



POSITIVE VIBES POSITIVE LIFE

8TH 9TH 10TH MARCH 2019



KIDS FESTIVAL ACTIVITIES

IN ASSOCIATION WITH



KIDS QUEST ADVENTURE EVENT



Join us for a fun multi-activity course to challenge our little adventurers through Killarney's Great Outdoors. Get on board for an exciting, outdoor-adventure experience.

Time: 10am Saturday March 9th
Register at Basecamp from 9.30am

KIDS 1039M VIRTUAL TOUR OF CARRAUNTUOHIL

Walking tour through Killarney town centre with a dingbat theme!

Time: 2pm Sunday March 10th
Register at Basecamp

KIDS TREASURE HUNT



Explore Killarney's Great Outdoors following a series of 20 clues with a present from the treasure chest at the end!

Time: 2pm-5pm Saturday March 9th
Register at Basecamp

KIDS BASECAMP FUN



Bouncy Castle, Sand Art, Face Painting and lots lots more....

Time: All day Saturday & Sunday

ALL ACTIVITIES START
FROM BASECAMP LOCATED
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FILMS



PHOTOGRAPHY



FAMILY FUN



LIVE MUSIC



POP UP EVENTS

AND MUCH MORE...

* PROGRAMME SUBJECT TO CHANGE.



LEO HOULDING
SAT. 9TH - 8.30PM
KILLARNEY PLAZA

A VETERAN OF A SCORE OF EPIC
ASCENTS INCLUDING EVEREST.



THE DAWN WALL
SUN. 10TH - 9PM
CINEMA KILLARNEY

ONE OF THE BIGGEST &
BEST HIGH OCTANE, HIGH
ADRENALINE FILMS OF
THE YEAR!



MICK FOWLER
FRI. 8TH. 8PM KILLARNEY PLAZA
A TRUE LIVING LEGEND IN THE HIGH RISK
GAME OF PIONEERING NEW DIFFICULT
ROUTES IN THE WORLDS MOST REMOTE
AND HIGHEST MOUNTAINS.



FAMILY FUN



LIVE MUSIC

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Laura will be visiting Stack O'Brien's Opticians, Killarney, weekly to support the community of Kerry with your hearing needs.

To find out more information or to book a free hearing test or free hearing aid trial, please ring Amplifon's lovely Customer Care Co-ordinator, Nicole, on 021 4279627 or 1800302038. Don't forget to leave a voicemail with your details!



YOUR LOCAL INDEPENDENT OPTICIANS

BY OPTOMETRIST
DIARMUID O'SULLIVAN F.A.O.I.
STACK O'BRIEN OPTICIANS



WHAT IS A CATARACT?

A cataract happens when the lens within your eye becomes cloudy. It can happen to all of the lens or just part of it. There are different types of cataract, but the most common is age-related cataract, which is more common in people over 65. It can be found to some degree in almost all older people.

Risk factors

Age is the biggest risk factor for developing cataracts. Apart from age, smoking increases the risk of cataracts and often causes the cataract to develop earlier and more quickly. Excessive exposure to sunlight and ultraviolet light can increase the speed at which cataracts develop. In some cases, people are born with cataracts.

Symptoms

Cataracts can cause your vision to become cloudy and less clear. You may notice that you're more easily dazzled by vehicle headlights, or that objects

appear less colourful. Cataracts don't cause eye pain or make your eyes red

TREATMENT

At first following a sight test we may be able to prescribe new glasses that will help with changes to your vision caused by the cataract. When this no longer helps you to see well enough, the only effective treatment is surgery. Surgery is usually only recommended once the cataract is causing problems with everyday activities, such as driving, watching television and reading.

Cataract surgery improves the vision of nearly all patients and has one of the highest success rates of all surgery. If you experience blurred or cloudy vision you should have a sight test.

For more information and honest advice contact us for an appointment 0646636477

**FOR AN APPOINTMENT CALL US AT
STACK O'BRIEN OPTICIANS ON: 064 6636477**



Letting go and letting be!

Sometimes it feels as if we are fighting a battle with life. When things don't go as planned or we find ourselves struggling to make things happen we try to hold tighter. We fear that if we let go or relax we will lose control and everything will fall apart. However, it's a strange thing but if we can actually surrender into the moment that we find ourselves in, life flows a little easier.

This may sound simple but it's not always easy as it requires us to keep conscious of when we are tightening up again or worrying. One of the key things that we can do to help is to accept what is happening and stop resisting it. When we desire life to be any other way than it actually is, we cause ourselves to suffer. Once we can accept that this is the situation we are in a better place to make any changes that we can in a calmer, more conscious way. The second thing is to use our breathing to move ourselves into a calmer state of being. A simple way to do this is to take a deep breath in through your nose, hold it for a few seconds and then exhale through your mouth (as if you are blowing out a candle). This helps you to activate your parasympathetic nervous system (responsible for resting & digesting in a calm way).

Make letting go a daily practice in your life. Practice letting go of a bad mood, a negative thought, a wish that things were different, an old belief system, a habit. Instead focus on resting into the moment, noticing what is good about a situation, being aware of your breathing and cultivating a state of mind that can accept what is and can love the journey of our life.

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Seven week course €120

Consultations in complete privacy at times to suit you.

**Contact me for appointment or further details
on 086 3001822**



All smiles...as Cotters take four accolades

It was a big night for Cotter Orthodontics at the Irish Dentistry Awards in the Round Room at Dublin's Mansion House Friday night. This was the first time that Cotter Orthodontics has entered the Irish Dentistry Awards – and what a result! Coming away with awards for: Practice of the Year-Leinster & Munster, Best Employer, Most Improved Practice and Best Referral Practice, it's clear this team has a passion for what they do. Finalists in five categories and to have won four is unbelievable. Having opened his practice in Killarney in 2009 Stephen moved to a purpose built clinic in Autumn 2017 where he now has a staff of four. To have won the prestigious "Practice of the Year" category is a great achievement

and a testament to the service they provide. It was a fantastic night hosted by FMC Professional, an event held each year to celebrate excellence in dentistry and the hard work, dedication and talent of dental professionals across Ireland. Each award highlights a different area of expertise, and allows the team to demonstrate their skills and achievements. The judging panel is made up of dental leaders and industry professionals, who look for high-quality submissions and exceptional clinical evidence. Dr Cotter and his team would like to thank everyone for their support over the past 10 years and we wish them continued success for years to come.

Breda's offers a life of Better Living

Killarney woman, is offering Breda O' Shea One to One Private Consultations on healthy living, eating and thinking with her new business, Breda's Better Living.

"My consultations are tailored to your needs", the former Weight Watchers consultant told the Killarney Outlook.

"I will advise and mentor you on how to eat healthier, move more and think positively", she added.

Breda's consultations are perfect for those finding it hard to motivate themselves and her aim is to be with you every step of the way whether it is to get out and do some walking with you or if you are not too sure about cooking then she will get in the kitchen and share her wealth of knowledge with you. Her aim is to show clients how to make



changes to their lifestyle which will not only benefit the mind but will also benefit your overall health. Breda has developed a booklet which will act as a guide for healthier everyday meals with lots of food choices and she will tailor consultations according to your specific needs. Breda's Better Living is for those who wish to make a lifestyle change, it is all about eating for wellness not just for weight loss where the rewards will stick with you for life - not just for weeks.

This is a long term plan for a better healthier life. The Seven-week course costs €120. Consultations are in complete privacy and Breda will schedule appointments to times and days that suit you. Contact Breda for an appointment on 086 3001822 you can also find her on Facebook Breda's Better Living

www.cotterorthodontics.com



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Wheelchair Association hold communications event

The Irish Wheelchair Association in Killarney had a recent communication event in relation to the disabled persons parking card, better known as the blue card that we see on vehicles windows when they park on the blue parking bays around the County.

The event was very well attended with Mayor of Killarney Cllr John Sheahan, and Cllrs Brendan Cronin and Michael Gleeson. The council were represented by their two traffic wardens who were very informative.

The Association locally had many of the local branch and service users of the Association there on the day. Terry O'Brien, Service Coordinator for the Association and county councillor explained the whole process from application to the dos and don'ts and the problems that are being experienced by people with disabilities on a daily basis because of the abuse of these parking bays. It was also felt that the families of the card holders needed to be more responsible and ensure the cards were only used when the person the card was issued to was in the vehicle.

Overall, this was a very positive meeting and one which the Association said they would return to again





1 in 83 Irish people at risk of developing Haemochromatosis



Paudie & Martina Fennell
(Outpatients Administration)

Mr Paudie Hertlhy is a native of Castleisland and is a retired secondary school teacher. In 2004, Paudie was suffering from severe low back pain and was feeling extremely tired.

Paudie's GP referred him to the Bon Secours Hospital Tralee where he was diagnosed with Haemochromatosis.

“I had never heard of this and was stunned to hear that unless treated immediately, it could lead to serious liver damage”

Haemochromatosis, also known as iron overload, is an inherited condition which results in the body absorbing too much iron from food and storing this iron in organs, which can result in organ damage or failure.

There's currently no cure for Haemochromatosis, but a highly effective treatment for genetic Haemochromatosis consists of regular removal of blood known as venesection therapy. This can help relieve some of the symptoms and reduce the risk of damage to organs such as the heart, liver and pancreas.

Since his diagnosis, Paudie has been attending the hospital every month for venesections.

“I am not exaggerating when I say that I was very anxious in the beginning but I now treat my visits as a social outing. From the moment I walk through the door of the Bon Secours and meet the staff at Reception, Admissions, the Day Ward and the Laboratory, I am instantly made to feel at ease”.

People often feel under pressure when they enter a hospital but Paudie has always felt a sense of welcome.

“The way the staff are so friendly and people focused is a credit to the Hospital. I couldn't say enough about them” says Paudie.

Paudie has a fantastic outlook on life, he is feeling great and enjoys a swim most mornings. If you are worried, a simple blood test taken when you are fasting, is the best way to confirm if you have too much iron in your blood.



From the left: Dr. Ebrahim Mohamed, Irish King (staff nurse), Paudie & Linda Hussey (staff nurse)

Dr Helena Moore, Clinical Director at the Bon Secours Hospital Tralee

“1 in 83 Irish people are at risk of developing Haemochromatosis. It is vital for people to be aware of the symptoms and, if diagnosed, to begin treatment as soon as possible. Early detection prevents complications and a positive prognosis is very probable”.

Bon Secours Hospital, Strand Street, Tralee, Co Kerry

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RULES TO WEIGHT LOSS AND WEIGHT LOSS MAINTENANCE

CONTINUED.....

Protein With the above in mind, comes Rule 3b, don't deprive yourself! Be honest, can you completely give up XYZ? If not, don't. Remember though, if you feel you must, or deserve to eat some junk every day, maybe you need to try and change the way you think. However, can you limit your consumption of XYZ to 1-2 times per week forever? If you honestly can, great, that is what you need to do in your nutrition plan. We use the term nutrition plan when we mean something sustainable and sensible, when we say diet in this article we mean something idiotic like the Cambridge diet, maple syrup diet, lighter life, weight watchers, Tony Fergusson and any other out there, robbing people of their health and hard earned money. Sounds dramatic but, in our line of work these are the stories we see and hear every week.

DON'T LOSE WEIGHT QUICKLY

Rule 4 – Don't lose weight too quickly *for you*; If it didn't go on quickly – so is it sensible to lose it quickly? Although, if it went on quickly, losing it quickly and going back to maintenance could be an appropriate option. If you want to lose fat on your own without guidance, and for it to stay off, it needs to be slow, sometimes horribly demotivatingly slow in fact. Have you ever been guilty of saying 'great week this week, lost 4lbs!' with an unknowingly naive smile? It sounds boring and repetitive but 1-2lbs per week is a great speed to lose weight for most of us. The more naturally active you are the closer to 2lbs you can be. These figures relate to being in an energy deficit of 500-1000kcal per day. However, remember the body is not an engine, it is not a simple case of kcal in and kcal out otherwise we'd have hungry people everywhere with great abs! Sustainability is the key. Similarly, a slowed metabolism is a very real thing but is only one consequence. So, as an example, a person who sits at a desk most of the day for work and can only commit 2-3 hours per week to exercise may only be able to lose 1lb per week to allow them to eat enough to keep the body functioning properly, to avoid plateaus and to probable prevent weight regain.

MORE TIPS NEXT WEEK...

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OUTLOOK Beauty

Befriend A Concealer

If you have problem areas like dark circles, age spots, and redness, all you need is a bit of concealer to get them sorted. Remember, always use your concealer after you've applied your foundation. That way, you won't need much coverage. Find a shade that exactly matches your foundation for best results.



TAX MATTERS

With O'Brien Coffey MacSweeney
Accountants & Statutory Auditors

MINIMUM WAGE IN IRELAND 2019

The Minimum Wage in Ireland was increased on January 1st 2019. It went up by 25 cent per hour, from €9.55 to €9.80.

New laws were introduced on March 4th 2019 – which mean that minimum wage rates are now based purely on age and not on previous work experience or training.

These are the Minimum Wage Rates that apply in Ireland from 4th March 2019.

- Aged under 18 – €6.86 per hour
- Aged 18 – €7.84 per hour
- Aged 19 – €8.82 per hour
- Aged 20 or more – €9.80 per hour

New rules also mean that if a casual/part time employee is called to work and sent home without receiving the hours expected, the employee is entitled to a minimum payment of three times the national minimum wage.

These are the minimum wage rates that applied from Jan 1st 2019 to March 3rd 2019

- Experienced adult worker €9.80 per hour
- Over 19 and more than 1 but less than 2 years since began first job €8.82 per hour. (90%)
- Over 18 and less than 1 year since began first job €7.84 per hour. (80%)
- Aged under 18 €6.86 per hour (70%)

(An experienced adult worker – for the purposes of the National Minimum Wage Act – is an employee who has an employment of any kind in any 2 years over the age of 18.)

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To discuss the above, or any other financial matter
with one of our advisors contact 064 6632045 or
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To celebrate our appearance in
the All Ireland Club Final on
St. Patrick's Day we are inviting
All children to enter an

Art Competition

Draw or paint a picture with the theme
"What makes Dr Crokes Special".

Some Fantastic Prizes Including:
Transport & Tickets for a Family to the All Ireland Club Final,
Meet & Greet with the Senior team, Crokes Club Gear
and many more prizes.



SEPARATE AGE GROUPS

Entries can be handed
in at the club house on
the next two Saturday's
10am - 12noon
during Academy

**Winners will be picked
on Wednesday 13th March.**

www.drcrokes.com



INVITATION

Open Day: Every Saturday

LEWIS ROAD KILLARNEY

Dr. Crokes GAA Club invites the Parents in the Killarney Area and their Boys and Girls to the **2019 Registration Open Day. Everyone Welcome - Bring a Friend**

Boys & Girls aged 4 to 10. Hurling - 10:00 A.M. to 10:40 A.M. • Football - 10:40 A.M. to 12:00 Noon.



Special warm welcome for Children from various Nationalities and Cultures new to Gaelic Games - join your friends and make new friends in the Dr. Crokes Club.

On Registration:

Special invite to the popular Dr. Crokes Easter and Summer Camps and Cul Camps held in the Dr. Crokes Club annually.



SCÓR

Participate in Irish Dancing & Music



GIRLS' GAELIC:

Football is a great sport for girls to make friends and to stay fit and healthy. Experienced Ladies' Coaches add to the fun each Saturday.



GAELIC FOOTBALL:

Learn the skills of the Game in a fun environment. Older Boys enjoy Blitzes and bus trips to away matches.



HURLING:

Learn the skills of the fastest field sport in the world under the guidance of Gene Doherty and his team of Coaches.

FUN!!! FUN!!! MAKE NEW FRIENDS! FUN!!! FUN!!!



FREE Registration for all Children U6

Each training session for all is **FREE OF CHARGE**

Full details contact: John O'Shea 087 2348824

www.drcrokes.com

RATHMORE/GNEEVEGUILLA NEWS

by Michael O'Mahony

RATHMORE 9TH ANNUAL ST PATRICK'S DAY PARADE

on Sunday Match 10th 2019 at 1-30pm. at credit Union Led by this year's Grand Marshall, Diarmuid Maccarthy This year's theme is education: past, present and future.

Best overall float

Frank Buckley Mermoral Cup

Best vintage vehicle

Best commercial float Best organisation / group

Best window display

Best dressed buggy /pram

Best Agricultural Float

Best dressed pet

All Floats welcome

Street Entertainment

Children face painting

Live music by Tri Cheile band before parade at 1pm. Beside community centre & after parade

Further information or any groups that want to take part in parade need to entry before 8th Match 2018

with full Details of they group & what they be doing marching playing music etc which WILL be read out by MC at reveing stand

contact email momahony14@gmail.com 0876676817.no street Traders please

RAMBLING HOUSE at Heritage Centre Scartaglen Monday 11th March at 8.30 pm.

Admission free, raffle and refreshments

Rathmore Community Council Split the Pot in Association with Rathmore Community Council with Rathmore Ravens, Sliabh Luachra Cycling Club & Sliabh Luachra Men's Shed.

Be in with a chance to win. Tickets available from ticket sellers & in local businesses. Tickets €2 each or 3 for €5.

Draw held weekly at 9pm. from 13th March 2019 in local pubs. Seller wins €50 Voucher from local businesses.

DANCE – Heritage Centre Scartaglen

Sunday 24th March - P.J. Murrihy Band

Sunday 31st March – Dermot & Irene Ring

Sunday 7th April – Neily O'Connor Band

Sunday 14th April – Michael Collins Band

Dancing 9 – 11.30pm 087 973511

Ceili Mor – Sunday 10th March 2.30 to 5.30

Star Trax Studios, Knocknagree

Music by Uí Bhriain

SLIABH LUACHRA COMHALTAS

Used Clothes Collection

We are holding a Used Clothes Collection on Monday 11th

March. Bags of unwanted clothes can be dropped off on Saturday evening, 9th March from 5 to 7pm, on Sunday 10th 4 to 6pm and again on day of collection, Monday 11th from 12:30 to 1:30pm. Drop off point is Teach Fáilte.

We appreciate your continued support with our fundraising.

Scoil Fonn & Amhrán and Polka and Slide Workshop Scoil Fonn & Amhrán and Sliabh Luachra Polka and Slide Workshop will take place on Saturday 13th April 2019 in the IT Tralee, North Campus. All four tutors are recent Gradam Cheoil award winners. Nicky and Anne Mc Auliffe will teach the slow air playing on



Blanche Ronayne Director Irish League of Credit Union Board (seated sixth from left) launching the Chapter 23 Annual Report with Leo Daly Insurance Officer, Donal Cremin Treasurer, Mary O'Shea Asst.Treasurer, Christy Killeen Secretary, John Long Chairman, John O'Regan PRO, Tom Lawlor Vice Chairman, Abina O'Sullivan Youth Officer back from left) Pat Sheehan Killarney, Tadhg Curtis Mallow, Patsy Curtin and Mike Sheehy Listowel, Caroline Sugrue Cara, Ger Galvin Killarney, Jackie O'Leary and Dermot Griffin Killarney, Neilly Mahony Rathmore, Jack Harrington Clanmaurice, Clare Lucid Clanmaurice, Lily Tangney and Richard Bono Cara, Betty O'Sullivan and Alex Quane Listowel, Eddie Enright Cara, James Kenny Listowel, Jim Tierney A'feale, Anne Ni Gearailt Dingle and Siobhan Barry Clanmaurice at the Chapter 23 AGM in the Manor West on Thursday.

flute/whistle and fiddle, Nell Ní Chróinín the Irish/English singing. Local musician Bryan O'Leary will teach the Sliabh Luachra Polka and Slide Workshop. It is important to note that these workshops are not suitable for beginners. This is always a very enjoyable day for all participants. Cost for the day is €15 which includes tuition and lunch. If anyone is interested in any of the workshops, contact our Branch Secretary, Jean on 087-2871357.

Sliabh Luachra Knocknagree Trad Fest – Dance, Music & Craic.

Saturday 9th March – Lucey's Bar

Saturday 16th March – Sheehan's Bar

Sunday 17th March – The Fairfield Tavern

Saturday 23rd March – The Paps Bar

Saturday 30th March – Dan Battys

Sunday 17th March Rambling House – Community Hall

7pm to 9pm

All Welcome. Follow Knocknagree Community Group

on Facebook for further details.

SYMPTHY: To Tony Togher & Family, Gleann Rua, on the death of his father Anthony Togher, Belmullet, Co. Mayo whose funeral rennily To Breda Ryan, Rathbeg, on the death of her sister Irene Kinsella, Mooncoin, Co. Kilkenny whose funeral rennily. May Anthony and Irene rest in peace

SLIABH LUACHRA MENS SHED are holding a Table Quiz in Cahill Bar on Thursday March 14th @ 8pm.

your support appreciated.

GNEEVEGUILLA AC CLUB

Rathmore to Rathmore 4K: This is our next event on

Saturday March 9th @ 11.30 am. There are prizes at the end

of each race and then at the end of our three Spring events

there will be overall prize giving.

Couch To 5K: Commenced again in Barradubh

on Monday 11th and each Monday and Thursday night at 7.30.

NOTES

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

FOSSA NOTES

ossa/ Two Mile Comhaltas :

Fossa/Two Mile Comhaltas will hold their annual Rambling House on Saturday 9th March at 8.30pm in the Innisfallen Hotel Fossa. A great night of music, song, dance and story telling. All welcome. If you would like to take part please contact Tim Kissane 087 2413116 or Eileen Lucey 087 6284053.

Killarney Library:

A photography and art exhibition as part of the Killarney Mountain Festival celebrations is currently on display at Killarney Library during library opening hours. The exhibition will run until Tuesday 19th March. Free admission.

Club Membership.

Annual membership is now due and it is critical that all members and players renew their membership.Rates the same as last year. You can pay online. See Clubforce link on <https://www.facebook.com/fossagaclub/>

Anaversary book:

Fossa GAA are working on a 50 year anniversary book and are seeking any photos and articles especially from the '70, '80 and '90 that may be of interest. If you have any please let a committee member know. It's like the lotto – "if you're not in you can't win" – "if you don't supply them we can't put it in."

Seniors:

Listry 0-12 - Fossa 2-5

Listry kicked a late point to win a tight game played in the abysmal weather conditions in



Blessed art thou.... Paul Bardon pictured with his colleagues Mary Devane, Elaine Moynihan, Emer Devane and Geraldine O'Sullivan at the St Brendan's College Killarney retirement dinner at Randles Court, Killarney.



Jim O'Brien and John O'Shea at their retirement dinner from St Brendan's College Killarney with Sean Coffey Principal, Carmel O'Brien, Msgr Dan Riordan (back from left) Jim Gleeson, James, Richard and Niall O'Brien, Bridget and Denis O'Donoghue, Patsy Harrington O'Shea and Eoin O'Carra at Randles Court, Killarney.

Listry.

Half time score was 0-5 to 0-2 in favour of the home team - a goal by Lorcan Daly early in the first half closed the gap but the Listry opened up a 6 point lead - Fossa slowly reeled that lead in and a goal by Cian O'Shea a few minutes from time squared it up - until that late score by the home team.

Next week - Fossa are a way to Firies in the 1st rd of the County league 2pm - we wish them well for the year ahead.

Minors:

St. Brendan's College lost their Munster final replay Sem 0-16 to Dingle 3-11

Ruairi Doyle didn't play due to injury / Emmett O'Shea kicked 5 points and both players represented the club very well.

Lotto:5,7,19,24 no winner this weeks lotto 9,750

KILCUMMIN

COMPUTER TRAINING

Word Processing Level 3 will commence on 29th April until the last Monday in May, resuming again in September in the Rural Development Office. This module includes producing a range of documents, letters, posters etc. Documents

are saved to a memory stick for future retrieval, editing, formatting, printing and much more. Contact Mary McSweeney (Tutor) for further information 087 7798573.

MEMORIAL TABLE QUIZ

The Noel McCarthy memorial table quiz in aid of Oncology Department KGH will take place on Monday 11th of March at 8.30pm in the Klub Bar. Tables of 4 for €40.00, Spot Prices. Please Support.

KILCUMMIN LOOKING GOOD

Thank you all for making such great use of the Recycling/Bottle Bank at the Village Inn. Please refrain from dumping your rubbish in this vicinity. Míle Buíochas.

VACANCIES

Vacancies exist on the Kilcummin Rural Dev. C.E. Scheme for Maintenance of Village/Walks in Kilcummin. These positions are a development opportunity and no experience is necessary. Contact your Local Intreo Office to check your eligibility. Please forward your CV to the Supervisor by post/email; info@kilcumminparish.com. Contact John 086 1579381.

FOSSA COMHALTAS

Fossa Two Mile Comhaltas Rambling House will

be held this Saturday 9th March at 8.30pm in Innisfallen Hotel, Fossa. Great night of Music, Song, Dance and Storytelling. All Welcome.

KILCUMMIN COMHALTAS SULT NA NÓG

Congratulations to all our musicians, singer and dancers who participation and achieved success at the recent Sult na Nóg County Finals. SCOIL FONN

In conjunction with Comhairle na Mumhan, Kerry County Board are running the annual Scoil Fonn workshops on Traditional singing in English and Irish, and slow air playing on fiddle, flute & Whistle. We are also running a workshop on Sliabh Luachra Slide & Polka. The above workshop will be held on Saturday 13th April in the IT Tralee, North Campus, Tralee. Fee €15.00. All Entries to County Secretary, including fee by Wednesday 10th April 2019. Entry forms available from Helen in the RD Office.

TTCT TEACHER TRAINING COURSE

Comhaltas Ceoltóirí Éireann's TTCT Teacher Training Course will take place from Sunday 27th October – Saturday 2nd November 2019 at an Chultúrlann and applications are presently being accepted for applicants specialising in fiddle, flute, whistle, concertina, button, accordion, harp, banjo and uilleann pipes. Closing date for applications is 16th August and all eligible applicants will be requested to attend for audition and interview 31st August. For further information please contact eolas@comhaltas.ie or phone (01) 280 0295.

GAA

Credit Union Co League Kilcummin v Austin Stacks this Sunday in Connolly Pk at 2pm.

East Kerry League Firies 2-9 Kilcummin 2-13. Goals from Oscar O'Connor and Gary O'Leary helped us to a four point win. The game marked the opening of the "Jimmy Keane " stand and thanks to the Firies players who afforded Kilcummin a guard of honour prior to the game. Well done to Kevin McCarthy who lined out for Kerry on Sunday last and to Paul O Shea and Keith O Leary who were part of the Sem. team who narrowly lost the replay of the Corn Ui Mhuiri final.

BEAUFORT NOTES

Springtime at the Rambling House: Beaufort Pioneer Council wish to express their most sincere thanks to everybody who helped make the event such a tremendous success

GLENFESK

EAST KERRY LEAGUE DIV 1 RD.3.

East Kerry League Div. 1 Rd.3 game against Rathmore was called off after twenty minutes play over poor weather conditions. Played in Rathbeg final score Glenfesk 0-06 Rathmore 0-02

BARRADUFF COMMUNITY FIELD

Barraduff community field committee have closed pitch indefinitely . Please communicate to relevant trainers & make alternate arrangements for all trainings / games that

may have been provisionally booked. Thanks for understanding. Barraduff community field committee.

RAHEEN NATIONAL SCHOOL

Enrolment forms for year 2019/2020 are now available in the school 064 7754447 or on our website www.raheenns.com. Congratulations to Mary Cronin who had the winning lotto no.19 on Saturday the 2nd of March.

GLENFLESK C.C.E.

Sult na nÓg music and singing competitions were held in Tralee I T on Saturday 2nd March 2019. Well done to Mark Brosnan who competed in u11 accordion and Muireann Healy who competed in u11 tin whistle. Congratulations to Cliona Moynihan who won English singing u11, Olivia Angland who was 2nd in the fiddle U9 and Noirín Healy who won Comórtas Cum Dán.

Dancing competitions were held in Fossa Community Centre on Sunday 3rd March. Well done to the U9 mixed and U11 Ladies set dancers who took part and congratulations to the U11 mixed team who came second. Congratulations to the mixed four hand who came first in the céilí competition and the Ladies four hand who came second. Thanks to all their teachers and mentors.

CLUB MEMBERSHIP 2019

2019 Club membership is now due. Senior,



The management and staff at the Dingle Skellig Hotel were delighted to present Seán O'Catháin on behalf of the Irish Cancer Society, with a cheque of €1,200.00 which they raised at their annual staff party night in January. Each year the team join together to assist with fundraising and this year the Irish Cancer Society was the chosen recipient. Seán himself is a volunteer driver with the Irish Cancer Society's 'Care to Drive' service. This amazing free service assists people undergoing treatment with transfers to and from appointments and is available to patients in West Kerry. Visit www.cancer.ie for more details.

Coiste na n-Og and Ladies membership can be paid on NEXT Friday March 8th (8-9pm) and Sunday March 10th (10am-12 noon) at the hall in Genflesk. New club merchandise will also be

on sale and annual club LOTTO tickets can be renewed. Membership can also be paid at o Briens Shop.



James O'Shea receiving his prize for runner up in the National Credit Union Art Competition 18+ special category from Helen Courtney Power, KCU



Jonathan O'Keeffe receiving his certificate and prize for winning 1st place in the 14-17 age category in the National Credit Union Art Competition from Helen Courtney Power, KCU



Jack O'Connor with students from the Sem Killarney given some tips at the KCFE on Wednesday. PHOTO: JOE HANLEY



The Legion Ladies Senior Team & Management after being honored at the Legion Spring Awards Night at the Killarney Plaza.

KILLORGLIN GOLF CLUB

Ladies Results: Silver Swans 12 Hole Stableford 26/2/2019.

1. Maire Ni Loinsigh (23) 27 pts. 2. Mary Conway (26) 21 pts. 3. Eileen Bell (25) 20 pts. FIXTURES: SPRING LEAGUE: Spring League continues, players can do 2nd round if they have completed 1st round. Both rounds to be completed by March 20th. RE-ENTRY:

12 Hole re-entry sponsored by Lady Member Anne Kenny Foley is now in progress and continues until further Notice.

UP COMING COMPETITIONS: Sat 16th/Sun 17th/Tues 19th 18 Hole Singles Stableford sponsored by Moriartys of Killorglin.

ROSS GC, KILLARNEY GENTS CLUB

FIXTURES

Next weekend - March 9th/10th we will hold the postponed second round of the MD O'Shea Spring League with an Open SS competition sponsored by Mark Heinemann/Get Golfing. The timesheet is now available in the clubhouse.

KILLORGLIN GC MENS SECTION

Bernard Reidy Trophy World Spring League Final next weekend: Team B and E 153 points, Team K 150 Points, Team C 148 points, Teams G, H and J on 145 points with Teams D, I, L and M on 144. Best of luck to all.

Next weekend is a 14 Hole Club Sponsored Competition.

We would like to remind all members that Annual Subs are now due.

Membership is now open with special offers to previous members and those new to golf and other categories of golfers.



Beaufort Golf Club Members Front L-R Pat Quill (President of Beaufort Golf Club), Noreen Kinsella (Lady Captain) and Joe McMahon (Captain) with other club members at the Captains Drive In last Sunday.

KILLARNEY GOLF CLUB MENS' CLUB

The Kerry Petroleum Singles Stableford competition was canceled due to the effects of Storm Freya and it will rescheduled at a later date in the year. Hopefully better weather will prevail for the first Golfer of the Year event this upcoming Sunday, the Keanes Singles Stableford. This event is always highly supported by large playing numbers due to the very generous sponsorship from Keanes. We will be reverting to a timesheet sign-in for this competition.

DEERPARK PITCH & PUTT CLUB NEWS

Sunday Morning: We had one draw last Sunday morning before it became too wet to continue! Two Ball Scramble- Nett: Noel Moynihan & Sean

O'Brien 36, Gross: Ger Casey & Colm O'Dowd 47. Same again this Sunday @ 9.15am & 11.15am. Remember you must have 2019 membership paid in advance if you wish to play.

Club Matchplay: Please note our Club Matchplay this year will take place at the earlier times of Sundays March 24th & 31st. Please ensure that you are registered in time with the club if you wish to partake in same. A 36 Hole Scramble for which the winners will receive the Johnny Kelly Memorial Shield will take place on Sunday April 14th meanwhile.

U-16 Presentation: The 2018 Kerry U-16 team were honoured by both the club and county board last Sunday evening in the clubhouse, thanks to Damien Fleming for arranging the lovely tops as a memento from the club.

PPUI Schools Competition: The PPUI are running a Secondary Schools competition again in May. Entries must be with the PPUI office by next Friday, March 15th. Contact your local secondary school for more info.



Legion Club Chairman Ferghal Moynihan presenting Denise Fogarty with the Club Person of the year award.



Legion Club Chairman Ferghal Moynihan presenting Donal Hegarty with the prestigious Hall of Fame Award.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 01/03/2019, numbers drawn were 8, 13, 19 & 24. Sellers prize winner Petro's Bar, €50 Y/T prize to Mike Crowne Castlegregory, €50 to Catherine Fitzgerald Moulagow, €40 each to Nora Coakley Rathmore, Catherine Moulagow & Mike o'Keeffe Bounard. Bonus not won numbers drawn were 2, 8, 14 & 17. Next weeks' jackpot €17,200 plus €1,000 bonus.

4K RATHMORE TO RATHMORE RACE:

Race will be held this Saturday March 9th in Rathmore, a first for the club to have a race like this in Rathmore. Starting at 11.30, behind Hickeys Garage, running along the Bog Road, joining the main road at The Mill and running to The Bridge Bar. Registration is at Rathmore Astro Turf (at rear of Credit Union building), registration fee is €10 adult, €5 for students. Asking all primary & secondary school children to come out and take part.

BRIDGE NEWS

KILLARNEY BRIDGE CLUB SIMULTANEOUS PAIRS

1st Ron Carron & Tim McCarthy
2nd David Clancy & Mary O'Sullivan
3rd Eileen Griffin & Mary Treacy
4th Sheila Spillane & Mary Ryan
Congratulations to Mary O'Sullivan & David Clancy who came 4th in the All Ireland Simultaneous Pairs.

1st N/S Tom Doherty & Ciaran Broadberry
2nd David Clancy & Mary O'Sullivan
3rd Maura Moynihan Ron Carron
1st E/W Breeda O'Keeffe & Hilary William's
2nd Mai Corcoran & Marie Moynihan
3rd Mary O'Connor & Doreen Brosnan

CRUSADERS BRIDGE CLUB RESULTS

Simultaneous Pairs

1st Anne Looney & Marie Moloney
2nd Mary Rose Felle & Maura McCarthy
3rd Mary Shanahan & Eileen Twomey
Well done to Anne Looney and Marie Moloney who came third in the All Ireland Simultaneous Pairs Competition.

1st Kay Clement & Joan Meager
2nd Mary Ryan & Mary Trant
3rd Teresa Sheahan & Miriam O'Sullivan.

HANDBALL NEWS

Busy time in the Handball Allies: In games played this week in the Munster 40x20 Junior B Doubles quarter final Daire Keane and Clive Counihan from Ballymac beat Tim and Michael Dunne from Cork 15-21, 21-14, 21-20. There was defeat for Dominick Lynch in the All Ireland 40x20 senior singles as he went down to Martin Mulkerins from Galway 21-9, 21-14.

There are lots of games this week with Dominick Lynch taking on Barry McWilliams from Wexford in the semi-final of the All Ireland 40x20 Masters. In the All Ireland u16 doubles semi-final Darragh Lynch and Sean Quirke from Glenbeigh will play John Dohney and Gearoid Fealnan from Kilkenny. In the Junior B singles All Ireland 40x20



Killarney Juvenile Badminton Club players who took part in the Juvenile Club Tournament Competition that took place Killarney Sports & Leisure Centre.

Daire Keane takes on Westmeath's Darnie Carter in Ballymac at 2pm on Saturday.

Also on next weekend are the Munster 40x20 Masters A Doubles final with Dominick Lynch and John Joe Quirke taking on the Cork pair of Jamie O'Donnell and Denis Quinn. In the Munster Intermediate doubles semi-final Jack O'Shea and Rory O'Connor from Glenbeigh face Tiernan Agnew and John Cooney from Clare. And in the Munster 40x20 silver Master B doubles semi-final Brian McCavoy and John Clifford play David Kayne and Pat Slattery of Tipperary.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

LEINSTER INDOOR CHAMPIONSHIPS

The Leinster Indoor Championships were held on Saturday 2nd March. Two of our Masters athletes competed as guests in preparations for the National Masters Indoors next week-end. Michael O'Connor (M65) took gold in the 3K Race Walk at a time of 18:16.36. Jerome Foley (M55) was second in the 200m sprint at a time of 27.28.

COUNTY JUVENILE SPORTS HALL GAMES

The Kerry Athletics Indoor Development Sports Hall Games which will be held in Milltown on Saturday 23rd of March starting at 11am. Timetable is available to view on our website. Entries can be submitted through your club secretary. This is open to juvenile U9 to U12 Boys & Girls who did NOT win an individual medal at the 2018 Kerry County or Munster Juvenile Championships.

CLUB TRAINING:

Juvenile Indoors on Tuesday in the Sports Hall Farranfore from 6pm to 6:45pm. Open to all registered juveniles aged 8yrs (Born 2011) to 12yrs (Born 2006). €2 per session.

Secondary School / Senior training on Thursday's at 6:30pm in GAA grounds Farranfore. This is endurance build training. €2 club member, €4 non club AAI member.

Maria's Strength, Endurance & Flexibility Exercise Classes on Tuesday at 7pm in the Sports Hall in Farranfore. €5 per class



First cousins Oisín O'Leary and Shauna McCarthy win Community Games Gold medals at the County Art and Handwriting finals held recently in Listowel Secondary school.

We welcome new members to come along to training and try it out. If you are happy you can register after two sessions. See our website for full details.

ATHLETIC'S FIXTURES

Tue 5th Mar: Munster Schools Indoor Games, Nenagh Indoor Stadium

Sat 9th Mar.: National Schools XC, Clongowes Wood College, Co. Kildare

Sun 10th Mar.: National Masters Indoors, AIT Arena

Sat 23rd Mar: SIAB Schools International XC, Dublin

Sun 24th Mar.: County Juvenile 'B' Sports Hall Games, Milltown 11am

Sat 30th / Sun 31st Mar.: National Juvenile Indoors Day 1&2, AIT Arena

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance See Kerry & Munster Athletics website for full fixture lists & timetable for events.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

COUSINS DOUBLE WIN

First cousins Oisín O'Leary and Shauna McCarthy win Community Games Gold medals at the County Art and Handwriting finals held recently



Legion Ladies Young Player of the year Kate McCarthy with John Doona & Suzanne Smith.

in Listowel Secondary school.

It was 5 in a row for Oisín's win in the U12 art competition and his cousin Shauna won a county gold medal in her U12 handwriting final on the same day. Oisín and Shauna will now go on to represent the Rathmore /Gneeveguilla area and Kerry in the All Ireland Community Games finals to be held in the University of Limerick in May.

KILLARNEY BADMINTON CLUB

KERRY COUNTY CHAMPIONSHIPS

Congratulations to Niamh Hickey (Killarney) and partner Elaine Hudson (Moyvane) who won the Division 2 ladies doubles championship played in the Killarney Sports and Leisure Complex on the 1st March.

UPCOMING EVENTS

The next County Championship will be the Division 1, 3, 5 mixed on the 29th March at 715 in Killarney.

MUCKROSS ROWING CLUB

EVENTS

Last weekend's Cork Head Of the River became the latest rowing event in the calendar to fall victim to bad weather. Already for 2019, it brings the number of cancelled rowing events to five further to the postponement of some events in late 2018. Just two events in Sligo and Enniskillen have gone ahead with regatta season fast approaching in April. For Muckross RC and most of our fellow clubs in Munster, the last competitive outing was our own HOR event held on 1st December. We can only hope that the St. Michael's HOR scheduled for Saturday next 16 March goes ahead! The St. Michael's HOR is once again making the move from the traditional O'Briensbridge course to O'Callaghan's Strand in Limerick city. The course extends from the 'Cement Factory Bend' to Howley's Quay opposite the SMRC clubhouse in the city. Crews will launch between 11.30am to 12.50pm and timing will start at 1.30pm. Given the tidal nature of the course, the event is mainly aimed at older crews racing in Fours and Eights,

with limited categories on offer for J14 and J15 rowers. The event is limited to a single head (one row per person) over the 5.5km distance.

MEMBERSHIP

Outstanding fees and forms are to be returned to Jeremy Kenny or Maurice Coffey at the earliest opportunity.

KILLARNEY VALLEY ATHLETIC CLUB

We would like to wish Mike Murphy the very best as he competes in the National Master Indoors in Athlone next weekend.

The Kerry Juvenile Development Sports Hall Games will take place on Saturday March 23rd in the Nagle Rice Community Hall in Milltown. This competition is for U9 - U12 athletes only. Anyone interested in competing should give their name to Jean at training in the next week. Our Fit for Life running group is in full swing and will be going both Mondays and Wednesdays from now on, at 7pm from Sem Hall. Walking group will remain on Wednesdays, however all are welcome to join in the Strength & Conditioning session in the Sem Hall on Mondays at 7pm. Just bring water, a mat and €2 for the hall.

TRAINING

Strength & Conditioning continues on Mondays at 7pm in the Sem for all members age 12 upwards. Bring a mat if you have one. Training for age 7-12 years continues on Thursdays at 6pm in the Sem. Please remember to bring €2 and water to all sessions.

Please keep an eye on your email and check our facebook page for any updated information.

WORKMEN'S ROWING CLUB NOTES

Training continues as per coaches' schedules. Beginners are always welcome...for juniors it's 10am on Saturday mornings and for adults it's 10am Sunday mornings at Reen Pier, Ross Castle.

REGISTRATION & PAYMENT OF MEMBERSHIP

Thanks to everyone who registered and paid

club and Rowing Ireland membership, recently at our Registration Day.

Anyone not already registered with the club is asked to do so without delay please, and also to pay yearly membership. If you are representing the club at any upcoming regattas, you will also need to pay Rowing Ireland Registration; Junior €25, Senior €55. With the regatta season now underway, only those scullers who have paid this registration can be entered for events.

UPCOMING EVENTS:

16th March- St. Michael's HOR

13th April - Schools Regatta

14th April- Lough Rynn Regatta

Fundraising

Spring clean your wardrobes- it's time for Spring Summer '19 collections lads. Bag up your clean 'last season' fashions- clothing, shoes, handbags, belts, shoes and leave at our indoor training venue, up until March 22nd please.

CONGRATULATIONS

Birthday congratulations to the following who are celebrating this month: Kelly O'Connor, Ryan Bartlett, Sinéad Oliver, Kate Rudden, Amber Pomeranz and Derva Ireland.

SPA MUCKROSS COMMUNITY GAMES NOTES

Best of luck to our U13 boys who play in the indoor soccer finals in Duagh on Sunday the 10th. Trials are now being held for the U15 Futsal team. For anyone who is interested please contact Con Lynch on 0861505007 before Tuesday 12th. The competition will be held Sunday 24th March.

RUGBY

SENIORS WIN SEMI FINAL PLAYOFF

Last weekend our seniors won the Division 3 play off semi final away to Mitchelstown in blizzard like conditions. Winning 11-6 with a Peter Kelly try being the difference. Well done to the lads. The other semi was postponed due to the weather so we wait to see whether it will be Dungarvan or Ennis for the playoff.

SPLIT THE BUCKET:

Congrats to Padraig Murphy who is our 4th winner of Split the Bucket winning €402 for a €2 stake, while Barman Kevin Kelleher of the Shire who won for the second time earning €89. Get your envelopes in to be in with a chance to split the bucket.



Killarney Rugby Club Seniors in scrum action v Mitchelstown last weekend. PICTURE: TOM O'CALLAGHAN



KERRY EDGE FARNEY IN CLOSE CONTEST

KERRY 0-17 MONAGHAN 0-13

KERRY O'SHEA REPORTS FROM FITZGERALD STADIUM



PICTURES: T MCGOUGH, FITZGERALD STADIUM PR

Strong finishes have been the hallmark of Peter Keane's Kerry teams this year and the trend continued at the artc Fitzgerald Stadium, Killarney where the home side earned a hard-earned victory over Monaghan. As a result of this win, Kerry are now almost certain of a league final place later this month as they have full points from their five games and a superior scoring average of +13. Tommy Walsh turned in another Man of the Match performance, scoring four points, including three marks, while Paul Murphy, Tom O'Sullivan and Stephen O'Brien also put in

solid shifts. Tomas O'Se made another notable impact on his introduction, winning two frees, both of which were converted by Sean O'Shea, who finished the game with eight points including one monstrous effort from a sideline kick at the very death.

The heavy snow showers which fell throughout the preceding hurling clash between Kerry and Meath led to some speculation that the game might be postponed but thankfully the elements eased considerably ahead of the throw-in, which was delayed for 10 minutes, due to the late arrival of the Monaghan team,

who were held up in traffic and required the assistance of local gardai to get to the stadium. Monaghan, who are in the throes of a relegation battle, showed glimpses of the type of form that brought them close to the All Ireland final last year. Malachy O'Rourke's side were hoping to maintain their winning sequence on Kerry soil, having won on their two previous visits, but Kerry were keen to set this record straight. The Farney men, who had to close out the game with 14 men following the dismissal of midfielder Dessie Hughes on a second yellow card in the 67th minute, had the better of the exchanges in the first-half and led 0-9 to 0-7 with Conor McManus, who finished with 0-8, providing the bulk of their scoring returns. Sean O'Shea scored three points, while Man of the Match Tommy Walsh chipped in with a brace.

Monaghan continued to hold sway for much of the second half and with 20 minutes remaining were leading 0-12 to 0-10. In the final twenty minutes (there were four for stoppages at the end of the second half), Kerry outscored their opponents by 0-7 to 0-1 and this was enough to seal their fifth straight win of the campaign.

TEAMS AND SCORERS

Kerry Scorers: Sean O'Shea (0-8, 6 frees, 0-1 sideline); Tommy Walsh (0-4, 3 marks); Stephen O'Brien (0-2), Tom O'Sullivan (0-2); Dara Moynihan (0-1).

Kerry: Shane Ryan; Peter Crowley, Jack Sherwood, Brian O'Beaglaoich; Gavin Crowley, Paul Murphy, Tom O'Sullivan ; Jack Barry, Mark Griffin; Dara Moynihan, Sean O'Shea, Gavin O'Brien; Kevin McCarthy, Tommy Walsh, Stephen O'Brien,

Subs: Michael Geaney for Kevin McCarthy; Shane Enright for Mark Griffin (52); Graham O'Sullivan for Brian O'Beaglaoich (59); Tomas O'Se for Jack Sherwood (55); Jason Foley for Gavin Crowley (71).

Monaghan Scorers: Conor McManus (0-8, 6f); Stephen O'Hanlon (0-1), Conor McCarthy (0-1), Darren Hughes (0-1), Gavin Doogan (0-1), Colin Walshe (0-1).

Monaghan: Rory Beggan; Colin Walshe, Drew Wyley, Ryan Wyley; Colm Lennon, Vinny Corey, Karl O'Connell; Darren Hughes Gavin Doogan; Ryan McAnespie, Conor McCarthy, Stephen O'Hanlon; Dermot Malone, Conor McManus (0-8, 6f), Dessie Ward.

Subs: Dessie Mone for Colin Lennon (44); Owen Duffy for Dessie Ward (61); Jack McCarron for Stephen O'Hanlon (63); Barry McGinn for Dessie Malone (70).

Referee: Paddy Neilan (Roscommon).



MILLTOWN CASTLEMAINE

GAA NEWS

CÓMHBHRÓN

Sincere sympathy to our treasurer Colin O'Grady on the death of his uncle Willie O'Shea, Ballyoughtra. May Willie Rest in Peace.

Our Under 6 Boys and Girls commence their fun football training on this Saturday morning at 9.30 am in Nagle Rice Community Centre. There will be some super excited children in our community this week. No doubt our coaches are equally excited!!

PROGRESSIVE 31 CARD DRIVE: Tuesday March 5th and every Tuesday until further notice.

There was much fun had at the second night of our Card Drive last week. All our winners went home very happy.

Sincere thanks to Larkins Bakery for supplying the delicious Brack for the cupán tae/caife afterwards. See you on Tuesday @8.30pm sharp. Spread the word!

Seniors: Our seniors, sponsored by Larkins Bar, Restaurant/B&B and Kelly's Londis, Topshop, begin their County League campaign on Sunday March 10th, with an away game at 2 pm to Ballydonoghue in Round 1. On Sunday March 24th, Round 2 sees them at home to neighbours Listry. Your support at all these games will be very much appreciated.

Our Senior B team are away to An Daingean on Saturday with a 4 pm throw in. Why not head back west on Saturday and give them your support. Bígí Ann, bígí linn.

CIARRAÍ SINSEAR

Congratulations to Peter Keane, his management team and the senior panel on another thrilling victory -this time over Monaghan on Sunday last. Five wins in a row now for Peter Keane and his panel of players. Next up is Mayo at home on Saturday in Austin Stacks Park. Let's hope for 6-in-a-row!

LOTTO JACKPOT DRAW

Our fundraising lotto Jackpot is now at €7,200 with €400 for a match 3. We will have our regular 6 consolation prizes if there is no winner/match 3. If you want to join our long list of jubilant winners, then you need to head out and purchase your lucky ticket- which are available from our usual sellers and outlets. Our next draw is on this Friday, March 8th, in The Shanty Bar. Sincere thanks to all for their loyal support.

MEDAL/ CROKE PARK CERTIFICATES

Bhí óiche iontach againn i Nagle Rice Hall on Friday evening last, when last years under 12's were presented with their Croke Park participation certificates and last year's under 10's received their winners medals from Damian McCarthy -last years Chairman of Coiste Na nÓg. Huge commendation to all the coaches, mentors parents and of course our up and coming footballers. Comhghairdeas do gach duine.

COACHING COURSE

Congratulations to all from our club who attended the coaching course in our Clubrooms on Saturday last. The course was excellently delivered by Declan Quill and we received



The Official Opening of the Jimmy Keane Memorial Stand at Furies GAA Grounds at Pairc Eamon in Farranfore Present in the accompanying photo are: Jerome Crowley, Fr John Ahern, Sean Kelly, Damian Keane, John Foley, James O Sullivan, Fr Tadhg O' Dochartaigh P.P

some really good feedback regarding the content and delivery of same. Mile buíochas to Ian Twiss and PJ Reidy for their continued enthusiasm and vision in organising all these coaching courses for our club.

MID KERRY CHAMPIONSHIP

Well done to our seniors who defeated Beaufort on Thursday night last in Tralee. There was some lovely displays of football by our own team -with our younger players performing really well.

BECOME A FRIEND OF MILLTOWN CASTLEMAINE GAA CLUB

With so much development going in in our ever-expanding and vibrant club, there is no better time than now to 'Become a Friend of Milltown Castlemaine Gaa Club' Exciting times ahead !

SPA GAA CLUB

UPCOMING FIXTURES

Minor Co. League Rd3 Spa v Cordal/Scartaglin on Saturday March 9th (away) at 4pm. (Rd2 Spa v St Michael's Foilmore postponed until March 16th).

Senior Co. League Rd1 Spa v An Ghaeltacht (away) next Sunday March 10th at 3pm.

2019 MEMBERSHIP

Registration continues on Thursday nights from 7-9pm in the clubhouse reception and on Saturday mornings from 10-11am in the Sports Hall. Registration is also available online through www.spagaa.com and everyone is advised to register as soon as possible. Deadline is March 31st and no registrations will be accepted after that date.

JUVENILE TRAINING

Our ABCs, U6s and U8s continue to train every Saturday morning, starting at 10am. U10s Boys and U10 Girls train outdoors on Saturday mornings from 10am-11am. The U12 and U14 Girls train indoors on Wednesdays at 6pm. Registration is ongoing and U6s are free.

New members are always welcome. For more information on training times contact the Coiste na nÓg Secretary on 0871385612.

WALKING TRACK

A reminder to everyone that the walking track in Spa will be lit up on Thursday nights from 7-9pm for club members! The walking trail is also open to members during the daytime. NO dogs allowed.

Sports Hall Bookings & Meeting Room Hire For bookings and enquiries please contact Eileen (0876577312-after 6pm only) or Ann (0879403508)

CALLING ALL SPA MEMBERS

St. Patrick's Day is fast approaching and we need your support. The theme for this year is a Circus Theme. Dress up is not necessary but we'd encourage you to dress your child from the shoulders up; clown wigs, face paint, red nose would be great. Please wear your club colours on the day. Everybody is welcome to march with our club; children and parents alike. Meeting on Mission Road at 13.15. Hope to see you there.

SPA GEAR

The Spa Merchandise Shop has a range of adult and juvenile club gear for sale. For enquiries and shop opening times contact Mathilda on 0876487356 and we will also have Spa gear available through the website in the coming weeks.

LOTTO RESULTS

Numbers Drawn 5, 10, 24, 25. No winner and €50 Lucky Dips to Siobhan McCannon, Torc Hotel; Mick Moran; Jeremiah O'Shea, Mill Rd; Batty O'Sullivan, Knocknaskeha. Next draw on Monday March 4th in the McSweeney Arms Hotel and the jackpot is now at €7,800

MUNSTER COLLEGES

Final score in the Corn Uí Mhuiri Munster Schools Final St Brendan's Killarney 0-16 Pobalscoil Corca Dhuibhne 3-11. Congratulations to both teams on a great game and best of luck to PCD in the All-Ireland semi-final.

WELL DONE

Congratulations to Dara Moynihan and the Kerry seniors on their win over Monaghan last Sunday.

31 CARD DRIVE CHAMPIONSHIP OF KERRY

The Final of the 31 Card Drive Championship of Kerry will take place on Friday March 22nd at the Torc Hotel.

SPA KILLARNEY HANDBALL CLUB

Spa Killarney Handball Club is open to everyone over 18 living in and around the Killarney area and they meet every Friday night in the Spa Sports Hall between 8pm-10pm. New members always welcome.

IAN O'CONNELL- BE YOUR SELF

Ian O'Connell has recorded his first podcast recalling the day that changed his life completely after falling from his bike in Killarney National Park in August 2017. The recording is available through his YouTube channel

SAFE-TALK INVITATION

Tralee Parnells extends an open invitation to members of all GAA clubs in Kerry to attend a SafeTALK workshop, which will be facilitated by the HSE, this Thursday March 7th at the Kerins O'Rahillys clubhouse from 6.30-9.30pm. Please note pre-registration is required.

If you have any items that you would like included with the weekly notes, please contact Deirdre on 0851216359 before 8pm on Sundays

LISTRY GAA NOTES

LOTTO RESULTS: No jackpot Winner.

€100 - Ellie Mai Wrenn, Lissavane. €50 x 2 - W. Murphy. Noel Kennedy, Ballymalis. €25 x 2 - Cath O Connor, Furies. Noreen Cronin, Ballyhar. Draw Entrant: Angela Kimmage, Dublin. Next draw: Sunday 10th March jackpot €11,800.

EAST KERRY FOUNDATION LEVEL;

East Kerry foundation level divisional course will take place on Friday March 8th in Kilcummin GAA clubhouse 7pm to 10pm Theory. TUESDAY 12th March is practical (tracksuit, runners) in Kilcummin School Hall 7pm to 10pm. This is very helpful to any coaches starting out particularly with age groups U6 to U12. If interested please contact Colman our coaching officer on 087 2182448. Thanks

MARCH CLUB MEETING:

Our monthly club meeting takes place next Thursday March 7th at 9pm in the clubrooms.

FOOTBALL FIXTURES:

1st round of Co League begins with a home game v St Senans in Listry on Sunday March 10th at 2pm. All support appreciated.

SIGERSON CUP:

Congratulations to Ronan Buckley winning a Sigerson Cup medal with UCC on 20th Feb in Portlouis.

MEMBERSHIP:

Listry GAA membership is now due, download forms from our website <http://www.listrygaa.ie>



Pictured at the Killarney Plaza Hotel for the Legion Spring Party were Back Row L-R Suzanne Smith, Aoife Dolan, Lara O'Brien, Noelle O'Brien & Una Moynihan. Front Row L-R Denise Fogarty, Blaithin Stack & Joanne Davis.

PICTURE MARIE CARROLL-O'SULLIVAN



Darragh Lyne, receiving young player of the year 2019 award from Tommy Galvin & Chairperson Fergal Moynihan.

PICTURE MARIE CARROLL-O'SULLIVAN

GNEEVEGUILLA GAA NOTES

LOTTO

There was no winner of last week's lotto numbers drawn were 1,16,18,22. Lucky dip winners were €40 Conor McCarthy, €40 Mike Cronin, €40 Denny Donnelly, €30 Ciara + John, €30 Donal O Keffe, €20 Edel O Connor. Next week's jackpot €4,750 thanks for your continued support. Our seniors are away to Currow this Sunday in the County League.

DR CROKES CLUB NOTES

U18 DR CROKES LADIES

VERSUS CURROW

First game back in the 2019 season was held under lights at home in Lewis Road!!

Early points from Julie Delaney and Ava Sheahan and Niamh Stack gave us the lead before a Currow point followed quickly by a goal giving them an undeserved lead but points from Jade Potts and frees from Julie Delaney and from Ava Sheahan put us back in the lead. Currow levelled it again with 2 points coming to half time. Ava Sheahan scores her first goal of the game just before the break to

give Crokes ladies a deserved 3 point lead at the break!! Both sides traded an early point in the second half. Our backs defended very well in the second half with good performances from Aine o Connor, Megan Graham, Kate Nash, Emma Kelly and Sarah Neher. With 10 to go Ava Sheahan came back on after getting a knock earlier in the half to score 2-1 from play this sealed Currows fate. A late harsh yellow card for Niamh Stack meant we finished a girl down with less than 3 mins to play. A late Jade Potts point was the last score of the game. Overall a good performance for our first game of the year plenty of positives to take out of it.

SATURDAY MORNING ACADEMY

The Saturday Morning Academy recommences for 2019 on Saturday 2nd March with Hurling from 10:00am - 10:40am and Gaelic Football from 10:45am - 12:00pm. Come join in the fun, make new friends and experience the superb coaching on offer. Plenty Fun & Games. NEW MEMBERS ALWAYS WELCOME

SENIOR TEAM - 2ND AND 3RD TEAM TRAINING

Senior Team training for 2nd and 3rd teams will be on Friday evenings at 7pm.



Darragh Roche, Glenflesk in action against Rathmore

PROGRESSIVE 31

Progressive 31 takes place every Wednesday in Crokes Clubhouse. It will start at 8pm. You will need to bring money and a partner €5 per person.

CLUB MEMBERSHIP

Annual membership is now due and it is critical that all members and players pay /renew their membership before the 31st of March next. A strict "no pay/no play" policy will be enforced after this time.

DANCING WITH THE CROKES

Save the Date: March 29th in the INEC #DWTC

HAPPY BIRTHDAY

Happy 80th Birthday to Jim Connelly

CLUB SHOP

Club Shop will be open every Wednesday from 7.30pm to 9pm from here to March 13th

ART COMPETITION

To Celebrate our appearance in the All Ireland Club Final on St Patrick's Day we are inviting All Children to draw or paint a picture with the theme "What makes Dr Crokes Special". Entries can be handed in at the Club House on Saturday morning 9th of March during Academy. Winners will be announced on March 13th.

DEEPEST SYMPATHIES

Deepest Sympathies to Chris O Connor and Family on the death of his mother Patricia Pat O Connor RIP.

LOTTO

Lotto 18, 22, 25, 27. Jackpot E3300 Not won Match 3 1 by E400. Next draw Sunday 10th of March in Tatler Jack. Jackpot E3600.

BALLYHAR-FIRIES GAA

2019 MEMBERSHIP:

Membership fees for 2019 are now due and everyone is advised to register as soon as possible as the deadline is the 30th March. The club registration day will take place on Saturday 09th March from 4-6pm at the clubhouse.

All juveniles are encouraged to register on this day. Registration for Furies Ladies Gaa and hurling club at the same time.

Murphy sports will be there on the day with club gear for sale.

LOTTO:

Last weeks number were 4, 10, 23, 27.

No Jackpot winner €30 winners were

Tom O'Callaghan, Currans

Marie Daly C/O Airport Darragh O'Sullivan, Farranfore Jimmy O'Callaghan, Tralee Rd, Killarney J and D Ashe, Keel.

Next weeks Jackpot €9,400 in Sheahans Bar Furies draw will take place Friday night 8th March. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

OFFICIAL OPENING OF THE JIMMY KEANE MEMORIAL STAND

Saturday the 2nd of March 2019 will be remembered as a tremendous day in the history of the Furies GAA Club as the official opening of the Jimmy Keane Memorial Stand was performed by former President of the GAA Sean Kelly. The club will be eternally grateful to Damian Keane and all the Keane family for sponsoring the stand. Furies GAA club would also like to thank everyone that has contributed to making this Stand a reality from the planning and construction works, the painting of the stand to the organising of everything on the opening day including the tea and sandwiches. There was a great crowd present for the opening and hopefully many of them will return again to support the various club teams and make use of the stand for many years to come. Jimmy played for both Kilcummin and Furies during his playing career and it was fitting that following the official opening, Furies and Kicummin played against each other in Round 3 of the East Kerry Super league.

FIRIES VS KILCUMMIN - EAST KERRY SUPER LEAGUE ROUND 3:

Furies played the newly crowned All Ireland Intermediate Champions Kilcummin in Round 3 of the East Kerry Superleague in Farranfore on Saturday the 2nd last. Furies played with a strong breeze in the first half, but they couldn't take advantage of it. Kilcummin scored the 1st point of the game after 5 minutes with Furies replying with a free from Mike Daly in the 8th minute. Furies were not to score again until the 27th minute from another free from Mike Daly. During the 1st half Furies lost both Niall Donoghue and Ed Kerrisk to injury and were replaced by Padraig O' Mahoney and William Courtney. The Half time score was Kilcummin 6 Pts to Furies 2 Pts. Furies rallied at the start of the second half and cut the lead to 2 points (7-5) with scores from Padraig o Connor, Mike Daly and William Courtney. Kilcummin replied with a point and a goal from Oscar O'Connor to take Kicummin's lead back to 6 points but Furies rallied again to cut the lead to one point (1-8 to 1-7) with points from Liam Brosnan and William Courtney and a well worked goal from Donnacha O Sullivan. Kilcummin were denied a goal by Furies Goal Keeper Colm O Shea as he

guided the ball onto the Crossbar. Kilcummin and Furies traded points again (1-9 to 1-8) but this was as close as Furies were to get to the Kerry senior club. Killcummin scored a second goal from Gary O'Leary and tagged on 4 further points. Furies replied with a further point and a penalty from Donnacha O'Sullivan. The Final Score was Kilcummin 2-13 to Furies 2-09 **TEAM:** Colm O'Shea, D Brosnan, D O'Shea, Josh Flynn, S Foley, N Donohue, P O'Connor, P Daly, J Flynn, D O'Mahony, E Kerrisk, L Brosnan, D O'Sullivan, C O'Shea, M Daly.

Subs: P O'Mahony, W Courtney, S Burke, E Cosgrave, T O'Shea, J' O Rourke, C O'Callaghan, S Cooper.

Management: D Moynihan P Cronin, E Kennedy

FIXTURES:

Seniors Vs Fossa in Farranfore on Sunday 10th at 2pm in Round 1 of the County League Div 3 Minors Vs An Ghaeltacht in Gallarus on Saturday 9th at 4pm in the Minor County League Div 2 Ladies Football:

FIXTURES:

Under 14 Vs Legion on Sunday 10th at 17.30 in Farranfore

Under 12 vs Laune Rangers on Tuesday 12th at 17.30 in Farranfore

BEAUFORT GAA CLUB NEWS

LOTTO

There was no winner of Beaufort G.A.A. Club lotto jackpot on Sunday, 3rd March.

Numbers drawn: 1,19,22,26.

Consolation Prizes

€80 Kieran O'Shea, Keelohane

€50 Roisín and Siobhán, Beaufort, Mary Kissane O'Shea, Killorglin, Jack McGrath, Beaufort.

Next draw for a jackpot of €8,000 will be in Galvin's Bar on Sunday, 17th March.

LOST PROPERTY

There are a number of items of lost property, mainly jackets in G.A.A. Clubrooms.

Enquiries can be made to Club on 087 9975737.

BEAUFORT MINORS V

ASDEE/BALLYLONGFORD/ BALLYDONOGHUE

Hard luck to our minors who lost to Asdee/Ballydonoghue/Ballylongford on a scoreline of 4-5 to 1-11. After playing with a strong breeze in the first half, Beaufort led 1-7 to 2-2 after a goal and a point from Oisín O'Connor and points from Jack O'Connor and Mark Neary. The second half proved to be a much tougher battle playing against the breeze, with 2 goals from Asdee/Ballydonoghue/Ballylongford, and while Jack O'Connor put over 4 more points, Beaufort didn't manage to close the gap, leaving the score at full time 4-5 to 1-11.

Team: Ruairi Dorrian, Sean Kissane, Ethan Coffey, Keith Suter, Mark Doona, Shane O'Sullivan Rouse, Timmy Casey, Mark Neary, Jack Hallissey, Oisín O'Connor, Eddie Lonergan, Martin Sears, Ryan Hartnett, Jack O'Connor, Patrick Crehan. Subs: Simon Coffey, Tim Coffey, Mark Sheehan, Mikey Moriarty

EAST KERRY GAA NEWS

By Michael O'Mahony PRO

EAST KERRY UNDER 21

A CHAMPIONSHIP SEMI FINAL:

Scart/Cordal 0-9

Gneeveguilla 0-1

A difficult day for football in Pairc na Cúlac saw Scart/Cordal battle through sleet, snow and a determined Gneeveguilla effort to win this semi final. An immense defensive effort that limited the visitors to a single score set the foundation for the victory..

Hugh O'Connor landed an outstanding point from beyond the 45 at the beginning of the second half to put daylight between the teams. This was followed by points from Kieran O'Donoghue, Eddie Horan and Jason Cronin. Scart/Cordal will now face Firies in the final.

EAST KERRY SENIOR LEAGUE. DIV 1.

Listry v Fossa.

Venue. Listry.

This game was played in bad conditions in Listry on Sun Mar 3rd with showers of snow falling at times during the game. Both teams lined up short some regulars as Listry started the better and having opened the scoring in the tenth minute with a free from Anthony Sweeney. The same player quickly added another before Joseph Clifford scored a point from play to put Listry 0-3 up after 15 minutes.

Fossa then came into the game and scored 2 pts from Chris Myers and Cian O Shea however Listry added points from Anthony Kennedy and another free from Anthony Sweeney to leave the half time score Listry 0-5 Fossa 0-2.

Ronan Buckley quickly added to Listry's lead at the start of the second half before Lorcan Daly took advantage of a defensive mix up to score a goal to leave the minimum between the sides. Listry quickly restored their lead with points from Ant Sweeney (2) and Damien Clifford. Points from Fintan Coffey Lorcan Daly and Matt Remmey for Fossa to Listry points form Ant Sweeney and Damien Clifford left Listry leading by 3 as the game came to a close when Cian O Shea pulled on a loose ball to score Fossa's second goal and leave the sides level. With time running out Damien Clifford restored Listry's lead with a point and Referee Jim O Connor blew for full time as another shower of snow arrived.

EAST KERRY SENIOR LEAGUE DIVISION 1

Prior to this game played in Farranfore Sean Kelly MEP officially opened the Jimmy Keane Memorial Stand in front of a large attendance. Firies played with the aid of a strong wind in the first half and opened the scoring through a pointed free from Mike Daly. Three frees from Noel Duggan and a point from play from Gary O'Leary put Kilcummin 04 to 01 ahead midway through first half. Another free from Firies Mike Daly was cancelled out by a Kilcummin point and at the halftime break it was the visitors who led 06 points to 02.

After the break the visitors scored a goal and a point with Oran O Connor getting the goal to extend their lead to 8 points however Firies



Sheila Carey from Tralee - winner of the VIP tickets from Fitzgerald Stadium Facebook Competition with her sons Conor and Jonathan and Tommy Walsh.

rallied with points and a goal by Donnacha O Sullivan. Kilcummin found the net again through Gary O' Leary before Donnacha O Sullivan converted a penalty to reduce the margin to the minimum. The All Ireland Champions finished the game stronger with a number of well taken points to leave the final score Firies 2-09 Kilcummin 2-13.

Referee Tom Moriarty.

EAST KERRY SENIOR LEAGUE ROUND 3

Killarney Legion 1-10 (13)

Currow 6pts

A good sporting game in very testing conditions played at Direen with both sides finding it difficult to hit the posts in the first half with Legion going in at half time 6pts to 3pts ahead. Second half Legion opened up with some good passages from play with Jamie O'Sullivan contributing to some early second half points from play, and with a superb Conor Keane goal saw a good Currow side to lose out on a score line of 1-10 to 6pts.

(Legion - C Keane 1-3, J O'Sullivan 4pts, Padraig Lucey 1pt, Donal Lyne 1pt, K Slattery 1pt) (Currow Dan Shea 3pts, M McCarthy 3pts)

EAST KERRY SENIOR LEAGUE. DIV 1.

EAST KERRY SENIOR LEAGUE DIVISION 1

Rathmore 0-02 Glenflesk 0-06 haltime ref called off game due to weather conditions Workshop for Football Coaches working with U 10/12 Teams

On Monday 11th March a Workshop will take place for Coaches working with U 10 and U 12 Teams. This session will take place in Tralee CBS Secondary School at 7.30pm.

This is going to be a practical workshop and will focus on Games and Activities to help develop and improve all the skills for these age groups.

This is a good opportunity for Coaches to add to their existing knowledge and we would encourage clubs to attend.

The cost of the workshop is 5 euros per coach.

VOTES OF SYMPATHY PASSED

(February Meeting)

Eamon Fitzmaurice, Finuge

Agnes Twomey, Castleisland

Margaret Enright, Castleisland

John O'Connor, Ballymac

Noel Daly, Currow

Elizabeth "Lizzy" O'Donoghue, Killarney

Aidan Galvin, Listowel

Kathleen Guerin, Kilcummin

Michael Nagle, Rathmore

Helen Kelliher, London & Rathmore

Dr. Crokes: Peggy McSweeney, Countess Road

Glenflesk: Fr. P.J. Doherty

Kilcummin: Fr. Pat Courtney & Abbie O'Grady,

Cockhill

Killarney Legion: Patrick "Pa" O'Dowd, Muckross

& Richard "Dick" Keane, Kenmare.

Spa: Betty Cremin, Tiernabouli

LEGION GAA NEWS

FIXTURES

Minor County League Rd 2

Saturday March 9th @4pm

Dr Crokes V Killarney Legion

March 10th Div 1 County League

Legion V Dingle @2pm

March 10th Div 5 County League

Beaufort v Legion @1pm

JUVENILE ACADEMY

The Juvenile Academy has now started up, on every Saturday morning @10:30am in Direen. Come along for good fun and an opportunity to improve your football skills. Any queries please contact Ted on 087-6678315.

KILLARNEY LEGION GAELIC 4 MOTHERS

Circuit Training continues every Monday night at the clubhouse @7:30pm, all Ladies welcome.

REGISTRATION

Registration is open now, you can renew online on our website on www.legiongaa.com, deadline is March 31st.

LEGION LOTTO

14-17-19-21

Lucky Dips

Elaine O'Connor, Eagers Shop

Sewells Pharmacy, High St

Vincent Scott Jack Culloty, Ballycasheen

Fionn Culloty, Ballycasheen

Jackpot now €4,500, Sunday 10th March @9pm

Murphys Bar.

KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO



Five from Five!

Peter Keane and his team continue to dig out the wins in the final ten minutes of a game! Conditions were tough in Killarney last Sunday and Monaghan brought huge intensity to the game. Yet great teamwork saw Kerry over the line with five wins from five! Next weekend the focus turns to the Allianz League Hurling final on the Intercounty scene and to the Credit Union County Leagues on the domestic scene. The Kerry Senior Footballers are back in action on March 16th when they face Mayo in Austin Stack Park which is a sold-out fixture. Those lucky enough to have tickets will have access to the grounds from 5pm onwards. The tickets are for general admission so those arriving early will have access to the Stand. The crowd will be entertained while they await the throw in. Again, three car parks have been made available – those traveling from Limerick, Killarney or South Kerry are asked to park in the car park beside the Rose Hotel. Patrons travelling from Listowel are asked to park in the grounds of Kerry college of further education on Clash Road. Patrons travelling from the Abbeydorney direction should park in the Kingdom Greyhound Stadium. The Austin Stack Park Committee and Kerry County Board thank all those who made their grounds available for parking. Patrons are asked to park responsibly and not to obstruct private dwellings. Peter Keane will be announcing the team on the Kerry GAA website on Friday March 15th at 8pm.

U21 Competitions

Following correspondence with Croke Park, please note a Deviation has been approved for Kerry in relation to U21 Competitions allowing them to be played under rules that were applicable before last Saturday's decision taken by Central Council. This means players U17 (over 16) can participate as has been the case up to now. This deviation comes into force from last Friday. So for those teams currently involved in U21 competitions, you are free to field under 17 (over 16) players.

Credit Union County Leagues

Round 1 goes ahead next weekend. Full list of fixtures can be found on the Kerry GAA website. All home PROs are asked to submit a short report as soon as possible after the game concludes. Our thanks to the Credit Unions for their continued sponsorship and we wish all the clubs the best of luck in their quest for honours and promotion. Please note that no re-arrangement of games will be allowed after Monday 5pm prior to each round of the league, except in excep-



Peter Keane and his team make it five out of five on Sunday last in snowy conditions. Picture: T. McGough, Fitzgerald Stadium PR

tional circumstances, penalties for non-playing of games will be decided by the CCC. In the event of clash of colours, the Home Team must change. First named team has home advantage and is responsible for providing a suitable and properly presented venue. If pitch is unplayable, home clubs are expected to give at least 3 hours notice of any pitch problem. If suitable alternative is not found, then the home team travels to the opposition. Failure to adhere to this may mean loss of points. Last minute weather conditions may result in pitch problems and then the referee must decide if pitch playable. As per decision of the County Committee taken in January 2019 Meeting, where a Club fails to nominate a referee that Club will lose home venue for last two rounds of the Credit Union County League.

Kerry Petroleum Club Championship

Club Football Junior Championship - Preliminary Round Monday 18th March at 2.30pm (Extra Time if necessary)
Sneem/Derrynane v Tuosist (A) in Templenoe
Kilgarvan v Knocknagoshel (B) at Legion
Note the following in relation to Club Championships - If Kerry reach the Allianz League Final on Sun 31 March - All Rd 1 games with County Players involved in League Final will be played on the following Weekend April 6/7. All other games (ie those where no Kerry Senior Intercounty players are involved with Kerry in League Final) go ahead on Sat 30 March at 4.30pm. Above dates & venues will be confirmed at next meeting of the CCC which takes place on Thursday next 7 March. A reminder that Rd 1 games in the Senior, Intermediate & Junior Premier championships will be played in a neutral venue. Rd 1 games in the Junior Championship will be played in home venue of first drawn team. Rd 2 games in the Club Championship will take place on the next weekend available regard-

less if other games in the same championship are running a week later due to involvement of Kerry players in League Final. The CCC decided at its meeting last night that no postponement will be allowed on grounds that some other games are running a week later.

Pobalscoil are Corn Uí Mhuirí Champions

Pobalscoil Chorca Dhuibhne defeated St. Brendan's Killarney by 3-11 to 0-16 in the Corn Uí Mhuirí Under 19 A Football Final Replay last Saturday in Austin Stack Park Tralee. Congratulations to this talented West Kerry side. Commiserations to St Brendan's who were nip and tuck with PCD throughout but PCD certainly finished out the game stronger.

Workshop for Football Coaches working with U 10/12 Teams

On Monday 11th March a Workshop will take place for Coaches working with U 10 and U 12 Teams. This session will take place in Tralee CBS Secondary School at 7.30pm. This is going to be a practical workshop and will focus on Games and Activities to help develop and improve all the skills for these age groups. This is a good opportunity for Coaches to add to their existing knowledge and we would encourage clubs to attend. The cost of the workshop is 5 euros per coach.

GAA Gaeltacht Scholarship 2019

Kerry GAA in collaboration with Munster Council, District Boards and Colaiste Chorca Dhuibhne are offering a limited number of part scholarships to youth members of GAA clubs. These GAA sponsored part scholarships for club youth members (age 12 to 17 yrs.) enables those club members participate in residential courses and improve their Irish language base through Cúrsaí Gaeilge in Chorca Dhuibhne area of West Kerry during summer months.

In the past our young club members who participated in the Cúrsaí Gaeilge enjoyed the experience of improving their Gaeilge through lessons, sport, music, song and dance in the cultural, heritage and interesting environment of Chorca Dhuibhne Gaeltacht.

Interested applicants can obtain Application Forms from District Boards Runáí from Wed. 6th March onwards with closing date set for 20th April.



Shamrock Rovers 1-1 Kerry
Subway 12's Inter League
Limerick Desmond 0-1 Kerry
*Match abandoned at half time due to snow.

36 TEAMS SET OF IN SEARCH OF JOHN MURPHY 12'S CUP:

The strength of Schoolboys soccer in Kerry was shown again as 36 teams are in the hunt for the John Murphy 12's Cup.

In the Preliminary Round Mastergeeha A got past Killarney Celtic C thanks to goals from Mathew Kennedy 3, Dylan Cronin, Sean McAuliffe and Evan O'Sullivan. They will play Tralee Dynamos in the Last 32. Also through are Killarney Athletic C who knocked out Mastergeeha B. On the score sheet for Athletic were Simone Jasinski, Evan Doona and Mark O'Carroll. Next up for Athletic is a clash with Camp Juniors A.

On Sunday Ballhar won their preliminary game 4-1 at home to Ballyheigue Green with goals from Jake Keating, Eoghan Corbett and Davin Quilter. They will meet Killarney Athletic A in the first round.

Through to the Last 16 are LB Rovers A who had goals from Leigh Meehan, Daithi Keane Tyrrell 2, Michael Houlihan, Cormac Smailes, Jayden Condon and Fionn Houlihan. Also into the next round are the Park A. They defeated Killorglin C with goals from Cianan O'Connell, Sam Slattery, Noah Carroll, Ryan O'Driscoll and Daniel Sheehy.

Tralee Dynamos B enjoyed a good win on the All Weather defeating Castleisland A 2-0 with the goals coming from Mollie Duggan and Christy Boy Burke. Killorglin B also won away at Inter Kenmare B. The game was tied at 1-1 with Patrick O'Driscoll getting the Killorglin goal. Into the second half and Killorglin took over with goals from Daniel O'Keeffe, Rioghan O'Sullivan, James Jones and a second from O'Driscoll.

MEK B were 1-0 winners away at LB Rovers B with David McCarthy getting the goal in the first half. This was the MEK B's first game at this level and they held out despite the best efforts of the LB side. Iveragh United had goals from Mark O'Connor and Daithi Sugrue in a 2-0 win over Fenit but they also needed a big performance from goalkeeper Adam Corridan. Listowel Celtic saw off the Park C whose 2 goals came from Michael Quike. But Conor Sweeney, Ruairi O'Connell, John Carmody, Harry Reidy and Sean Spink hit goals for the winners.

Ballyheigue have two teams in the 12's Cup with many of the players still under 11's. The Yellow side lost 4-0 to Killorglin who had Aaron Doyle, Ben Sugrue and Alex Garry. Ballyheigue's keeper Nicky Corridan was in great form against the premier side. Tralee Dynamos are also through at the expense of Inter Kenmare C while the final Last 16 places will be secured by the winners of Fenit B and Killarney Celtic B, Dingle Bay Rovers versus Inter Kenmare A and MEK or Killarney Celtic A.

5 TEAMS THROUGH TO THE LAST 8 OF THE TOM HAYSE 14'S CUP:

Killarney Celtic B met MEK on the Celtic All Weather in the Tom Hayse 14's Cup Preliminary Round. Despite a great performance from MEK keeper Mathew O'Connor goals from Tyler Bolster, Fionn Noctor, Jimmy McClain, Brian O'Connor and Max Bryzowski saw Celtic B through. The Park A are the next opponents for Celtic B in the Last 8.

There was no luck for Celtic A as they lost away to their Listowel namesakes as they went down 3-1

to the home side. In tough conditions Listowel Celtic were excellent and were 3-0 up thanks to goals from David Lynch after 10 minutes, an Eddie McCarthy free kick and Evan Boyle before Dara O'Shea pulled one back for Killarney Celtic.

Inter Kenmare won at Killarney Athletic B who scored through Ben Kimfuta and who had keeper Aaron O'Connor in great form. But Inter were clinical and are through thanks to goals from Yago Cornide, Darragh O'Connor, Sean Treyvaud, Conor Adams, Zach O'Shea and Darren Allman.

Killarney Athletic A won in Tralee defeating Park B. The Woodlawn side goals came from Ryan McCarthy, Tom Benson, Cillian O'Connor, Sarra Neher, Ryan Neeson, Alex Hennigan and Laura O'Connell.

Mastergeeha won at Kilbreen Park defeating Tralee Dynamos with goals from Kieran Nagle, Alan O'Leary, Jack Fogarty, Hugh Lenihan, Eoin Kelly and James Williams.

Iveragh United were too strong for Mastergeeha B whose goal came from Connie Counihan. For the South Kerry side Aaron Galvin, Emmet Daly, Oisín Breen, Ben Egan, Ben O'Donoghue, Ruairi Dennehy and Tadgh O'Sullivan all got on the score-sheet.

There are two remaining games in the Tom Hayes 14's Last 16 with Fenit to meet Dingle Bay Rovers and Killorglin A to take on their club mates Killorglin B.

FOUR OF THE LAST 8 PLACES IN THE TUCKER KELLY 16'S CUP CLAIMED

Ballyhar 16's got the weekends action underway when they defeated Tralee Dynamos on Friday night under lights at Celtic Park in the Tucker Kelly Cup. The goals came from Stephen Palmer, Darren Deniel, Aaron O'Shea 2 and Peter Cosgrave 3.

Also into the Last 8 are Park A thanks to goals from James Charlis, Mark Curtin, Matt Healy, Dan Fisher and Jamie Fitzgerald 2 in their win over Mastergeeha at Kilbreen Park. Oisín Smailes got the only goal for Camp Juniors as they won 1-0 away at Rattoo Rovers.

The closest game of the weekend was the Killarney derby as Athletic saw off Celtic 4-3 on penalties. After extra time the game was tied at 1-1 with Eoghan Mulvanny getting the Athletic goal and Cian Doe scoring for Celtic.

In the penalties Cian McCann, Kieran Pierce, Martin O'Sullivan and Mulvanny all scored Athletic with their keeper Aaron O'Sullivan saving two penalties.

GIRLS LEAGUE ACTION:

ALL THE LEAGUE ACTION WAS IN THE GIRLS LEAGUES. In the 12's it finished Killarney Celtic White 2 - 1 Iveragh United (Katie O'Connell). In the 14's goals from Fiana Bradley 3, Ava O'Sullivan and Aideen O'Brien saw Killarney Celtic Green win 5-2 away at Inter Kenmare. The game was tied 2-2 at the break with Chloe Cremin and Orla O'Brien scoring for Inter.

League of Ireland 15's Pre-Season:

With the start of their League of Ireland campaign the Kerry 15's were in Dublin where they took on Shamrock Rovers in a pre-season game played at the FAI Headquarters in Abbotstown.

Kerry went ahead when Cianan Cooney scored with a cracker from 30 yards but Rovers drew level with 15 minutes to go thanks to a deflected effort. This result bodes well for the 15's ahead of the League of Ireland.

INTER LEAGUE GAME FALLS

SCHOOL BOY/GIRL SOCCER

EVEN AGE CUPS PRELIMINARY AND FIRST ROUNDS:

JOHN MURPHY 12'S CUP

Preliminary

Ballyhar 4-1 Ballyheigue Green

Mastergeeha A 6-0 Killarney Celtic C

Mastergeeha B 0-5 Killarney Athletic C

Round 1

LB Rovers 7-0 Park B

Park A 6-0 Killorglin C

Castleisland A0 -2 Tralee Dynamos B

Inter Kenmare B 2-5 Killorglin B

LB Rovers 0-1 MEKB

Iveragh United 2-0 Fenit

Listowel Celtic A 7-2 Park C

Ballyheigue Yellow 0-4 Killorglin A

Tralee Dynamos A 3-0 Inter Kenmare C

Tom Hayes 14's Cup

Preliminary

MEK 0-6 Killarney Celtic B

Division 1

Listowel Celtic 3-1 Killarney Celtic A

Killarney Athletic B 1-7 Inter Kenmare

Park B 0-7 Killarney Athletic A

Mastergeeha A 7-1 Tralee Dynamos

Iveragh United 7-1 Mastergeeha B

Tucker Kelly 16's Cup

Ballyhar 7-0 Tralee Dynamos

Mastergeeha 0-6 Park A

Rattoo Rovers 0-1 Camp Juniors

Killarney Athletic 1 - 1 Killarney Celtic AET

Athletic win 4-3 on penalties

Girls League

12 Premier: Killarney Celtic White 2-1

Iveragh United

14 Premier Inter Kenmare 2-5 Killarney

Celtic Green

15 League of Ireland Friendly

TO SNOW:

The Kerry 12's side were not happy to see the snow as they were 1-0 up through Ruairi O'Connell away to the Desmond League in the Subway Inter League at half time. However for safety the game was abandoned and will now be re-fixed with Kerry at home.

Girls Roll of Honour: Bronagh Dorrian Killarney Celtic, Helena O'Donoghue Inter Kenmare, Oral Bennett Iveragh United.

MEK UNITED NEWS

U12 CUP

MEK United B Under12s (under11's) won by 1-0 in Ballybunion against LB Rovers B with a David McCarthy goal in the 1st half. The Boys were playing their 1st competitive game at this level and controlled the game throughout with the goal coming after 18mins, but the lack of 2nd goal made for nervous finish where in the last 5mins LB rovers had their only 2 chances of the games, but MEK defence was strong and held out for well deserved win in Conditions that were not helpful to playing good football, Best on the day were Dylan o Meara, Kevin Coffey and Man of the Match Jack Hallisey. Congrats also to Jerry Hayes and coaches.

NIGHT AT THE DOGS

This Friday night MEK United goes to the Dogs at the Kingdom Greyhound Stadium in Tralee. There will be lots of fun and plenty of activities for all the family so why not come along and support the club! Tickets available on the door.

KILLARNEY ATHLETIC A.F.C.

RESULTS

UNDER 12 CUP

Mastergeeha B 0 Killarney Athletic AFC C 3
Great result for our Under 12 C Team. Played in difficult conditions our young Blues played some brilliant football. Considering this is an Under 11 Team makes this performance even more impressive. Well done to all players and management today and thanks to Mastergeeha for a good sporting game.

UNDER 14 CUP

St Brendan's Park B 1 Athletic 10
Great team performance with 2 goals each for Alex Hennigan Ryan Neeson and Sarra Neher and 1 goal each for Ryan McCarthy Tom Benson Laura O'Carroll and Cillian O'Connor stand out player was TJ O'Sullivan who had 4 assists and covered every bit of the pitch today unlucky not to get the goal he deserved.

UNDER 14 B

Killarney Athletic Under 14 B v Inter Kenmare 1/10

Killarney Athletic scorer Ben Kimfuta. Player of match Killarney Athletic keeper Arron O'Connor regardless of score did some nice saves against a very strong Premier Inter Kenmare

UNDER 16 CUP

Killarney Athletic 1 Killarney Celtic 1 (4-3

penalties)

A great result for the lads against premier division side. Mulvaney with the goal & winning penalty & a MOTM performance from Aaron O'Sullivan in goal saving two penalties. Kerry SchoolBoys/Girls

FIXTURES

Saturday 10th March 2019 10/3/2019

Under 11 Pool 1

Kenmare v Killarney Athletic TBC

Under 12 Cup

Killarney Athletic B v Camp B 10.30am

Ballyhar v Killarney Athletic A 10.30am

Killarney Athletic C v Camp A 12.00 noon

Under 15 Cup

Ballyhar v Killarney Athletic 11.45am

Girls Under 12

MEK v Killarney Athletic 12.00 Noon

Girls Under 16

Listowel v Killarney Athletic 3.00pm

Under 17 Denny League

Killarney Athletic v Castleisland AFC 2.00pm

Senior Fixtures

Sunday 10th March 2019

Denny Premier A

Killarney Athletic v Killarney Celtic 11.00am

Denny Division 1 B

Killarney Athletic B v Windmill United 2.00pm

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

KILLARNEY CELTIC NEWS

U16 CUP

Killarney Athletic 1, Killarney Celtic 1, Athletic win 4-3 on pens

Cian Doe put Celtic ahead but Athletic levelled shortly afterward. Celtic almost won it at the end forcing the keeper into a great save. Unfortunately the penalty shoot out didn't go our way and the team exits the cup.

U14 CUP

Listowel Celtic 3, Killarney Celtic A 1, Dara O'Shea got our consolation score here after listowel had built up a 3 goal lead.

Killarney Celtic B 6, MEK 0

Tyler Bolster has the B team 2 up inside 10 mins with Max Brzowski adding the 3rd. Fionn Noctor got the 4th in the 2nd half before Timmy McClain drilled in a cracker from 30 yds. Brian O'Connor rounded off the scoring in the last min. Next up in the cup is a tie vs St Brendan's Park A.

U12 CUP

Mastergeeha A 5, Killarney Celtic C 0.

The 12c gave everything against Mastergeeha A in very tough conditions and now go into the shield competition.

U14 GIRLS

Inter Kenmare 2, Killarney Celtic 5.

Kenmare took the lead here before Aideen O'Brien and Ava O'Malley had Celtic in front. Kenmare levelled matters again before it became the Fiana Bradley show in the 2nd half. Niamh Dorrian and Shauna Myers also went close but it was Fiana's half with 3 goals to seal all 3 points in this vital top of the table clash.

U12 GIRLS

Killarney Celtic (White) 2, Iveragh 1

Abbie Finnan gave Celtic the lead but Iveragh were level by the break. Celtic pushed Iveragh back in the 2nd half and eventually that pressure told with Aine Fitzgerald getting the winner.

The senior A + B games were called off because of the weather with the youth game vs Athletic being called off with the teams tied at 2-2.

Congrats to Niamh Dorrian u14 girls who was named in the Girls Roll of Honour.

CELTIC LOTTO

Numbers drawn 2,3,10,22. No jackpot winner. Match 3 receive €40. Next jackpot €4,600.

For pitch rentals contact Mary on 086 6485809. Notice to parents, we are marching in the St Patrick's Day Parade so keep an eye on our Facebook page for details..

MASTERGEEHA FC

U12 CUP

Mastergeeha 5 v Killarney Celtic 0. Matthew Kennedy (3), Dylan Cronin, Sean MC Aulliffe and Evan O Sullivan got the goals in this good win.

U12 CUP

Mastergeeha 0 v Killarney Athletic 6. The boys faced a strong Athletic in this cup tie. All tried hard with Kyle Murphy having a good game in goals.

U14 CUP

Mastergeeha 9 v Tralee Dynamos 1. With the sides drawing 1 all at the break Mastergeeha played much better in the second half. Jack Fogarty (3), Hugh Lenihan Eoin Kelly, James Willams, Alan O Leary and Keiran Nagle were the scorers.

U14 CUP

Iveragh 7 v Mastergeeha 1. In a difficult away game the boys faced top of the premier. Connie Counihan got the Mastergeeha goal.

U16 Cup

Mastergeeha 0 v Park 5. In this game the more clinical side advanced to the next round. Mastergeeha had some good chances with Kevin Bowler and Cian Foley having good shots saved.

MASTERGEEHA LOTTO

There was no winner of the lotto on Friday 1st March. Numbers drawn were 12,19,22,23. Consolation prizes €100 Frank O'Sullivan, Loor Dromulton, Currow, €30 Tom Healy, c/o Lal's, €30 Kathleen O'Leary, Milleen, Kilcummin, €30 Caitriona Ni Luasa, Coolea, Co Cork. Next Jackpot €7800.

Green sinks Nine Threes to bring victory to Lakers

Scotts Lakers Killarney 105

Tolka Rovers 86

BY: Eamonn Keogh

DA phenomenal three-point shooting performance from outstanding team captain Mark Greene led Scotts Lakers to a convincing victory over Tolka Rovers in Killarney Sports Centre last Saturday night. Greene's nine threes was the main talking point of a victory that secured the Killarney side's second place position in the southern conference and guarantees a play-off spot.

It was a match where the home side's advantage was never really threatened. They started well with early three-pointers from Dailian Mason, Papito Hersisia and Mark Greene and led 13-8 midway through the first quarter. Greene was on fire from downtown and three more threes from him along with solid play from Sean O'Brien helped the Lakers to a 35-20 lead at the end of the first quarter.

Mark Greene continued to punish Tolka with three more big three-pointers while Seamus Brosnan added another and Scotts Lakers led 46-28 midway through the second quarter. Further threes from Sean O'Brien, Cian Clernon and the main man Mark Greene meant that the Lakers enjoyed a commanding 60-40 lead at half time.

Greene already had seven three-pointers by half-time and at this stage he looked well on his way to creating a new Irish record. Tolka were struggling to make any serious impact in the game despite the best efforts of Conor Liston, Tom Kenny and Justin Goldsborough.

Scotts Lakers continued to dominate and further three-pointers from Mason, Hersisia, O'Brien and Greene opened up a 77-47 advantage midway through the third quarter. They maintained that lead and were 87-58 in front at the end of third quarter.

The final period was a mere formality as Mason and O'Brien added further threes while Seamus Brosnan sank another three with 3:13 remaining to give the Lakers a 100-74 lead. Tolka continued to battle with Oisín O'Reilly and Alex Dolenko impressing and they actually outscored the Lakers 28-18 in the final quarter. It wasn't enough and Lakers had a comfortable 19 points to spare in the end. A whopping 20 three-pointers from Scotts Lakers was a very significant factor in the victory and 60 points from outside the arc is always going to be a huge advantage for a team in any game.

The Lakers travel to Dublin this weekend to play Kubs and are at home again on March 16th against Sligo All Stars.

Scotts Lakers: Mark Greene 29, Dailian Mason 21, Papito Hersisia 21, Sean O'Brien 17, Seamus Brosnan 7, Andrew Fitzgerald 6 and Cian Clernon 4.

Tolka Rovers : Conor Liston 18, Tom Kenny 18, Oisín O'Reilly 16, Alex Dolenko 14

Justin Goldsborough 12.



Andrew Fitzgerald, Scotts Lakers St. Paul's, in action against Tolka Rovers in the national league division one match in Killarney Sports Centre on Saturday night..

PICTURE: EAMONN KEOGH

THREE POINTER RECORDS

After sinking seven threes in the first half, Mark Greene added just two more in the second half last Saturday night. Nine threes in a game from one player is a huge return but in hindsight, he could have scored much more had he played more minutes and attempted more shots in the second half. Also considering that the game was well out of reach of Tolka in the second half, perhaps some of his teammates could also have facilitated him with the ball on more occasions to try and create a new three-point scoring record. The chances of a similar opportunity arising again to earn a permanent place in the record books is unlikely to happen too often. Greene had 13 attempts from outside the three-point arc missing just four on the night. This is quite low in terms of missed shots and his 9-13 record gave an impressive scoring return of over 69%. In the NBA, Golden State's Klay Thompson holds the current record of the most three-pointers scored in one match with 14 converted from 24 attempts giving a return of 58%. The Irish national league and the NBA are worlds apart and should never even be compared but the stats figures do raise the 'what if' question if Mark Greene had actually attempted another 10 or 11 more three-point shots in this match. Basketball Ireland records and scoring archives over the years aren't readily accessible or available. While some American players have hit double digit three-pointer returns, it is unclear if any Irish player has ever scored more than nine three-pointers in a national league game.



Papito Hersisia, Scotts Lakers St. Paul's, breaks away from Alex Dolenko, Tolka Rovers, in the national league division one match in Killarney Sports Centre on Saturday night.

PICTURE: EAMONN KEOGH

Ironically almost 14 years ago to the day on the first weekend of March 2005, another Killarney player Colin O'Reilly sank nine three-pointers in a massive personal haul of 53 points for Gleneagle Lakers in a 117-107 loss to Waterford Crystal in a superleague clash at the Inec, Killarney. Hotshot American Keith Friel scored ten three-pointers for Gleneagle Lakers in a pre-season tournament against Tralee in September 2003.

One of the standout performances and great shooting displays in Irish Basketball history was ten three-pointers in a 50 point total from American John Carson for St. Declans Dublin in a televised national cup finals match in January 1988. Dan Trant, a former Boston Celtics draft pick in 1984 and sadly a 9/11 Twin Towers victim in 2001, played for Marian Dublin in the mid 1980s and scored 11 three-pointers in one game. From these stats figures, Scotts Lakers captain Mark Greene is clearly in good company when it comes to three-point shooting records. His shooting streak also extended beyond the game on Saturday night when he participated in a half time blindfolded free throw competition to raise funds for the Irish Cancer Society. Mark's mother Karen is competing in the Strictly Come Dancing event at the Inec Killarney on March 8th and her fundraiser is the 'Fill Me Up Milk Bottle Challenge'. Supporters at the basketball match last Saturday night contributed generously to the fundraiser while Lakers captain Mark Greene and coach Cormac O'Donoghue were blindfolded during the novelty free throw shoot-out.

U14 Rugby Killarney V Killorglin

KILLARNEY ON TOP IN HARD FOUGHT WIN

By Ian Harrington

Killarney U14 Rugby Team finished their last game in the top tier of the West Munster League with a hard fought win over their nearest rivals Killorglin RFC last Saturday. Rugby, as we all know, is a winter sport; however the weather conditions during this local derby proved extremely challenging for both teams. The result was a pulsating match played out in front of many hardy fans. With a strong southerly wind it was evident that the game would indeed be the proverbial game of two halves. Killorglin used the wind advantage from the start of the match and scored their first try after mounting pressure from their forwards. Killarney learned the hard way that kicking out of their 22 was not an option with a returning wind- assisted ball forcing centre Shane O'Sullivan to ground the ball for a 22 dropout. Killorglin continued to punish Killarney's imperfect ball- handling in the slippery conditions; however Killarney never gave up the defensive team effort. Killorglin's No 8 was a real menace on Killarney's defensive structure and late in the half broke and fended a number of Killarney players to score what seemed like a certain try; however the conditions took their toll and the ball was knocked on just over the try line. With this reprieve for Killarney, Killorglin continued their



relentless pressure and on the stroke of half time they scored their second try of the half. With neither of Killorglin's tries converted due to the strong wind, the score stood at 10 – nil to Killorglin.

With the wind advantage, Killarney commenced the second half hoping to return the pressure. However, Killorglin were well able to withstand the wind in their faces. Killarney had many opportunities to run at Killorglin but, between the demands of the wet and cold and ball-handling, the half was not going according to Killarney's plans. Entering the second part

of the half Killarney began to kick for territory and this began to bear fruit for the home team. Killarney - after capitalising on substitutions, began to pile considerable pressure on the Killorglin defence. In short succession Killarney scored two tries paving the way for a dramatic finish to the match. It could be said that at this stage and with time running out for both teams a draw would be a fair result; however, after a Killarney kick from the half way line the final try of the game sealed a win for Killarney.

Raising funds with "100 Miles in a Month" Challenge

A group of Killarney runners took part in the '100 Miles for the Mater' event which took place in February. The Mater put out the challenge asking participants to help raise funds for patient care in the Mater Hospital by running 100 miles in the month of February. The aim of the challenge was not only to raise much needed funds which will go towards helping critically ill people, but to also get participants to get healthier. Fiona McMahon got involved with the challenge having seen it on Facebook in January, she registered with the Challenge where each participant set up an online page with their details so that family and friends could donate if they so wished, everyone also received a sponsorship card in the post along with the 100 mile challenge t-shirt. Fiona had got back into running after having had back surgery a number of years ago and wanted to do something to challenge herself. Having no personal connection with the hospital, she learned a lot about the wonderful work that they do by taking part in the challenge. The online community that was set up for the challenge offered support and encouragement from other participants and it was through this group that Fiona put up a message inviting anyone in the Killarney area to meet up so that they could complete the last couple of miles of the

challenge together. Each of member involved had their own reasons for taking part, Fiona said "I raised a total of €960 myself, one of the lads John Quirke raised €173 and wanted to do the challenge for a good cause." Another participant Angela Kerrisk said "I did it to challenge myself ,as I've never ran before and also being thankful that I could having only just got my fitness back after years of inactivity made me realise how lucky I was that I get to do this when so many others would love to but through injury or sickness cant so I did it for them."

Damien Brown was also one of the participants. "I did the challenge because it was 10 years to the month since I was diagnosed with cancer. I thought it would be a good marker to show how far I have come since then as well as raising money for other patients that are sick in hospital. I have raised just under €500 but Im hoping that goes up in the next 2 days when I collect some more money from family", Damien told the Killarney Outlook.

All the participants would like to thank everyone that supported them and donated or sponsored them for the Mater Foundation. All funds raised will go towards making a real and lasting difference with money going to life-saving equipment and ground breaking medical research.



Pictured at the National Park having completed the "28 day challenge" to run 100 miles in February for the Mater Hospital in Dublin were athletes Trish O'Donoghue, Karen Moloney, John Quirke, Damien Browne, Noreen Murphy, Hannah Collins, Fiona McMahon & Angela Kerrisk.
PICTURE: MARIE CARROLL-O'SULLIVAN

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Abbeydorney company wins tenderer for national meter replacement programme



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22nd January 2019 - 4:17 pm

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by John O'Sullivan

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The importance of climbers in a garden should never be underestimated as they are ideal for covering walls and disguising sheds and if you don't have much space they will allow you to garden upwards. The easiest types of climbers to grow are the ones we call self clinging. The good thing about self clinging climbers is that there is very little maintenance. All you need to do is keep them under control. If your self clinging climber is growing on your house make sure that you keep it pruned back from gutters and windows. A good example of these climbers are evergreen or variegated ivy. **TWINGING CLIMBERS:** Most of these climbers could probably scramble up most sheds or walls but will need support to do so with some trellis or wire. Heavy growing climbers such as Solanum (Potato Plant) would need to grow on a very sturdy structure as it can get quite woody and grow very vigorously in a season. Lighter climbers such as Honeysuckle or Clematis can also grow vigorously but can be controlled by cutting to ground level. There is also a lot of shrubs that can be used as climber on small walls or pillars. There is probably a little bit more work in these as they don't cling to the wall. You will have to keep them well trimmed as if they get too heavy they will come away from the wall. A good example of a shrub that will do this is a plant called Cotoneaster Horizontalis. This plant can be planted on the garden side of a wall and can grow up and over and cover the outside of the wall. You can use a climber anywhere in the garden by planting it alongside some trellis which can give a whole new look to that particular area.

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TODAY IS INTERNATIONAL WOMEN'S DAY

The roots of International Women's Day can be traced back to the struggles of women workers in the late nineteenth and early twentieth century's:

In 1857, thousands of women working in the New York garment industry took to the streets to protest unfair wages, a 12-hour work day, and sexual harassment in the workplace.

Conditions for working women did not improve. In 1907 the women held a "Hunger March" in New York in protest at the dangerous working conditions and very long working periods, calling for a ten-hour working day and improved wages. The police attacked the march, and the following year on March 8th 1908 a commemorative march was held, which became a milestone in women's history. Female garment workers called for fair treatment at work, an end to child labour and votes for women.

In 1910, 100 women representing 17 countries voted to establish an International Women's Day. This took place at an International Conference of Socialist Women in Copenhagen, Denmark.

On March 25, 1911, a fire in a sweatshop owned by the Triangle Shirtwaist Company in New York killed 145 female garment workers. Unsafe conditions contributed to the high death toll. Many of the fire escapes were locked to prevent women from slipping out, even for a moment's break. Eighty thousand workers marched through the streets to attend the mass funeral for the victims.

A year later, 14,000 textile workers went out on strike. With a rallying cry of "Better to starve fighting than starve working," the women stayed out for nearly three months.

The United Nations formally proclaimed March 8 International Women's Day in 1975 to mark women's efforts over the years to attain justice and equality for themselves and their children. International Women's Day is a time for women around the world to commemorate their struggles and celebrate their achievements.

2019's theme is "Think equal, build smart, innovate for change" which will focus on innovative ways in which we can advance gender equality and the empowerment of women, particularly in the areas of social protection systems, access to public services and sustainable infrastructure.

EGGSHELLS HAVE SO MANY USES

If you love eggs, you probably go through lots of them every week. The eggshells, however, often get discarded with no second thought, like yesterday's newspaper – so here are just 5 ideas to use them up: * Use crushed eggshells and soapy water to clean the insides of containers, as well as pots and pans. Simply put the solution into the container and shake it well.

* Consider keeping some crushed eggshells in your sink's strainer – they'll add another level



of straining, and as they break down, they keep the drain and pipes clean.

* Fill shell halves with soil and add your choice of seeds, place in an egg carton and let it grow. Once the seedlings are ready, transplant them with the shell into your garden to give them fertile ground to start from.

* Sprinkle crushed eggshells in your garden to deter slugs, snails, and even cutworms from eating your plants. If you have deer in the area, you'll be happy to know that they hate the smell of eggs too.

* Eggshells break down rapidly in compost piles, adding some much-needed calcium to the mix.

ON THIS DATE - MARCH 8TH

1942 - Death of Mary MacSwiney, Irish patriot and founder member of the Munster Women's Franchise League in 1911, at the request of her brother Terence MacSwiney and Tomás MacCurtain in 1914 she founded the Cork branch of Cumann na mBan.

1945 - Birth of George Michael Dolenz, Jr. in Los Angeles, California, best known as the drummer vocalist of the television series "The Monkees"; he also wrote a number of the songs which later became hits including "Last Train to Clarksville" and "I'm a Believer".

1948 - The U.S. Supreme Court ruled that religious instruction in public schools was unconstitutional.

1954 - France and Vietnam opened talks in Paris on a treaty to form the state of Indochina.

1959 - Groucho, Chico and Harpo Marx (an American family comedy act) made their final TV appearance together.

1966 - Nelson's Pillar in Dublin was blown up.

2001 - The wreck of Donald Campbell's boat, Bluebird, was raised from the bottom of Coniston Water in Cumbria; it had been there since the attempt to break the world water speed record in 1967 in which Donald Campbell had died.

2006 - An original copy of the 1916 Proclamation of Independence picked up in O'Connell Street in 1916 was donated to the National Museum in Dublin.

2011 - 19 million dollars worth of the over 100 million dollar jewellery that was stolen from a Harry Winston boutique in Paris, in a 2008 armed robbery, was found in a drain in a Parisian suburb.

2013 - The US state of South Dakota passed a law that would allow teachers to be armed in schools.

THIS DOG WAS TOO EAGER TO GREET HIS OWNER

A dog owner in China ended up in the hospital after his excited husky jumped all the way from the 2nd floor of his house to greet him, landing on his head and breaking his neck.

The 67-year-old man was returning to his house in Yongzhou City, in China's Hunan province after visiting some relatives, when something heavy fell from above and landed on the back of his head. Mr. Liu was knocked down and rendered unconscious by the impact, and his family immediately called an ambulance. Speaking about the incident Mr. Liu recalled that his first thought after waking up in the hospital was that the wall of his house had collapsed on top of him, but he later learned that he had been hit by his pet husky.

Mr. Liu ended up at the First People's Hospital of Zhangzhou City, where a spine exam revealed that the impact of the dog hitting his head had caused a cervical spine fracture and he will now have to undergo surgery to his spine to fix the damage, but Mr. Liu says that he doesn't blame the dog as the 60-pounder was just so excited to see him come home.

The man's daughter said that the whole family was shocked to see the pet husky they had adopted only a few months before jump from six-seven meters above and land on her father's head.

FORMER WHITE HOUSE CHEF WILL FEED HOMELESS WITH HIS LOTTERY WINNINGS

As a former White House chef, Roberto Mendoza has cooked for Barack Obama, Bill Clinton, George Bush, Donald Trump, and an assortment of royal international guests and he has also served as a chef for the Academy Awards. Since leaving the White House, he has been managing a restaurant and cooking for the homeless in Charlotte, North Carolina—but, thanks to his mother's instincts, he will now be feeding many more homeless communities. Mr. Mendoza's mother recently travelled to the U.S. from Guatemala, in order to visit her son. During her stay, she got a feeling that Roberto was going to win the lottery and despite his aversion to gambling, he decided to listen to his mother's intuition. He bought a \$5 scratch ticket from a local convenience store and was stunned to find that he had won the top prize of a quarter million dollars.

After taxes, he took home \$176,876 and he plans on using all of the money to finish building a kitchen that will feed the homeless in the Dominican Republic on land that he bought three years ago as part of his foundation's work to feed the hungry.

"We feed more than 300 children through my foundation," Mr. Mendoza said. "I know what it's like to be hungry. I told myself when I was a teen that, if I'm ever in a position to give back, I'd do everything I can to make sure no one else has to go hungry".

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Emer Moynihan, President, together with her Soroptimist colleagues, makes a cheque presentation to Catherine Casey, Manager at Adapt Kerry for €1,000 at the Killarney Avenue Hotel on Pancake Morning. **PICTURE: MARIE CARROLL-O'SULLIVAN**



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It can give you information about when you can get an abortion and where that service is available. You can also access post-abortion counselling and support from My Options, free of charge.

You can call the My Options helpline on Freephone 1800 828 010 or visit the website, myoptions.ie, for more information.

For more information, visit the website of the Competition and Consumer Protection Commission at ccpc.ie.

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

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



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COMPASSION

Compassion is an essential component of human existence. If we are to accept our humanness then we need to develop compassion. What do we mean exactly by compassion and where does it originate. Compassion can be understood as the emotional response when we perceive suffering, and it can involve an authentic desire to help. It literally means to suffer together. The latest research findings from a number of scientists has shown that our brains are "wired up to respond to others' suffering". Nancy Eisenberg, is a leading academic in the field of Compassion who has published widely and has found that compassion is part of our basic human nature. This means that our temperament or what we what we are born with, the way we self-regulate our emotions and what we experience from our parents. In their parenting practices all contribute to the way we develop our empathy, compassion and helping behaviour. In other words we are born with empathy for others, the recognition that if we see upset in others we will respond with kindness and the concept compassion takes that further by wanting to help alleviate the suffering and pain in the other.

The Dalai Lama captures this beautifully when he says "So long as we are human we need compassion. Compassion brings inner peace and whatever else is going on, that peace of mind allows us to see the whole picture more clearly. So, in our education we need lessons about developing warm-heartedness and finding inner peace."

We all understand compassion for others, but an essential ingredient for increased mental health is compassion for self. In the same way we recognise someone else's suffering and we want to respond by making it better, the next level is to have compassion for ourselves, to recognise our own pain and to understand our own humanness. A question that is very useful to ask ourselves is if someone else told us this story, the story about being angry or hurt or disappointed would we have compassion for them? Then why not for ourselves? A good question indeed.

Some of the ways to develop compassion for oneself are to literally feel warm to oneself rather than hurting oneself with self-criticism. Remembering the common humanity which means we acknowledge our suffering and personal failure is part of the shared human experience. And lastly, developing self-compassion requires that we take a balanced approach to our negative thoughts without trying to suppress or deny them. The key here is balanced, so if we do have a negative thought about ourselves, we develop the habit to balance it with a forgiving thought, a more compassionate one. Remembering that it is in our mind that we can be developing the more compassionate thoughts.

SouthWest Counselling Centre, Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie.

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A Word of Victory

Welcome back dear reader, continuing on the subject of Peace — where do you feel it most when you are worried and anxious — your mind and head right? The Bible tells us that Jesus had the crown of thorns driven into His head because “the chastisement (punishment) needful for us to obtain Peace was upon Him” (Isaiah 53:5). Even before they hammered the thorns into His head, Jesus went through agony and suffering while praying in the Garden of Gethsemane before the soldiers came and arrested Him. He knew He was facing a horrendous death, and even though He had never done anything wrong, He would be abused, harassed, sneered at and mocked, all for no reason. He actually sweated blood because of the distress that He feeling (Luke 22:44). This is a very rare condition called Hematidrosis where blood vessels rupture in cases of extreme anguish. Jesus knew from the Scriptures that He would endure terrible trauma — a beating that would practically kill Him and disfigure Him beyond recognition (this was for our healing), and then be crucified — which was a very painful death only reserved for the very wicked. But Jesus also knew that it was the will of Father God to make a way for mankind’s sins to be forgiven and washed away by a sinless sacrifice one time for all — and HE was the sacrifice (Romans 5:6; Hebrews 10:8-18). When you ask Jesus into your heart and make Him Lord over your life you are accepting all the benefits He won at the Cross, where He became cursed so that we could be blessed as a result of His sacrifice (Galatians 3:13). Jesus defeated every curse, torment, fear, anxiety and worry for you and me there — He endured a death that no one has ever experienced and came out the other side victorious (Hebrews 2:14-15). You may be going through hardship and torment at the moment but listen friend, Jesus knows what that is like and He wants you to be delivered from it, and give you His Peace because He already paid the price to set you free. All you have to do is come to Him, and call on Him as Lord (Acts 2:21) and receive His Peace. “Come to Me all you who are weary and carry heavy burdens and I will give you rest” (Matthew 11:28). **See more on wordofvictory.net**

More next week...

@WovKillarney

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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.

J.K.O.C

GRATEFUL THANKS

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

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass You who never delays, I come to you in need:

(Clearly express what you want and ask him to find a way to get it to you)
Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)

Be quick. Saint Expedite!
Grant my wish before your candle burns out and I will glorify your name
Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.
For anyone in need say this prayer and your request will be granted. Thank you for favours received. Amen.E.C.

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

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M.C.

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L.P.

NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever.
Sacred Heart of Jesus, please pray for us.
Saint Jude, worker of miracles, please pray for us.
Saint Jude, helper of the hopeless, please pray for us.
Say this prayer nine times daily and by the end of the 8th day your prayers will be answered.
Say it for nine days, publication must be promised.
It has never been known to fail.
X

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Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

7TH ANNIVERSARY

IN LOVING MEMORY
OF A WONDERFUL WIFE
AND MOTHER

**CHRISTINE
SHEAHAN**



49 HIGH STREET, KILLARNEY
WHOSE ANNIVERSARY
OCCURS AT THIS TIME

*These special memories of you
will always bring a smile,
If only we could have you back
just for a little while.
Then we could sit and talk again,
Just like we used to do.*

*Mom you always meant so very much
and always will do too.
The fact you're no longer there
will always cause us pain,
But you're forever in our hearts
until we meet again.*

**ALWAYS LOVED AND
REMEMBERED BY HUSBAND
PETER AND ALL THE FAMILY**

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr,
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You who never delays, I come to you in need:
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X

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Karen Underwood
Singer

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